

Oxford House Profile Series 2011



Oxford Houses in Oklahoma

and

The People Who Live in Them

This report is an evaluation of the network of Oxford Houses in the State of Oklahoma – the state sponsored program that has enabled over 3,000 recovering individuals to help themselves stay clean and sober without relapse.

Oxford House, Inc. is a 501(c)(3) nonprofit umbrella organization dedicated to helping recovering individuals achieve comfortable, long-term sobriety without relapse.

© May 18, 2012

2011 Oxford House Profile Oklahoma Summer Survey Results

The resident profile derived from 270 confidential responses submitted by residents of 42 Oklahoma Oxford houses. There were a total of 52 houses in Oklahoma at that time and having a total of 313 residents in houses at the time of the survey in 2011.

Total Number of Oxford Houses Represented in Survey:	42	Average Age:	32 Years
Number of Women's Houses:	10	Number of Men Residents in this survey:	179
Number of Men's Houses:	32	Number of Women Residents:	51
Cost Per Person Per Week for Rent [range \$85 to \$125]	\$100	Rent Per Group Per Month [average]: [range \$900-2200)	\$1355
Percent Military Veterans	10%	Average Years of Education	13.0 years
Residents Working 6/30/2011	81%	Average Monthly Earnings:	\$1470
Percent Addicted To Just Drugs or to both Alcohol & Drugs:	43%	Percent Addicted Only to Alcohol:	57%
Race –		Marital Status –	
White	82.0%	Never Married	43%
Hispanic	2%	Separated	11%
Black	6%	Divorced	39%
Nat American	10%	Married	5%
		Widowed	2%
Prior Homelessness:	51%	Average Time Homeless:	5 Months
Prior Jail:	81%	Average Jail Time:	21 Months
Average AA or NA Meetings Attended Per Week:	4.4 Times	Percent Going To weekly Counseling <i>in addition to</i> AA or NA:	35%
Average Length of Sobriety of House Residents:	14 Months	Residents Expelled Because of Relapse:	20%
Average Length of Stay In An Oxford House:	9 Months	Average Number of Applicants For Each Vacant Bed:	4.0
Total Number of Houses [Mar 2012]	59	Total Recovery Beds [Mar 2012]	499
For Men:	41	For Men	357
For Women:	18	For Women	142

The Number of Houses Increased from 52 to 59 between August 2011 and March 2012 and the number of recovery beds increased from 442 to 499 during the same period.

About Oxford House

Oxford House is concept and system of operation for recovering alcoholics, drug addicts and those with co-occurring mental illness to live together in an environment supportive of long-term recovery. Started in 1975, Oxford House has provided a safe place for recovering individuals to become comfortable enough in sobriety to become comfortable enough in sobriety to avoid relapse. Since it began more than 200,000 individuals seeking recovery have lived in an Oxford House. Most have stayed clean and sober without relapse. More than 150 academic research articles about Oxford House have been published in peer-reviewed journals. A complete list of such publications is available at the Oxford House website: www.oxfordhouse.org at “About Us/Resources.” Since 1989, most of the research has been funded by grants issued to academic researchers by the National Institutes of Health [NIAAA and NIDA].

Oxford House World Services – the nonprofit umbrella organization – utilizes trained outreach workers [on-site field representatives] and start-up loan management to develop new houses and uses a time-tested system of quality control to make sure that houses once started stay on track. At least once every two years the organization completes an in-depth review of performance of Oxford Houses within particular states. Part of that process is the administration of standard profile questionnaires. Each resident completes a standard questionnaire [available at the Oxford House website: www.oxfordhouse.org under “Publications/General” by scrolling to bottom of the page] used to compare resident profiles and recovery progress since 1989. During the summer 2011, 240 Oklahoma Oxford House residents completed the standard survey. Data from that survey provides the basis for the updated profile of Oklahoma Oxford House residents used in this evaluation. When current data is compared to prior years, this evaluation is identified as 2011. Prior survey data involving Oklahoma residents is referred to as either 2007 or 2009.

The catalyst for the expansion of Oxford Houses from a small network of 13 individuals houses in the vicinity of the Nation’s Capital to a national network of more than 1,500 houses was § 2036 the 1988 Anti-Drug Abuse Act [PL 100-690] that was based on the then 13-year successful Oxford House Model. That law mandated that states utilize self-run, self-supported recovery homes based on the Oxford House Model. Many states – including Oklahoma – turned to Oxford House World Services for successful development of self-run, self-supported recovery homes.

Oxford House is listed on the National Registry of Evidence-based Programs and Practices [NREPP], a searchable online registry of mental health and substance abuse interventions that have been reviewed and rated by independent reviewers. The purpose of this registry is to assist the public in identifying scientifically based approaches to preventing and treating mental and/or substance use disorders that can be readily disseminated to the field. NREPP is one way that the federal Substance Abuse and Mental Health Services Administration [SAMHSA] is working to improve access to information on tested interventions and thereby reduce the lag time between the creation of scientific knowledge and its practical application in the field. The Oxford House Model was recognized as a successful evidence-based intervention in February 2011 and the certification is available at <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=223>.

A Partnership – The State of Oklahoma and Oxford House World Services

In June 2006, Oxford House World Services entered a contract with the Oklahoma Alcohol and Drug Addiction agency to provide technical assistance to help establish and maintain a network of Oxford Houses in the state. The contract brought paid outreach workers to the state to help recovering individuals establish and maintain a network of Oklahoma Oxford Houses. That began a process that has produced a strong network of self-run, self-supported Oxford Houses throughout the state.

Part of the development process conducted by Oxford House World Services includes periodic evaluations. Two earlier evaluations of the development of Oxford Houses in the Oklahoma are at the website: www.oxfordhouse.org under “Publications/Evaluations/State” [2007 and 2009].

The table below shows the increase in the number of Oxford Houses operating in the state over time.¹

Table 1
Oxford House Growth in Oklahoma

Year	2007	2009	2011	2012
Oxford Houses	28	51	52	59
Recovery Beds	237	434	448	499

There are now 59 Oxford Houses in the state – 18 for women and 41 for men. Together, the houses provide 499 recovery beds – 142 for women and 357 for men.

In the summer of 2011, an individual survey was administered to residents of 42 of the houses.² Participation in the survey was 73.5% with 271 of the 313 then current residents in the

¹ The figures for 2007 and 2009 are year-end. The figures for 2011 are as of the time of the survey – summer 2011. The 2012 figures are as of the end of first quarter of 2012. Four new houses have been started during 2012 and three were started in 2011 after July 31st.

² Houses selected for administration of the survey were limited to 42 to get data for houses at least 2 years old.

42 houses completing the survey questionnaire.³

The questionnaire has been used by Oxford House World Services since 1989. It collects data that provide a profile of each resident that includes prior treatment episodes, current sobriety and recovery status. Responses are confidential; names of residents are not solicited.

