

Men of Integrity Sober Living Resident Handbook

Welcome to Men of Integrity

Men of Integrity is a men's sober living program in North Houston / The Woodlands, Texas. Our mission is to walk beside men as they rebuild their lives from the ground up—whatever their “bottom” may be. Gail and Brandon understand what it feels like to be lost, alone even in a crowded room, incarcerated, burdened by broken relationships, or trapped in addiction. We have lived those experiences, and we have overcome them. Because of that, we believe deeply that recovery *is* possible.

Our individual journeys have been strengthened by connection with like-minded people. God placed individuals in our lives who loved us until we could love ourselves, and that support taught us that transformation is real. Men of Integrity now strives to offer that same hope to others.

We provide a structured, faith-based, 12-step-inspired environment that builds integrity, discipline, accountability, and purpose. Our home fosters a brotherhood grounded in honesty, spiritual growth, and mutual support—where every man takes ownership of his actions and works toward lasting freedom.

Men of Integrity is dedicated to helping men rebuild their lives through structure, guidance, and community. We support residents seeking freedom from substance abuse, emotional and spiritual growth, and healthy coping skills that lead to long-term sobriety. Your adherence to our structure reflects your commitment to recovery and opens the door to meaningful, lasting change.

Intake & Admission Process

Upon arrival, you will:

- Submit to a breathalyzer and urine analysis test.
- Have all belongings searched and inspected.
- Complete a full intake orientation, including program overview, signing of all documents, and discussion of financial obligations.

The intake process takes approximately one hour.

We do not accept partial or weekly payments. Payment methods accepted: Venmo, Zelle, Cash, Cashier's Check, or Check. Credit cards accepted if necessary. We do prorate fees.

Requirements for Admittance

- Male, age 18 or older
- Minimum of seven (7) continuous days sober (medical clearance if applicable)
- No active detox symptoms
- Preferably completed an inpatient or residential treatment program
- Willingness to participate in an IOP or PHP program (if applicable)
- Ability to meet all financial requirements (monthly rent)
- Signed agreement to follow all Men of Integrity rules and procedures
- Agreement to test for illness (including COVID-19) if required
- Must be stable in mental and physical health
- Individuals with current self-harm or active eating disorder behaviors must seek proper treatment before admission to ensure a safe environment for all residents.

Provisions & Amenities

Men of Integrity provides a safe, structured, and supportive living environment designed for recovery and growth.

Included Provisions:

- Random drug screens and breathalyzers (no cost unless lab verification required)
- Weekly house huddle
- Wi-Fi and printer access
- Assistance with job search and resume guidance
- Help finding an appropriate sponsor
- Case management facilitated by staff
- Twin and full size beds
- Access to community resources and recovery activities
- Brotherhood-based group activities for sober fun
- Visitation for family and friends on approved days
- All paper products, cleaning supplies, and coffee provided
- Sunday dinner provided by the house; residents contribute side dishes
- Optional individual recovery coaching with Peer Recovery Specialists (additional fee)

House Rules, Operations, and Procedures

Curfew & Scheduling

- Sunday–Thursday: 11:00 PM curfew
- Friday & Saturday: 1:00 AM curfew
- Sunday House Meeting 5pm
- Weekday curfew exceptions may be granted only for verified job requirements.
- Notify the house manager immediately if running late.
- Repeated lateness may result in loss of privileges.

Bedtime Standards:

- Respect your housemates' schedules.
- No TV or sleeping in common areas between 9 AM – 3 PM unless approved.

Wake Up Routine

- Monday–Friday: Wake-up by 7:45 AM, out of bed by 8am, bed made by 8:30am. Any deviation from this rule must be approved by staff.
- Saturday and Sunday: 10am, residents that work can discuss exceptions.
- Dressed for the day by 9 AM on weekdays, 11:00 AM on weekends.
- Daily and weekly chores must be done by 10 AM weekdays and 12pm on weekends.
- Beds must be made daily.

Overnight Passes

- Must own a personal breathalyzer before passes are allowed.
- Management may require FaceTime check-ins and breathalyzer tests while on pass.
- In the first 30 days of residency there will be no overnight passes.
- After 30 days all overnight passes must be approved by staff. Address and phone number of overnight stay will be provided to management prior to approval.
- Resident will be drug tested upon return from overnight pass
- Location must remain on while you are away from the house on pass.

Relationships

Early recovery is a time for personal growth, not new relationships. Focus is on brotherhood, accountability, and personal integrity.

12-Step Meeting Attendance

All residents must attend five (5) 12-Step meetings per week.

The House meeting counts as one.

Approved meetings: AA, NA, Celebrate Recovery, SMART Recovery, etc. If enrolled in IOP or PHP, that program counts as one meeting.

Employment & Daily Structure

If unemployed, you must engage in service work of some sort.

Do not quit a job without securing another.

Idle time is to be avoided — recovery is an active process.

Chores

- Each resident has daily and weekend chores.
- Chores must be completed by 10am.
- Bedrooms must remain clean and organized.
- No eating in bedrooms — only kitchen, dining, or outdoor areas.
- Dishes must be washed, dried, and put away immediately.
- Laundry must be done on your assigned day.
- Neglected chores result in warnings, write-ups, or loss of privileges.

Personal Hygiene

All residents must maintain clean personal hygiene and clothing.

Regular showers, grooming, and deodorant use are required.

Keep your space odor-free and sanitary — this reflects self-respect and respect for the brotherhood.

