

OXFORD HOUSE INC.

Recovery Without Relapse

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PRESENTATION OBJECTIVES

- Describe the Oxford House Model – 44-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

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 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 2700 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

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

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.
- 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.

GENERAL DEMOGRAPHICS

- Average age: 38.1 years
- 68% are male and 32% are female
- Average length of abstinence is 9.4 months
- Average length of residency is 9.5 months
- 86% have been in treatment 2.6 times before Oxford House
- 71.1% have experienced homelessness
- 85.2% of have been incarcerated averaging 7 months
- 13% are veterans
- 83.2% 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 loans of \$4,000 are needed but are paid back in 24 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 \$11.8 million but the residents in the national network of Oxford Houses paid landlords, utilities and other expenses totaling more than \$155,337,624 million!
- Nearly \$0.99 of every \$1.00 spent goes to Development and Program.
- 80% of the 44, 406 resident in FY 2019 will stay clean and sober and STOP recycling in and out of treatment or prison.

PROVEN BEST PRACTICE – 44 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.

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

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

OUTREACH COORDINATION

“The Outreach Coordinator serves as the institutional memory for a population whose leadership is transitional in nature”

-Ken Guza, Washington State DASA

Oxford House Outreach is a systematic way to pass-on the good news about how the system of operation works and the value of making recovery without relapse the normal rather than the exception.

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 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



OXFORD HOUSE INC. AND THE REVOLVING LOAN PROGRAM

- Oxford House, Inc acts as agent for states, local governments, public corporations, or other legal entities and individuals to administer revolving fund loan programs for the establishment of recovery houses required by Section 1916A of the Public Health Services Act as amended by P.L.100-690 of the Anti-Drug Abuse Act of 1988.
- OHI provides total service from loan approval to repayment with careful audit and segregation of funds in trust accounts.

THE REVOLVING LOAN FUND IS ADMINISTERED BY OXFORD HOUSE, INC. IN THE FOLLOWING JURISDICTIONS

- District of Columbia (34 Oxford Houses)
- Hawaii (36 Oxford Houses)
- Louisiana (60 Oxford Houses)
- New Jersey (80 Oxford Houses)
- North Carolina (149 Oxford Houses)
- Texas (New in 2010) (59 Oxford Houses)
- Virginia (80 Oxford Houses)
- Washington State (240 Oxford Houses)
- Wyoming (16 Oxford Houses)

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

REVOLVING LOAN FUND (CONTINUED)

OHI reviews and
accepts application
OHI makes loan
from Recovery Home
Loan Escrow Funds

Individual Oxford
House repays loan to
OHI in equal
installments
over a period not to
Exceed 2 years

Payments received
are put back into
the applicable
escrow accounts
and made available
for other
Recovery
Homes to access

OXFORD HOUSE IS THE SOLUTION

- State or Local Government Investment to fund Oxford House expenses 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

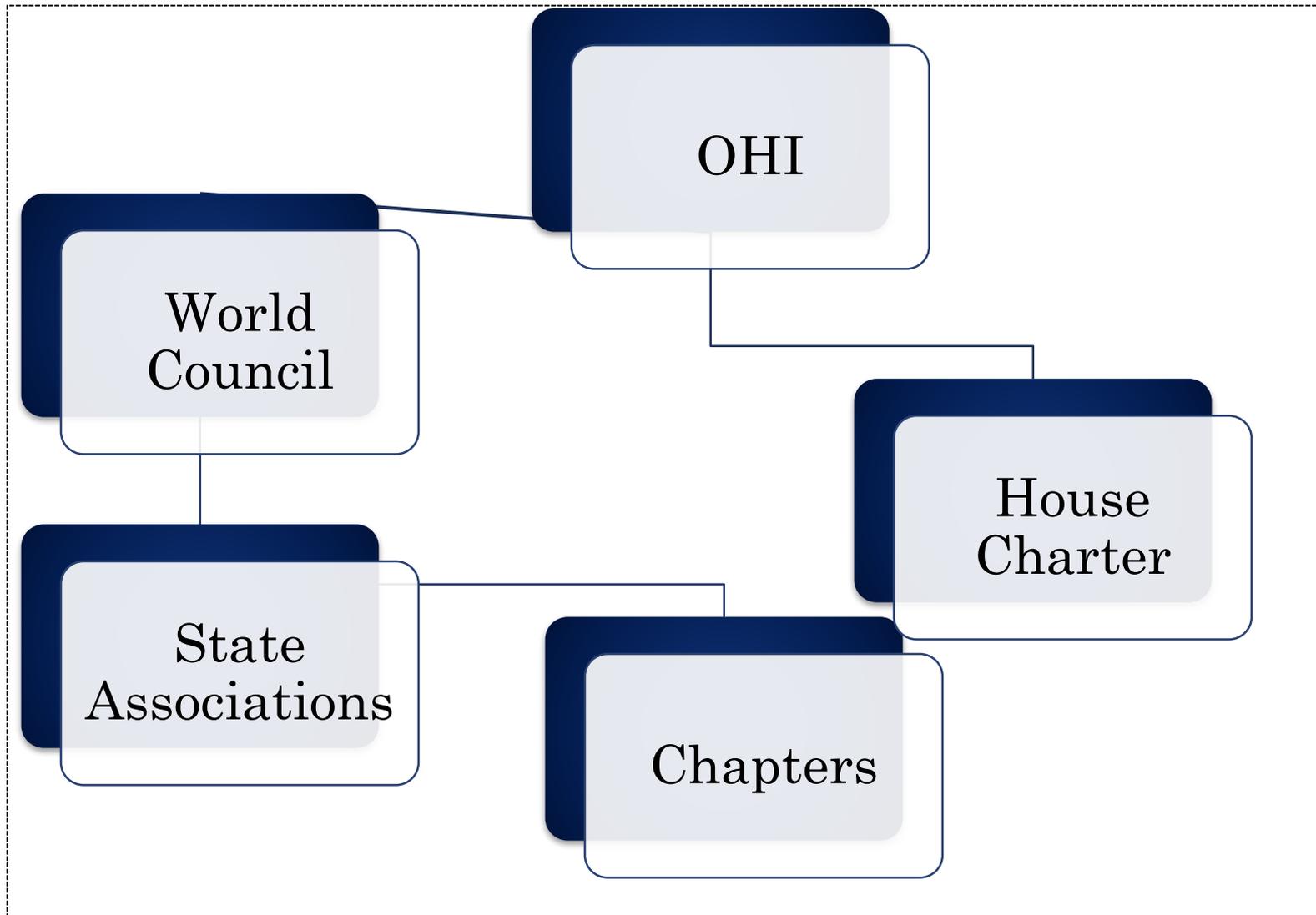
- Oxford House sends outreach workers to an area, where they introduce themselves to the newly sober community, through treatment facilities, AA or NA meetings and other community programs.
- After approaching individuals interested in Oxford House residency and a suitable rental residence is selected, 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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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