



Hope Springs Eternal Resident Guidelines

1) Steps to help you prepare to transition to Hope Springs Eternal:

- a) Your residency at Hope Springs is planned for one year. The primary goal is your success in recovery and independence. We want to support you, your goals, and encourage your personal growth. To accomplish this, you will have a staff advisor to work with you in developing your individual success plan.
- b) In preparation to support your plans, you are asked to bring your birth certificate, social security card, driver's license, or state-issued ID. Applicants with open cases, pending fines / fees, etc., must bring all relevant documentation for registration. Residents on probation or parole outside of Swain County must inform the appropriate agencies and have approval from them prior to arrival. Applicants must provide appropriate contact information at registration so that staff may verify residency with the Swain County Department of Public Safety. Additionally, applicants with medical insurance or that are eligible for medical support should provide documentation of these upon arrival.
- c) Bring modest clothing and personal hygiene items with you. Closet and storage space will be minimum initially, therefore residents should plan accordingly and bring enough clothes or outfits to be worn for a seven-day (one-week) period. Residents are responsible for washing their own clothes (on campus) and will be allowed to wash two-loads per week on assigned days. Linens and basic cleaning supplies will be provided by Hope Springs.
- d) All items of special interest, books, games, or hobbies not covered here, will need staff approval before being permitted on campus.
- e) Please provide staff with a written list of prescribed medications, along with the prescribing physician's name, and what they are for. If taking over the counter medications or other types of supplements, please provide a written list of that information as well.
- f) If you have special physical or dietary needs which require accommodations, please discuss these with staff before your arrival at the facility.

2) General rules and guidelines: As a resident of Hope Springs, you are asked to review and adhere to the stipulations as set forth by the board of directors. Those guidelines are as follows:

- a) Residents agree to participate in random drug-and-alcohol testing, or as deemed necessary if there is adequate suspicion of such use. Drug testing will also be given following a home-pass or other extended-leave-time from campus.
- b) Residents will attend a Christian church of their choosing. Regular church attendance for a minimum of eight services per month will be required. Residents will be required to attend the Bryson City Church of God with staff on their first Sunday following registration. Residents who choose to attend another church afterward must have approval from staff before attending and will be required to provide their own transportation to-and-from services.
- c) Upon registration, residents agree to actively seek employment and/or education.
- d) Residents are asked to seek transportation for work and/or school. However, a staff advisor will provide transportation or additional options on a short-term basis. Residents with vehicles should

submit a written request for approval to staff before bringing to the facility (see below for more information regarding vehicles and driving privileges).

- e) Residents must not engage in any form of sexual activity forbidden by Scripture (i.e. fornication, homosexuality, prostitution, etc.).
- f) Visitors will not be allowed to stay overnight at Hope Springs. If needed, staff can provide a list of hotel accommodations for visitors in the area.
- g) Drugs and drug paraphernalia (i.e. pipes, rolling papers, etc) are prohibited on the premises. Possession of drugs, drug paraphernalia, or a failed drug test will result in immediate dismissal.
- h) Disruptive behavior, fighting, profanity, or verbal altercations with residents and staff are prohibited.

3) Privileges: violations are grounds for dismissal

- a) Cell phones are a privilege. When permission is granted for a cell phone, it will be used with respect for others and in keeping with your success plan.
- b) Receiving visitors at Hope Springs is a privilege. At your first meeting with your advisor, please submit a list of those who may want to visit you at Hope Springs. Please provide their names, ages, and relationship to you. Visitation list must be approved by staff before a visit is permitted.
- c) Vehicles at Hope Springs are a privilege. Please discuss this opportunity with your advisor. Parking spaces are limited and assigned. Residents' vehicles must be registered with proof of insurance and updated tag information upon registration ("road-legal").
- d) Leaving campus and home-passes for unscheduled activities is a privilege. Make requests for extracurricular activities and home passes in writing to your advisor, no-less-than twenty-four hours in advance. Residents will not leave the premises overnight or for an extended period without the support of staff or board approval.

4) Life at Hope Springs

- a) Upon arrival, you will be given an appointment with staff to discuss your goals and expectations for your stay at Hope Springs. Appointments will become a part of your weekly calendar.
- b) All residents will have access to a staff advisor. Advisors are here to help you with information, resources, and support to aid you in achieving your goals.
- c) Residents agree to participate in ongoing programs. Celebrate Recovery (preferred), AA, or NA will be required weekly. On-campus community Bible studies, chapel services, discipleship, and one-on-one mentorship will be available as well.
- d) All residents will participate in chores to help maintain the order and cleanliness of the facility.
- e) Hope Springs is a community. You will be asked to attend community meetings; dates and times for mandatory meetings will be posted. This will be a time to support our community environment, discuss the need for organized activities, and any issues that need to be addressed by the community. If you have a specific residential concern, please discuss these with advisors or staff prior to the community meeting.
- f) Residents will not be permitted to use tobacco products on campus of any form (i.e. cigarettes, vaping products, chewing tobacco, dip, etc.). Permission may be granted to use a nicotine-supplement patch and/or nicotine gum for a sixty-day-period to allow time to overcome nicotine addiction.
- g) Residents are responsible for their own health insurance and care. If needed, local resources can provide supplemental care at a reduced rate for low-income individuals.

5) Arrival at Hope Springs: As a new resident at Hope Springs, there will be some restrictions. Privileges are granted based upon open communication, honesty, compliance, and attitude. Your work with your staff advisor will help you prepare for increased independence as your goals are reached.

NOTE: The guidelines listed above are subject to change and/or adapt as Hope Springs Eternal grows and encounters unforeseen challenges and obstacles not directly addressed in this document. Any activity not addressed in these guidelines is to be considered restricted. Please discuss any concerns with your advisor.

I _____ (printed name) have read the guidelines for Hope Springs Eternal and agree to follow these guidelines as a resident of this community. I understand there may be sanctions or penalties, up-to dismissal from the program, for violations or blatant disregard for these guidelines.

Resident Signature

Date

Witness (Staff) Signature

Date