

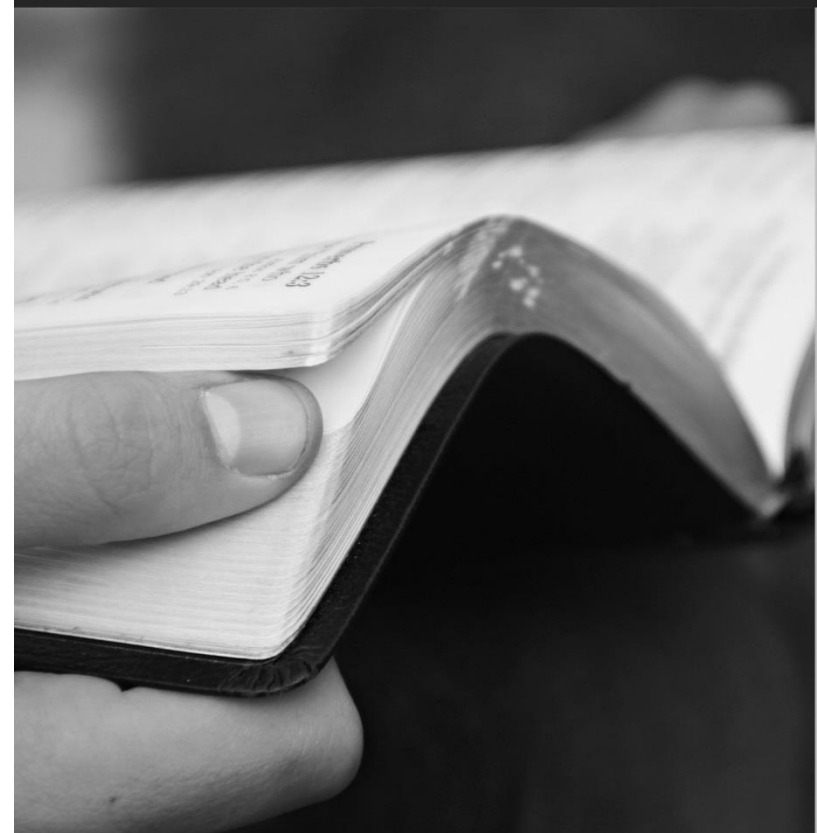


Introduction Handbook



REGENESIS

restoring faith, family & future



2024



Introduction Handbook

Regenesis is a faith-based non-profit organization that helps individuals recover from substance abuse and other addictive behaviors. We do this by providing a two-phased, 9-month residential program. This program can last up to 3 years, but the minimum duration is 9- months.

Men's Program - You must complete the first 60 days of Phase I of our program before being considered for the Phase II. This process varies from person to person. Some factors that complete the transition time between Phases I and II are good 60-day and 90-day evaluations, job/financial support, and Phase II residential housing availability.

Women's Program- You must complete the first 6- months of Phase I of our program before being considered for the second phase or Phase II. Thereafter, you will be transitioning from Phase I into Phase II. This process varies from person to person. Some factors that complete the transition time between Phases I and II are good 6-month evaluations, job/financial support, and Phase II residential housing availability.

Regenesis provides many opportunities to grow in faith and to realize the need for a personal and intimate relationship with Christ. We also provide an opportunity to escape negative environments or relationships that hinder sobriety and faith.

Regenesis students will participate in daily devotions, bible studies, and work therapy. Regenesis is a work ethic program comprised of two thrift stores and other work projects through our Workforce initiative. Each student participates in the work ethic as a part of their program and will not receive compensation for their work. Regenesis believes the lessons learned from various work projects far outweigh the monetary value that could be associated with such tasks. Compensation from the Phase II portion of our program will be the student's responsibility, along with other financial obligations, as outlined in the Phase II section of this handbook.

This is a voluntary program, and students must be willing to submit to all guidelines and rules. In addition, students must always be willing to exercise the highest morals and biblical standards. Furthermore, students must remind themselves that they volunteered to come into the program. You are here because you want help. You are not here to change the program, staff, or others. You are here to change you.

This handbook is for the student, and it is up to the student to assume personal responsibility, learn the rules and guidelines, and memorize the scriptures in this book. **NO RULES! NO ROOF!**

Obey those who rule over you, and be submissive, for they watch out for your souls, as are those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you.

Hebrews 13:17

Gary McReynolds

President & Founder
Regenesis Program

Entrance Requirements:

These requirements must be fulfilled before a bed space is given.