Historically, the Oxford House surveys opened the door to scientifically looking at the recovery process with greater thoroughness and detail than was previously available. In a recent book, Jeffrey D. Roth, MD, Board Certified in Addiction Psychiatry, wrote:

While research on AA has been limited by the role of anonymity in recovery, the willingness of Oxford Houses to open their doors to academic research gives us an opportunity to see recovery from addiction in action.⁴

Part of the Oxford House culture is a willingness by residents to provide information to help understand the recovery process. This has provided access to third-party researchers and their research has confirmed the findings of the Oxford House World Services evaluations – including the conclusion that Oxford House living substantially increases the odds of successful long-term recovery. The residents of the Oxford Houses in Oklahoma have made a contribution to both understanding the recovery process and the role that Oxford Houses play in helping individuals to become comfortable enough in sobriety to avoid relapse.

Recovery Process

The history of addiction is replete with the tension between personal discipline and illness that thwarts good behavior. Within the last year

³ There were 347 recovery beds in the 42 houses that were part of the survey. During the survey period there were 34 vacancies and 313 current residents. [230/313= 73.5%]

⁴ *Recovery from Addiction in Communal Living Settings – The Oxford House Model*, Routledge, London and New York, 2011 [edited by Leonard A. Jason and Joseph R. Ferrari]

PBS aired the excellent television program by Ken Burns, *Prohibition*, based on history and the book *Last Call: The Rise and Fall of Prohibition* by Daniel Okrent.⁵ Viewers and readers were reminded that there is nothing new about the problems of alcoholism, drug addiction and co-occurring mental illness. They were also reminded that law cannot magically control behavior leading to addiction and that recovery from addiction requires the difficult task of individual behavior change.

Most of the residents in an Oxford House have been through residential treatment an average of 3.8 times. This is not surprising given what is known about alcoholism and drug addiction. Ludwig found that only one in ten of treated individuals are clean⁶ and sober eighteen months after treatment, and Vaillant found that over a lifetime only 20% of alcoholics achieve sobriety without relapse.⁷ The general outcome of treatment for drug addiction is equally dismal. A study of treatment outcome for cocaine addiction found 13% stayed clean without relapse. [RAND 1995]

The recycling of individuals in and out of treatment has always been a problem. Prior to 1960 a majority of the recycling involved institutionalization in asylums. Today, jail or prison often serves the same purpose. Later in this evaluation the prior treatment record and incarceration of the Oklahoma Oxford House residents are discussed.

National data compiled by the federal government of those in formal treatment in any given year show that fewer than 40% of those in treatment are there for the first time. To better understand the value of Oxford House living, it

⁵ Daniel Okrent, *Last Call: The Rise and Fall of Prohibition*, Scribner, New York, 2010.

⁶ Arnold Ludwig, MD *Understanding the Alcoholic's Mind*, Oxford University Press, New York, 1988.

⁷ George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, Massachusetts, 1995.

is worth considering the basics of treatment of alcoholics and drug addicts.

Vernon E. Johnson described the standard four phases of treatment for alcoholism and drug addiction four decades ago:

- ◆ Intervention
- ◆ Detoxification
- ◆ Education, and
- ◆ Long-term behavior change to assure sobriety without relapse.⁸

Long-term behavior change is the most difficult to achieve because behavior change – always difficult – becomes nearly impossible if the individual returns to a living environment identical or similar to where he or she was living as an active alcoholic or drug addict.⁹ Intervention, detoxification and education [about the nature of addiction and motivation to change behavior] is not difficult but, alone, these three steps can seldom produce recovery without relapse. Long-term behavior change requires the availability of a reasonable opportunity to become comfortable with abstinent behavior.

A review of the treatment history of the residents in Oxford House shows that most individuals have tried to achieve long-term sobriety many times before admission to an Oxford House. The following table compares treatment history of residents in various states. Oklahoma residents have a similar treatment history as residents in other states.

Table 2
Percent of Prior Treatment Tries

No. of Sobriety Tries in Residential Treatment	OK	TX	NC	VA	WA
Once	23.6	23.9	18.2	16.1	22.0
Twice	20.6	18.8	20.0	24.2	23.2
Three to Five Times	36.7	31.9	44.1	41.9	33.6
Six to Ten Times	11.7	13.8	10.9	12.9	13.1
More than Ten Times	7.6	11.6	06.3	04.8	08.0

⁸ Vernon E. Johnson, *I'll Quit Tomorrow* (Harper and Row, San Francisco, 3rd edition, 1980) [1st published in 1967.]

⁹ R.J. Goldsmith, *The Essential Features of Alcohol and Drug Treatment*, *Psychiatric Annals*, 22, pp. 419-424, 1992.

The record of prior residential treatment followed by relapse underscores the fact that behavior change – the only cure for alcoholism and drug addiction – is not easy. It takes time, motivation and a supportive peer living environment to develop sobriety comfortable enough to avoid relapse.

About 54% of the Oklahoma Oxford House residents have been through residential treatment more than 3 times. Recycling in and out of treatment has been the norm. Oxford House can change that norm so that recovery without relapse can become the new norm rather than the exception. Put another way, the individual resident is given the opportunity to become comfortable enough in sobriety to avoid relapse.

One concept underlying self-run, self-supported Oxford recovery Houses is similar to one underlying Alcoholics Anonymous and Narcotics Anonymous – addicted individuals can help themselves by helping each other abstain from alcohol and drug use for a long enough time to permit a new set of values to be substituted for the old addictive behavior. Unlike AA or NA – where the formal meeting is but an hour at a time – Oxford Houses provide total immersion in recovery and sobriety day after day. One professional described Oxford House as “AA in a house where meetings are 24 hours a day and seven days a week.” That is not a bad description.

Two findings from the Oklahoma Oxford House studies – expulsion rate and length of stay – show that Oxford Houses are providing the time, motivation and supportive peer environment for residents to develop sobriety without relapse. The Oxford House charter requires the immediate expulsion of any resident who resumes using alcohol or drugs. Fewer than 20% [17.8%] of the residents in an Oxford House are expelled because they return to using alcohol or drugs during the time they are residents of a house. In addition, the current residents in Oklahoma Oxford Houses have accu-

mulated a significant length of sobriety – an average of 8.2 months – even though the network of the houses in the state is relatively young.¹⁰

Time living in a self-run, self-supported Oxford House is time well spent because the system of operations has been time-tested to foster the development of habits enhancing sobriety. Dr. John Majer’s studies show that Oxford House residents gain efficacy in sobriety faster than newly recovering individuals not living in an Oxford House and is one indicia of why Oxford Houses work.¹¹ His findings are consistent with Sarah Benton’s report in *Psychology Today*, February 2, 2011 that found that those in long-term recovery had a common characteristic of being able to recommit themselves to habits and behavior designed to maintain sobriety.¹² In brief, good habits are developed to place value on sobriety and to avoid slippery slopes that can lead to relapse.

Dr. George E. Vaillant, in his book *The Natural History of Alcoholism*, states the obvious goal in the treatment of alcoholism [or drug addiction] when he states that, “The treatment of alcoholism should be directed toward altering an ingrained habit of maladaptive use of alcohol.”

He goes on to spell out the four components of treatment that can achieve that goal:

- (1) offering the patient a non-chemical substitute dependency for alcohol,
- (2) reminding him ritually that even one drink can lead to pain and relapse,
- (3) repairing the social and medical damage that he has experienced, and
- (4) restoring self-esteem.¹³

¹⁰ About half of the residents have been in an Oxford House less than six months with the other half having lived in a house more than six months.

