

Oxford House Profile Series 2014



Oxford Houses in Oklahoma

and

Recovery Progress

This report is an evaluation of the network of Oxford Houses in the State of Oklahoma. The state supported program has enabled over 6,000 recovering individuals help themselves stay clean and sober without relapse.

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

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Introduction

This is the fourth evaluation of Oxford Houses in Oklahoma. Previous evaluations in this profile series were published in 2007, 2009 and 2011 and are available on the Oxford House website: www.oxfordhouse.org under “Publications/Evaluations/State.”

Oxford House is a 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 avoid relapse. Since it began, more than 350,000 individuals seeking recovery have lived in an Oxford House. Most have stayed clean and sober without relapse. More than 180 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 academic research has been funded by grants to researchers by the National Institutes of Health [NIAAA and NIDA].

The Oxford House model 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. 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 reduce the lag time between the creation of scientific knowledge and its application in the field. Oxford House is the only recovery house program listed on NREPP. [See: <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=223>]

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 1,800 houses was § 2036 the 1988 Anti-Drug Abuse Act [PL 100-690] that was based on the 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, Inc. for successful development of self-run, self-supported recovery homes.

Oxford House, Inc. – the 501[c][3] 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 stay on track. Every two years the organization completes an in-depth review 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 the bottom of the page] that has been used to compare the resident profiles and recovery progress since 1989. During September, October and November of 2014, 430 Oklahoma Oxford House residents –302 males and 128 females – completed the standard survey. Data from that survey provides the basis for this 2014 report of Oklahoma Oxford House residents.

Oxford House, Inc.

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2014 Oxford House Profile Oklahoma Fall Survey Results

Profile of residents derived from 430 confidential responses by residents of 73 Oklahoma Oxford Houses to surveys administered in the Fall 2014.			
Total Number of Oxford Houses in Oklahoma during survey period	73	Total number of Oxford House residents in Oxford Houses during survey period	546
Total Number of Oxford House residents who responded:	430	Average Age:	36.3 Years
Number of Men's Houses:	51	Number of Residents of Men's Houses in this survey:	303
Number of Women's Houses:	22	Number of Residents of Women's Houses in this survey:	127
Cost Per Person Per Week for Rent [range \$85 to \$125]	\$104	Rent Per Group Per Month [average]: [range \$900-2200)	\$1,455
Percent Military Veterans	9%	Average Years of Education	12.7 years
Residents Working 9/30/2014	87%	Average Monthly Earnings:	\$1,758
Percent Addicted To Drugs or Alcohol & Drugs:	53%	Percent Addicted to Only Alcohol:	47%
Race –		Marital Status –	
White	80.6%	Never Married	48.0%
Hispanic	3.3%	Separated	9.9%
Black	5.5%	Divorced	33.9%
Nat American	8.3%	Married	6.6%
Pacific Islander	2.4%	Widowed	1.6%
Prior Homelessness:	56%	Average Time Homeless:	12 Months
Prior Jail:	81%	Average Jail Time:	23 Months
		Median Jail time:	12 Months
Average AA or NA Meetings Attended Per Week:	4.7 Times	Percent Going To weekly Counseling <i>in addition to</i> AA or NA:	58.7%
Average Length of Sobriety of House Residents:	13.6 Months	Residents Expelled Because of Relapse:	17.4%
Average Length of Stay In An Oxford House:	9 Months	Average Number of Applicants For Each Vacant Bed:	+4.0

A Partnership Between the State of Oklahoma and Oxford House, Inc.

In June 2006, Oxford House, Inc. – the national umbrella organization of Oxford Houses – 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 Oklahoma. The contract brought paid outreach workers to the state to help recovering individuals establish and maintain a network of Oklahoma Oxford Houses. This 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, Inc. includes periodic evaluations to measure progress.

Three earlier evaluations of the development of Oxford Houses in the Oklahoma are on the website: www.oxfordhouse.org under “Publications/Evaluations/State” [2007, 2009, 2011] and can be downloaded to get a fuller understanding of the successful partnership between the state and Oxford House, Inc. 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	2014
Oxford Houses	28	51	52	59	73
Recovery Beds	237	434	448	499	639

There are now 74 Oxford Houses in the state – 22 for women and 52 for men. Together, the houses provide 639 recovery beds – 177 for women and 462 for men.