1. The application must be filled out correctly and returned.
2. The applicant must have an interview with a staff member.
3. The applicant cannot be on any psychotropic medications.
4. The applicant cannot be on the sex offender registry.
5. The applicant must be physically able to participate in the work ethic portion of the program.
6. A copy of sentencing orders must be submitted if the applicant has been sentenced to the program.

Admissions Policies:

1. The applicant must voluntarily apply.
2. The Administrative Entry fee must be paid in full. The administrative entry fee for the Men’s Program is \$1000.00.
3. The Administrative Entry fee must be paid in full. The administrative entry fee for the Women’s Program is \$1000.00.
4. The applicant must be willing to make a 9-month minimum commitment.
5. The applicant must familiarize themselves with all the guidelines/rules and be willing to abide by them.
6. The applicant must be willing to take random drug screening urinalyses.
7. There will be a transportation fee for all students with probation and parole appointments, court dates, doctor appointments, or any other scenario where a student might need Regenesi s transportation other than work therapy.
8. Regenesi s is not responsible for any medical or dental bills incurred by a student.

Entry Fee Policy

An administrative entry fee must be paid upon entry into the Regenesi s Program. The administrative entry fee for the Men’s Program is \$ 1,000.00, and the fee for entry into the Women’s Program is \$1000.00. The Regenesi s Program costs approximately \$1500.00 per month per participant for our services. We only require an administrative fee to help offset this cost. These amounts are non-refundable regardless of the length of your stay at Regenesi s. If a student receives an SSI check or any other source of income in Phase I of our program, he/she is expected to contribute 15% of that income per month for the duration of the student’s stay.

*Ways to pay.....

Cash app -Venmo - Credit/ debit in person or over the phone- (convenience fee may apply)

Cash payments

Please make a check or money order payable to Regenesi s and mail them to:

Regenesi s Program
P.O. Box 3718
Chester, VA 23831



Introduction: Phase I Program

Regenesis takes a Christ-centered approach to the freedom from drugs, alcohol, and lifestyles that are out of control. Some of our approaches may be a new experience for you; we advise you to take on this new opportunity with an open mind.

What to Bring?

See the attached General Inventory List.

General Restrictions

- No smoking. Regenesis is a tobacco-free environment. Consideration can be made for a nicotine patch. However, the student is responsible for the cost of purchasing the patch.
- No passes for the first 90 days.
- No dating; Regenesis does not condone dating while in the program.
- No student can have money or debit cards.
- One initial phone call when the student arrives can be made to immediate family to notify them that you have checked in. No other correspondence is allowed for 30 days.

Faith-Based Requirements and Activities

- Required scripture memorization.
- Participation in a biblical 12-step study
- Proverbs are a peer study done each morning in the homes, and all students must participate.
- Devotions are done Monday through Friday before starting the workday, and all students must participate.
- Other Bible Studies are facilitated throughout the week at both the men's and women's homes. Local volunteers do facilitation.
- Outreach to the surrounding communities is done throughout the year, and you may be required to participate.

Mail/Phone

- The only correspondence students can have with immediate family approved on your written correspondence list.
- Cell Phones are not permitted.
- All Phone calls will be monitored by program staff/ house manager.
- All incoming and outgoing mail and packages will be opened before the program staff/ house manager and inventoried accordingly.

Meals

- All meals are provided.
- Food from the freezers is only to be taken out by the House Manager.
- EBT cards (food stamp cards) may be permitted on a case-by-case basis (at the Program Director's discretion). All purchases made with an approved EBT card will be made at the discretion of the House Manager. Purchases are for the entire house and not for individual use.

Hygiene/Grooming

- Showers will be taken daily and limited to 10 minutes.
- Appropriate dress is always to be maintained. No tank tops, sleeveless shirts, or shirts with themes (e.g., secular rock bands, rappers, or inappropriate words or print).
- No sagging or skin-tight pants/clothing.
- Sandals (flip-flops) may be worn only during free time away from the thrift stores. No shoes with holes will be permitted.
- **The house manager will assign laundry times for each student.**

Homes and Rooms

- Each home has house rules that the house manager posts.
- Each student must do their assigned chores given by the house manager.
- Room doors are always to be kept open.
- Beds are to be made first thing in the morning.
- Nothing is to be tacked, nailed, or taped to the walls or any piece of Regenesi s furniture.
- Your room is always to be kept clean. Rooms can be entered by staff and are subject to random inspections.

Television, Radio, and any other Electric Equipment

- Watching TV and preapproved movies is only allowed during free time and is up to the house manager's discretion.

