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## Our Mission

We honor the uniqueness of each person's story and journey through addiction into recovery. In the RezHOPE Transitional Living program, we provide a supportive, alcohol and drug free environment that focuses on inspiring, educating, and encouraging individuals. At the heart of our mission is the belief that holistic well-being is key to breaking the cycle of adversity that people in addiction face. We provide a supportive environment that fosters spiritual growth, physical fitness, and the development of sustainable healthy habits. Through a combination of spiritual guidance, cultural connections, tailored fitness programs, and comprehensive lifestyle education, we empower individuals to navigate the path to recovery with resilience and purpose. Our commitment is to inspire lasting positive change, equipping men with the tools they need to build a foundation for a healthier, more fulfilling life, and to impact the next seven generations to come.

## Our Vision

The RezHOPE Gadugi House serves as a crucial link to a structured, supportive, and health-focused environment. Our vision is to offer a secure and affordable, drug & alcohol-free residence, emphasizing the establishment of a recovery foundation. Bridging the gap between treatment and independence, the RezHOPE Gadugi House guides residents in developing life skills essential for a meaningful and productive life.

Operating as a "recovery family," we prioritize onsite peer relationships, forming a diverse yet united recovery community. Despite varying backgrounds, everyone shares a common need and desire- to learn and embrace a life free from the bondage of addiction. With that being said, we are a Medicated Assisted Treatment (MAT) advocate home. As a program led by individuals whose lives were impacted by addiction, we are

dedicated to helping others embark on this new journey of recovery, with a foundation grounded in faith and fitness.

## **Admissions Procedures**

To be eligible for our program, individuals must initiate the process by submitting the Gadugi House Resident Application. Once we receive the application, our admissions team will conduct a comprehensive background check, considering everyone's history to ensure compatibility with a community living environment. Subsequently, our staff will arrange a one-on-one meeting or phone interview. The Gadugi House program is selective, and not everyone may find it suitable. Therefore, we interview potential residents to assess their willingness and character, determining if they align well with our program. Applicant will have completed detox period for any substances needing medical care. If selected, individual will sign agreement after reviewing the Gadugi House Programming information with a staff member. Individual will then pay the initial required Payment/Deposit of \$450.00 (for first two weeks rent; non-refundable deposit). If we believe RezHOPE Transitional Living isn't the right fit, we will offer alternative recommendations and support services.

### **Policies and Procedures**

#### **Entrance Qualifications:**

1. Be Male
2. Must be at least 18 years old
3. Be referred from an agency, such as treatment center, outpatient center, detox center, or not limited to detention center
4. Willing to commit to a minimum of 3 months in our program
5. Agreeable to a background check
6. Identify as a person on a recovery journey from drug/alcohol addiction or mental health difficulties
7. Be willing to submit to a drug/alcohol test at any time, and upon entry
8. Be willing to participate in the Addict to Athlete support groups
9. Be willing to participate in fitness activities
10. Be working a recovery program (i.e. Community Service provide, NA/AA, 12-step, etc.)
11. Be willing to engage in activities to enhance spiritual disciplines

#### **RezHOPE Program Rules/Guidelines**

1. Each resident must obtain a mentor/sponsor, be working on some sort of recovery programs (e.g. but not limited to- Addict to Athlete, 12-step, programs at Analenisgi, Celebrate Recovery, etc.)