¹¹ John Majer, PhD, *Optimism, Abstinence, Self-Efficacy and Self-Mastery*, ASSESSMENT, Vol 11, No. 1, March 2004

¹² Sarah Benton, *Recommitting the Key to Long-term Recovery From Alcoholism*, PSYCHOLOGY TODAY, Feb 2, 2011

¹³ George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, 1995, p. 300.

Vaillant also points out that providing all four components at once is not easy. Disulfiram [Antabuse] and similar compounds that produce illness if alcohol is ingested are reminders not to drink, but they take away a cherished addiction without providing anything in return: they provide the second component but ignore the first. Prolonged hospitalization provides the first three components but ignores the fourth and eventually the first. Hospital patienthood destroys self-esteem, and when hospitalization ceases, the patient loses his substitute dependency. Tranquilizing drugs provide the first component but ignore the other three. For example, providing the anxious alcoholic with tranquilizers will give temporary relief of anxiety but may also facilitate the chain of conditioned responses that lead to picking up a drink at the next point of crisis. Over the long term, providing alcoholics with pills only reinforces their illusion that relief of distress is pharmacological, not human.¹⁴

Vaillant did note "self-help groups, of which Alcoholics Anonymous is one model, offer the simplest way of providing the alcoholic with all four components referred to above."¹⁵ The same principle applies to Oxford House. It provides the benefits of prolonged hospitalization without the destruction of self-esteem. In fact, self-esteem is restored through the exercise of responsibility, helping others, re-socialization, and constructive pride in maintaining an alcohol and drug-free living environment without dependency upon any outside authority or helper.

The restoration of self-esteem or confidence in sobriety has been measured by comparing new residents of Oxford House with similarly situated individuals [new in recovery] who attend 12-Step Meetings but do not live in Oxford

House.¹⁶ Majer and his colleagues at DePaul University found that the Oxford House living environment greatly increased abstinence self-efficacy and self-mastery. Specifically, their study concluded:

Overall, findings suggest that cognitive resources facilitate substance abusers' recovery and the Oxford House model provides recovering substance abusers with an environment that provides greater support in their development of cognitive resourcefulness for ongoing abstinence.¹⁷

Subsequent studies have confirmed the importance of "self-efficacy in abstinence and the meaning in life" with respect to achievement of long-term recovery without relapse. In 2010, Majer and his colleagues interviewed 100 Oxford House resident equally divided between Mid-Atlantic region and Mid-western region with all residents given a Basic Information Survey [27 items] and a Treatment Involvement Survey [21 items]. Findings showed significant relationships between active 12-step involvement and increases in resources that sustain ongoing recovery, with treatment implications that addiction clinicians should target and encourage clients' simultaneous involvement in a number of 12-step activities. The Oxford House living situation provided the time and place for simultaneous involvement in a number of 12-step activities such as sponsorship, socialization around recovery activities and general getting comfortable with sobriety.

While this sort of self-reported data may be suspect, the Oxford House population has demonstrated a high degree of reliability and have tended to establish causality over time. In 2007, for example, the DePaul research group completed a 27-month study of 897 Oxford House residents located in 219 houses across the country. At the beginning of the study period they requested that each participant provide a third party who knew them to certify the

¹⁴ Id. 301

¹⁵ Id. 301

¹⁶ Majer, Op. Cit. 57-63

¹⁷ Op. Cit. 62

accuracy of their answers. When the third parties were contacted, 97% of the responses were verified. (Jason, Davis, Ferrari & Anderson, 2007). The article describing that study was published in *Addictive Behaviors* 32 (2007) and is downloadable from the Oxford House website: www.oxfordhouse.org under “Publications/Evaluations/DePaul” by clicking on “*The need for substance abuse after-care: Longitudinal analysis of Oxford House.*”

Oxford House residents are good subjects for researchers examining the recovery process because residents are part of a research friendly culture and the quality control of Oxford House assures verification of sobriety or relapse. In Oklahoma, Oxford House residents go to an average of 4.4 formal AA/NA meetings each week with only five individuals in the survey [2%] not going to such meetings. All the meetings are normal 12-step meeting held in the community – not the particular house. This expands socialization and habit building beyond the individual living situation.

How Oxford Houses Work

Each individual Oxford House is chartered by Oxford House, Inc. [OHI] through Oxford House World Services [OHWS] – the operating entity of OHI. The chartering procedure is a two-step process: (1) the issuance of a temporary charter, and [2] once the requirements of the temporary charter are met, the issuance of a permanent charter. This document becomes the foundation for the continuing operation of each Oxford House. It establishes and enunciates the core values of Oxford Recovery Homes. The charter has three simple conditions that the group must meet in order to call itself an Oxford House™:

- The group must be democratically self- run,
- The group must be financially self- supporting, and
- The group must immediately expel any resident who returns to using alcohol or drugs.

These three basic requirements – democracy,

self-support and absolute sobriety – along with open-ended residency, lie at the heart of what makes an Oxford House work.

Democracy

The requirement that the group be democratically self-run has both a practical and therapeutic value. The residents in an Oxford House save money by managing their houses themselves rather than paying employees to “look after them.” That is the practical aspect. But also, in managing the operations of their house, the residents gain self-esteem, accountability and the civic virtues of tolerance, responsibility and accountability.

Self-Support

The requirement of self-support also has both practical and therapeutic value. The Oklahoma Oxford House residents pay an average of \$104 a week into their group household account as their equal share of household expenses. The range of weekly equal household share of expenses is from \$85 to \$145. More importantly, when the residents of an individual house pay their monthly bills, each resident in the group gains the satisfaction of having behaved responsibly. This is new behavior for the recovering addict and a confidence builder that is integral to the mastery of comfortable sobriety.

Absolute Sobriety

Finally, the requirement of the charter that any resident who relapses must be immediately expelled underscores that the primary purpose of the house is to gain sobriety without relapse. Whenever peers vote a resident out of the house because of relapse, each resident has the value of his own sobriety enhanced. Likewise voting new residents into the house is sobriety enhancing. The older house members want to set a good example for the new residents and in doing so reinforce their own sobriety.

Open-Ended Residency

The individual Oxford House becomes a safe haven for continuous sobriety. Because there is

no time limit on how long a resident can live in an Oxford House, each individual can stay as long as it takes to become comfortable with sobriety without relapse. Experience has shown that sobriety – like addiction – is habit forming. More than 80% of the residents in Oxford Houses stay clean and sober. Only about 17% of the residents in Oklahoma Oxford Houses are asked to leave because of relapse.

At this time we do not have statistics about how many individuals who relapse and are expelled from a house will subsequently get sober and re-enter an Oxford House. We do have numerous examples of individual who fall into this category and are working with researchers to develop a tracking system. Our hypothesis is that well over fifty percent of those who have experienced Oxford House living but have been expelled because of relapse will reapply and “make it” the second time around.

Confidence Building From Mutual Support

American history, governance and tradition have achieved a balance between individual liberty and social order unequalled throughout the world. Most attribute this to a democratic system of limited government and capitalistic entrepreneurialism tempered by fairness. Oxford House draws heavily upon American history; culture and tradition to build networks of Oxford Houses to enable long-term recovery from addiction to alcohol and other drugs.