General Inventory List

Clothes

- (5) Red T-shirts to wear during work detail
- (4) Shirts to wear in general
- (7) Pants (Jeans, Khakis, Slacks)
- (2) Pajamas
- (3) Outerwear garments
(Coat, Jacket, hoodie)
- (7) Tank tops/ under shirts
- (2) Shorts
(Women can only wear Capri style short pants. Pants cannot come above knee)
- (4) Bra
- (2) Sports Bra
- (10) Underwear
- (1) Thermal underwear
- (10) Socks

Shoes

- (3) Shoes- Any kind
- (1) Flip flops
- (1) Slipper

Hygiene

- (1) Lotion
- (1) Shampoo/ conditioner
- (1) Curling Iron
- (1) Flat Iron
- (1) Small make- up bag/ with make-up
- (1) Medium size make-up bag/ with hair ties
- (2) Perfume
- (1) Electric razor
- (1) Shaving cream
- (1) Razor/ 6 pack

Books

- (3) Personal Books/ Christian
- (1) Bible
- (1) Journal

Jewelry

- (2) Ear rings
- (1) Necklace
- (1) Bracelet
- (1) Watch
- (2) Rings

Other

- (1) Framed picture of family
- (1) Sentimental item
(Must be approved by House Manager)
- (1) Gloves/ Toboggan
- (1) Scarf
- (1) Suitcase/ Travel bag
- (1) Clear drawstring bag

Scripture Memorization Requirements

A significant area of focus for all who enter Regenesiis is that God's Word will be presented as it should be: dynamic, infallible, and all-powerful! It is where healing, salvation, redemption, and knowledge begin for all people.

As a part of Regenesiis, each student will be required to participate in the learning and/or memorization of God's Word. This will be accomplished daily through house Bible studies, large group devotions, individual study, and Scripture memorization. While each of these is a key focus area to a person's recovery and growth, an important focus is placed upon knowing God's Word and the power that comes with having it grafted upon a person's heart and mind. Considering this, Regenesiis requires ALL students to memorize Scripture. There are several benchmarks throughout the process. Each student must recite the required Scriptures from memory to learn the Word of God and earn the right to transition and graduate.

The student is responsible for taking ownership of this process and seeing it through to success. In the end, its greatest benefactor is the student. The following timeline outlines the expectations for each student on their road to growing knowledge of God's Word, recovery, and graduation.

The student must recite memorization requirements (word for word) to their House Manager. (The House Manager will have a set time space for reciting memorization requirements.

If a student cannot meet the requirements of memorization and or reciting these scriptures due to underlying learning disorders, Regenesiis staff will assist with this process in finding the best way for a student to continue in the process and meet the memorization requirements.

*** Reciting memorization is mandatory for being qualified for transitioning into Phase II of the men's and women's program and to be in good standing with Regenesiis.**

*** If students don't meet the requirements to transition into our phase II program, they will continue in the phase I program.**

Biblical 12-Step

(Required memorization for first 30 days)

- 1. We admitted we were powerless over our addictions and compulsive behaviors and that our lives had become unmanageable.**

*“I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot **carry** it out.” (Romans 7:18)*

- 2. We came to believe that a power greater than ourselves could restore us to sanity.**

“For it is God who works in you to will and to act according to his good purpose.” (Philippians 2:13)

- 3. We made a decision to turn our lives and our wills over to the care of God.**

“Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship.” (Romans 12:1)

- 4. We made a searching and fearless moral inventory of ourselves.**

“Let us examine our ways and test them and let us return to the Lord.” (Lamentations 3:40)

- 5. We admitted to God, ourselves, and another human being the exact nature of our wrongs.**

“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)

- 6. We were ready to have God remove all these character defects.**

“Humble yourselves before the Lord, and he will lift you up.” (James 4:10)

Biblical 12-Step (cont.)

7. We humbly asked Him to remove all our shortcomings.

“If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

8. We made a list of all the persons we had harmed and became willing to make amends to them all.

“Do to others as you would have them do to you.” (Luke 6:31)

9. We made direct amends to such people whenever possible, except when doing so would injure them or others.

“Therefore, if you are offering your gift at the altar and there, remember that your brother has something against you; leave your gift there in front of the altar. First, go and be reconciled to your brother; then come and offer your gift.” (Matthew 5:23-24)

10. We continue to take personal inventory and, when we are wrong, promptly admit it.

“So, if you think you are standing firm, be careful that you don't fall!” (1 Corinthians 10:12)

11. We sought, through prayer and meditation, to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

“Let the word of Christ dwell in you richly” (.Colossians 3:16)

12. Having had a spiritual experience resulting from these steps, we try to carry this message to others and practice these principles in all our affairs.

“Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted.” (Galatians 6:1)



Romans Road

(Required memorization for month 2)

1. **Romans 3:10**

As it is written, there is none righteous, no, not one.

2. **Romans 3:23**

For all have sinned and come short of the glory of God.

3. **Romans 5:8**

But God commended his love toward us in that Christ died for us while we were sinners.

4. **Romans 5:12**

As by one man, sin entered the world, and death by sin; death passed upon all men, for that all have sinned.

5. **Romans 6:23**

For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.

6. **Romans 10:9-11**

That if thou shalt confess with thy mouth the Lord Jesus and shalt believe in thine heart that God hath raised him from the dead; thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For the scripture saith, whosoever believeth on him shall not be ashamed.

7. **Romans 10:13**

For whosoever shall call upon the name of the Lord shall be saved.

Love Passage

(Required memorization for month 3)

1 Corinthians 13:1-8
New King James Version (NKJV)

13 Though I speak with the tongues of men and angels, but have not love, I have become sounding brass or a clanging cymbal. ² Though I have *the gift of prophecy*, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. ³ And though I bestow all my goods to feed *the poor and* give my body to be burned,^[a] but have not love, it profits me nothing.

⁴ Love suffers long *and* is kind; love does not envy; love does not parade itself, is not puffed up; ⁵ does not behave rudely, does not seek its own, is not provoked, thinks no evil; ⁶ does not rejoice in iniquity, but rejoices in the truth; ⁷ bears all things, believes all things, hopes all things, endures all things.

⁸ Love never fails. But whether *there are* prophecies, they will fail; whether *there are* tongues, they will cease; whether *there is* knowledge, it will vanish.

The 10 commandments

(Required memorization for month 4)

1. You shall have no other gods before me.
2. You shall not make for yourself any carved image or any likeness of anything in heaven above, in the earth beneath, or the water under the earth; you shall not bow down to them nor serve them.
(This is not required for memorization; this is the rest of the commandment, but you can still learn it: “For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generations of those who hate me, but showing mercy to thousands, to those who love Me and keep My commandments.”)
3. You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes His name in vain.
4. Remember the Sabbath day to keep it holy. You shall labor and do all your work in six days, but the seventh day is the Sabbath of the Lord your God. In it, you shall do no work: you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor your stranger who is within your gates. For in six days, the Lord made the heavens, the earth, the sea, and all that is in them, and rested the seventh day. Therefore, the Lord blessed the Sabbath day and hallowed it.
5. Honor your father and mother, that your days may be long upon the land the Lord your God is giving you.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, nor his manservant, nor his maidservant, nor his ox, nor his donkey, nor anything that is your neighbor’s.”

Bible Memory Verses
(Required memorization for month 5)

Philippians 4:13

I can do all things through Christ who strengthens me.

2 Timothy 1:7

God has not given us a spirit of fear but of power, love, and a sound mind.

2 Timothy 3:16-17

All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness so that the man of God may be thoroughly equipped for every good work.

Hebrews 4:12

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

Hebrews 11:6

But without faith, it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who diligently seek Him.

James 1:2-3

My brethren, count it all joy when you fall into various trials, knowing that testing your faith produces patience.

James 5:16

Confess your trespasses to one another and pray for one another that you may be healed. The effective, fervent prayer of a righteous man avails much.

1 John 1:9

If we confess our sins, He is faithful and just to forgive us and cleanse us from all unrighteousness.

Bible Memory Verses
(Required memorization for month 6)

Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Psalms 37:4

Delight yourself in the Lord and He will give you the desires of your heart.

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.

Isaiah 26:3

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

Isaiah 40:31

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, not be weary; and they shall walk, and not faint.

Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen and help you and uphold you with my righteous right hand.

Isaiah 53:5

But he was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, and by His stripes, we are healed.

Isaiah 55:8

For My thoughts are not your thoughts, neither are your ways My ways, declares the LORD.



Bible Memory Verses
(Required memorization for month 7)

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

Matthew 11:28-30

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

Matthew 22:37

Jesus said to him, You shall love the Lord your God with all your heart, with all your soul, and with all your mind.

John 1:1

In the beginning was the Word, and the Word was with God, and the Word was God.