In the fall of 2014, an individual survey was administered to the residents of the 73 of 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 were started during 2012 and three were started in 2011 after July 31st.

Oxford Houses.² Participation in the survey was 78.8% with 430 of the 546 then-current residents in the 73 houses surveyed completing the survey questionnaire.³

The questionnaire has been used by Oxford House, Inc. since 1989. It collects data that provides a profile of residents, including prior treatment episodes, current sobriety and recovery status.

Alcoholism, drug addiction and co-occurring mental illness cut across economic, educational and racial differences in an egalitarian fashion. Historically the Oxford House surveys opened the door to scientifically looking at the recovery process with greater thoroughness and detail that 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 findings of the Oxford House, Inc. 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.

² The high vacancy number was the result of the fact that five houses were just opening during the period of the surveys.

³ There were 630 recovery beds in the 73 houses that were part of the survey. During the survey period there were 84 vacancies and 546 current residents. [430/546= 78.5%]

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]

Recovery Process

The history of addiction is replete with the tension between personal discipline and illness that thwarts good behavior. Within the last year 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 recovery from addiction requires the difficult task of individual behavior change.



Oxford House-Meridian II
Oklahoma City, Oklahoma
10 Men • Established September 1, 2006

Most [74%] of the residents in an Oxford House have been through residential treatment more than once with half [51%] going through treatment three or more times [See Table 2]. 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

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.

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 cycling 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 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

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

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.

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.

Reviewing 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
One	25.6	23.9	18.2	16.1	22.0
Two	23.5	18.8	20.0	24.2	23.2
Three to Five	27.4	31.9	44.1	41.9	33.6
Six to Ten	16.7	13.8	10.9	12.9	13.1
More than Ten	06.8	11.6	06.3	04.8	08.0

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 51% of the Oklahoma Oxford House residents have been through residential treatment 3 or more 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 in an Oxford House is given the opportunity to become comfortable enough in sobriety to avoid relapse.

One concept underlying the self-run, self-supported Oxford 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 House relies on 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 that resumes using alcohol or drugs. Nationally, fewer than 20% [16.7%] 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. The relapse rate among Oklahoma residents is about 18%. In addition, the current residents in Oklahoma Oxford Houses have accumulated a significant length of sobriety – an average of 13.9 months – in part because of sobriety gained during incarceration prior to entering an Oxford House.

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, which 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.¹⁰

¹⁰ George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, 1995, p. 300.

Vaillant goes on to point 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.¹¹

Vaillant concluded that "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."¹² 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.¹³ 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.¹⁴

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 somewhat suspect, the Oxford House population has demonstrated a high degree of reliability. 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 the researchers requested that each

¹¹ Id. 301

¹² Id. 301

¹³ OPTIMISM, ABSTINENCE SELF-EFFICACY AND SELF-MAASTRY, John M. Majer, Leonard A. Jason, Bradley D. Olson, *Assessment*, Vol. 11, No. 1, March 2004 57-63

¹⁴ Op. Cit. 62

participant provide the name of a third party who knew them who could certify the 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 4.7 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 beyond the individual living situation.

How Oxford Houses Work

Each individual Oxford House is chartered by Oxford House, Inc. [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 process becomes the foundation for the continuing operation of each Oxford House.¹⁵ 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.

¹⁵ 60 of the 74 Oxford Houses in Oklahoma have achieved permanent charter status. The remainder are in the process of qualifying.

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 each 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 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

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 because 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. Rental, rather than building or owning a house, is important because not only does it keep property on the local tax roll but it also utilizes an existing readily available market. Just like an ordinary family, an Oxford House family 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.

More than 257 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, Inc. 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 resources for three outreach workers to help develop the statewide network of houses.¹⁶ The outreach workers not only teach residents how to run an individ-

¹⁶ Male outreach workers train residents in men’s houses and female outreach workers train residents in women’s houses.

ual 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 in which 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 2014, 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. This is important because annual turnover in houses averages about 2.1 times during the course of a year. Many residents and alumni will also attend that annual national Oxford House convention.