2. Each resident must work, go to school, or volunteer. All participants are expected to maintain a minimum of 40 hours of productive time each week.
3. Each resident is required to participate in the Addict to Athlete workout support group three days a week during Orientation phase, and is encouraged to continue once off of orientation phase.
4. Each resident is expected to actively engage in daily spiritual disciplines as an integral part of our program. This practice fosters personal growth, moral development, and a sense of community among our residents.
5. Attendance at weekly house meetings and morning activities is mandatory. (e.g. of activities but not limited to- studies around faith and spirituality, scripture study, Addict to Athlete programming.)
6. No smoking, burning candles or incense in the house. Smoke in only designated areas, **This includes vaping**. If you smoke, you are responsible for cleaning up the area. This means ashes and NO cigarette butts tossed outside. No smoking and congregating in the front of the house, or on the back porch area as this space is utilized for meeting space.
7. Each resident will be assigned a daily chore, and must keep their personal areas clean.
8. No food or drink other than water will be allowed in any of the bedrooms or on the sofa in the living room area.
9. No one is allowed in any other member's room for any reason, unless that is your roommate.
10. Visiting hours are from 10am to 8pm, provided the visit doesn't conflict with program groups or classes.
11. No sharing of personal property, loaning of money, borrowing vehicles, or gambling.
12. All prescribed and non-prescribed medications must be approved by staff. Self-Medicating (changing your own medication without a doctor's consent) is considered a relapse.
13. Disruptive behavior that affects the peace of the atmosphere in the house or around it will not be tolerated.
14. Failure to pay weekly fees may result in discharge. Remember, we are enhancing skills to be self-sufficient upon completion, and you will be required to pay rent on time in your future outside of here. Always keep open-communication if you face financial difficulties.
15. No using or having illicit drugs, INCLUDING alcohol while staying on the Gadugi House property.

16. Residents must be willing to submit to random drug and/or breathalyzers at any time. Failure to do so or positive (i.e. relapse) can result in immediate discharge.

17. Residents are subject to random searches of their room and/or personal belongings at any time.

18. Residents must abide by their set curfew. If a resident does not arrive for curfew or is away overnight without consent, the Gadugi House will consider this an act of "Abandonment" and at that time releases his right to their occupancy, forfeiting all fees paid.

19. Overnight passes are given after 30 days. The Gadugi House reserves the right to approve or deny each pass based upon individual progress, rent must be current, working with a sponsor/mentor, participating in Addict to Athlete programming, and have an approved plan of action for time away from the home.

20. Rent is paid each week, by Friday at 7:00pm, unless prior arrangements have been made with the Gadugi House staff. Failure to pay rent can result in immediate discharge from the Gadugi House.

21. If rent is not current, and a prior arrangement has not been made, residents will move back to Phase One until which time rent is current.

22. Residents must obtain employment, ideally within the first 30 days and have an employment plan approved by staff. If you are not employed within the first 30 days of entering the program, you are expected to engage in other areas that are defined and approved as productive time.

The program defines productive time as, but not limited to (remember, all ideas are up for consideration):

- Work hours, job search, employment training
- Programs for completing your GED or attending college
- Conducting housing searches and completing applications
- Attending meetings/ support groups (e.g. Addict to Athlete, 12-step, Ananlenisgi classes and peer support groups, celebrate recovery, etc.)
- Volunteering (e.g. local community service projects and events, RezHOPE events and fundraising endeavors, The giving spoon, Restoration House, etc.)
- Attending church gatherings
- Attending cultural gatherings
- Extra gym time or training for a fitness endeavor
- Accessing community resources

23. Each week, you will make a plan and discuss what you would like to accomplish, and what you were not able to accomplish, so that we know how to help you.
24. There is to be no physical or verbal confrontation (fighting/yelling/intimidation) while on the Gadugi House property.
25. There will be no derogatory statements or discrimination in regards to anyone's RACE, GENDER, or SEXUAL ORIENTATION.
26. There is to be no stealing (this includes borrowing without permission.)
27. Guests are not allowed in resident's rooms as you may be sharing with a fellow roommate.
28. No sexual activity or sexual conduct anywhere on the Gadugi House property.
29. Pornographic material is prohibited on property.
30. Each resident is under a no-contact contract agreement in regards to the opposite sex.
31. You are expected to maintain an attitude of recovery on/off the Gadugi House property.
32. We are a faith-based organization, and believe it is imperative to strive to use positive language. There is to be no cursing or vulgar language while on property. This is a program of personal transformation, and it is expected to conduct yourselves as such inside and outside of the organization.
33. Any residents holding negative contracts or having knowledge of another resident breaking a zero-tolerance policy is subject to immediate dismissal. We are here to encourage growth, and encourage each other.
34. Each resident is expected to uphold healthy personal hygiene and body cleanliness.
35. You may only operate a vehicle you own when legally licensed and insured. You must be in good standings and approved by staff.
36. Quiet time and/or lights out within the home is as follows unless otherwise announced; Sun-Thursday 11:00pm & Friday-Saturday 12:00am
37. All rules are subject to change at any time for the safety and well-being of all residents.
38. The Lead Residential Support staff holds full authority to interpret rules and implement changes on a case-by-case basis.
39. Strict adherence to dress code is mandatory for all residents.
40. Residents are prohibited from making any alterations to their living environments, including wall damage or placement of nails. Residents can request for alterations, but must receive approval.