John 3:16-17

For God so loved the world, that he gave his only begotten son, that whosoever believeth in Him should not perish but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

John 13:35

By this all men will know that you are My students, if you have love for one another.

John 14:6

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Bible Memory Verses
(Required memorization for month 8)

Acts 1:8

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

Acts 4:12

Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.

Romans 8:28

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Romans 8:38-39

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Romans 10:17

So then faith comes by hearing, and hearing by the word of God.

Romans 12:1

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God-this is your spiritual act of worship.

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-His good, pleasing and perfect will.

1 Corinthians 6:19

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

Phase I Rules and Guidelines

You will be expected to absolutely comply with each of the following rules below. These rules are for your benefit, to protect you, and those around you. Please read each of the rules below and initial once you fully understand each rule.

*******Note: Any disregard for the rules listed below will be subject to consequences and possible immediate dismissal.*******

Progression in Program

_____ Upon arrival, new intakes will get one initial phone call to inform immediate family that they have checked in. At the point of intake, a drug and alcohol screening will be given. Anyone testing positive for drugs and alcohol may be required to detox before entering the program

_____ New intakes in the program will go through a 30-day black-out period. After 30 days and following an evaluation confirming that all requirements and criteria have been met and achieving a minimum average of 2.7 on their evaluation, they will be transitioned into Student Status. If requirements and criteria have not been met, they will continue in the black-out period until requirements have been satisfied.

_____ At the 60 day mark the male students will receive an evaluation assessing their progress in the program. They must progress to a 3.0 average on their evaluation along with meeting scripture memorization requirements. At this point the students will be given a list of goals that will need to be met over the next 30 days in order to be considered for transitioning into the Phase II track. If the goals have not been met, the student will remain in the Phase I track and be re-evaluated at a date to be determined.

_____ At the 60 day mark the female students will receive an evaluation assessing their progress in the program. They must progress to a 3.0 average on their evaluation along with meeting scripture memorization requirements. At this point the students will be given a list of goals that will need to be met.

_____ At the 90 day mark the female students will receive an evaluation assessing their progress in the program. They must maintain a 3.0 average on their evaluations, demonstrating an ongoing process, and fulfill scripture memorization requirements. At this point the female students will be given a list of goals that will need to be met over the next 2 months to be considered for transitioning into the Phase II track. If the goals have not been met, the student will remain in the Phase I track and be re-evaluated at a date to be determined.

_____ At the 90 day mark the male students will receive an evaluation assessing their progress in the program. They must maintain a 3.0 average on their evaluations, demonstrating an ongoing process, and fulfill scripture memorization requirements. If the goals have not been met, the student will remain in the Phase I track and be re-evaluated at a date to be determined.



- _____ In order for consideration to be given for transition into the Phase II track, the student must be employed. The student must also have financial obligations settled with a full payment of \$1,360.00 before transitioning.
- _____ While waiting to be re-evaluated for transition into the Phase II track the student will be required to abide by the rules and guidelines of the Phase I program.
- _____ If a student remains in the Phase I track and meets the necessary criteria, they will receive an evaluation for consideration to transition into Senior Student status. If while in Senior Student status a violation is committed, or it is determined that the student cannot handle the demands of the position, the student may be demoted to student status.
- _____ Scripture memorization is a requirement. Students are required to memorize designated scriptures before transitioning into Student Status, Senior Student Status, Phase II, or graduating from the program.

Visitations, Passes, Appointments, and Correspondence

- _____ Visitations from family are to be done at worship services on Sundays at the house manager's discretion.
- _____ Students will be eligible to receive (1) 8-hour pass after the first 3 months, pending there have been no infractions or breaking of student rules and guidelines that would result in extended time in the program. Pass orientation must be completed in advance before the student is released to be on pass.
- _____ Students who request to go on pass will have to fill out a STUDENT REQUEST FORM. This form must be filled out before the pass is valid.
- _____ Anyone requesting a pass must give at least 2 weeks' notice and medical/legal leave for appointments must give at least 5 days' notice.
- _____ All correspondence, care packages, visits, mail, and phone calls will be restricted to family ONLY throughout the student's stay within the program. All mailed correspondence should be forwarded to P. O. 3718, Chester, VA, 23831. Mail and packages will be opened before the House Manager and inventoried accordingly. Food items will become community property for the use of all house members except for special dietary items.
- _____ Students will receive two phone calls per week to ONLY persons on their correspondents list with a 10-minute time limit. Phone calls will be made at the beginning and end of the week per the house manager's approval. If a call cannot be connected at the allotted time, there will be "No Rollover Minutes". Phone calls are a privilege and not a right. If a student shows any disagreeable behavior regarding phone calls, the House Manager may revoke the privilege.