Organization

Oxford House is unique among alcoholic and drug addict recovery homes in that it has a standard cost effective system of development and operation. Three keys to development are rental of ordinary houses, simple charter conditions, and uniform operational procedures for each house. Renting, rather than building or owning a house, is important because not only does it keep property on the local tax roll but it also uses an existing readily available market. Like an ordinary family, an Oxford House

group seeks to rent a good house in a good neighborhood.

The group becomes an identifiable entity by getting a charter from Oxford House, Inc. and a tax identification number from IRS. The charter makes the group part of the network of Oxford Houses and the tax identification number enables a group to open a checking account as its own unincorporated association. The charter has three specific conditions: (1) the group must be democratically self-run, (2) the group must be financially self-supported, and (3) the group must immediately expel any resident who returns to using drugs or drinking alcohol. The conditions are simple and straightforward. The Oxford House Manual[®] details the system of operation so that every house is able to meet the requirements of the charter and an on-site trained outreach worker who has lived in an Oxford House teaches the new residents the system of operation.

Over the course of its history, more than 157 trained outreach workers have traveled from Alaska to Australia to teach others in recovery from alcoholism and drug addiction how an Oxford House[™] works and to explain why living in an Oxford House[™] is the best road for achieving recovery without relapse. The outreach worker is trained by Oxford House World Services for the following tasks:

- ◆ Finding a suitable house to rent
- ◆ Getting a charter from OHI
- ◆ Getting an FEIN number from IRS
- ◆ Recruiting initial residents
- ◆ Teaching residents the system of operations
- ◆ Building mutually supportive chapters
- ◆ Balancing supply of houses to demand
- ◆ Developing linkages to providers
- ◆ Developing employment linkages
- ◆ Documenting success/failure

Oklahoma provides support for two outreach workers to help develop the statewide network of houses with male outreach workers starting

houses for men and female outreach workers starting houses for women. The outreach workers not only teach residents how to run an individual house but also organize groups of houses into chapters to assure quality control.

A chapter is a grouping of three to twelve houses in an area. The officers of the various houses meet once a month to share their strength, experience and hope with each other. The chapter meetings provide a means for helping all the houses to adhere to the time-tested procedures that should be used by each house. Chapters also expand the recovery-oriented socialization of the residents of all the houses by arranging group events ranging from picnics to bowling or softball leagues. Among the Oklahoma Oxford Houses there are currently seven chapters. During 2011, the Oklahoma chapters held five cookouts throughout the state to enjoy sobriety and share the good news about Oxford Houses with the recovery community at large.

When a chapter becomes too large for meaningful action, the houses will split a chapter into two chapters. Chapters in turn get together to form a state association. The Oklahoma Oxford House State Association has an annual conference so that residents can get to know each other better and work to expand the supply of Oxford House recovery beds. These events, along with periodic workshops held by the chapters themselves, provide on-going education to new residents.

Oxford House World Services [OHWS] also encourages the local recovery community and treatment community to let it know of any problems of individual Oxford Houses. They are provided the toll-free telephone number for OHWS and encouraged to report problems. When OHWS learns of a problem or potential problem, it immediately investigates and takes corrective action. Now in its 37th year, OHWS seldom has had to take corrective action but whenever it has the problem is quickly resolved.

The growth in the number of houses in the Oklahoma [Table 1] shows that the process for replication of Oxford House works. From the outset, the Oxford House Manual[®], written in 1975, has been a good blueprint for recovering individuals living together to manage and operate a self-run, self-supported recovery home.

Individual House Operation

Each house uses the time-tested system of organization to effectively provide the living conditions essential for each house to operate. Weekly house meetings are held, five officers are elected, everyone equally shares in the household chores and meeting of household expenses. A close examination of the dynamics of each house shows that each house reflects a balance between order and individual liberty tempered by fairness. Equal treatment and equal responsibility are centered on the underlying goal for each individual to become comfortable enough in sobriety to avoid relapse and becomes a strong common bond. That common bond uses thousands of everyday chores and challenges to weave into a solid foundation to support long-term recovery from addiction.

Simple things arising from the self-run group's everyday success in living without booze or drugs re-enforce the value of sober living. For example, paying the landlord's rent on time or the electric bill produces satisfaction for each individual in the group. That satisfaction adds an element of pleasure in the brain and at some point enough elements of personal pleasure associated with sobriety will become sufficient to offset the lingering pleasure the brain associated with using alcohol or other drugs.

Obviously each individual is different and the number of sobriety pleasure elements needed to assure recovery without relapse will vary. That is why there is no artificial time limit on how long an individual can live in an Oxford House. Some will stay only a few months and others will live in an Oxford House for years.



Oklahoma Oxford House Resident Profile

The survey was completed by 73.5% of Oklahoma Oxford House residents who were asked to complete it during summer 2011. The response is sufficiently large enough to accurately reflect the profile of residents.

The age of those residing in OK Oxford Houses averaged 37.1 years. As table 3 shows, men in the sample were about three years older on average than women. Table 4 shows the percentage of residents in various age groups.

Table 3
Average Age of Residents

Gender	Mean Age
Male	37.84
Female	34.90
Both	37.10

Table 4
Age Range of Residents

Age Range	Percentage
18-22	3.8
23-27	8.4
28-32	10.3
33-37	15.3
38-42	17.6
43-47	19.1
48-52	16.0
53-57	6.5
58-62	1.9
63-68	1.1

Slightly more than 52% of the residents in Oklahoma Oxford Houses are between ages 33 and 46. About 23 percent are younger than 33 and about 26% are over age 47. The diseases of alcoholism and drug addiction are progressive. When asked why they are now in recovery most residents simply say “alcoholism and drug addiction finally caught up with me.” This pattern seems to be true irrespective of race or gender, but as shown in Table 3 women seem to get into an Oxford House a little earlier than men.

Table 5
Racial Diversity

[Comparison of OK 2010 Census Data and OH Survey]

Race	2010 US Census	OK Oxford Houses
White	72.2%	81%
Black	7.4%	4.6%
Native American	8.6%	11.4%
Other	11.8	3.0%

The racial composition of Oxford House residents in Oklahoma is not statistically different than the population within the state in general. There are a slightly higher percentage of Whites and Native Americans than the percentage of each group in the state. However, as years pass, the Oxford House population in Oklahoma is likely to represent a diversity that perfectly tracts the population as a whole because alcoholism and drug addiction tend to affect all groups.

Table 6
Marital Status

Marital State	Percentage
Never Married	40.8%
Married	4.5%
Separated	11.2%
Divorced	40.8%
Widowed	2.6%

Most of the recovering alcoholics, drug addicts and those with co-occurring mental illness living in Oklahoma Oxford Houses had never married [40.8%]. If they had married, they were currently either separated [11.2%] or divorced [40.8%]. Only 4.5% are still married. This status is typical for alcoholics and drug addicts coming into recovery. Addiction causes havoc on relationships.

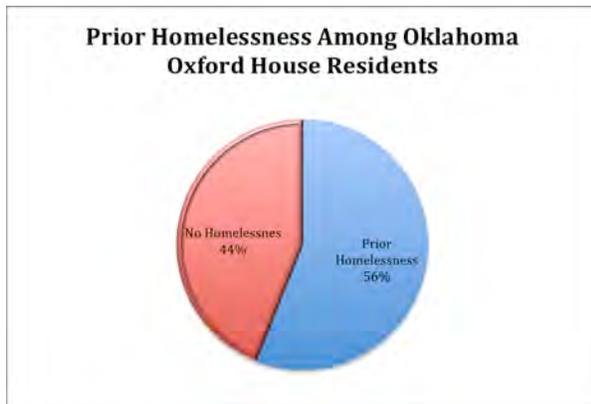
As previously discussed, most of the residents have recycled in and out of treatment over and over again. [See Table 2.]