41. All residents must comply with recommendations or orders from authorities such as civil or criminal court, wellness court, probation, parole, DSS, Family Safety, treatment providers, etc.
42. All residents should honor the trust that the RezHOPE Gadugi House has extended to them.

### **Zero Tolerance Policy**

1. Zero tolerance for destruction of the Gadugi House property, this includes walls, doors, windows, and furniture. If you didn't bring it, please don't break it. You will be held financially accountable for damages and this is grounds for immediate dismissal.
2. Engaging in relapse or failing to comply with a drug or alcohol test, which includes the misuse of prescribed or over-the-counter medications.
3. Displaying violence, making threats, exhibiting aggression, or possessing weapons, including brass knuckles. If you touch another resident in a threatening manner, you will be discharged. Depending on the situation, this could result in legal action against you as well.
4. Committing a crime, whether on or off the Gadugi House property, which encompasses actions such as stealing food.
5. Expressing any form of bigotry, meaning no intolerance towards individuals with differing opinions.
6. Engaging in sexual activity or conduct on the Gadugi House Property.
7. Having knowledge of another member breaking a zero tolerance rule and not reporting it to staff or management.
8. Demonstrating willful and purposeful disregard for house rules or assigned responsibilities.
9. Exhibiting blatant disrespect towards volunteers, staff, or management on or off of the Gadugi House property.
10. Completely disregarding the No-Contact Contract in relation to opposite-sex individuals.
11. Failing to adhere to responsibilities established by authorities such as civil or criminal court, wellness court, probation, parole, DSS, Family Safety, treatment providers, etc.

\*\*\*These guidelines are crafted to communicate clear expectations to all members. While not exhaustive, this list covers essential rules and potential violations. Please exercise common sense in your actions. Failure to comply with rules, regulations, or management's directives may lead to corrective actions, including but not limited to house restriction, curfew reductions, or other appropriate measures as determined by

management. Persistent rule violations may result in discharge from the Gadugi House.\*\*\*

### **Groups/Meetings**

The Gadugi House provides diverse group and meeting options for residents facilitated by peer-driven initiative, volunteers, or trained individuals. Our offerings include Addict to Athlete, daily practice of spiritual discipline, daily morning meditation/breathing sessions, and weekly house meetings going over goals etc., fostering open sharing among clients and staff, fostering genuine connections and support. These groups require mandatory participation. The house meeting is mandatory, and if you are on an overnight pass, you must be back for the house meeting. Individual cases will be evaluated with prior approval. Weekly meeting counts go from Sunday 6:30pm- to Sunday 6pm. We want to create a community within the home, so we will often suggest meetings throughout the week where residents may be speaking or “picking up chips.” We would love to support each other and celebrate one another. Please, get involved in the recovery community. The opposite of addiction is connection.

### **Drug & Alcohol Screens**

The Gadugi House requires 100% abstinence from drugs and alcohol. By choosing to live in this home, I commit to complete abstinence from drugs and alcohol while residing at the Gadugi House. By choosing this home, I willingly embrace all program rules and requirements, pledging to comply with requests and maintain this policy. I also commit to reporting any concerning activity by fellow residents for the community’s well-being. Understandable, any use or drinking on my part will result in my departure from the program without dispute. I acknowledge that refusal of drug screening or a positive test warrants immediate dismissal, and any BAC above 0.00 will lead to the same outcome. Residents must undergo mandatory drug and alcohol screenings, occurring upon entry and randomly 3-6 times monthly. Upon notification, residents cannot leave designated areas under surveillance. Staff will supervise tests, verify specimens, document results, and ensure residents sign an agreement. A positive result will result in immediate action which will result in a behavior contract or possibly immediate departure. If you are found to be intoxicated or fail a drug test, you may be given the opportunity to go to detox or a 72 hour dismissal. Depending on the severity of the discovery, you ARE subject to **immediate** dismissal. A “72” is not automatic and is given when a resident is honest about drug/alcohol use and takes responsibility for their actions. This is at management discretion.