Medical and Transportation

- _____ If a person in the program requires medical or dental care, Regenesis is NOT responsible for expenses incurred while in the program. Each person is responsible for paying medical or dental expenses including medication costs.
- _____ There may be a transportation fee for all persons who have probation and parole appointments, court dates, doctor appointments, or any other scenario where a student might need Regenesis transportation other than work detail.

General Rules

- _____ Regenesis is a tobacco-free facility. It has a strict no smoking or use of any tobacco products policy (this includes cigarettes, chewing tobacco, dipping products, snuff, and any smokeless tobacco devices). This rule is strictly enforced. Consideration can be made for a nicotine patch. However, the student is responsible for the cost of purchasing the patch.
- _____ Anyone found smoking or using tobacco products will be subject to consequences and can be Dismissed from the program (All students in the program are subject to random nicotine tests).
- _____ Students who have been verified married or having children will have to wait two weeks and then an assessment will be made on a case-by-case bases regarding correspondence.
- _____ Anyone found using drugs or alcohol may be dismissed from the program immediately (Random drug tests may be given at any time).
- _____ Students are not permitted to communicate with students of the opposite sex. Any students who talk to students of the opposite sex without approval may be immediately dismissed from the Regenesis program.
- _____ There is a strict no dating and no fraternizing with the opposite sex policy that will be enforced at all times. Any infraction of this policy will be subject to consequences and could result in dismissal.
- _____ Anyone who takes food without permission from the homes or from the Regenesis pantry will be subject to consequences with the possibility of dismissal from the program.
- _____ Anyone who does not do their chores around the home and does not keep their room area clean will be subject to consequences.
- _____ Anyone who does not wake up at the scheduled time will be subject to consequences.
- _____ Anyone who verbally threatens someone else in the program will be subject to consequences and could be dismissed from the program.



(General Rules Continued)

- _____ Anyone who physically attacks someone else may be dismissed from the program immediately.
- _____ Anyone caught stealing from the home, thrift store, or Regenesiis may be dismissed from the program immediately.
- _____ Anyone disrespecting leadership or any volunteer at Regenesiis may be dismissed from the program immediately.
- _____ No one is to leave the home without permission from the House Manager. Anyone who does will be subject to consequences and could be dismissed from the program.
- _____ Nobody is to leave the Thrift Store without permission from the store manager. Anyone who leaves without permission will be subject to consequences and could be dismissed from the program.
- _____ Anyone who is found to have money or credit/debit cards or asks for money from someone at Regenesiis without permission from the House Manager may be dismissed from the program.
- _____ Anyone caught listening to anything but Christian music without permission will be subject to consequences.
- _____ Anyone caught sleeping at the store will be subject to consequences.
- _____ While in the program, if you fail to comply with the rules and regulations of the program, ministry, homes, and/or House Managers, Regenesiis has the right to expel you without any prior notification.
- _____ Anyone found using the phone without permission from a manager will be disciplined.
- _____ Due to limited space within the homes, individuals are limited to 7 shirts, 7 pants, and three pairs of shoes (along with personal grooming items)
- _____ Appropriate dress is to be maintained at all times. No tank tops, sleeveless shirts, or shirts with themes (e.g., secular rock bands, rappers, athletic jerseys, or inappropriate words or prints). No sagging of pants. No sandals, flip-flops, or shoes with holes.
- _____ Food stamp cards are only permitted on a case-by-case basis. Purchases will be made at the house manager's discretion to benefit the entire house (except dietary restrictions).



Departure or Dismissal

_____ When a person is dismissed from the home, they are to leave the home immediately, unless told otherwise.

_____ Anyone who has been dismissed for any reason will have 72 hours to claim their personal property. Any property that has not been claimed will become Regenesi's property. Any items that were loaned to persons by Regenesi will need to be returned to the program.

_____ Anyone who decides to leave or is dismissed from the Regenesi program will need to find transportation to where they are going. Regenesi **WILL NOT** transport you back to the student's home to get your belongings. If you decide to leave on your own and/or are dismissed, you will have to plan with the House Manager. These arrangements need to be made before or after working hours.