Guests & Visitation

- Saturday: 10 AM – 10 PM
- Sunday: 10 AM – 4 PM
- All visitors must be pre-approved by the house manager.
- Visitors are only allowed in common areas (living room, kitchen, or patio).
- No visitors under 18 without prior approval.
- No active users or drinkers permitted on property.
- Alumni are always welcome provided that they are sober.
- All visitations must be announced in the house WhatsApp group.

Medications

- All medications must remain in original pharmacy containers.
- Pill cases must be used and stored safely.
- Sharing medication is grounds for expulsion.
- Medication changes must be reported to the manager before starting.
- Over-the-counter meds require approval.
- No CBD, THC, Kratom, Delta-8/9, or alcohol-based products (including kombucha).
- Random pill counts may be conducted.

House Meetings & Brotherhood Circles

- Mandatory Sunday meeting led by staff.
- Meetings last 1–1.5 hours.
- No cell phones, eating, or lying down during meetings.
- Confidentiality is required.
- Emergency meetings may be called by staff or residents if serious issues arise (relapse, conflict, etc.).

Random Searches

All rooms, belongings, and vehicles are subject to random searches at any time.

Drug & Alcohol Testing

Testing is random and mandatory.

Refusal to test = automatic admission of use.

Positive tests will be lab-verified at your expense; if negative, you will be reimbursed. Any positive or inconclusive result may result in discharge or referral to higher care.

Disruptive Behavior

Includes but not limited to:

- Aggression or verbal abuse
- Dishonesty or lying
- Stealing
- Gossip or negativity
- Noncompliance with rules
- Excessive noise or disturbance

Repeated disruptive behavior may lead to a behavioral contract or dismissal.

Communication & Brotherhood Conduct

We value assertive communication and brotherhood.

- Handle conflicts directly, calmly, and respectfully.
- No gossiping or back-channel negativity.
- Approach issues to build up, not tear down.
- Report serious concerns to staff immediately.

Personal Conduct

- No entering bars, nightclubs, or establishments where alcohol is the main business.
- No weapons of any kind.
- No borrowing or lending money or possessions.
- Theft = immediate expulsion.
- Keep cash and valuables secured.
- No explicit or inappropriate content posted on social media.
- Life360 must be enabled at all times to ensure accountability.

Consequences

1. 1st Infraction: Verbal warning or group discussion.
2. 2nd Infraction: Written warning and loss of privileges (phone, curfew, passes).
3. 3rd Infraction: Behavioral contract or expulsion, depending on severity.

We use individualized accountability — comparisons between residents are not appropriate.

Grounds for Immediate Expulsion

- Positive UA or breathalyzer (confirmed relapse)
- Theft or criminal activity
- Physical aggression or destruction of property
- Possession or use of banned substances (including CBD, Kratom, Delta-8/9)
- Giving out door codes or keys
- Smoking inside the house
- Unreported overnight absence
- Refusal to test or cooperate with sta
- Harboring or covering for another resident's rule violation

Residents expelled for behavioral reasons may reapply after two weeks.

Those expelled for relapse may reapply after 30 days upon sta and house approval.

Personal belongings must be retrieved within 3 days or will be donated.

Emergency Contact Information

In the event of a medical issue, relapse, or emergency, Men of Integrity will contact your designated individuals.

Primary Contact:

Name: _____

Address: _____

Phone: _____

Relationship: _____

Resident Signature: _____ Date: _____

Secondary Contact:

Name: _____

Phone: _____

Closing Statement

At Men of Integrity, we believe recovery is not only about abstaining from substances — it's about becoming the man God designed you to be: honest, disciplined, and spiritually grounded.

This home operates on accountability, respect, and brotherhood. Every resident is expected to uphold the principles of integrity, recovery, and service to others.

Welcome to the brotherhood of Men of Integrity — where faith meets action, and recovery becomes a way of life.

The following medications are prohibited from use, unless pre-approved by house staff prior to arrival.

- Adderall (stimulant, amphetamine)
- Alprazolam (Xanax, benzo)
- Ambien (Zolpidem, non-benzo)
- Ativan (benzo)
- Barbiturates of any kind
- Benadryl
- Carisoprodol (Soma)
- Clonazepam (benzo)
- Doceine Phosphate (opiate)
- Concerta (stimulant)
- Dalmane (benzo)
- Darvocet (analgesic non narcotic)
- Darvon 65 (analgesic, non narcotic)
- Fiorinol (barbiturate)
- Hydrocodone/Codeine (opiate)
- Hydromorphone (Dilaudid, opiates)
- Kadian (morphine sulfa, opiates)
- *Ketamine
- Klonopin
- Librium (benzo)
- Limbitrol
- Lorcet (narcotic analgesic)
- Lunesta
- Meperidine (opiate)
- Methadone (opiate)
- Modafinil (Provigil)
- Morphine Sulfate (opiate)
- Nembutal (barbiturate)
- Nyquil
- Oxycodone (opiate)
- Oxycontin (opiate)
- Percodan, Percocet (opiate)
- Phenobarbital (barbiturate)
- Restoril (benzo)
- Ritalin (stimulant)
- Serax (benzo)
- Soma Compound
- Sonata
- Subutex/ Suboxone
- Traxene (Clonazepate, benzo)
- Ultram (Tramadol)
- Valium (Diazepam)
- Vicodin
- Vyvanse
- Xanax

Resident Agreement and Signature Page

I, _____, have read and understand the Men of Integrity Sober Living Handbook. I agree to follow all rules, guidelines, and expectations outlined in this handbook. I understand that failure to comply may result in loss of privileges or discharge.

Resident Signature: _____ Date: _____

Sta Signature: _____ Date: _____