In the event of immediate discharge, you will be supervised and given 45 minutes to remove ALL items immediately. Upon immediate discharge, we will hold all items for 3

days and any items not claimed after 3 days become property of RezHOPE Transitional Living.

If you are given an opportunity to return after 72 hours, you must return at an agreed upon day and time and **PASS** a drug screen for re-entry. Your program fees must be current in order to be eligible for a 72 hour dismissal and to re-enter the home. You will also be placed in Phase one again.

### **Phases Guidelines & Curfews**

Earning curfews isn't guaranteed; residents must actively participate in the program and maintain good standing to progress through phases. Advancement occurs in intervals listed below, but residents may move back to an earlier phase if they fail to meet program criteria during reviews.

#### Phase 1 (0-31 Days) Orientation

The initial month at the Gadugi House is pivotal, and newcomers actively assimilate into the community and engage with their peers. During the first month, each participant is expected to:

- Identify their goals (recovery, personal, professional, and/or educational related)
- Participate in at least 3 days of the addict to athlete workout/support groups
- Attend three AA/NA meetings (or another approved 12-step, recovery program, cultural enhancement class, Analenisgi required classes, etc.)
- Get a sponsor or mentor and begin working their program
- Attend weekly peer support "house meetings" facilitated by staff where everyone shares how their week went, meetings attended, any accomplishments or shortfalls, and their goals or commitments for the next week, as well as, discuss any community concerns.
- Participate in any upcoming events with RezHOPE organization to implement service work
- Abide by the 30 day curfew of 7:00 PM
- Meet all house expectations such as daily chores, and keeping living area tidy.
- Overnight passes are not available for participants with less than 31 days.

#### Phase 2 (31 days-6 Months)

Following the initial integration period, phase two commences when residents have immersed themselves in the the Gadugi House community. At this juncture, numerous participants actively engage with peers, exchanging experiences and demonstrating



unwavering commitment to both recovery and personal/professional development. Expectations during phase two include:

- We understand that during this phase that individuals will be engaging in employment and perhaps education, but it is encouraged to find time to continue to participate in at least 3 days of addict to athlete
- Actively participating in the addict to athlete program- sharing in meetings, building accountability for physical/personal/ and recovery goals, building a support network, obtaining support group commitments (such as but not limited to- cleaning equipment, leading support group topic, encouraging peers during workouts, etc.)
- Attend three AA/NA meetings (or another approved 12-step or recovery program.)
- Participants with 31 days or more can request up to four overnight passes per month
- Curfew is extended to 9:30 PM during the week, and 11:00 PM during the weekend.

### Phase 3 (6 Months- 9 Months)

While the Gadugi House doesn't enforce specific departure schedules for participants, we want to ensure that participants will have secure housing upon their completion of this phase, the majority of participants typically reside for a duration ranging from 6 months up to 9 months. During phase three, successful participants display the following traits:

- They are an active pillar within the Gadugi House's community.
- Have a strong recovery and non-recovery social support network that they rely on whether they are experiencing challenges in recovery versus when life is going well.
- Stable employment, financial security, and self- sufficiency
- Have experienced a fundamental shift in their behavior, outlook, belief system, and have experienced several of the gifts of recovery coming true in their life.
- They are utilizing the tools from Addict to Athlete not to just abstain from addiction, but to flourish in life as a healthy individual.

### **Food**

Residents are responsible for buying their own food, with assistance available for qualifying individuals. The Gadugi House offers transportation to food pantries and connects residents with local resources for free food. Assigned cabinet space is provided for dry goods, while the shared refrigerator/freezer is for those who purchase

their own food. Tape and sharpie are supplied to label your food. Respectful cooperation is crucial to ensure each person consumes only what they buy. If something is not labeled, that is your fault. With that being said, you also know what belongs to you and what does not. If something does not belong to you, please do not take it. Stealing or borrowing personal food can lead to discharge. While community food is accessible, a collective agreement and communication is needed for group meals, involving equal contributions in purchasing, preparation, and cleanup.