I have read and understand all of the rules and regulations of the Regenesi program. I will comply with all of the rules and regulations to the best of my ability, and hereby understand that non-compliance may result in dismissal. It is understood that I have voluntarily come to Regenesi for help and asked for the privilege of going into Regenesi. I am not hired or employed by said Ministry. Anything given to me is solely a gift. Upon my departure from Regenesi, I expect no benefits. I further understand that failure to comply with the "Principles of Conduct" may result in my dismissal from the program. I also understand that Regenesi is not responsible for any bills that may be incurred due to injury or accident while in the Regenesi program.

***By signing below, I have read the basic rules and guidelines and understand I may leave at any time and be asked to leave if I do not follow all of the rules and regulations.**

Printed Name: _____

Signature: _____ **Date:** _____



Regenesis Phase II Program

It is important to understand that Phase I and Phase II of Regenesis are different parts of the same program. While the same program, there are features of the Phase II part of the program that are not the same as in Phase I. Entry into Phase II of the Regenesis program is conditional upon satisfactory performance of the first 60 to 90 days of the Phase I program. It is not mandatory that you enter the Phase II part of the Regenesis program to complete the 9-month program duration. You may choose to stay in the first phase of our program. However, if you do choose to move into the second phase program, Phase II, there will be differences in how the second phase operates. One of the main differences in the Phase II program is that there is a monthly fee associated with the recovery residence. Fees will be discussed on an individual basis. Some other differences, but not all, are listed below. You are encouraged to familiarize yourself with the Phase II Recovery Residence Rules listed at the end of this Student Handbook.

Featured Rules for Phase II

(For a complete list of Phase II rules, see the end of this document.)

- Smoking is allowed in designated areas around but not in the Recovery Residence.
- You are required to work to pay your way at the Recovery Residence. After work, a curfew is strictly enforced. The curfew is at 10:00 pm daily.
- Relationships outside of the Recovery Residence are permitted. No one outside of the Recovery Residence program is permitted in or on the Recovery Residence. Please see the rules for the Recovery Residence for further clarification.
- Cell phones are permitted in this phase of the program. There will be a curfew for cell phone usage. Please refer to the Recovery Residence rules below for further explanation.

Faith-Based Requirements and Events

- You will be required to attend 5 recovery-themed meetings each week, one of which must be spiritual.

Meals

- You will be responsible for your own food and food preparation. You will have a designated area where your food will be stored.

(Featured Rules Continued)

Hygiene/Grooming

- Showers will be taken every day and are limited to 10 minutes.
- Appropriate dress is always to be maintained. No tank-tops, sleeveless shirts, shirts with themes (e.g. secular rock bands, rappers, or inappropriate words or print), or skin tight clothing.
- No sagging of pants.
- Sandals, (flip-flops), may be worn only during free time away from the thrift stores. No shoes with holes will be permitted.
- The house manager will assign chores for each recovery house resident.

Homes and Rooms

- Each home has house rules.
- Each student is required to do their assigned chores given by the house manager.
- Room doors are always to be kept open.
- Beds are to be made first thing in the morning.
- Nothing is to be tacked, nailed, or taped to the walls or furniture.
- Your room is always to be kept clean. Rooms can be entered by staff and are subject to random inspections.

Television, Radio, and any other Electric Equipment

- Watching of T.V. and preapproved movies is only allowed during free time and is up to the discretion of the house manager.

REGENESIS PHASE II SOBER LIVING HOUSE RULES

1. You must find sponsorship or have employment before entering the RSL residency.
2. Any of the following activities may result in immediate eviction with no refund:
 - a. relapsing
 - b. stealing
 - c. violating your curfew
 - d. fighting
 - e. excessive loudness
3. If you are evicted or leave RSL for any reason and you leave your items behind (clothing, phones, bedding, etc.), you lose your rights to such items, and they will be confiscated or discarded at the discretion of the house manager, after one week.
4. No illegal behavior of any kind is permitted on the property or elsewhere while you are an RSL participant.
5. No cell phone usage is allowed after 10:00 pm and before 7:00 am. Cell phones will be kept in a localized area in the house until permitted usage hours. Violating these cell phone usage guidelines will result in confiscating your phone for an undetermined period of time.
6. The use of cell phones is not allowed during NA and AA meetings, groups, house meetings, or in church. Violating this prohibition will result in confiscating your phone for an undetermined time.
7. Personal items that were brought to the program, including confiscated items, will be returned to program participants when exiting the program.
8. Embracing the principles of either AA or NA is required.
9. You must attend at least 5 weekly meetings, one of which must be spiritual (AA, NA, daily devotional, Bible study). Also, there will be a weekly meeting with you and the house staff for up to one hour.
10. You must arrive for AA and NA meetings at RSL and mandatory outside meetings at least 15 minutes early.
11. You must sit in the front row at every RSL meeting whenever possible. Men sit with men and women sit with women.
12. Intimate relationships with anyone at RSL are not allowed. This includes same-sex relationships. Consequences for these types of relationships will include loss of cell phone and/or weekend plans or dismissal from the program.
13. Gambling and the use of pornography are not permitted while on RSL property or while you are an RSL resident. Any online content must be appropriate for general audiences.
14. Expect random drug testing. Refusal to submit to testing is an admission of guilt and grounds for immediate removal from our housing and program with no refund of any kind. If, for any reason, a student must be retested, RSL has the right to charge the student a financial fee for each additional test.
15. Throughout your duration at RSL, you have a curfew of 10:00 pm
16. No loud noise (stereos, TVs, phones, computers, video consoles, etc.) in or near your RSL residence. Please respect other members in the house when using equipment with a volume. Get permission where necessary. When possible, use earbuds when listening to music or watching videos.

