

Oxford House™

Helping those with a substance use disorder and those with co-occurring mental illness

Saving Money – Saving Lives **The Low-Cost Solution For Long-Term Recovery**

WHAT ARE OXFORD HOUSES?

Oxford Houses are self-run, self-supported recovery houses. In January 2018 there are 2,312 Oxford Houses throughout the United States with over 18,324 recovery beds. Each Oxford House is home to recovering alcoholics, drug addicts and those with co-occurring mental illness. Each house is a rented ordinary single-family house. The residents of each house are the same sex and receive a no-cost charter from Oxford House, Inc. [OHI] – the 501[c][3] national umbrella organization for all Oxford Houses. The charter has three conditions: (1) the group must be democratically self-run following the Oxford House Manual[®]; (2) the group must be financially self-supporting; and (3) the group must immediately expel any member who returns to using alcohol or illicit drugs.

HOW DOES IT WORK?

Each Oxford House is autonomous. Residents govern themselves, electing House officers (with term limits), holding regular House meetings and following disciplined parliamentary procedures. Residents work and pay their own rent and household expenses. There are no time limits on residency so residents can stay long enough to build comfortable, continuous sobriety. Furthermore, the system encourages the development of leadership skills and self-efficacy. More than 80 percent of Oxford House residents remain clean and sober for the long term despite the fact that many of them come from backgrounds that have included lengthy alcohol and drug use, periods of homelessness, and incarceration. Slowly, but surely, residents learn or relearn values and responsible behavior.

HOW DO WE KNOW IT WORKS?

Evidence-based research has demonstrated that the Oxford House program works. Oxford House, Inc. and the residents of Oxford Houses value transparency and welcome research into the program. Supported by grants by NIAAA and NIDA for the study of recovery, DePaul University in Chicago and other academic researchers have found remarkable recovery success from Oxford House living. Their findings prompted SAMSHA to list Oxford House™ on the National Registry of Evidenced-based Programs and Practices [NREPP]. In November 2016, the U.S. Surgeon General's Report, *Facing Addiction in America*, highlighted the effectiveness of Oxford Houses.

HOW DO NEW OXFORD HOUSES GET STARTED?

In AA, it's said that all that's needed to start a new AA meeting is two recovering people with resentments and a coffee pot. Starting an Oxford House™ is a little more complicated, but, all it takes is a few recovering people, the support of those who understand the system, and minimal financing. Most new Oxford Houses are started with the help of Oxford House outreach workers (all of whom are recovering individuals who have lived in an Oxford House) and a start-up loan to the new House that the residents pay back over a couple of years. Once started, Oxford Houses are autonomous and run themselves with very little monitoring. Most Oxford Houses belong to Oxford House chapters. Oxford House residents' participation at state workshops and at the annual Oxford House World Convention helps to assure quality control. These get-togethers also foster community-building and education.

WHAT IS NEEDED TO GET MORE OXFORD HOUSES?

The major barrier to the creation of more Oxford Houses is the lack of start-up funding. As noted on the chart on the back page, the most Oxford Houses exist in states where the state (or a locality) contracts with Oxford House to provide funding for outreach workers and establish a start-up loan fund. Foundations, treatment providers and drug courts also provide funding. Because of the structure of the program, the cost per bed is much, much lower than for traditional programs and recovery without relapse more likely. In today's budget-strapped environment and need to lower health care costs, Oxford Houses provide quality control and the low-cost way to improve recovery outcomes.

OXFORD HOUSES BY STATE

The chart below shows Oxford Houses and Oxford House beds by state as of 01/25/18. It also notes whether or not Oxford House receives any financial support to help start and maintain Oxford Houses in a state.

- The most Oxford Houses exist in states where the state supports a start-up loan fund and outreach support. Washington, North Carolina, Texas and Oregon are home to the most Oxford Houses and each of these states provides start-up loan funds and support for OHI-trained outreach workers who start new Oxford Houses and assist existing Oxford Houses. Agreements with 17 states and localities in FY 2017 totaled about \$7.4 million. Oxford House also received voluntary contributions of over \$600,000 in FY 2017 from individual Oxford Houses.
- Both start-up loans and outreach support are critical for expansion. National expansion was fostered by 1988 Anti-Drug Abuse Act enacted by the 100th Congress at the end of the Reagan Administration. That Act required states to establish \$100,000 start-up loan funds to make \$4,000 start-up loans to groups of six or more recovering individuals to rent a house and use the Oxford House model. The loan fund requirement has since become discretionary but some states still provide the funds. Oxford House residents themselves pay back the loans (usually \$4-6,000) over two years. Minimal support for on-site outreach and loans makes all the difference.

State	#Houses	#Beds	Contract
Alabama	1	8	None
Alaska	4	42	None
Arizona	0	0	None
Arkansas	3	26	None
California	7	52	None
Colorado	39	281	Signal
Connecticut	8	73	Price
Delaware	66	528	State
Florida	1	8	None
Georgia	1	8	None
Hawaii	35	296	State
Idaho	2	15	None
Illinois	50	366	State
Indiana	0	0	None
Iowa	7	55	None
Kansas	106	894	State
Kentucky	31	222	State
Louisiana	116	854	State
Maine	10	87	None
Maryland	51	408	None
Massachusetts	9	85	None
Michigan	3	24	Private
Minnesota	1	8	None
Mississippi	20	137	State
Missouri	38	306	State
[Continued in next column]			

State	#Houses	#Beds	Contract
Montana	0	0	None
Nebraska	42	309	State
Nevada	2	20	None
New Hampshire	1	6	None
New Jersey	147	1178	State
New Mexico	17	127	State
New York	27	249	Private
North Carolina	246	1903	State
North Dakota	0	0	None
Ohio	3	21	None
Oklahoma	109	967	State
Oregon	184	1498	State
Pennsylvania	48	363	Counties
Rhode Island	0	0	None
South Carolina	50	346	State
South Dakota	0	0	None
Tennessee	63	457	State
Texas	233	1807	State
Utah	6	61	None
Vermont	3	25	None
Virginia	137	1114	State
Washington	267	2223	State
W. Virginia	23	162	State
Wisconsin	24	182	None
Wyoming	2	14	None
DC	31	269	State

Visit the Oxford House website: www.oxfordhouse.org

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