**Family Home Rules-Example**

Healthy productive households are ones in which every member of the home helps to create and follow rules for how we work and live together. Each member of the home impacts the wellness of the overall household.  Use the following questions to create your Home Rules.

**What are the rules concerning substance use (including marijuana, alcohol, and tobacco), both inside and outside the home?**

*Effective Example “We will maintain a substance-free household (which includes our backyard and patio), and we expect that no one will use any substance outside of the home except if they are of legal age”.*

AVOID “Kris” is not allowed to use any substances.  We do not want him smoking or drinking anywhere.  Not at school, not in the backyard, not in his room, NOWHERE.  If we find that he has used, he is going right back to Madrona Recovery.”

**What are the expectations regarding work and school?**

*Effective Example “We expect that everyone will maintain their attendance at both school or work unless they are sick or have otherwise excused the absence.  We want all of our children to do their best in school, and we feel Kris is able to get at least a C average.  We also want “Kris” to start looking for a job as soon as possible. Both parents are willing to help “Kris” in school and with work if he needs it.”*

AVOID “There will be no unexcused absences at school anymore, and we expect at least a C average. “Kris” will start looking for a job after discharges.”

**If a family member wishes to go out with a friend or to a fun activity, what responsibilities at home need to be met before that person can go out?**

*Effective Example “We all must finish our responsibilities at home (homework and chores) before we can go out for any activity.  We also want to make sure we plan our events ahead of time so that no one is caught off-guard.”*

AVOID “Kris” is not allowed to go hang out with friends for one month after discharge.  We need to see that they have made healthy friends and hobbies before “Kris” can leave the house.  All homework and chores must be done before going out.”

**When a youth in the family is out of the home, what information do the parents need to ensure that youth’s safety?***Effective Examples-*

* Where you are
* Notified when you change locations
* If adults are supervising you
* Who you are with
* Phone number of adults
* Phone numbers of friends
* When you will be home
* Who provides transportation

AVOID **“**Everything has to be done before “Kris” can go out!”

**What is the family’s plan to work through conflict?**

*Effective Example “When there is a conflict in the family, we will address it directly by seeking more information, giving each other the benefit of the doubt, and hold each other accountable. We will sit down at the dining room table and discuss the conflict after dinner.  We expect that the family will be respectful to each other (no cussing, yelling, or threats).  If we are unable to keep a respectful conversation, we will take space for 10 minutes before trying again.”*

AVOID “We expect “Kris” to respect our decisions as parents. We can talk through an issue if they are respectful, but if there is cursing at us or if “Kris” to listen, the conversation is over.”

**What is the family’s plan for building meaningful relationships?**

*Effective Example “We will be mindful about how we spend our time together. We will commit to having a sit down dinner 4 nights a week, without the TV or other electronics in front of us. We will also implement a game night once a month with “Kris’s” (youth/client) friends at our home.”*

AVOID “If “Kris” is following all the rules, we can go to the arcade.”

**What are some of the positive consequences for good behavior?  What are some of the negative consequences for inappropriate behavior?**

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| --- | --- |
| **Positive Consequences**  (Ex.  Allowance, more privileges) | **Negative Consequences**  (Ex.  More chores, fewer privileges) |
| *Effective Examples*   * *Allowance based on chores completed* * *More freedom to go out with friends* * *Ability to spend the night with appropriate friends* * *Family dinners out* * *If “Kris” continues to succeed at home by graduating on-time, staying sober, and following the rules, we will help them with a big purchase (such as a car or computer)*   AVOID   * More privileges * Maybe a car IF “Kris” can graduate on-time, stay sober, and not get into trouble | *Effective Examples*   * *Allowance will be reduced* * *Groundings (time based on behavior)* * *More chores such as cleaning the bathrooms or maintaining the yard* * *Community service* * *If behavior is related to substance use or mental health, treatment may be considered*   AVOID   * More chores * Fewer privileges * Return to Madrona Recovery |

**What are some additional hopes and expectations?**

*Effective Example “At 10pm each weeknight, all of us will turn off our phones and place them in a basket in the kitchen.  We won’t use our phones until the next morning. Our hope is to get to know each other better.”*

AVOID “Kris” must delete all of his social media accounts. The phone is turned off and given to us at 10 pm every night so that “Kris” is not up all night on it.”

**Very often, youth returning from treatment need additional support, structure, and mentorship.  Plans should be designed and implemented to maintain the health and resilience of your youth and household in order to ensure long-term success.**

**What does your plan look like?**

**What is your aftercare plan?  Who will you meet with to continue your treatment at home?**

*Effective Example “Individual therapy every Tuesday at 4pm*. *Monthly psychiatric appointments.* *Family therapy every other week on Fridays at 4pm. Sign up for youth group, sports team, or other engagement.”*

AVOID “Kris” is expected to go to every therapy appointment as recommended by the therapist at Madrona Recovery.”

**For concerns around substance use, will you utilize urine tests?  How often?**

*Effective Example “When we suspect that “Kris” may have used substances, we will have them take a urine test.”*

AVOID “Kris will take urine tests whenever we ask.  Refusal will be considered a positive test.”

**In order to support sobriety, what are the people, places and things youth is expected to avoid?**

*Effective Example “During treatment, “Kris” & family have identified that they have used substances with Sam and Jean. Once “Kris” has stabilized at home for about a month, we will consider allowing these friends to come over to our house while supervised by Mom or Dad.  We want to meet any new friends. We also want “Kris” to stay away from the school and the park near us because they have been triggers in the past.  If “Kris” is supervised by a trusted adult it is possible they may go to the park.”*

AVOID “Kris” is expected to make a new friend group. “Kris is not allowed to hang out by the school or the park near us.”

**How will any prescribed medications be handled?**

*Effective Example “Parents will hold “Kris’s” medication and give it out each morning.”*

AVOID “Kris” cannot be trusted with medication. We will give it out each morning.”

**How will the household handle “triggers” for emotional dys-regulation or substance use?**

*Effective Example “We believe cash on-hand, social media, and some friends are things that make “Kris” more vulnerable. “Kris” has shared with us specific things we can do to help them feel safe including limiting visitor in our home, doing activities together, giving space before working through conflict. “Kris” will have a debit card to prevent cash on-hand, and we will set limits on friends and social media, as described in this contract.  These limitations can be renegotiated once “Kris” has shown a month of sobriety.”*

AVOID “Kris” has shown that money, social media, and friends are all issues.  Until “Kris” shows stability at home, no access to any of these things.”

**What is a difference between a lapse and a relapse for you?  If you lapse or relapse, what will be the consequences?**

*Effective Example “A lapse is when “Kris” self-harms or uses but immediately seeks help.  Relapse is when “Kris” repeatedly engages in these behaviors.  For the first lapse, we will talk with “Kris” about how we can be of support.  For later lapses, we may restrict privileges in order to prevent further lapses. For any additional relapse, we will consider further treatment, which may include Madrona Recovery.”*

AVOID “If “Kris” self-harms again or uses, he will go right back to Madrona Recovery.  We have zero tolerance for this behavior.”

**Are there any other hopes or expectations?**

*Effective Example “We would like “Kris” to delete social media accounts or allow us to check through them whenever we ask. Kris is also a talented singer, we would like to see Kris start singing and writing again.”*

AVOID “We expect “Kris” to follow all expectations, if not they will have to move out of our home.”

Guardians Signatures:

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