### **Transportation**

The Gadugi House offers transportation until you are able to arrange your own. Our service covers outpatient treatment, healthcare, court, probation/wellness court, grocery store trips, and to assist with job shifts that are outside of transit availability. When you have completed that orientation phase, you are encouraged to utilize Cherokee Tribal Transit services. Residents with vehicles must legally drive, provide proof, and not allow others to drive their vehicles. Sharing vehicles may lead to immediate discharge.

### **Visitors**

Visiting hours are from 10am to 8pm, provided the visit doesn't conflict with program groups or classes. Visitors should be made aware of program policies and rules before visiting property. While on property, all APPROVED guests and visitors must follow the guidelines set forth by the Gadugi House. Guests may visit in the common areas. **No guests are allowed in the bedrooms for any reason.** Visitors are only permitted upon pre-requested approval, and after you have completed the orientation phase.

### **Medical Policies**

Residents must function independently and self-administer prescribed and non-prescribed medications. A medication list is compiled upon admission and kept confidential. **Please refrain from telling others what meds you take.** Medications must be kept out of sight of other residents, this is not a request, as this can be a trigger for many and leaving them out is disrespectful. Medications will be kept in a locked box in the staff closet which can only be accessed by the Gadugi House staff members. When you need your medication, let a staff member know so they can open the locked space. We reserve the to do counts at any time. Notify the Lead Residential Support Staff or Director promptly of any medication changes. Failed drug screens due to undisclosed prescribed medications can lead to immediate discharge. Medications must be taken as prescribed. The Gadugi House may conduct random pill counts, considering medication abuse as a relapse. Sharing of any kind of prescribed medication will not be tolerated, and is subject to immediate dismissal.

### **Sickness**

Notify staff promptly if you're unwell. Share information about medical

appointments, including dentists, eye doctors, and ER visits with staff in advance. In true emergencies where you can't inform staff beforehand, notify them as soon as possible. Submit all required paperwork and details of medications administered during your stay post-ER visit. Additionally, inform staff about prescribed medications from any visit.

### **Personal Belongings**

Residents are responsible for securing their valuables like money, jewelry, and personal items at all times. The Gadugi House bears no responsibility or liability for personal belongings. Sharing clothing, personal belongings, lending money, or driving another resident's vehicle is prohibited. Due to limited storage, it's advisable to pack lightly. The Gadugi House retains the right to search personal belongings, including cars and phones. Belongings left in the Gadugi House residence after discharge won't be kept for more than 72 hours and will be disposed or donated at staff's discretion.

### **Personal Cleanliness and Chores**

You are required to maintain a tidy room by making your bed daily- first thing in the morning, vacuuming carpets, sweeping floors, and organizing washed clothing. Keep bedrooms and surfaces (dressers/nightstands) clear of clutter, trash, and dishes. Your room should reflect the life you are living, which is orderly and free of chaos. Take responsibility for cleanliness in the kitchen, bathroom, and common areas. Avoid leaving personal items unattended in shared spaces. Assigned daily chores will be monitored by staff. Uphold good personal hygiene and cleanliness. Limit food consumption to designated kitchen and dining areas, refraining from having food in bedrooms or outside these areas. Do not sleep on the couch. That's why you have bed. Please sleep in it.

### **Respect and Consideration**

Residents must consider the rights of others, maintaining noise control and avoiding cursing or vulgar language on the Gadugi House property. Show respect for the property of fellow residents, the house, the neighborhood, staff, and the Gadugi House as a whole. Each resident is expected to honor the trust extended to them. TV should be off by 10pm Sunday-Thursday and 11pm Friday and Saturday. If you are going to be on your phone, please consider others and use headphones.

### **Productive Time**

Laziness and excessive lounging will not be tolerated. Residents are expected to be up and about throughout the day. This means you can't sleep until 2pm just because you have nothing to do. As this becomes a problem, it will be discussed individually. Everyone should be up daily by **6am** unless you worked past curfew. Your bed should

be made by **7am**. You are required to be ready to participate in the Addict to Athlete workout/support group, so make sure you are dressed appropriately. Recovery is about making changes, and routine is important. This will help to establish a routine and promote activity within the home. Continued inability to respect this rule will be ground for dismissal.

### **Overnight Passes**

Overnight passes are available only after 30 days as a Gadugi House resident. If you do not have 30 days as a resident, do not ask to go visit friends or family overnight.