More than a quarter of the residents had been through residential treatment four times or more. More than 10% had been through treatment eight times or more. The normal treatment outcome is relapse – except for those who get into an Oxford House. It is not sur-

prising that the residents in Oxford House have histories full of treatment, relapse and subsequent treatment.

Relapse has other consequences as well. Homelessness is one and incarceration in jail or prison is another.

Figure 1
Homelessness



Prior homelessness has afflicted 56% of the Oklahoma Oxford House residents. On average they have been homeless an average of 2.1 times and the average total length of homelessness has been 228 days – a little over seven months. As shown in Figure 3, over 13 percent of the residents were homeless immediately prior to moving into an Oxford House and 8.2% came directly from incarceration into an Oxford House.

There is also overlap between those who had been homeless and those who had served jail time. About half of those who had jail time had also been homeless at some point during their addiction but significantly more individuals have experienced jail time. Almost every Oklahoma Oxford House resident [88%] had some jail time prior Oxford House living. This is similar to Oxford House residents in other states and reflects the fact that alcoholics, drug addicts and those with co-occurring mental illness tend to cycle in and out of treatment and/or incarceration.

Figure 2
Jail



Put another way, all but 12 percent of the Oklahoma Oxford House residents had served jail time prior to acceptance into an Oxford House. The average number of arrests leading to jail time is 5.8 and the average length of jail time is 358 days – just seven days short of one year.

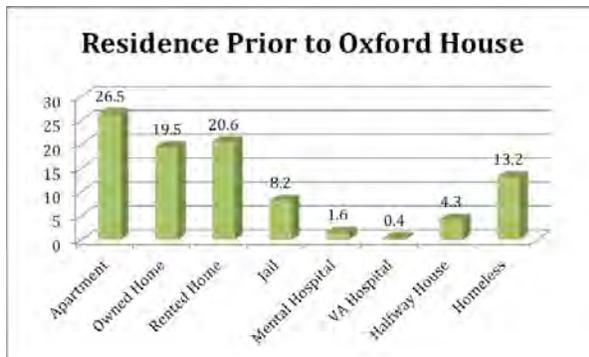
Both homelessness and jail time for alcoholics and drug addicts are common because the normal behavior is relapse and relapse leading to recycling in and out of jail and homelessness. Addictive use of alcohol and other drugs causes impairment of the brain and effects judgment. Poor decision making will generally get the afflicted individual into trouble. Trouble often leads to jail or homelessness. The recycling in and out of trouble associated with addiction is likely to continue unless recovering individuals are given sufficient opportunity to change behavior – particularly the usual behavior pattern of returning to alcohol and/or other drug use following detoxification and treatment.

Oxford House opens access to an alternative to relapse by providing the peer support, alcohol and drug-free living environment, disciplined democratic governance and open-ended residency. Everyone takes different lengths of time to master behavior change and in Oxford House a resident who stays clean and sober and pays an equal share of household expenses can stay as long as it takes to master sobriety.

Last Prior Residence

When one looks at where a resident was living just prior to moving into an Oxford House it is easy to understand why Oxford House living reduces the risk of relapse.

Figure 3
Prior Residence [Percentage]



Over a quarter of residence came to Oxford House immediately following homelessness, jail or institutionalization. The likelihood that those individuals would have been able to develop sobriety comfortable enough to avoid relapse without living in an Oxford House is remote. On the other hand, more than 80% of those who do live in an Oxford House will be able to develop sobriety comfortable enough to avoid relapse.

The findings from this 2011 survey of residents in Oklahoma Oxford Houses are consistent with the finding of the 2007 and 2009 surveys.¹⁸

Likewise the multiple DePaul University studies of Oxford Houses and their residents parallel the profile and outcomes of the current Oklahoma Oxford House resident survey. Alcoholism, drug addiction and co-occurring mental illness tend to be egalitarian and the effects caused by the diseases do not vary much among populations in different locations.

¹⁸ The 2007 and 2009 Oxford House Oklahoma Evaluations are downloadable from the website: www.oxfordhouse.org under "Publications/Evaluations/State."

Veterans

Nationally, about 20% of Oxford House residents are military veterans even though most places have a limited outreach to VA hospitals and other places where vets are likely to congregate. The percentage of veterans in the Oklahoma Oxford Houses is a little less – 14% – than the national average of 20%.

Just like other recovering individuals, veterans do well in the Oxford House environment. In 2011, DePaul University and the DePaul Community Research Center examined a subset of veterans living in Oxford Houses throughout the country. They found that:

Abstinence rates for the veteran subsample were high. Additionally, results suggested that participants experienced a reduction in anxiety and depression over time.¹⁹

The common bond of past addiction and hoped for recovery provides a common ground for development of sobriety comfortable enough to avoid relapse. The degree of comfort includes development of habits that may require regular use of medication for psychiatric disorders [co-occurring mental illness] and behavior patterns that reduce periodic flashbacks associated with PTSD. In effect, the housemates of the vet with co-occurring mental illness are able to provide the tolerance and peer support for comfortable sobriety that also reduces the stress in living with PTSD that can often exacerbate the problem. Slowly but surely, the individual facing co-occurring mental illness is able to develop behavior that minimizes the symptoms that can lead to dysfunction. Because of the diversity of the Oxford House population and the disciplined democratic self-rule and self-support it provides a smooth tran-

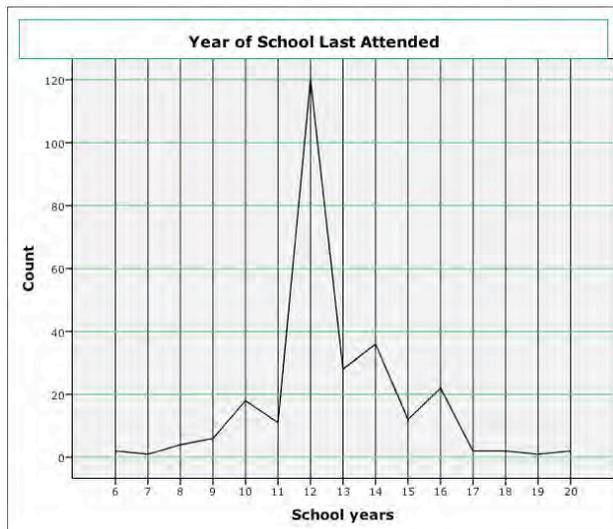
¹⁹ James R. Millar, Darrin M. Aase, and Leonard A. Jason, DePaul University Center for Community Research, Joseph R. Ferrari, DePaul University, Department of Psychology, VETERANS RESIDING IN SELF-GOVERNED RECOVERY HOMES FOR SUBSTANCE ABUSE: SOCIODEMOGRAPHIC AND PSYCHIATRIC CHARACTERISTICS, *Psychiatric Rehabilitation Journal* 2011, Volume 35, No. 2, 141–144,

sition for integration into society at large. This ease of transition works for both those afflicted solely with addiction or with addiction plus an underlying psychiatric disorder including many forms of PTSD.