Quality control of Oxford Houses involves active solicitation of members of the 12-step recovery community, treatment providers and landlords to let Oxford House, Inc. know of any problems of individual Oxford Houses they hear about through the recovery community grapevine. They are provided the toll-free telephone number of Oxford House, Inc. [OHI] and encouraged to report problems. When OHI learns of a problem or potential problem, it immediately investigates and takes corrective

action. Now in its 39th year, OHI 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 [illustrated in 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, and everyone shares in the household chores and pays household expenses in an equal fashion. 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 tends to take thousands of everyday chores and challenges and weaves them 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 and at some point enough elements of personal pleasure associated with sobriety will become sufficient to offset the lingering pleasure 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.



Oxford House – Southern Hills
Tulsa, Oklahoma

[Since started in Nov. 2002 has been home for 208 men]

Oklahoma Oxford House Resident Profile

The survey was completed by over three-quarters (78.5%) of the Oklahoma Oxford House residents during fall 2014. The sample is sufficiently large enough to accurately reflect the profile of residents.

The age of those residing in OK Oxford Houses averaged 36.3 years. As Table 3 shows, the men in the sample were about two years older on average than the women. This reflects the same average age for women in 2014 as in 2012 but a full year younger on average for males in 2014 than in 2012.

Table 3
Average Age of Residents

Gender	Mean Age	
	2012	2014
Male	37.9	36.9
Female	34.9	34.9
Both	37.1	36.3

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 and most of the residents would have some

version of “alcoholism and/or drug addiction finally *caught up with me*” as the reason they were living in an Oxford House. This pattern seems to be true irrespective of race or gender, but, as shown in Table 3, the women are a little younger than the men.

Table 4
Racial Diversity

[Comparison of OK 2010 Census Data and OH Survey]

Race	2010 OK/US Census	OK Oxford Houses 2012	OK Oxford Houses 2014
White	75.4%	81%	80.6%
Black	7.7%	4.6%	5.5%
Native American	9.0%	11.4%	8.3%
Other	7.9%	3.0%	5.7%

The racial composition of Oxford House residents in Oklahoma is not statistically different from that of the population within the state in general. It does have a slightly higher percentage of Whites than the percentage of Whites in the state. The percentage of Native American dropped slightly but tends to fluctuate slightly over time.

Table 5
Marital Status

Marital State	2012 Percentage	2014 Percentage
Never Married	40.8%	48.0%
Married	4.5%	6.6%
Separated	11.2%	9.9%
Divorced	40.8%	33.9%
Widowed	2.6%	1.6%

Most of the recovering alcoholics, drug addicts and those with co-occurring mental illness living in Oklahoma Oxford Houses had never married [48.0%]. If they had married, they were currently either separated [9.9%] or divorced [33.9%]. Only 6.6% are still married. This status is typical for alcoholics and drug addicts coming into recovery. Addiction created havoc in relationships. The changes between 2012 and 2014 are interesting but not statistically significant. 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 surprising that the residents in Oxford House have histories full of treatment, relapse and subsequent treatment. Relapse has other consequences as well. Homelessness is one consequence and spending time incarcerated in jail or prison is another.

**Figure 1
Homelessness**



Prior homelessness has been experienced by 57% 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 365 days – exactly one year. 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 [81%] had some jail time prior Oxford House living. Put another way, all but 19 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 4.3 and the average length of jail time is 23 month – almost twice as long as the finding [358 days] in 2011.

**Figure 2
Jail**

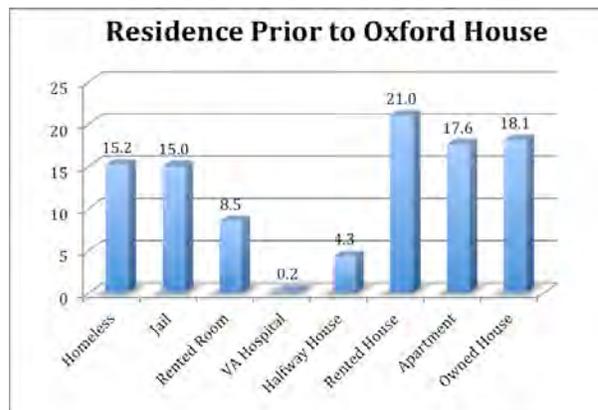


Oxford House opens access to an alternative to relapse by providing the peer support, alcohol and drug-free living environment, disciplined democratic governance and open-ended residency. Everyone takes different lengths of time to master behavior change and in Oxford House a resident who stays clean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

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 is likely to reduce the risk of relapse. 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.

