

# **OXFORD HOUSE INC.**

Recovery Without Relapse

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# PRESENTATION OBJECTIVES

- Describe the Oxford House Model – 46-year-old time-tested concept and system of self-run, self-supported operation
- Demonstrate that the Oxford House Model is a Proven, Successful and Cost-effective means to long-term recovery
- Explain Oxford House management of the revolving loan program and how it helps to expand the network of houses to meet the need to encourage long-term recovery
- Discuss Rural Expansion and target areas within the state

# PROGRAM DESCRIPTION

Oxford House, Inc – the national nonprofit umbrella organization – has exclusive authority to charter individual Oxford Houses and provides Start-up Loans, Technical Assistance and Outreach Support to groups and communities throughout the United States, Canada, Australia, Sweden, the United Kingdom and Africa to help establish self-run and self-supporting Recovery Homes (known as Oxford Houses) as a best practice to successfully sustain long-term recovery for alcoholics and drug addicts at very low-cost.

# ORIGIN...

- Oxford House started with one house in Silver Spring, Maryland in 1975.
- Individuals in recovery can live in an Oxford House as long as they stay drug and alcohol free and pay an equal amount of the household expenses.
- Stability in houses is a result of residents moving out *when they believe* it is the “right thing to do” and that they are *comfortable enough in sobriety to avoid relapse*.
- The homes are self-run and utilize rented, nice single-family houses keeping expansion costs low.
- Houses are available to men, women, women with children and men with children.
- Today, there are more than 3100 Oxford Houses throughout the United States and in several other countries.

# OXFORD HOUSES ARE BASED ON THREE SIMPLE PRINCIPLES:

- Each house must be Democratically run
- The house membership is responsible for all household expenses
- The house must immediately expel any member who returns to using drugs and alcohol

# OXFORD HOUSE VIDEO

- On May 5, 1991, "60 Minutes" broadcast a ten-minute segment about Oxford House.

[http://www.oxfordhouse.org/userfiles/file\\_oxford\\_house\\_video.php](http://www.oxfordhouse.org/userfiles/file_oxford_house_video.php)

- To access this video and more please visit the Indiana website:

<http://www.oxfordhousein.org>

Or the main website:

<http://www.oxfordhouse.org>

# WHERE ARE OXFORD HOUSES LOCATED?

## GROUP HOME LIVING IN GOOD NEIGHBORHOODS

- Oxford Houses are *rented* in prosperous, friendly neighborhoods throughout the nation.
- Houses are located in 49 states including Washington, DC. Worldwide in Canada, Australia and Ghana
- In the state of Indiana, the homes are located in South Bend, Ft. Wayne, Lafayette, Kokomo, Indianapolis, Greenwood, Scottsburg, Clark County, Dearborn County, Columbus, Bloomington, Evansville, Tell City and Terre Haute.

# OUR MEMBERSHIP

- Individuals must be in recovery from alcohol and/or drugs. They can be accepted following application and an affirmative vote by 80% of existing members.
  - To set up an interview please visit the vacancy website: <http://www.oxfordvacancies.com>
- Some individuals come to Oxford House after detoxification or a 28 – day treatment program -- if they can find or afford these services.
- In many cases, individuals get clean and sober while in criminal custody, 80% of the population living in Oxford Houses have been incarcerated.
  - For more information on how to enter an Oxford House from incarceration please email: [reentryin@oxfordhouse.us](mailto:reentryin@oxfordhouse.us)

# GENERAL DEMOGRAPHICS

## OXFORD HOUSES ACROSS INDIANA ANNUAL SURVEY 2021

- Average age: 37.1 years
- 63.8% are male and 35.1% are female
- Average length of abstinence is 9.4 months
- Average length of residency is 5 months
- 85.2% have been in treatment 2 times before Oxford House
- 75.2% have experienced homelessness
- 88% of have been arrested 4 times before Oxford House
- 6.1% are veterans
- 90% of residents are employed

# WHY OXFORD HOUSE?

- Better Results
- Low-cost
- Proven best practice  
(NREPP)

# BETTER RESULTS

## Most individuals relapse following treatment

- R.J. Goldsmith, *The Essential Features of Alcohol and Drug Treatment, Psychiatric Annals, 22, pp. 419-424 1992* [found six- months after traditional halfway house stay 10.9% of male residents-maintained sobriety and only 9.5% of females]
- Arnold M. Ludwig, M.D., *Understanding the Alcoholics Mind*, Oxford University Press, New York 1988, found that 18 months after treatment 10% had stayed clean and sober.
- George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, Massachusetts, 1995 found that irrespective of treatment or background only 20% of alcoholics stayed clean and sober.

