



Expectations Agreement

Hopefully this will answer many questions youth may have about what is expected if you choose to participate in Northern Star's Independent Living Program.

Location

Make sure you know where Dahlonega is located. It is a small mountain town about an hour North of ATL. If you are looking to get away from the fast life, then this program is in a good location for you! You will have plenty of time to focus on yourself, education, career, and planning for your future without the distractions of a big city.

Roommates

Everyone has their own locking bedroom whether it be in a shared apartment or in an individual Star home. It is expected that each participant keeps their own area clean every day, as well as help clean up common areas and complete chores weekly.

Respect

We know respect plays a large part in becoming a successful adult. At Northern Star, we acknowledge that respect also goes both ways and can be both given and received. Northern Star staff will always try to show you respect, respect your individual needs, assist all program participants in respecting each other, and work through any conflicts that may arise. The majority of people's actions and reactions, whether they are physical, verbal, or emotional, are in some way related to how you respond when being respected or disrespected. Think about it...someone says something hurtful to you, lies on you so you get accused of a crime, steals from you, or physically assaults you, all of these are examples of disrespect. When you feel disrespected it can have an impact on your physical, mental, and emotional responses. Part of independence is learning how to work through these responses in an adult manor without compromising the success you have worked hard to gain, and we are glad to help you as you grown into that role of a successful adult.

Our basic rule of respect is to: try your best to respect yourself, your living space, those who live with and around you, other program participants and staff, and your community.

- Please have your cell phones on silent or put away during meetings with staff.
- Please speak respectfully around staff and other residents.
- Respect your home – keep it clean, NO alcohol, smoking, or drugs ever on the property.
- Respect other resident's property and space
- Treat others with dignity and respect, including: communicating openly and calmly when you have a problem, making every effort to not cause others harm, & making amends if your actions harm others.

Communication

Staff and participants use the following to communicate effectively:

Call, text, Slack App, Google Calendar, Life 360, Email

Quiet Hours

10pm-8am

*This includes No cooking (that could set smoke alarm off), No loud music or TV, No loud vehicles, etc

Visitors

- Visitor hours 8am- 12am (midnight)
- You may have up to 2 visitors at a time
- You are responsible for the actions of your guests and they must remain within your sight while visiting (except for in the restroom, of course).
- Visitors are NEVER allowed to be left at your apartment/home without you being there.

- Visitors need to leave by 12am unless permission given with prior approval
- Visitors are expected to follow quiet hours; if there are any issues, visitors will need to leave by 10pm

Outings – based on Level of Independence

- When leaving your apartment for nonroutine outings (other than your normal school/work/extracurricular routine/quick store trips), text the on-call staff - provide staff with the location and alternate phone number of where you will be in case we need to get in touch with you while you are out OR keep Life360 on. Northern Star is responsible for your safety and well-being and if we do not know where you are then we are not in compliance with our policies.
- Extended Curfew/Overnight outings: As long as you are in good standing with the program, you will be able to ask for extended curfew and overnight outings. You will need to let staff know ahead of time and leave your life 360 or location sharing on.
*If more than 2 nights, your case worker will have to approve as well.

Staff

- Staff members are glad to receive texts and calls between 8am-6pm, but outside of those hours please respect staff's early bedtimes and wait until the following day unless you have:
*Any sickness, injury, emotional distress, or other physical/mental immediate need that cannot wait until the next day – you will need to call the staff that is designated on-call for that month.
- You will meet with your life coach at minimum 1 time per week and the director at minimum 1 time per month or more if needed.

Life Skills

- You will meet with your life coach at minimum once per week on a designated day.
- Always bring your My Life binder to all meetings.
- You will attend, at minimum, 1 monthly life skills workshop in-order-to learn, practice, and master various life skills and goals that you choose for us to help you with.

Health/Safety

- Follow through with services recommended to meet health, dental and mental health needs.
- Set and keep safe boundaries with family members, friends, partners, staff, and others you maintain a connections with.
- Learn from your mistakes to make positive choices/changes
- Staff can request a drug screen at any time. A refusal will count as a positive screen and additional action will be take. This can lead to dismissal from the program if it is a continuing issue.

Education/Career/Volunteer

- 30 hours per week of combined school, work, and volunteer hours are required.
- All school, work, and career hours are to be put in your Google Calendar weekly.
- Everyone must complete 10 hours of community service per quarter (every 3 months).

Financial

- When employed, if not paying rent, it is required you save a minimum of 50% of your income. Savings amount will decrease as you start paying rent. Your budget may be adjusted to require less savings if you have other obligations such as car payment, insurance, loan payments, etc.
- Staff will assist you in setting up a budget and financial plan to help manage your money. It is your responsibility to adhere closely to this plan and reevaluate your plan with staff as needed.

- You will be responsible for uploading a picture of your pay stubs and saving deposit slips into slack each pay period.

Transportation

- Northern Star staff will provide transportation to and from work, school, appointments, and extracurricular activities if needed. It is expected that you will enter all events at minimum 24 hour in advance in Google Calendar to ensure transportation. If a last-minute appointment or work shift comes up please ask staff if they will be able to transport before accepting the appointment or shift.
- A grocery trip and bank trip will be scheduled 1-2 times per week for those needing transportation.
- All non-routine transportation needs must go through the director! The director will approve and arrange transportation (Extra Trips- nails done, hair appointments, out to eat, recreation) when asked for in advance.

Property

- Replacements for lost house or room keys will be a \$15 charge
- Absolutely NO smoking in or near apartments, NS houses, or staff vehicles
- Law Enforcement and Staff are permitted to enter and search ALL Northern Star properties and buildings associated with Northern Star 24-7 at any time without warning.
- Any destruction of property, violence, or threats to staff, residents, or guests can be cause for program dismissal.
- No Drugs or Alcohol allowed on any program properties.
- Participants are responsible financially for any damages done to property (fines outlined in handbook).

You are responsible for your own choices, decisions, actions and behaviors. Failure to comply with any of the rules can result in Any or ALL of the following:

Early curfew, fines, limited outings, limited visitors, cameras in common areas, dismissal from program.

I have read and understand Northern Star's ILP Basic Expectations Agreement. I agree to follow all the above rules. **Failure to comply to any of the rules can result in any consequences listed above.**

Participants signature: _____ Date: _____

Staff Signature: _____ Date: _____