Education

As with every other characteristic the egalitarian nature of alcoholism and drug addiction cuts across the least and most education individuals in society. The educational level among Oklahoma Oxford House residents ranges from fourth grade to post graduate. The following chart illustrates the distribution by count.

Figure 4



The mean educational level is 12.8 years – about the same as the national average age among Oxford House residents – 12.7. It is not unusual that two-thirds of the residents had completed high school but did not have additional education. While only 3% had graduated from college, nearly 40% had some formal education beyond high school graduation.

There is no relationship between educational level and the mastery of sobriety. Sobriety comfortable enough to avoid relapse is related to length of sobriety and the building of habits that focus on the value of not using any alcohol or other addictive drugs. The foundation for

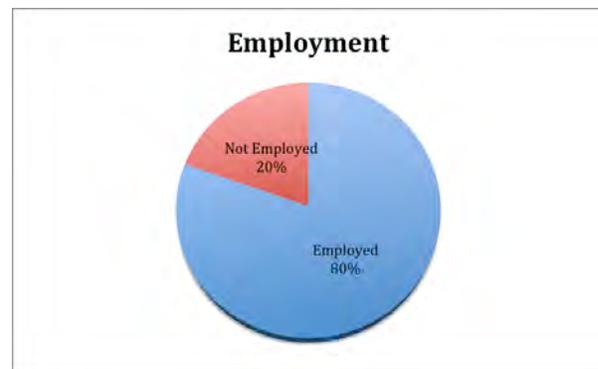
good habit building is not using alcohol or other addictive drugs a day at a time. The days accumulate and with the passage of time habits are formed to develop sobriety that is comfortable enough to avoid sobriety.

While Oxford House residents are not required to attend 12-Step recovery meetings [AA/NA], almost all of the residents do because meeting attendance becomes part of the social life of living in an Oxford House. The reasons for this vary from following suggestions of others in recovery to 12-Step meeting as an inexpensive social night out. The Oklahoma Oxford House residents attend an average of 4.4 AA or NA 12-Step meetings every week. This is more than twice as many meetings the average for the average member of those 12-step groups.²⁰

Employment

Most individuals living in an Oxford House get a job so that they can pay their equal share of household expenses. [Averaging about \$100 a week.] Of those who participated in the survey, 80.4% of the residents had employment with the remainder [19.6%] between jobs, looking for work or receiving retirement or unemployment benefits.

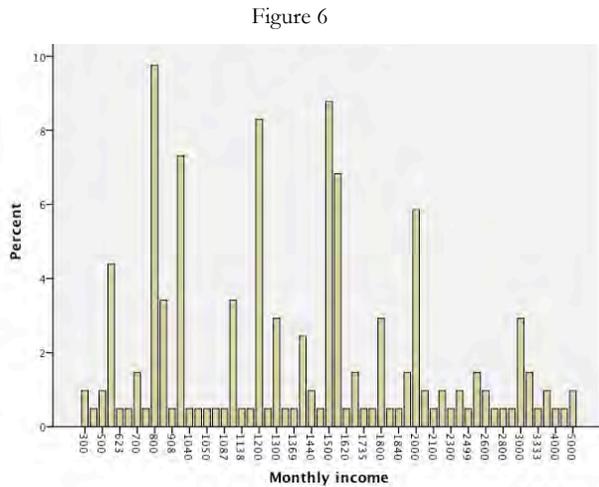
Figure 5



The average income of Oklahoma Oxford House residents is \$1,470. The range of incomes is from a few hundred dollars to \$5000 a

²⁰ Every two years AA does a survey on meeting attendance and on average AA members attend 2 meetings per week.

month. Figure 6 shows the distribution of income among residents by percentage.



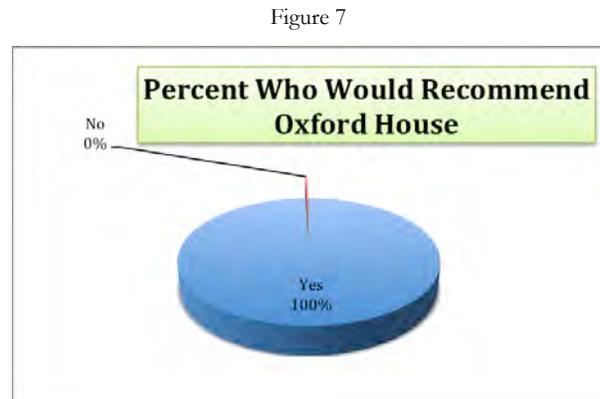
When considering monthly income, keep in mind that the average weekly equal share of household expenses is about \$100 a week. The equal share of household expenses covers all the living costs for the resident except food, which is provided by each resident. Usually every house has several refrigerators so that each resident can keep his or her food segregated.

How Residents View Oxford House

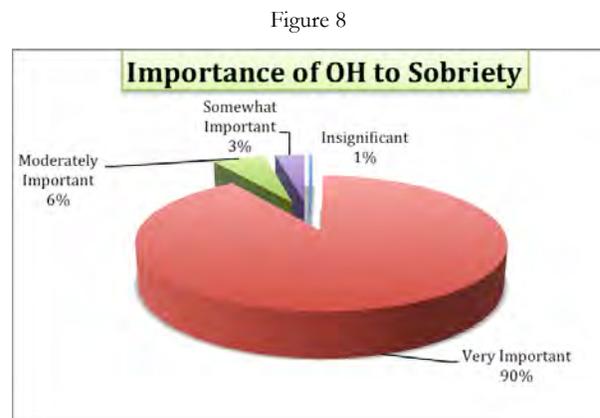
The test of Oxford House viability comes from looking at the continuation and growth of the network of Oxford Houses in any area. The fact that the number of Oxford Houses in Oklahoma continues to expand is one piece of evidence that they are effectively serving individuals in recovery from alcoholism, drug addiction and co-occurring mental illness. Another piece of evidence comes from asking residents two relevant questions: [1] How important is Oxford House living to your sobriety and [2] would you recommend Oxford House living to someone else.

Actually, one person in the survey of 240 Oklahoma residents would not recommend Oxford House to newcomers in recovery.

Figure 7 below reflects the overwhelming support of Oxford House living by current residents of Oxford House.



When residents were asked about the importance of Oxford House living in regard to their current sobriety, nearly everyone [90.3%] indicated that Oxford House living was very important to the maintenance of their sobriety. Only one individual found that Oxford House living was an insignificant reason for their sobriety.



