

## **Mission Statement for The Moms House**

Our mission is to support pregnant and post-partum women in recovery by providing them with a healthy, clean, safe living environment for themselves and their children.

## **Description of The Moms House**

The Moms House is a recovery home, which includes a structured, peer-accountable, and supportive setting with a paid house manager living at the home. There are no clinical services offered at The Moms House.

The Moms House will help residents meet their full potential by:

- Helping the client to find healthy means to satisfy the needs previously met through the use of drugs/alcohol
- Increasing the chance to experience fun and to feel in control of their lives
- Teaching new ways to relieve stress and anxiety
- Facilitating new learning related to social and free time choices
- Exposing residents to leisure alternatives in the community
- Providing increased structure, allowing choice within restrictions
- Increasing social functioning and self-confidence
- Developing social support network
- Enhancing basic communication skills
- Alleviating boredom (the #1 trigger for relapse)
- Increasing problem-solving and decision-making skills
- Practicing self-care and self-acceptance
- Develop communication, self-control and trusting relationships
- Enhancing independent functioning and physical well-being



**MetroHealth**



**The Moms House**

Daisy Avenue  
Cleveland, Ohio

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**The Moms House**



# The Moms House Code of Conduct

## Safety

- I agree not to use or possess drugs or alcohol, either on or off the premises. I realize that I could be subject to random toxicology testing and a search of my property at any time, including my mail. I understand that if I refuse to allow a search or test, or if drugs or alcohol are found or detected, this will result in review of my residency, and may result in dismissal from the House. I understand this includes the misuse of prescription medication.
- I must always be in good standing in a drug treatment program of my choice.
- I agree not to have any open flames on the premises, including but not limited to candles, incense, e-cigarettes, vaping and bonfires.
- I agree to not engage in any illegal activity at The Moms House.
- I agree to not engage in physical or verbal abuse towards other residents or staff. I understand that law enforcement could be called to intervene if I display violent or aggressive behaviors. I understand that making these choices will result in review of my residency, and may result in dismissal from the House.
- I agree to inform house manager of any and all medications, including all prescription and over-the-counter medications that I am taking. I understand that all medications must be documented by the house manager at intake.
- I will not let my child(en) be left alone in the house or outside of the house. I understand that they must be supervised at all times by myself or agree to the arrangement with another adult from The Moms House. I also agree to not leave my baby on my bed.

## Respect for Property

- I will not go into the private space of others without that person's permission.
- I agree to respect others' property at all times. I understand that stealing will not be permitted at any time. Theft or damage to the property of others, including the house property, is cause for immediate dismissal from the House and may result in legal proceedings.
- I understand that if I have a vehicle on the property, it must be licensed and insured with current registration. I realize that I or anyone may not repair or perform general maintenance on my car on the property or surrounding areas.
- I understand that smoking is not permitted inside or outside of The Moms House.
- I agree to not take food and drinks, other than water and baby formula, to the bedrooms.
- I agree to not have any pets at The Moms House.
- I agree to pay my rent on time. If financial issues arise I will speak to Monica Matia (216-402-9182) to resolve my financial problems.

## Resident Activities

- I agree to not engage in sexual activities in this residence.
- I understand that curfew is at 9 p.m. Sunday-Thursday and 10 p.m. Friday and Saturday. I agree to remain in the house until 7 a.m. I understand that curfew may be extended under certain circumstances only with prior approval of the house manager. I will check in with the house manager on a nightly basis. I understand that an exception may be made due to employment, but this must be preapproved with the house manager.

- I agree to have daily individual meetings with the house manager, as well as attend twice weekly group meetings.
- I understand that visitors are allowed on a very limited basis during daytime hours, only with approval by the house manager. I agree to ask the house manager in advance in order to have a visitor. I understand that overnight visits at The Moms House will not be permitted.
- After 30 days, I understand that I may leave for up to 2 overnight visits per month after getting approval from the house manager a week in advance.
- I understand that I may not gamble at The Moms House.
- I agree to not trade and/or sell food stamps at The Moms House.

## **Cleanliness**

- I will maintain proper hygiene, dress appropriately, and keep personal living areas clean and orderly.
- I will complete assigned chores on a regular basis. I realize that weekly chores will be assigned at the weekly house meeting. I will also clean up after myself and/or my child(ren) when I/we have made any mess in all areas of the house, interior and exterior.
- I understand that my personal areas will be kept neat and clean. I will make my bed and keep my clothes in closets, shelves and/or dressers. I will also do the same for my child(ren).