

NOVA TREATMENT CENTER EXPECTATIONS

1. For safe keeping, clients must turn over any valuables which will be locked in the office safe. Clients should not carry more than \$5.00 on their person (please lock excess money in Unit Manager's Office). Money can be received from 12:00 P.M to 1:00 P.M daily.
2. Clients are expected to be up by 6:45 A.M. daily (morning medication times are 6:45am-7:15am).
3. Clients need to be present and on time for all meals, lectures, group sessions and appointments. Clients are expected to attend meals whether or not they eat. If you choose not to eat please remain at the table for 20 minutes (for lunch and dinner). No phone calls during meals, please.
4. Clients must have their beds made and their rooms cleaned by 8:30 A.M. daily. Clients are expected to keep their rooms in order at all times
5. Clients are assigned chores daily, and job check for those tasks is Mon.-Sat 8:30 A.M.
6. Clients are expected to wear rubber gloves when working with food, dishes and silverware. This includes setting the table, storing food and doing dishes.
7. Clients are expected to do their own laundry. Washers, dryers and detergent are available for your use and you are responsible for your clothing. Laundry times: 8:45 A.M. to 10:00 P.M.
8. Clients are expected to wear shoes in the building at all times, and be properly dressed and neatly groomed. There are no bathrobes or pajamas in the common areas and you need to be fully clothed when walking to and from the bathrooms (including shoes). Please be aware of the appropriateness of clothing; nothing with a drug, alcohol or sexual nature on it. No hats/bandanas are allowed inside the building. No tank tops/muscle shirts allowed.
9. The television may only be used between the hours 7:30 P.M to 9:30 P.M Sunday through Friday. The TV may be turned on at 12:30 P.M on Saturdays. Ipod's, radio's, musical instruments, or other recreational electronic devices are prohibited. Please do not lie on the furniture.
10. All outdoor activities are limited to daylight hours and resident grounds only. Clients may not play any outdoor sports when the temperature is at or above 85 degrees, at the instruction of our medical director. Clients may walk in the parking lot (not in the driveway near the road). When it gets dark you must be inside or on the smoking patio off the dining room.
11. Smoking and Chewing Tobacco is permitted outside in the smoking area only! There is no smoking between 9:30 to 10:00 P.M for unit clean up (everyone is expected help). No smoking after 10:15 P.M for the night.

12. Volleyball/sports and Board games may be played from 12:05 pm to 1:00pm, from 4:30p.m.-5:10 p.m. and after dinner until evening program schedule starts. Outside games are limited to when outside temperature is appropriate.
13. Snack time is from 8:00 P.M to 9:30 P.M. Only pizza can be delivered when ordering out and must be ordered by 8:30 P.M.
14. No drinking beverages, eating food, or chewing gum during groups or lecture (in any carpeted area).
15. No food or drinks in bedrooms except water.
16. Clients are not allowed into anyone else's bedroom, except when doing job check on Sunday. Men are to use the men's wing and women use the women's wing. Clients are not allowed in each others' rooms.
17. Clients must respect and protect the anonymity of their fellow peers. Please answer the phone, with "Hello" or "May I help you?" as opposed to "Nova Treatment Center".
18. Clients may not lend/borrow cigarettes, money, personal items, etc. to/from other clients.
19. Clients are expected to be in their bedrooms by 10:30 P.M. Clients are not allowed outside the bedroom wing or outside the building between 10:15 P.M and 4:45 A.M. except in an emergency to be determined by on duty Unit Manager.
20. Unit Managers will check rooms to see that clients are in their rooms at 10:30 P.M. and throughout the night.
21. No visitors are allowed in the client bedroom wing.
22. To encourage the recovery process whereby women rely on women and men on men Nova begins this process by encouraging this same gender contact. Men and women are expected to limit any contact with the opposite sex or refrain from contact with the opposite sex when directed by a counselor.
23. Clients are expected to refrain from consuming energy drinks.