Overnight requests must be a minimum of 24 hours notice. **Same day requests will not be approved.** You may request up to one overnights per week (Monday- Sunday).

You must obtain approval of who you will be going with for overnight passes. Staff reserves the right to deny a request depending on who you are asking to go with. If a resident does not complete weekly chores, is late for curfew, does not meet the weekly meetings count, is behind on program fees, overnights will NOT be approved. A 72 hour leave due to drug or alcohol use will restart your 30 day waiting period for overnights. As a resident I agree to abide by this.

### **Financial**

A nonrefundable \$150 entry fee, along with the first two weeks' rent or approved scholarship, is required before admission.

The Gadugi House aids in employment search, but members must actively participate. After the initial two weeks, the weekly fee of \$150 is due by 7pm every friday. Timely communication with staff is essential for payment arrangements if unable to pay in full or on time. Sponsorship opportunities are available for those facing financial challenges. The Gadugi House accepts Credit/Debit Cards, Cash, and checks, but fees paid are nonrefundable. We understand difficulties and prioritize communication to provide assistance.

### **Dress Code and Personal Conduct**

The Gadugi House emphasizes maintaining a recovery-oriented attitude. Our appearance influences how we are perceived, and part of recovery involves balancing societal expectations with individuality. The dress code at the Gadugi House aims to provide realistic guidelines allowing self-expression and self-care. Residents represent both RezHOPE Gadugi House and the concept of recovery; displaying that recovery is achievable and residents are positive community members. Our mission is to foster a therapeutic recovery atmosphere, and behaviors inconsistent with this may lead to consequence or discharge from the program.

## **Dress Code**

- Always wear appropriate undergarments, ensuring they are not visible.
- Choose shirts that are suitable at all times; avoid sexually suggestive ones on RezHOPE Gadugi House property and during community meetings.
- Prohibit clothing with themes of violence, sex, drugs, or alcohol.
- While shorts are allowed, be mindful of length and type, avoiding sexually suggestive attire.
- Do not wear pajamas off the Gadugi House property, including community meetings.

## **Personal Conduct**

- Cell phones are not allowed in meetings; if brought in, ensure they are on silent.
- Remain engaged in meetings without disruptions; this dedicated time is crucial for your recovery.
- Maintain a recovery-oriented attitude on and off the Gadugi House property, encompassing language, work ethic, and social media. Remember, you represent RezHOPE, the Gadugi House and our recovery community.

## **Discharge Policy/ Continuing Support**

To uphold a secure recovery environment, our Peer Support Specialist will collaborate with you to provide recommendations and facilitate opportunities for a safe place to stay. The Gadugi House implements a 30-day no-return policy after a relapse, but reconsideration for readmission is possible after that period. We recognize that everyone's journey is unique, and relapse can be a part of the process. Rest assured, you'll stay connected with a peer support specialist for ongoing support as long as you wish to remain engaged with us.

As a gesture of courtesy and respect, kindly provide a one-week notice if you intend to leave the program. Upholding the principles of your program, we encourage thoughtful decision-making. A one-week notice is essential to qualify for a refund of any program fees paid beyond the current week. Please note that program fees for the current week will not be prorated for refunds.

Embracing recovery involves a spiritual journey. Attendance every Sunday at a church is strongly encouraged- no force, just support. The key lies in building a relationship with God. Clear your life, trust in God, and extend help to others.

Communication and honesty are essential parts of both recovery and everyday life. One of the best components of the RezHOPE Gadugi House is our ability to individualize

care. We are more than willing to work with people in most situations, but must be made aware of those situations. This is your responsibility. We are available nearly 24/7. Feel free to reach out to any staff at anytime. Thank you for being the greatest part of RezHOPE Gadugi House.

I \_\_\_\_\_ have read and understand the requirements and expectations of the Gadugi House. I agree to uphold the values and principles of living a healthy life in recovery, and representing this program. I agree to comply and adhere to the rules and guidelines of being a resident at the RezHOPE Gadugi House.

\_\_\_\_\_  
Resident Signature

\_\_\_\_\_  
Katelynn Ledford-McCoy, Executive Director  
Ruth McCoy, Lead Residential Support Staff  
Move-in date \_\_\_\_\_

Resident Initial \_\_\_\_\_