



DAWN FARM RESIDENT REGULATIONS

The following regulations have been implemented for the benefit of every resident at Dawn Farm. This is a necessary body of commitments that we ask residents' relatives and friends to observe.

1. A recipient as defined in the 1981 CSAS Substance Abuse Licensing Rules shall not be denied appropriate service on the basis of race, color, national origin, religion, sex, age, mental or physical handicap, marital status, sexual preference, or political beliefs.

As the services offered by Dawn Farm are limited to individuals who do not have a mental handicap or psychiatric disorder, the reference to mental or physical handicap is qualified. It is the experience of this program that forming a motivated, cohesive and successful group is an important aspect of this therapeutic community, and that dually diagnosed clients are better served in a setting that involves a less group-based model. It is the determination of the governing authority that the term "appropriate service" allows this exclusion to be made.

2. A Dawn Farm staff member shall not physically or mentally abuse or neglect or sexually abuse a recipient as the terms "abuse" and "neglect" are defined in the 1981 CSAS licensing rules. Dawn Farm utilizes a wide range of therapeutic modalities, including confrontation, as part of the treatment plan for each client. Each resident is informed prior to admission that he/she may receive this type of treatment in therapy sessions. The client is made aware that he/she may refuse to receive this therapy at any time during treatment *understanding that refusal to participate in therapy may result in dismissal from the program.*

3. In general, residents remain in treatment and are not allowed any non-AA visitors during their probationary period (1-2 weeks). If the client needs to attend court dates or outside medical appointments, Dawn Farm will attempt to postpone them until after formal acceptance. If this is not possible, Dawn Farm will provide transportation to appointments within Washtenaw County. Residents are responsible for transportation to other appointments.

4. Visits are scheduled according to residents' needs and progress in treatment. Each resident will participate in

"Plans Group," during which the resident's peers and staff review and clear all requests for visits. Failure to progress in treatment or infringement of rules may result in Focus Days or discharge. After a resident is formally accepted into treatment, children may visit every week, on Saturday afternoons from 1:00 pm–3:00 pm.

Visitors are not allowed in the dorm area. Any visitor under the influence of drugs or alcohol will be asked to leave the premises.

5. Dawn Farm residents may make calls to approved individuals during specific hours on the weekly schedule. Phone calls have a 5 minute limit. Emergency calls are accepted at all times. Residents abusing phone privileges (phone use outside of designated times or lengthy phone calls at the expense of other residents) may receive restricted phone privileges.

6. Mail is distributed daily by the staff. All packages must be opened in front of a staff member to inspect for possible transportation of alcohol and/or drugs into the facility. The President and/or Clinical Director reserve the right to inspect mail (in the presence of the resident) if drug/alcohol use or transportation into the facility is suspected. Residents may write letters with staff permission—the goal is to maintain the resident's focus on treatment.

7. A *Focus Day* may be issued in some cases as an alternative to a program dismissal. The following examples would warrant a Focus Day: visiting plans changed without staff approval, phone calling abuse, refusal to do work tasks, noncompliance with house rules, noncompliance with treatment plan.

There are two forms of Focus Days.

- a. *Personal Focus Day*—loss of privileges and/or added work tasks during normal free time if an individual is not behaving appropriately.
- b. *Group Focus Day*—loss of privileges and/or added work tasks during normal free time if the group, as a whole, is not behaving appropriately.

Focus Days are of varied lengths. All Focus Days are evaluated weekly in team meetings. If a Focus Day is deemed necessary, it must be authorized by the President/Clinical Director. The resident is always informed of the reasons why s/he is given a Focus Day and what is required to have the Focus Day lifted.

8. At Dawn Farm, some emphasis is placed on work therapy as part of the recovery program. A resident may refuse to do a work task at any time during treatment with the understanding that refusal to do such work tasks may result in dismissal from our program. Work tasks include: work with animals, house and garden maintenance, resident laundry, food preparation, general upkeep of grounds (gardening, snow removal, lawn care, etc.) and light repairs. Residents are exempt from work tasks when authorized by staff or the Medical Director.

9. Upon admission, all personal belongings are inspected by senior residents. Some articles are held in the office:

- All medication—prescription or over the counter drugs—must be ordered by the Medical Director.
- Clothing that is sexually seductive, decorated with profanity or drug related words or symbols, or clothing related to a street image (e.g.: black leather jacket, chains, etc.) will be held until a resident completes treatment. Street references to drugs and street images are strongly discouraged.
- Curlers, colognes, perfumes/after-shave.
- Diaries and journals. Generally, we want residents to learn to *talk in group* about their feelings and thoughts.
- Non-AA literature. You need to obtain as thorough an understanding of AA as possible. We encourage reading about AA from the material provided.
- Knives or other sharp instruments.
- Radios or tape players. Listening to music will depress some people or make others feel their addicted lives weren't bad enough to change.

Personal belongings are stored in a locked area and are returned upon discharge.

10. Residents must be willing to cooperate with Dawn Farm staff by sharing legal information, documents, and any material relevant to their admission to the program. A resident has the right to refuse sharing such information

but with the understanding that dismissal from treatment may result.

11. If a resident decides to leave on his/her own, a phone call will *not* be granted. We do not want to aid any client in self-destructive behavior.

PROGRAM RULES

1. No alcohol or drug use or possession.
2. Any friends or relatives of residents who are under the influence of any substance will be asked to leave.
3. No sexual contact or interpersonal (romantic) relationships are permitted between residents during treatment.
4. No physical violence/threats of violence.
5. Residents are not permitted in the office unless invited by a staff member. Knock on the door and wait for a response when requesting entrance into the staff office. In an emergency, immediately let a staff person know.
6. You must participate, on time, in all scheduled activities. Failure to do so may mean dismissal or a Focus Day.
7. Smoking is not permitted in the house, and special rules regarding smoking may be applied to groups and/or individuals. Read and know all fire escape routes and other safety rules.
8. Program residents are responsible for keeping the house clean and for the care and feeding of the animals.

SUMMARY

Why do we have program rules? We know that treatment can be a difficult and stressful time, and our structure is intended to make treatment easier for you.

Our goal is to help you understand the nature of your addiction and to help you to connect with the recovering community.

We have attempted to create a schedule and guidelines within the Dawn Farm program that keep clients safe and allow for the most freedom possible. If you have any questions about these rules and regulations, don't hesitate to talk with your therapist.



dawn farm
COMMUNITY OF PROGRAMS
502 West Huron Street
Ann Arbor, Michigan 48103
734/485-8725 (Farm)
734/669-8265 (Detox)