Self-Evaluation of Health

Alcoholism, drug addiction and addiction with co-occurring mental illness usually take a toll on physical health. The range of problems runs from relatively minor dental problems to very serious physical problems. During the first few months of living in an Oxford House, each individual begins the process of getting medical or dental help in fixing problems left over or

caused from getting drunk and high on a regular basis – usually for a long time. During the survey residents were asked how they would rate their health. Respondents answered as follows:

Figure 9

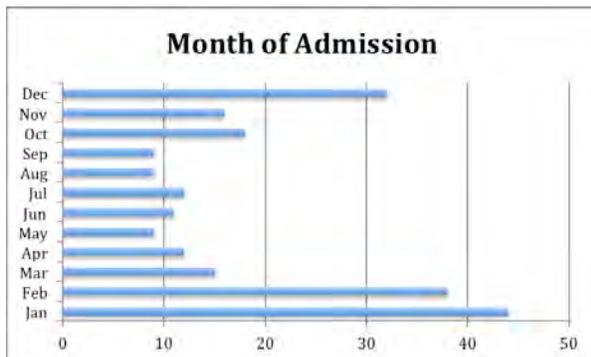


Over 90% of the respondents reported “very good” or “pretty good” health and less than 1% of the respondents responded that their health was “quite poor.”

Month of Entry in Oxford House

Vacancies tend to occur at about the same level throughout the course of the year. However, acceptance into Oxford House tends to be higher when the weather is coldest. It is not surprising that if an individual is homeless and literally on the street, he or she will be more willing to enter treatment and seek long-term safe housing. The table below in Figure 10 shows that more Oklahoma Oxford House residents entered Oxford House during October, November, December, January and February.

Figure 10



Most Recent Formal Treatment

The Oklahoma Oxford House population has usually been through treatment several times before coming into an Oxford House. [See Table 2.] Over 80% [82.9%] of the residents surveyed listed the last formal or primary treatment facility they had completed before moving into an Oxford House. As the list below shows Oklahoma Oxford House residents come from a variety of treatment facilities.

Treatment Facility	#
12 and 12	51
CAAIR	3
DRI	3
NADTC	4
NOCA	1
RRRC	1
RCDAP	2
TCBH	11
TRC	8
Ace	3
Action Steps	2
Alpha 2	1
Bill Willis	4
Bradford	1
Carver	1
Catalyst	1
Center Point	2
Clay Crossing	7
Correctional Facility	3
Crisis Center	1
Design for Living	1
Desert Canyon	1
Drug Court	2
First Step	4
Harbor House	1
Haven	2
Hillcrest	1
House of Hope	3
Lawton	1
Lighthouse	3
Monarch	6
New Hope	1
New Pathway	1
Opportunities	3
Palmetto Addiction Recovery	1
Parkside	1
Pathways	2
Peachtree Hosp - GA	1
Referral Center	2
Red River	2
Rose Rock	7
Salvation Army	6
SOS	3
Tulsa Women & Children	4
VA	4
Valley Hope	23
Van's House	1
Wilbur Mills	1
Women's Residential	1

The diversity of prior treatment includes both private and public treatment facilities. One might expect that public treatment facilities would have clients that have had more treatment episodes but that does not seem to be the case. The average prior treatment for both groups is more than 3 previous treatment episodes.

Future Development

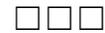
Building a strong network of Oxford House recovery homes in a state can only happen one house at a time. A suitable house must be found, rented, occupied, furnished, residents recruited and trained. As the network of houses expands, it forms mutually supportive chapters [groups of house in proximity to each other] to help each house stay on track. The chapters become localized quality control asset and help balance supply and demand by opening new houses as needed.

Key to the successful organization of a state network of Oxford Recovery Homes is the presence of trained outreach workers [field representatives of Oxford House World Services] to monitor and train house and chapter officers so that they can apply the time tested process and procedures that have made Oxford House™ the largest and most effective resource for stopping relapse and recycling of recovering individuals in and out of treatment or incarceration.

Oklahoma, at the end of the first quarter of 2012, was well on its way to reaching the goal of having a sufficient number of recovery beds to substantially improve long-term recovery of alcoholics, drug addicts and those with co-occurring mental illness. However, it is clear that eventually a network of at least two hundred recovery homes is a reasonable goal.

To meet the goal of 200 houses it would be helpful if: [1] Oxford House, Inc. were to administer the start-up revolving loan fund to make availability and repayment more efficient,

and [2] employment of a third outreach worker to better co-ordinate re-entry of recovering individuals from incarceration into the supportive network of Oxford House recovery homes. With the addition of those resources, it would become reasonable to set a statewide goal of having 200 Oxford Recovery Homes within five years.



Oxford House - Bricktown
1420 NE 6th Street
Oklahoma City, OK 73117

Pictured above is one of the newest Oxford Houses in the state. It was established April 1, 2012 and is home for nine women with children.

The 2012 Oxford House World Convention

The men and women of Oklahoma Oxford Houses presented a proposal to the 2011 World Convention in Washington, DC to host the 2012 World Convention in Oklahoma City. It was overwhelmingly supported and the 2012 Convention will be in Oklahoma City September 13th through September 16th.

The convention theme is “Oxford House: Good Neighbors – Good Citizenship.” The convention will attract Oxford House residents and alumni from throughout the world. Oklahoma Oxford Houses have come of age.

Oxford House Oklahoma Directory

Oxford House - Ada
911 S. Broadway Avenue
Ada, OK 74820-8227
580-279-1191
10M - Established: Feb 12

Oxford House - Muskogee 2
1303 W. Broadway Street
Muskogee, OK 74401-6251
918-686-8111
7WC - Established: Feb 12

Oxford House - Villa
2300 NW 43rd St.
Oklahoma City, OK 73112-8731
405-601-5772
7M - Established: Jul 07

Oxford House - Sapulpa
410 S Park Street
Sapulpa, OK 74066-7406
918-512-6312
9M - Established: Dec 09

Oxford House - Westwood
602 Rosewood Ct.
Claremore, OK 74017-4731
918-923-4988
8WC - Established: Mar 08

Oxford House - Sooner
508 Jean Marie Dr
Norman, OK 73069-5130
405-801-3355
9M - Established: Jun 08

Oxford House - Windsor Hills
5101 NW 26th Street
Oklahoma City, OK 73127-1723
405-702-7788
8M - Established: Oct 07

Oxford House - Shawnee
1924 N. Philadelphia Avenue
Shawnee, OK 74804-3824
405-481-7677
9M - Established: Nov 10

Oxford House - Claremore
112 E. 13th Place
Claremore, OK 74017-4207
918-923-6186
7M - Established: Jul 08

Oxford House - Boomer
1317 E. Boyd St.
Norman, OK 73071-2610
405-701-4020
8W - Established: Aug 08

Oxford House - Dittmer
2901 N Dittmer Rd
Oklahoma City, OK 73127-1742
405-601-0814
9M - Established: Feb 08

Oxford House - Shalamar
3809 W. 15th Avenue
Stillwater, OK 74074-1643
405-372-3660
10M - Established: Mar 07

Oxford House - Will Rogers
109 E 4th Street
Claremore, OK 74017-7403
918-923-1440
9M - Established: Sep 10

Oxford House - Norman
305 Willow Branch Road
Norman, OK 73072-4508
405-701-0780
10M - Established: Jul 09

Oxford House - Linn
7008 S. Linn Ave
Oklahoma City, OK 73159-2714
405-600-7373
8M - Established: Apr 08

Oxford House - Green Country
6117 E 79th St
Tulsa, OK 74136-9129
918-439-1027
9W - Established: Feb 03

Oxford House - Edgewood
644 Reynolds Road
Edmond, OK 73013-5916
405-216-5800
9W - Established: Apr 10

Oxford House - Oakhurst
1818 Rolling Stone Drive
Norman, OK 73071-1435
405-701-5388
6M - Established: Aug 11