**Figure 3
Prior Residence [Percentage]**



About 43% of residents came to Oxford House immediately following homelessness, a jail, a rented room, a VA hospital or a halfway house. 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 individuals who do live in an Oxford House will be able to develop sobriety comfortable enough to avoid relapse.

The findings from this 2014 survey of residents in Oklahoma Oxford Houses are consistent with the finding of the 2007, 2009 and 2011 surveys.¹⁷

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.

Veterans

Nationally, about 20% of Oxford House residents are military veterans even though existing Oxford Houses have limited outreach to VA hospitals and other places where vets are likely to congregate. The percentage of veterans in the Oklahoma Oxford Houses is less – 9% -- far less than it could be.

Oxford House outreach workers have reached out to recruit recovering veterans to Oklahoma Oxford Houses and the lead outreach worker is a veteran herself. Nevertheless, the percentage of veterans is less than would normally be expected. Perhaps the VA facilities in the state should put a greater emphasis on the availability of Oxford Houses within the state.

¹⁷ The 2007, 2009 and 2011 Oxford House Oklahoma Evaluations are downloadable from the website: www.oxfordhouse.org under “Publications/Evaluations/State.

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.

The DePaul researchers wrote:

Abstinence rates for the veteran subsample were high. Additionally, results suggested that participants experienced a reduction in anxiety and depression over time.¹⁸

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, Oxford Houses provide a smooth transition 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.

Unfortunately, the Department of Veterans’

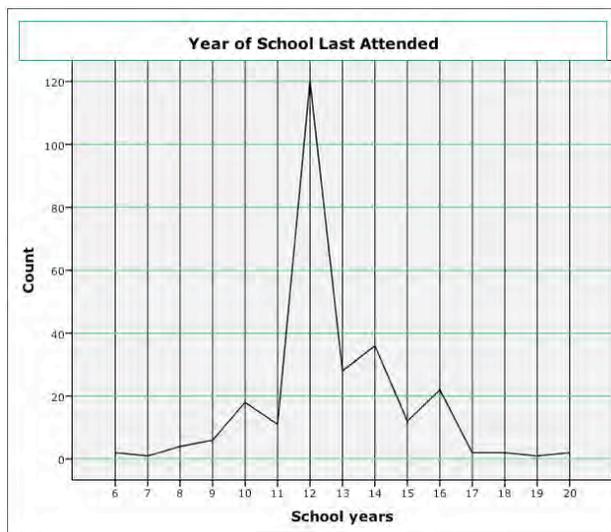
¹⁸ James R. Millar, Darrin M. Aase, and Leonard A. Jason, DePaul University Center for Community Research, Joseph R. Ferrari, DePaul University, Department of Psychology, VETERANS RESIDING IN SELF-GOVERNED RECOVERY HOMES FOR SUBSTANCE ABUSE: SOCIODEMOGRAPHIC AND PSYCHIATRIC CHARACTERISTICS, *Psychiatric Rehabilitation Journal* 2011, Volume 35, No. 2, 141–144,

Affairs at the national level has seemed to lack focus on using resources not directly controlled by the agency itself. We are attempting to encourage VA to utilize the cost-effective Oxford House program to serve veterans in recovery better. In the meantime states can set the example.

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 spread.

Figure 4



The mean educational level is 12.7 years – exactly the same as the national average age among Oxford House residents. 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 by 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

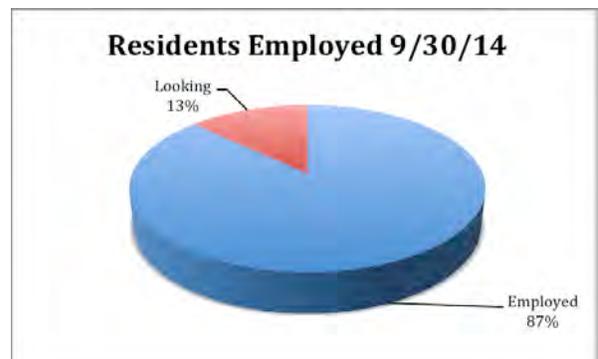
addictive drugs. The foundation for good habit building is not using alcohol or other addictive drugs a day at a time. The days accumulate and with the passage of time habits are formed to develop sobriety that is comfortable enough to avoid relapse.

