

## PHASE RULES

Participants are given a more detailed list of rules. For more information, see that list.

### Phase I

Your child is temporarily living away from home with a host family (a family that is further along in the program). This is for a minimum of two (2) weeks. He/she will be in the program from 9:00 a.m. to 7:30 p.m. on Tuesday, Wednesday, Thursday, and Saturday; 9:00 a.m. to 9:00 p.m. on Monday; 9:00 a.m. until after the Open Meeting on Friday; and 2:00 p.m. until 7:30 p.m. on Sunday.

1. Parents are responsible for contacting their child's school regarding their child entering KHK.
2. Program clients are not to have any money nor an I.D. while on Phase I or II.
3. Parents will not have contact with the temporary host homes. Host parents are not to discuss or reveal their temporary host child(ren) in their home with anyone except staff.
4. Your child may not make or receive telephone calls, letters nor visits from friends or relatives.
5. Your child will not be allowed to listen to music, watch TV or read. We want him/her to concentrate on program tasks and themselves.
6. Host parents are responsible for having your child at KHK promptly at the designated time and picked up at closing time. A direct route to and from KHK must be taken. No stops along the way.
7. Your child will be required to write a moral inventory daily.
8. Bedtime will be no later than 11:00 p.m. or one hour after returning home from the program on Mondays and Fridays. Bedtime on Saturday night will be no later than 12:00 midnight. Bedtime may be earlier if household needs require it.

### Phase II

Your child will be living at home and attending KHK with the same schedule as on Phase I. Focus during this phase will be on self and family relationships. On this phase your child will be considered an oldcomer and will bring newcomer(s) home with him/her. Out-of-town children can make permission requests to go home with their own families on Fridays after the Open Meeting and returned to the program on Sunday at 2:00 p.m. Permission requests must be submitted in writing 72 hours before going home. Permission requests can also be made to go to the doctor.

1. Your child will not be allowed to make nor receive telephone calls, letters, nor visits from friends or relatives with the exception of Dime Therapy see below.
2. On Phase II, approved grandparents can start attending Open Meetings.
3. Your child will not be allowed to listen to music, watch TV or read. We want him/her to concentrate on program tasks and his/herself.
4. Program clients are not to have any money nor an I.D. while on Phase II.
5. 2nd Phasers are not permitted to leave the house other than going to KHK. Permission requests can only be made to go to the doctor or to go home.
6. Parents are responsible for having their household at KHK promptly at the designated time and picked up at closing time. A direct route to and from KHK must be taken. No stops along the way.
7. Your child will be required to write a moral inventory daily.
8. Bedtime will be no later than 11:00 p.m. or one hour after returning home from the program on Mondays and Fridays. Bedtime on Saturday night will be no later than 12:00 midnight. Bedtime may be earlier if household needs require it.

Dime Therapy: To be used for emergencies only. The child will have three (3) phone numbers of kids on Phase IV or higher in the program and one Staff member's, which they can use if an emergency problem arises when at home. Please use this option for emotional upsets and to obtain peer support. The pager system is NOT to be used except for acting-out serious injury, and/or illness.

### Phase III

Your child can return to school or work. Focus on this phase is on achievement. The child still concentrates on self and family relationships.

1. Permission must be granted before returning to school or work. If returning to work, the job must be approved by staff. When not attending school or work, the child is required to be at KHK.
2. Your child will not be allowed to make nor receive telephone calls, letters, etc. with the exception of Dime Therapy. Permission requests may be made for necessary calls for school, work or speaking engagements and must be made in the presence of a 4th or 5th Phaser while at the program or in the presence of a parent when at home.
3. Your child will not be allowed to listen to music or watch TV. Only reading that is necessary for school or work is allowed.
4. On Phase III, approved grandparents can start visiting your child at home when no other phasers are present.
5. On Phase III, approved relatives can start attending Open Meetings and can visit your child at home when no other phasers are present.
6. On Phase III, yard permission requests can be made, if granted the child must stay within sight of parent.
7. Parents are responsible for having their household at KHK promptly at the designated time and picked up at closing time. A direct route to and from KHK must be taken. No stops along the way. Parents are responsible for their child's transportation to and from school or work.
8. Your child will be required to write a moral inventory daily. Rational therapy and writing RSA's will begin on 3rd Phase.
9. Bedtime will be no later than 12:00 midnight or one hour after returning from the program on Mondays and Fridays. Bedtime may be earlier if household needs require it.