## Most Oxford House residents stay clean and sober

- One DePaul University study for NIDA followed 890 residents living in 219 Oxford Houses for 27 months and found only 13% relapsed.
- Another DePaul Study randomly selected from 150 individuals leaving treatment with one-half going to Oxford House and one-half going to normal place of living and followed them for 27 months. 67% of those to Oxford House stayed clean and sober and only 30% of control group.

# LOW COST

- Men's houses are a little easier to start than women's houses.
- Outreach Workers can start an average of 3 new Oxford Houses per year.
- The average cost to live in an Oxford House is \$132.00 per week; includes household expenses except hygiene and food.
- Oxford House has a low annual per person cost (\$571.43 - \$3,142.86) to operate. The per person costs of pre-OH inpatient (\$3,929.57 - \$16,964.58) and incarceration (\$19,989 - \$40,281) are much higher (Olsen, B. et al, 2006).

# SELF-SUPPORT

- Once established residents pay all expenses.
- Start-up funds of \$6,000 are needed and are paid back in monthly installments of \$170 a month.
- The start-up loan fund is revolving [used over and over]. For example, the \$100,000 revolving loan fund in Washington State started in 1991 and has made over \$900,000 loans resulting in 220 houses in the state having 1,850 recovery beds (FY2011).
- The state has outreach workers still helping to start new houses and keeping the existing houses on track.

# LEVERAGING DOLLARS

- Last year OHI expended \$16.1 million but the residents in the national network of Oxford Houses paid landlords, utilities and other expenses totaling more than \$167,989,536 million!
- Nearly \$0.99 of every \$1.00 spent goes to Development and Program.
- 80% of the 44,406 resident in CY 2020 will stay clean and sober and STOP recycling in and out of treatment or prison.

# PROVEN BEST PRACTICE – 46 YEARS

- Early period 1975 – 1988 total self-support showed 80% of all residents were clean and sober in 1988.
- Congress was impressed and added provision to Anti-Drug Abuse Act of 1988 to encourage expansion and CSAT publishes promotional book.
- 1991 NIDA and NIAAA started funding research by DePaul University. Nearly twenty years of research has resulted in 125 peer reviewed published articles and three books.
- Federal government identifies Oxford House as a best practice 2010.
- 2016 Surgeon General’s landmark report “Facing Addiction in America” singled out Oxford House as THE leading recovery housing provider.

# WHAT MAKES OXFORD HOUSE DIFFERENT?

- Oxford House uses 9 traditions and a disciplined system of democratic operation.
- Each house is democratically self-run giving every person an equal voice and each resident pays an equal share of household expenses.
- The house must *immediately* expel any member who uses alcohol or drugs.

## Self-Confidence Coupled with Sobriety

- The Members of Oxford House have an interest in insuring the house runs smoothly.
- Each house is run by elected officers having specific duties and for a six-month term of office.
  - President
  - Treasurer
  - Comptroller
  - Chore-Coordinator
  - Secretary

	<b>Traditional Halfway House</b>	<b>Sober Living House</b>	<b>Oxford House</b>
<b>Limited Stay</b>	<b>Yes</b>	<b>No</b>	<b>No</b>
<b>Staff</b>	<b>Yes</b>	<b>Sometimes</b>	<b>No</b>
<b>Expulsion for use</b>	<b>Yes</b>	<b>Maybe</b>	<b>Yes</b>
<b>Ave. cost to Resident</b>	<b>\$15 to \$50 a week</b>	<b>\$150-\$175 a week</b>	<b>\$132 a week</b>
<b>Profit</b>	<b>No</b>	<b>Yes</b>	<b>No</b>
<b>Good Neighborhood</b>	<b>Seldom</b>	<b>Yes</b>	<b>Yes</b>
<b>Socialization</b>	<b>Weak</b>	<b>Weak</b>	<b>Strong</b>
<b>Primary Common Bond</b>	<b>We versus Them</b>	<b>Place to Stay</b>	<b>Recovery</b>
<b>Self-Efficacy</b>	<b>Low</b>	<b>Low</b>	<b>High</b>
<b>Uniform Operating Standards</b>	<b>No</b>	<b>No</b>	<b>Yes</b>
<b>Capital Cost for House</b>	<b>Yes</b>	<b>Yes</b>	<b>No</b>
<b>Fire Safety</b>	<b>Yes</b>	<b>Maybe</b>	<b>Yes</b>
<b>Sobriety continuous</b>	<b>10%</b>	<b>Less than 50%</b>	<b>69% – 87%</b>
<b>Zoning</b>	<b>Difficult NIMBY</b>	<b>Rooming house, if court tested</b>	<b>Protected FHA</b>
<b>Taxpayer Direct Cost</b>	<b>\$23,000 - \$35,000/yr/bed</b>	<b>If individual subsidy</b>	<b>\$150-\$350/yr/bed</b>

