



2023 Community Policies (“Red Rules”)

The Red Rules are our non-negotiable policies at Gap at Glen Brook, which means a violation of these may be grounds for dismissal. These rules are designed to keep both you and the group safe and well:

1. NO behavior that is disruptive or injurious to yourself or other participants

- Harassment or bullying, fighting, and the use of inappropriate language puts others at risk and unravels our commitments to the group.
- No form of discrimination based on race, religion, gender, sex, sexual orientation, age, physical or mental disability, or any other protected characteristic will be tolerated. This includes, but is not limited to:
 - ◆ Racial or other identity-based slurs
 - ◆ Display of offensive symbols
 - ◆ Derogatory remarks related to a person’s identity
- Comments, communication or behavior of a sexual nature towards or regarding gappers and/or staff will not be tolerated in any form. This includes:
 - ◆ Unwelcome sexual advances
 - ◆ Requests for sexual favors
 - ◆ Other verbal or physical harassment of a sexual nature

2. NO possession, use, or distribution of alcohol, tobacco, and/or drugs

- Tobacco, drugs, alcohol, or anything illegal are not allowed.
- While some Gappers may be of legal age, we ask you not to use these things during the program, including on the weekend. This helps to create a safe and comfortable environment for all Gappers.

3. Gappers are expected to maintain a base level of self-care in order to stay healthy and well, and to engage in the daily routine of the program

- Gappers are expected to:
 - ◆ Practice good physical hygiene
 - ◆ Sleep 8 hours a night or check-in if this becomes difficult
 - ◆ Protect yourself from outside elements which could include rain, wind, heat, etc.
 - ◆ Nourish your body with food and water
 - ◆ Manage your personal medication schedule
 - ◆ Communicate with your staff mentor when your needs aren’t being met
- While not practicing the above self-care will not necessarily result in dismissal from the program, please recognize that we are not a therapeutic program, and that we expect you to take responsibility for your well-being so that you can show up for the group. If you are unable to do this, we will have a discussion about whether Gap at Glen Brook is right for you at this time.