

Clean Acres Recovery Housing

Sowing Seeds/Seedlings/Reaping Harvest Program Guidelines

This program is designed to assimilate new residents of the Clean Acres Recovery House to a sober lifestyle. It can also serve the purpose of helping a resident that has lost their enthusiasm for recovery assisting them to regain that enthusiasm.

Sowing Seeds/Seedlings/Reaping Harvest is a spiritually based program that provides a safe place for alcoholics/addicts, who are not in need of medical detoxification, can reside while they work through their compulsion of the disease of addiction. These are individuals that have shown that they have an honest desire to obtain sobriety, by doing whatever it takes. This program is not a medical or psychological based program.

The length of the program is based on individual need, typically between 2-6 weeks. During this time residents agree to abide by the following policies. Everyone who enters the Clean Acres Recovery House will begin the Sowing Seeds/Seedlings/Reaping Harvest program as it has been proven to be an excellent way to become acclimated to a new sober lifestyle.

Program Guidelines:

1. Residents will attend NA/AA meetings daily.
2. Residents will sign-out on the Clean Acres resident sign out board at any time they leave the property for any reason giving specific information as to time out, location, and time in. Residents will need to have staff approval anytime leaving property other than for recovery meetings with other residents.
3. Residents will get a sponsor and begin working the first step with that sponsor immediately. They will also read the first 164 pages of the AA Big Book and/or the first 103 pages of the NA Basic Text, immediately.
4. Residents will journal daily in a journal given to them upon arrival.
5. Transportation is the responsibility of the resident. It is encouraged that the residents build a sober support network to assist with rides to meetings, outpatient treatment and outside appointments. Senior residents with vehicles may also be able to assist with transportation at their discretion. Staff may assist in emergencies, in which case it is the responsibility of the resident to communicate the need for transportation.
6. Sponsors are encouraged to visit with staff approval. Residents will not have any visits with anyone without staff approval in advance.
7. Residents will engage in morning meditation and prayer (alone on week days and with the other residents on weekends) and evening meditation and prayer led by senior members of the house.
8. Residents will respect one another and notify staff if there are any personal issues in regards to themselves or others. Early recovery is a tough time for everyone that has been through it. Let your humility show by working on your honesty and trust especially with staff and your roommates. This is so we can help you to the best of our ability.
9. All Clean Acres Rules/Policies/Guidelines need to be completed in full and all residents should be fully aware of them. If there is a Rule/Policy/Guideline that you do not understand please consult with staff for an interpretation of the Rules/Policy/Guideline that you do not understand.