

Primary Care Guidelines

1. Clients will be discharged from Westminster House for use of non-prescribed prescription drugs, illicit drugs, alcohol or any mood or mind altering substance – this includes inhalants.
 - Staff may check purses, packages, pockets and rooms at any time.
 - Drug screening will be administered randomly.
2. Clients are required to abstain from using tobacco products, inhalers and Nicorette gum while in residence. NRT patches are permitted and supplied by the Minister of Health.
3. Westminster House is a fragrance free environment. Perfume, cologne and body spray are not permitted.
4. Dress Code:
 - Slogans and illustrations on clothing should be in good taste.
 - Undergarments, midriffs and lower backs are not to be exposed.
 - The length of shorts, dresses and skirts to extend below the fingertips with arms straight at your side.
5. Piercing or tattooing is not permitted while in residence at Westminster House.
6. The first 14 days' is a client's retreat. No visitors, letter reading, or phone calls without staff authorization.
7. Clients require authorization to access the internet while in Primary care.
 - No purchasing magazines or newspapers.
 - Reading material is limited to NA / AA literature, meditation books and group handouts.
8. Peer to peer support: clients must be in pairs during the day until 6pm then in 3's at night this includes alumni.
9. For the first 30 days there is a \$5 a day cash limit.
10. The following items are not permitted in or around the premises:
 - Substance use-related paraphernalia
 - Alcohol and illicit drugs
 - Pornography
 - Weapons (guns, knives, etc.)
 - Lottery tickets
 - Mouthwash

- Laxatives
 - Personal I-PODS, MP-3 players
 - Cell phones/pocket computers
 - Personal stereos.
11. All medications must be blister packed through an approved pharmacy.
 12. Clients are required to follow the daily schedule for meetings, meals and programming.
 - Curfew on weekends may be extended under special circumstances for planned event attendance.
 13. Primary clients are required to attend 12 NA meetings a week.
 - Mon-Fri all clients are required to attend AMNA morning meeting.
 - Evening meetings are mandatory 7 days a week.
 - One AA or other 12 step fellowship can be substituted
 14. Clients are required to participate in 3 meals per day unless given staff authorization to be excluded from a meal.
 - Food or drink is not permitted in client bedrooms at any time (exception is water).
 - No food or drink is permitted in the common area's except on video nights.
 - Water is permitted during group time.
 - No outside food for personal consumption during the week (Sun-Thurs).
 - Friday and Saturday clients can purchase snacks for movie night and keep them in the pantry. All snacks must be eaten by 9:30 pm Sunday night.
 15. Overnight visits will be considered on an individual basis.
 16. Parent must supervise children at all times. Boys (5 and under) Girls (no age limit).
 17. Pets visits are subject to the Pet Policy before entering any of the facilities.
 18. No violence or abusive talk of any kind will be tolerated.
 19. Any sickness or accident to be reported to a staff member immediately, regardless of the severity.
 20. Vehicles are not to be operated during primary care Westminster House.
 21. Discharges are supported during regular business hours 8-4pm Monday thru Friday.
 22. Clients must take all of their belongings upon discharge. Belongings will not be held after a 24-hour period.
 23. Clients are only permitted to post personal items on wall boards provided in each room.
 24. Clients are not permitted to deface any Westminster House property including writing on walls, sticking/taping/nailing any items to walls, writing on wall boards, etc.