Oxford House - Cloverleaf
1507 NW 31st St
Oklahoma City, OK 73118-3609
405-600-7474
8W - Established: Apr 08

Oxford House - Southern Hills
5629 S. Columbia Place
Tulsa, OK 74105-7341
918-749-4673
6M - Established: Nov 02

Oxford House - East Maple
1832 E Maple Avenue
Enid, OK 73701-4504
580-540-4563
8M - Established: Sep 11

Oxford House - Eastman
4601 Eastman Drive
Oklahoma City, OK 73122-7613
405-603-2598
9M - Established: Apr 03

Oxford House - Marlynn
4436 NW 47th St
Oklahoma City, OK 73112-2251
405-702-1661
10M - Established: Aug 08

Oxford House - Urbana
4646 S. Urbana Ave
Tulsa, OK 74135-4713
918-895-8304
6W - Established: May 03

Oxford House - Lawton
914 SW E Ave
Lawton, OK 73501-4537
580-215-0485
8M - Established: Aug 08

Oxford House - OKC
6308 N. Sterling Drive
Oklahoma City, OK 73122-7624
405-603-5930
9MC - Established: Mar 04

Oxford House - Munding
6810 NW 11th Street
Oklahoma City, OK 73127-4210
405-470-4445
8M - Established: Jun 09

Oxford House - Woodland
9203 East 68th Street
Tulsa, OK 74133-2225
918-806-1532
9M - Established: Jul 03

Oxford House - Dearborn
3828 NW Dearborn Avenue
Lawton, OK 73505-4908
580-699-5389
7M - Established: Jul 10

Oxford House - Grove
3416 N. Grove Avenue
Oklahoma City, OK 73122-1615
405-605-4549
9M - Established: Aug 04

Oxford House - Taylor
7412 Klein Avenue
Oklahoma City, OK 73139
405-602-0909
8WC Established: Sep 09

Oxford House - Briarwood Park
8513 East 34th Street
Tulsa, OK 74145-1532
918-622-2442
8M - Established: Mar 04

Oxford House - Midwest City
3620 Ridge Haven Drive
Midwest City, OK 73110-3736
405-455-2131
9M - Established: Apr 05

Oxford House - Meridian II
4432 NW 47th Street
Oklahoma City, OK 73112-2251
405-602-3607
10M - Established: Sep 06

Oxford House - Wildwood
817 NE 61st Street
Oklahoma City, OK 73105-6406
405-286-6091
8MC Established: Jan 11

Oxford House - Millwood Estates
3829 S. 98th East Avenue
Tulsa, OK 74146-2424
918-764-9176
9M - Established: Oct 04

Oxford House - Moore
2512 Crystal Drive
Moore, OK 73160-5536
405-378-2729
8M - Established: Dec 04

Oxford House - Linwood Hills
11412 Greystone Ave
Oklahoma City, OK 73120-7128
405-753-5427
8W Established: Mar 07

Oxford House - Lakeview
4900 NW 62nd Terrace
Oklahoma City, OK 73122-7417
405-470-0008
8M - Established: Dec 11

Oxford House - Rockwood Hills
7217 S. Columbia Ave
Tulsa, OK 74136-5524
918-619-6227
10M - Established: Nov 05

Oxford House - Hope Drive
908 SE 37th Street
Moore, OK 73160-7740
405-735-6534
7W Established: Jan 11

Oxford House - Bil-Mar
2865 N Ann Drive
Oklahoma City, OK 73107-1223
405-604-6643
7M - Established: Nov 06

Oxford House - Bricktown
1420 NE 6th Street
Oklahoma City, OK 73117-2401
9WC Established: Apr 12

Oxford House - Darlington
1784 S. Darlington Avenue
Tulsa, OK 74112-6920
918-764-9210
10M - Established: Aug 06



Oxford House - Skelly
3336 S 119th East Ave
Tulsa, OK 74146-2139
918-289-0621
7M – Established: Nov 06

Oxford House - Memorial South
7610 E. 58th Place
Tulsa, OK 74145-9405
918-508-2118
10M - Established: May 09

Oxford House - Leisure Lanes
1540 S. 69th East Avenue
Tulsa, OK 74112-7437
918-794-1531
6WC Established: Mar 07

Oxford House - Patterson Estates
6436 S. 87th East Avenue
Tulsa, OK 74133-7623
918-461-2589
10W Established: Jul 09

Oxford House - Shadow Mountain
6031 S 76th East Ave
Tulsa, OK 74145-9340
918-619-6358
6W Established: Dec 05

Oxford House - Rustic Hills
3728 E. 59th Place
Tulsa, OK 74135-7824
918-292-8113
9M - Established: Dec 09

Oxford House - Meadows
8015 S 87th Avenue
Tulsa, OK 74133-6514
918-307-0111
10M - Established: Jul 05

Oxford House - East Wedgewood
6609 S. 112th East Ave
Tulsa, OK 74133-2630
918-893-1445
10W Established: Jan 12

Oxford House - Southern Plaza
7527 E 55th Street
Tulsa, OK 74145-7718
918-622-0678
9M - Established: Jun 04

Oxford House - Tulsa Mid-Town
1616 S. Norfolk Ave
Tulsa, OK 74120-6224
985-335-6759
8W Established: Feb 12

Oxford House - Woodridge
2611 E 71st Place
Tulsa, OK 74136-5530
918-728-8529
11M - Established: Feb 06

Oxford House - Shirley Ann
1609 S 69th East Avenue
Tulsa, OK 74112-7438
918-794-6662
6WC Established: Mar 08

Oxford House - Leslie Leigh
11604 E 23rd Place
Tulsa, OK 74129-5620
539-664-4626
8WC Established: Mar 08

Oxford House - Fontana
5345 S 76th E Ave
Tulsa, OK 74145-7838
918-764-9266
10M - Established: Nov 07

Oxford House - Burning Tree
6414 South 86th E. Ave
Tulsa, OK 74133-7621
918-286-2311
10M - Established: Nov 08

Oxford House - Woodbank
8728 E. 60th Place
Tulsa, OK 74145-8721
918-249-9202
10WC - Established: Dec 08



Oxford House-Will Rogers
Claremore, OK



Oxford House – Norman
Norman, Oklahoma

Oxford House World Convention 2012

September 13 – 16

Oklahoma City

Register at www.oxfordhouse.org



Oxford House™

1975-2012

37 Years of Organized Self-Help To Enable Alcoholics and Drug Addicts to Recover Without Relapse

- Providing Sole Authority for Oxford House Charters
- Providing Technical Assistance to Establish New Oxford Houses
- Providing Technical Assistance to Keep Existing Oxford Houses on Track
- Providing Organization of Chapters to Help Houses Help Themselves
- Providing the Time, Living Environment and Support to Enable Alcoholics and Drug Addicts to Achieve Recovery Without Relapse
- Providing the Legal, Philosophical, and Scientific Framework for a Cost-effective, Worldwide Network of Supportive Recovery Housing.

Oxford House World Services

1010 Wayne Avenue, Suite 300
Silver Spring, Maryland 20910

Telephone 301-587-2916
Facsimile 301-589-0302

E-Mail: Info@oxfordhouse.org
Web Site: www.oxfordhouse.org