### Phase IV

Your child will be living at home, attending school or work and be given days off from the program each week. New focus at this time will be responsible leisure time and friendships. Minimum time period for fourth phase is 90 days. This is an extremely important phase and the time we expect to see that your child has internalized the values of the program. It is also the time when your child enjoys privileges he has regained from hard work.

1. Client can make phone calls, send and receive letters to people that are in their best interest.
2. Permission requests, to go to appropriate places, that have been approved and signed by parents, must be turned into staff 72 hours in advance. No contact with old drug using friends or going to old hangouts. Client must stay in sight of their parent(s) while on permission.
3. Client may read literature, watch TV, and listen to music that is appropriate.
4. On Phase IV, approved friends can start attending Open Meetings and can visit your child at home when no other phasers are present.
5. 4th Phasers are to be in sight of parents at all times while in yard. No permission is necessary.
6. Parents are responsible for having their household at KHK promptly at the designated time and picked up at closing time. A direct route to and from KHK must be taken. No stops along the way. Parents are responsible for their child's transportation to and from school or work.
7. Your child will be required to write a moral inventory daily. Rational therapy and writing RSA's will continue on 4th Phase.
8. Bedtime will be no later than 12:00 midnight or one hour after returning from the program on Mondays and Fridays. Bedtime may be earlier if household needs require it.

## Phase V

Your child will be living at home, attending school or work and will be given days off from the program each week. The added focus of this phase is service. Your child will be expected to be a leader in group and a good role model for other group members. You and your child will be preparing to graduate and leave the security of the program. Minimum time period for fifth phase is 60 days.

1. Client can make phone calls, send and receive letters to people that are in their best interest.
2. When 5th phasers go somewhere on a day off with their parent(s) or their assigned host parent(s), no permission request needs to be made. Permission requests to go with a different program parent other than their parent or their assigned host parent must be approved and signed by a program parent(s) and must be turned into staff 24 hours in advance. No contact with old drug using friends or going to old hangouts. Client must stay within yelling distance of their program parent(s) while on permission.
3. Client may read literature, watch TV, and listen to music that is appropriate.
4. On Phase V, any appropriate person(s) can attend Open Meetings and can visit your child at home when no other phasers are present.
5. 5th Phasers when outside must remain on the same property as their parent(s), not necessarily within sight. No permission is necessary.
6. Parents are responsible for having their household at KHR promptly at the designated time and picked up at closing time. A direct route to and from KHR must be taken. No stops along the way. Parents are responsible for their child's transportation to and from school or work.
7. Your child will be required to write a moral inventory daily. Rational therapy and writing RSA's will continue on 5th Phase.
8. Bedtime will be no later than 12:00 midnight or one hour after returning from the program on Mondays and Fridays.
9. If client is old enough to drive, s/he may request permission from staff to drive while in the company of their parent(s).

10. On 5th phase, client and their parents will develop a Graduate Contract to use as a behavior guide line when they graduate.

## Aftercare

Your child will be in aftercare for a period of six months. Parents are encouraged to set a reasonable curfew and establish other expectations of their child. During this time if problems occur parents should request family conferences.

1. Parents and graduate are required to attend together one Open Meeting a month.
2. Parents and graduate are required to attend together the Sevenstep Parent Raps held the third Thursday of every month.
3. Graduates are required to follow the guide lines of their Graduate Contract.
4. Graduates are required to attend Sevenstep Raps held every Saturday from 9:00 a.m. to 12:00 noon.
5. Graduates are required to return service to the program by putting in ten hours a week.
6. Graduates are encouraged to attend AA meetings as per their Graduate Contract and to get a sponsor. Time spent (up to 2 hours a week) at AA meetings will count as service hours to the program.
7. Graduates are required to write M.I.'s daily.
8. No dating until the 5th month of aftercare. Group activities are encouraged.