While it is not required that residents of Oxford Houses 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 Oklahoma Oxford House residents attend an average of 4.7 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.¹⁹

Employment

Most individuals living in an Oxford House get a job so that they can pay their equal share of household expenses, which averages about \$104 a week. Of those who participated in the survey, 87% of the residents had employment with the remainder [13%] between jobs, looking for work or receiving retirement or unemployment benefits.

Figure 5



The average monthly income of Oklahoma Oxford House residents is \$1,758 [range \$200 - \$5,000] – up about 20% from the average income of \$1,470 a month in 2011.

¹⁹ Every two years AA does a survey on meeting attendance and on average AA members attend 2 meetings per week.

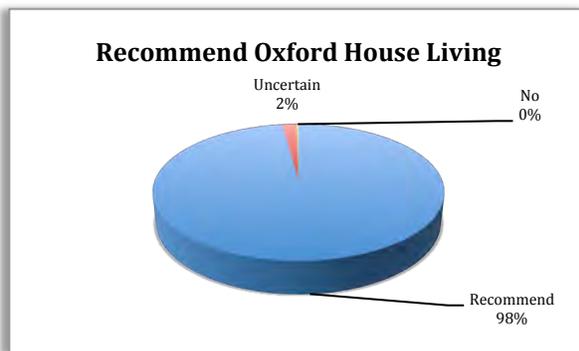
When considering monthly income, remember the average weekly equal share of household expenses per resident is \$104 a week. The equal share of household expenses covers all the living costs for the resident except food, which is provided by each resident.

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.

Figure 7 below reflects the overwhelming support for Oxford House living by current residents of Oxford House. Only one person in the survey of 430 Oklahoma residents would 'not recommend' Oxford House to newcomers in recovery. Only eight were 'uncertain' while 408 would definitely recommend Oxford House to others.

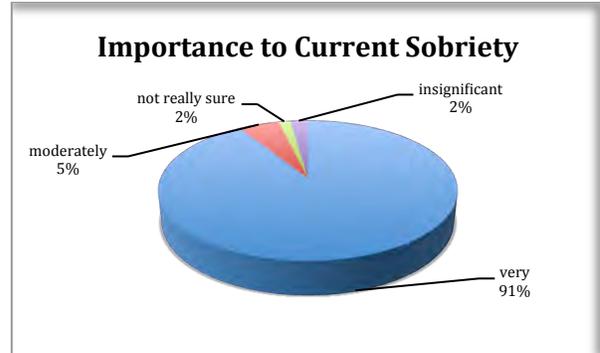
Figure 7



Survey participants were given a question that asked them to rank the importance of Oxford House living in relation to their current period of sobriety. The scale used ranged from 'moderate' to 'insignificant' with 'not quite sure'

and 'very' included in the middle of the list. As illustrated in Figure 8, most respondents found that Oxford House living was very important to their continuing sobriety.

Figure 8



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. The survey asked residents how they would rate their health.

Figure 9



96% of the respondents reported "very good" or "pretty good" health and less than 1% of the respondents responded that their health was "quite poor" and only 4% reported "not-so-good." The last two categories were reported by individuals with less than 3 months clean.

Most Recent Formal Treatment

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. The average prior treatment for both groups is more than 3 previous treatment episodes. [See Table 2] Note both private and public treatment facilities are reflected in Table 5. This adds to the diversity among Oxford House residents and improves networking and skill sets among residents.

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 Houses is the presence of trained outreach workers [field representatives of Oxford House, Inc.] 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 last quarter of 2014 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.

□ □ □

Table 5

Prior Treatment Before Oxford House

<u>Treatment Facility</u>	<u>#</u>
12 and 12	51
Alpha 2	2
ARC	2
CAAIR	5
COCMH	3
DACP	2
NADTC	3
NAIC	3
NOCA	2
RCDAP	3
TCBH	9
TRC	20
Bill Willis	2
Bridge to Recovery	2
Bridgeway	2
Brookhaven	45
Care for Change	1
Carver Center	2
Center Point	6
Choctaw Nation	1
Clay Crossing	7
Cumberland Heights	4
Community House	4
David L. Ross	2
Drug Court	4
Drug Recovery Inc.	4
Fiesta	1
First Step	17
Haven	2
Hillcrest	2
House of Hope	10
How Foundation	8
Human Skills Resources	4
Jesus House	3
Jordan's Crossing	3
Jail/Prison	14
Laureate	7
Lighthouse	10
Michael's House	1
Midwest Regional	1
Milagro	1
Monarch	15
Monte Vistor	1
Navajo Nation	1
New Creations	1
New Hope	4
Oaks	1
Opportunities	1
Parkside	1
Pathways	2
Red River Recovery	2
Rob's Ranch	15
Rose Rock	5
Salvation Army	5
SOS	4
St Anthony's	5
Stepping Stones	1
Stringtown	1
Tulsa Women & Children	3
VA	3
Valley Hope	38
Wellington	2
Women's Residential	1