## TECHNICAL ASSISTANCE AND OUTREACH SUPPORT ARE PROVIDED BY OXFORD HOUSE, INC. AND ARE DELIVERED AS TWO STRATEGIC FUNCTIONS:

- Supporting Existing Recovery Home networks in regions with both community and membership support
- Supporting Communities with little or no Recovery Home support

(Both strategies require extensive collaboration with existing Recovery Oriented Systems of Care including 12-Step programs, detoxification units, drug courts, homeless providers, treatment providers and prison re-entry programs.)

# TECHNICAL ASSISTANCE

- Loan Application Assistance and Approval
- Finding Suitable House to Rent
- Lease Negotiation
- Bank Account and Obtaining FEIN
- Operational System Training
- Volunteer Coordination
- Leadership Development
- Systems Implementation
- Moderating Legal and Policy issues
- Serving as Institutional Memory

# OUTREACH SUPPORT

- Traveling to Communities throughout the state, country and abroad in need of the Oxford House model as a resource
- Networking with local community members, organizations and agencies
- Establishing new Oxford Houses as part of a community effort
- Outreach Presentations
- Connecting Oxford Houses to Support Networks



# TRAINING COORDINATOR

- Traveling to communities throughout the state developing resources for those living in an Oxford House
- Networking with local community members, organizations and agencies
- Training on Narcan and overdose preventions as well as connecting members with this vital resource.
- Training Presentations
- Connecting Oxford Houses to Peer Support Networks



# OXFORD HOUSE, INC. LOAN APPLICATION CRITERIA

The recovery house provision of P.L. 100-690 establishes criteria for eligibility to receive loans to start new self-run, self-supported houses.

The criteria are:

- the house must be suitable for occupancy by six or more individuals recovering from alcoholism and drug addiction,
- the house must be democratically self-run deciding issues by majority vote,
- the house must be financially self supporting,
- the loan must be repaid in equal monthly installments within two years,
- new residents for the house must be accepted by a process decided by a majority vote of the existing residents,
- any house member who relapses (returns to using alcohol or other addictive substance) must be immediately expelled from the house.
- If the house is an Oxford House, acceptance is by 80% of the residents because of charter requirement. If another self-run, self-supported recovery home, the intake must be at least majority vote.

# APPROVED USES OF REVOLVING LOAN FUNDS ADMINISTERED BY OXFORD HOUSE:

MUST BE USED FOR ASSOCIATED START UP COSTS  
OF THE HOME

- First Months Rent
- Beds
- Cleaning Deposits
- Furnishings and Appliances
- Other Household Wares
- Minor Structural Modifications

# OXFORD HOUSE IS THE SOLUTION

- State or Local Government Investment to fund Oxford House technical assistance contributes to making people productive citizens, reduces homelessness and prevents relapse.
- In such a partnership, recovering substance abusers and their communities create an opportunity to return people to mainstream living.
- As we reduce the number of relapses:
  - the cost of incarceration and homelessness drops
  - the number of children born with "crack syndrome" drops
  - the number of alcohol/drug related crimes, like family physical abuse, drops.