Sober Living Rules (Continued)

17. You are not permitted to have any guests at your RSL residence. If someone is giving you a ride, they must remain outside the residence in their vehicle.
18. No women are permitted at the men's houses. No men are permitted at the women's houses.
19. All your food must be stored in the kitchen in your designated area. Eating outside the kitchen or the eating area is also not permitted.
20. You have 30 minutes after you have finished a meal to clean up all your dishes.
21. Do not eat (steal) food that is not yours; ask permission first.
22. House chores must be completed as they are assigned and at the time scheduled.
23. House meetings at your residence are scheduled by the house manager. Attendance is mandatory. Emergency house meetings can be called at any time. Don't be late
24. Where applicable, limit calls on the house phone to 10 minutes (5 minutes if someone is waiting to use the phone).
25. Your personal area, such as the area in and around your bed, and refrigerator, must be kept clean.
26. Do not leave your clothes in washer or dryer after the cycle has finished.
27. Do not fraternize with neighbors.
28. Your program dues and bed fee must be paid on time weekly (see contract for details).
29. Do not bring non-recovery literature to the foundation.
30. Be prepared to take positive criticism and to give it in a respectful, helpful manner. In general, be kind, caring, and compassionate with other residents.
31. It is understood that all RSL residents will exercise due diligence in maintaining good moral standards and good attitudes and behavior. Deviations from these standards may be grounds for dismissal from the program. (Example: resident refuses to keep personal area clean)
32. RSL acknowledges that a person's faith is an essential element of the recovery process. RSL is a Christian faith-based residential recovery center. While it is not a prerequisite that RSL participants are Christian, you may hear of and be invited to participate in Christian faith-based meetings. Whether you want to participate in these meetings or hear more about the Christian faith is your discretion. While at RSL you are free to participate in your faith of choice without requiring others to participate. You are responsible for attendance at the religious services of your choice.
33. Smoking is permitted in designated areas only. Smoking is not allowed in the RSL residence. Violating smoking rules will be a reason for dismissal from the RSL program.
34. Client agrees to comply with any legal obligations including but not limited to probationary reporting, child support, outstanding court dates, etc.
35. There will be a weekly house meeting to discuss house business, i.e., chores, cleaning, etc.

Sober Living Rules (Continued)

MEDICATION:

1. Resident must self-administer medication as prescribed by a physician.
2. Resident must not discontinue medication for any reason without a physician's order.
3. Resident may not be prescribed narcotic medications or any other controlled substance. Exceptions can only be made by senior staff.
4. You will volunteer to store certain medications at the RSL residence. Take-home medication will be secured in a lock box and made available to the participant as prescribed.
5. Medication cannot be stored in plain view of other residents.
6. All medication left behind will be destroyed when they leave the program.
7. **Regenesis strongly suggests obtaining a personal lockbox to secure medications and personal items.**

DISREGARDING OR BLATANT DISRESPECT OF THE HOUSE RULES WILL RESULT IN IMMEDIATE EVICTION WITHOUT ANY REFUND. IT IS YOUR RESPONSIBILITY TO KNOW AND ABIDE BY THE RULES. HOUSE RULES ARE SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE OR PERMISSION FROM PROGRAM PARTICIPANTS. ANY CHANGES TO THE HOUSE RULES WILL BE COMMUNICATED TO PROGRAM PARTICIPANTS AS SOON AS POSSIBLE, EITHER VERBALLY OR IN WRITING, OR BOTH.