Directory of Oxford Houses

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

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

Oxford House - Johnston
901 S Johnston St
Ada, OK 74820-8141
580-272-0090
7M *Established: Jul 12*

Oxford House - Holtzclaw
749 W 97th St
Jenks, OK 74037-3406
918-528-6388
10WC *Established: Apr 13*

Oxford House - OKC
11708 N Victoria Dr
Oklahoma City, OK 73120-6912
405-607-0036
9MC *Established: Mar 04*

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

Oxford House - Broadlawn
401 Campbell Drive
Ardmore, OK 73401-1919
580-798-4389
7M *Established: Nov 13*

Oxford House - Midwest City
3624 Ridgeway Dr
Midwest City OK, OK 73110
405-455-2131
9M *Established: Apr 05*

Oxford House - Grove
11708 N Barnes Ave
Oklahoma City, OK 73120-7846
405-607-1353
13M *Established: Aug 04*

Oxford House - Bricktown
1420 NE 6th Street
Oklahoma City, OK 73117-2401
405-601-8275
9WC *Established: Apr 12*

Oxford House - McLish
1085 McLish St SW
Ardmore, OK 73401
580-798-0302
6M *Established: Apr 14*

Oxford House - Moore
2512 Crystal Drive
Moore, OK 73160-5536
405-703-1640
8M *Established: Dec 04*

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

Oxford House - Pennville
2215 NW 16th St
Oklahoma City, OK 73107-4926
405-606-6526
8M *Established: Jun 12*

Oxford House - Aspen Pond
2309 W College St
Broken Arrow, OK 74012-3320
918-615-6687
8M *Established: Aug 12*

Oxford House - East Moore
905 SE 10th St
Moore, OK 73160-7218
405-759-7621
8W *Established: May 13*

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

Oxford House - Integrity
2453 NW 110th St
Oklahoma City, OK 73120-7213
405-286-6277
9W *Established: Sep 12*

Oxford House - Beech
1608 S Beech Ave
Broken Arrow, OK 74012-6207
918-286-3505
9W *Established: Sep 12*

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

Oxford House - Bil-Mar
8221 NW 31st Terrace
Oklahoma City, OK 73008
405-792-7479
9M *Established: Nov 06*

Oxford House - Holiday
4111 Holiday Pl
Oklahoma City, OK 73112-1354
405-778-8261
10M *Established: Dec 12*

Oxford House - Claremore
112 E. 13th Place
Claremore, OK 74017-4207
918-341-4626
7M *Established: Jul 08*

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

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

Oxford House - Blessing
11209 N Villa Ave
Oklahoma City, OK 73120-7230
405-753-1115
8W *Established: Oct 13*

Oxford House - Will Rogers
109 E 4th Street
Claremore, OK 74017-7403
918-923-6697
9M *Established: Sep 10*

Oxford House - Boomer
1317 E. Boyd St.
Norman, OK 73071-2610
405-701-4020
9W *Established: Aug 08*

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

Oxford House - Parish
2519 W Park Pl
Oklahoma City, OK 73107-5431
405-601-6087
8M *Established: Feb 14*

Oxford House - Lindley
1217 N 10th St
Duncan, OK 73533
580-786-4039
7M *Established: Nov 14*

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

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

Oxford House - Longan
625 N Nebraska Ave
Oklahoma City, OK 73117-3857
405-601-5952
10M *Established: Feb 14*

Oxford House - Edgewood
644 Reynolds Road
Edmond, OK 73013-5916
405-216-5800
8W *Established: Apr 10*

Oxford House - Elmhurst
1815 Elmhurst Dr
Norman, OK 73071-1652
405-310-6050
7M *Established: Aug 12*