# HOW AN OXFORD HOUSE GETS STARTED IN YOUR REGION

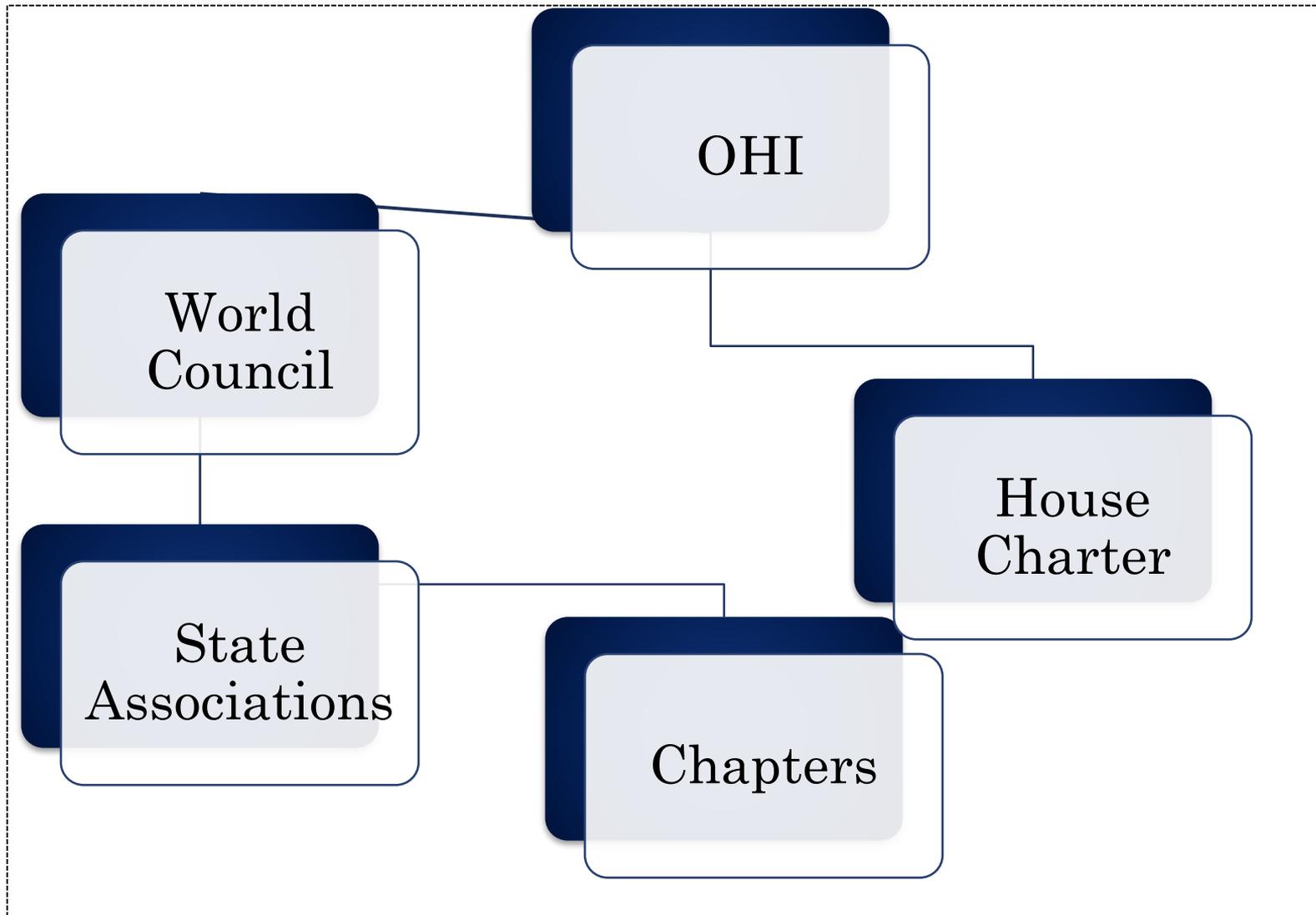
- Oxford House sends outreach workers to an area, where they introduce themselves to the newly sober community, through treatment facilities, AA or NA meetings and other community programs.
- After approaching individuals interested in Oxford House residency and a suitable rental residence is selected, the new residents move in.
- These individuals – with the help of OHI – then organize the house under the guidelines set by the Oxford House program.

## EFFICIENT DEPLOYMENT OF INVESTMENT RESOURCES

# FUNDING FOR OXFORD HOUSE, WHERE DOES IT GO?

- Direct labor and labor overhead
- Travel expenses for staff
- Protection of rights under the Federal Fair Housing Act Amendment of 1988
- General and administrative expenses to provide the staff necessary to support outreach workers, audit requirements, data collection, etc.
- Legal expenses to protect against NIMBY
- Technical Assistance

# OHI ASSURES QUALITY CONTROL





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FOR VACANCY INFO: [WWW.OXFORDVACANCIES.COM](http://WWW.OXFORDVACANCIES.COM)

## REFERENCE

- Olson, B., Viola, J., Jason, L., Davis, M., Ferrari, J., & Rabin-Belyaev, O. (2006). Chapter 6: Economic costs of oxford house inpatient treatment and incarceration: A preliminary report. *Journal of Prevention & Intervention in the Community*, 31, 1-2. doi: 10.1300/J005v31n01\_06