

HOME BEHAVIOR CONTRACT

For: _____

Behavioral Expectations

1. No verbal abuse or foul language.

Homework must be done without hassle, completely and on time.

_____ will keep an appropriately clean room (includes placing dirty laundry in the hamper, making bed in the morning before leaving the house, etc).

_____ will wear clothing that is age-appropriate and shows pro-recovery attitude.

_____ is expected to attend and participate in all planned family meals.

_____ will wear a hairstyle agreeable to him/her and parent and demonstrates a pro-recovery attitude.

Assigned chores will be completed (per attached schedule).

_____ will participate in outpatient therapy with _____. S/He will report to the session(s) on time.

_____ will not engage in physical abuse, threats or intimidation tactics.

The family will attend family therapy with _____ upon request.

_____ will not steal or use other family member's possessions without permission.

_____ will not be late for chores, from school, to meals or to any expected activity. For exceptions, s/he may call home for permission to come home at a later time prior to the time expected.

The family will participate in a weekly home process meeting on _____ at _____. The entire family is expected to participate in this meeting, unless prior arrangements are made.

_____ will not engage in inappropriate teasing and fighting with brother(s) and sister(s).

_____ will accept "no" for an answer without arguing. Parents will provide a *brief* explanation of the reason for the "no."

All activities and friends must have the approval of parents. _____ may bring this

item up for further discussion at a family process meeting or family therapy session.

Family members will make a reasonable effort to assertively state how they feel to other family members. Name-calling, screaming, yelling, etc, is not appropriate.

Parents agree to focus on positive behaviors that _____ does and to decrease nagging, harping, "reminding." Parental compliance will be discussed in family process meeting and family therapy sessions.

Drug and Alcohol Contract

_____ will participate in a minimum of _____ out-patient drug and alcohol meetings per week. In addition, _____ will attend _____ AA/NA meetings per week.

_____ will find an AA or NA sponsor by _____ (date).

_____ will agree to cooperate with providing random urinalyses upon request (by either parent(s) or outpatient D&A program requestor).

Level System

LEVEL I: Room restriction for 24 hours. _____ must stay in his/her room unless at school, doing required chores, or attending an AA/NA meeting or therapy. There are no privileges at this level (including telephone, TV, radio, etc). Twenty-four hours of compliant behavior warrants a level increase to LEVEL III.

LEVEL II: _____ will lose one or more of the following on-property privileges:
TV.
computer
iPod or other electronics
Favorite activities

Both Level I and II include 2 - 4 hours of unpaid work to occur before Level Drop is lifted
Twenty-four hour compliant behavior warrants a level increase to LEVEL III.

LEVEL III: _____ will have full privilege status, which includes:

All program related activities
Social time with program members
Phone time with program members

Full privileges gradually increase to include non-program friends and activities as client earns them.

Home Schedule**WEEKDAY****WEEKEND**

LEVEL I

Room Restriction

Room Restriction

LEVEL II

Friend Curfew _____
Phone Curfew _____
Lights out _____Friend Curfew _____
Phone Curfew _____
Lights out _____

LEVEL III

Friend Curfew _____
Phone Curfew _____
Home Curfew _____
Lights out _____Friend Curfew _____
Phone Curfew _____
Home Curfew _____
Lights out _____**Demotion of Levels**

Any of the following behaviors will result in a drop in Levels as follows:

- | | |
|-------------------------------------|-------------------------|
| A. Verbal abuse | Level drop for 24 hours |
| B. Lying | Level drop for 24 hours |
| C. School behavioral problems | Level drop for 24 hours |
| D. Failure to follow contract | Level drop for 24 hours |
| E. Persistent negative attitude | Level drop for 24 hours |
| F. Physical threats or abuse | Level I for 24 hours |
| G. Stealing | Level I for 24 hours |
| H. Dirty UA and/or Drug/Alcohol use | Level I for 72 hours |
| I. Running away (AWOL) | Level I for 72 hours |

Assigned Chores

Parents to list chores of their choice.

Daily

Weekly

WE AGREE TO FOLLOW ALL THE RULES, EXPECTATIONS AND CONSEQUENCES OF THIS HOME BEHAVIOR CONTRACT.

DATE _____ ADOLESCENT

DATE _____ FAMILY MEMBER

DATE _____ FAMILY MEMBER

DATE _____ FAMILY MEMBER

DATE _____ FAMILY THERAPIST