

House Rules Example Template

Gold

This is what life looks like when things are going well. This is where the most freedom exists. General results include parents paying 100% for phone, car insurance, and Wi-Fi.

Substance Use

Indicators

Does not use substances. Tells parents about slip-ups right away.

Parental Support

Random, weekly drug tests. Helping rather than punishing with slip-ups. AA.

Results

Freedom to go out with friends, access to the car.

Topic

Indicators

Parental Support

Results

Silver

This is what life looks like when things are getting off-track. Additional support will kick in so we can get back to gold and not slide into bronze. There isn't as much freedom here. General results include parents paying 50% for phone, car insurance, and Wi-Fi.

Substance Use

Indicators

*Uses a substance and doesn't tell parents until the drug test. Refuses or fails a drug test.
Pattern of reported slip-ups.*

Parental Support

Gold support + additional therapy session each week.

Results

Earlier curfew at 0:00 pm. No driving until a clean drug test next week.

Topic

Indicators

Parental Support

Results

Bronze

This is what life looks like when things are off the rails. Intense, additional support will kick in. There is not much freedom here. General results include parents paying 0% for phone, car insurance, and Wi-Fi.

Substance Use

Indicators

Continued pattern of slip-ups, or drug test refusals. Lack of commitment to sobriety.

Parental Support

Silver support + intensive therapy

Results

*Earlier curfew at 0:00 pm. No driving until a pattern of sobriety is established (3 weeks in Gold).
Options include intensive outpatient therapy or inpatient therapy (wilderness/residential).*

Topic

Indicators

Parental Support

Results