Revised 3/11/26

BIG BROTHER

Big Brother Sober Living — Rules & Expectations

Big Brother Sober Living is a recovery home dedicated to providing an environment that supports **Unity, Service, and Recovery**. Everything we do is designed with the goal of maximizing each client's potential for long-term sobriety. The structure, expectations, and protocols we have in place are intended to support clients during this transitional stage of recovery and to promote a safe, stable, and accountable living environment. These guidelines are not meant to be punitive; rather, they are preventative measures created to help individuals build lasting habits that encourage the recovery process. Our policies are informed by widely accepted practices among recovery residences, the principles reflected in the 12 Traditions, and—most importantly—our own experience in recovery.

The Big 7:

1. **Sobriety**: No alcohol or drug use at any time.
2. **Possession**: No drugs, alcohol, paraphernalia or unauthorized mediations anywhere – on or off property.
3. **Violence**: No threats, violence or abusive behavior toward anyone – on or off property.
4. **See Something, Say Something**: If rules are being broken or if there is suspicion, report it to staff immediately. Withholding information puts the entire home at risk. Anonymous messages can be submitted online.
5. **Visitors**: Visitors must be pre-approved by staff. No female visitors.
6. **No Pay, No Stay**: Program fees must be paid in full and on time unless an alternate payment plan has been put in place.
7. **Stealing**: Do not steal, misuse or mislabel others' property.

The Big 7 Rules above represent the core standards required to protect the recovery environment of our home. These rules are non-negotiable and must be followed at all times. Violations may result in immediate discharge from the program, as they exist to safeguard the sobriety, safety, and well-being of every client and staff member. The additional expectations outlined on page 2 are also enforceable (as stated in your client agreement), but are intended primarily as guidelines to help maintain structure, accountability, and a respectful living environment for everyone in the home.

Financial Expectations

- **Program Fee:** $230 per week, due Sunday night (or prorated at intake).
- **Deposit:** $230 security/compliance deposit due at intake. Returned within 30 days of departure minus deductions.
- **Three-Month Commitment:** Leaving before 3 months forfeits the deposit.
- **Move-Out Notice:** After 3 months, provide 14 days written notice.

Payment methods: cash, check, or online payment.

Sobriety & Drug Testing

To protect the home's environment:

- Drug tests may occur randomly (on average twice weekly).
- Tests may also occur after overnights or non-regular trips.
- Tests must be completed within **two hours** of request.
- Refusal or failure results in discharge.

These policies exist as a **preventative measure**, not punishment.

Program Participation

Recovery requires action. Clients are expected to:

- Attend **at least 3 outside meetings per week** (including a home group).
- Maintain **regular sponsor contact**.
- Participate in **step work and service**.
- Attend **house meetings and house responsibilities**.

Work, School & Treatment

Clients must be:

- Working
- In school
- In outpatient treatment

—or actively seeking employment/service work (minimum **25 hours per week**).

Home Conduct

To maintain a healthy living environment:

- Keep rooms and common areas clean.
- Complete assigned chores.
- Respect others' space and belongings.
- Do not take food or property that is not yours.
- No locks on bedroom doors.

Medications

- Prescription medications only.
- Mind-altering prescriptions must be stored in a safe.
- Staff may conduct random medication inventories.
- Unsafe medication handling may result in discharge.

Guests & Overnights

- Guest hours (**Men only**):

Weekdays 6 – 9pm
Weekends 10am – 10pm

- Guests must remain in **common areas**.
- No overnight guests.
- Overnight passes must be approved in advance (maximum 2 nights per week / 7 nights per month). Drug testing should be expected after overnights.
- Unless pre-approved, no pets allowed at any time by anyone, including guests of clients and house managers. If allowed, pets remain outside.

Schedule & Curfew

Structure supports recovery.

- **Quiet hours**

Sun night – Thu night: 10pm – 8am
Fri night – Sat night: 12am – 10am

- **Wake-up times**

Weekdays (Mon – Fri): 8am
Weekends (Sat – Sun): 10am

- **Curfew**

First 30 days: 10pm weeknights / 11pm Fri – Sat
After 30 days: 11pm weeknights / 12am Fri – Sat

- **First 30 days:** No trips, vacations, or overnights.
- **Unemployed clients:** Out of the home weekdays from **9am–3pm**.

Accountability & Administration

- Report rule violations promptly.
- Ongoing conflicts between clients may result in removal.
- Big Brother staff make final decisions regarding discipline.

Big Brother is **not affiliated with any 12-step organization**. Meetings hosted at the home are client-operated.

Other Information

- Main website: www.bigbrother.llc.
- Payment portal, daily recaps, weekly living plans, anonymous complaint forms and other information can be found at www.bigbrother.llc/clients.
- Personal mail can be delivered to our PO box, at 66 Grove Ct #198, Elgin, IL 60121 (Elgin Post Office).