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

Oxford House - West Winds
5204 NW 26th St
Oklahoma City, OK 73127
405-601-8464
8M *Established: Jun 14*

Oxford House - Pine Oak PL
1406 Pine Oak PL
Edmond, OK 73034-5437
405-285-0519
10M *Established: Mar 14*

Oxford House - Beacon
2865 N Ann Dr.
Oklahoma, OK 73107
405-605-6511
7W *Established: Dec 14*

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

Oxford House - Marlynn II
4436 NW 47th Street
Oklahoma City, OK 73112
405-702-1661
10M *Established: Jun 14*



Oxford House - Three Lakes
12001 E 89th St N
Owasso, OK 74055-2012
918-376-4626
8M *Established: Mar 14*

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

Oxford House - Stillwater
3807 W 15th Ave
Stillwater, OK 74074-1643
405-564-5772
10M *Established: Jan 13*

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

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

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

Oxford House - Woodland
9203 East 68th Street
Tulsa, OK 74133-2225
918-872-6567
8M *Established: Jul 03*

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

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

Oxford House - Rockwood Hills
7217 S. Columbia Ave
Tulsa, OK 74136-5524
918-619-6227
9M *Established: Nov 05*

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

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

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

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

Oxford House - Southern Plaza
7527 E 55th Street
Tulsa, OK 74145-7718
918-551-6344
9M *Established: Jun 04*

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
918-398-6523
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 - Memorial South
7610 E. 58th Place
Tulsa, OK 74145-9405
918-508-2118
10M *Established: May 09*

Oxford House - Patterson Estates
6436 S. 87th East Avenue
Tulsa, OK 74133-7623
918-994-7247
10W *Established: Jul 09*

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

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

Oxford House - Tulsa Mid-Town
1616 S. Norfolk Ave
Tulsa, OK 74120-6224
918-619-9469
8W *Established: Feb 12*

Oxford House - Terrace Manor 2
1309 Terrace Dr
Tulsa, OK 74104-4409
918-794-4672
11M *Established: Jun 12*

Oxford House - Enclave
9144 S 69th East Ave
Tulsa, OK 74133-5305
918-561-6320
9M *Established: Jan 14*

Oxford House - Opportunity
8742 E 30th Street
Tulsa, OK 74129
918-936-0267
8M *Established: Sep 14*

Oxford House - South Park Plaza
7440 E 30th St
Tulsa, OK 74133
918-936-0267
11M *Established: Oct 14*

Oxford House - Tulsa
4207 E 64th St.
Tulsa, OK 74136
918-398-6418
11M *Established: Nov 14*

Total Number of Houses:

74

Total Number of Beds:

639



A Few Of Oklahoma Oxford Houses

Good Neighbors in Good Neighborhoods

		
<p>Oxford House - Green Country 6117 E 79th St Tulsa, OK 74136-9129 Est. Feb 2003 • 9 Women</p>	<p>Oxford House - Briarwood Park 8513 East 34th Street Tulsa, OK 74145-1532 Est. March 2004 • 8 Men</p>	<p>Oxford House - Linwood Hills 11412 Greystone Ave Oklahoma City, OK 73120-7128 Est. March 2007 • 8 Women</p>
		
<p>Oxford House - Windsor Hills 5101 NW 26th Street Oklahoma City, OK 73127-1723 Est. Nov 2007 • 8 Men</p>	<p>Oxford House - Cloverleaf 1507 NW 31st St Oklahoma City, OK 73118-3609 Est. May 2008 • 8 Women</p>	<p>Oxford House - Norman 305 Willow Branch Road Norman, OK 73072-4508 Est. June 2009 • 10 Men</p>
		
<p>Oxford House - Will Rogers 109 E 4th Street Claremore, OK 74017-7403 Est. Sep 2010 • 9 Men</p>	<p>Oxford House - Shawnee 1924 N. Philadelphia Avenue Shawnee, OK 74804-3824 Est. Nov 2010 • 9 Men</p>	<p>Oxford House - Ada 911 S. Broadway Avenue Ada, OK 74820-8227 Est. Feb 2012 • 10 Men</p>

Oxford House, Inc.
1010 Wayne Avenue, Suite 300
Silver Spring, Maryland 20910

Tel. 301-587-2916 • Internet www.oxfordhouse.org

Oxford House™

1975-2014

39 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 Oxford Houses to 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.

Write or Call

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