

SCALING UP TO MEET THE NEED

Today there are over 2,100 Oxford Houses operating but many more Oxford Houses are needed. The current opioid epidemic illustrates the growing problem of addiction and the need for more and better recovery resources. Oxford Houses work for most individuals entering recovery including those reentering society from incarceration. As a society we have begun to recognize that extended incarceration is a very costly and not a very effective way to deal with individuals with alcoholism and drug addiction. When recovering incarcerated individuals reenter society, living in an Oxford House increases their odds of staying clean and sober and out of trouble.

Experience has shown that Oxford Houses provide the peer support and time needed by individuals to attain long-term sustainable recovery AND that Oxford Houses are fairly easily replicated. Replication of Oxford Houses is not cost-free but it is far cheaper than the costs of incarceration or more traditional fully staffed housing facilities. All Oxford Houses are all self-supporting once established but there are initial start-up costs required for replication. Oxford House, Inc. has found that expansion of the network of Oxford Houses requires the existence of funding for both start-up loans and trained outreach staff.

Start-up loans of \$4,000–\$6,000 are used to cover the first month's rent, security deposit and basic house furnishings and are repaid monthly into a revolving loan fund by the House residents over 24 months. Outreach workers teach residents the disciplined system of self-operation and self-support. The outreach workers also help clusters of houses to organize chapters for mutual support and quality control. Experience has shown that start-up loans and technical assistance both are needed to develop strong statewide networks.

The box at the right shows typical development costs. Once a house has been established, the recovery group living in it pays all household expenses. Each house not only becomes self-supporting but also repays the original start-up loan to enable more homes to be started. The system of operation and the organization of mutually supportive chapters assure quality control.

Sample Development Costs

| | |
|---|---------------------|
| 6 Recovery Homes | |
| Revolving Start-Up Loan Fund @ \$6,000: | \$ 36,000 |
| Two Trained and Supervised Field Workers | \$ 160,000 |
| 10% G&A [overhead] | <u>\$ 16,000</u> |
| TOTAL | \$ 212,000 |
| 24 Recovery Homes | |
| Revolving Start-Up Loan Fund @ \$6,000: | \$ 144,000 |
| Eight Trained and Supervised Field Workers | \$ 640,000 |
| 10% G&A [overhead] | <u>\$ 64,000</u> |
| TOTAL | \$ 848,000 |
| 100 Recovery Homes | |
| Revolving Start-Up Loan Fund @ \$6,000: | \$ 600,000 |
| Thirty Trained and Supervised Field Workers | \$2,400,000 |
| 10% G&A [overhead] | <u>\$ 240,000</u> |
| TOTAL | \$ 3,240,000 |

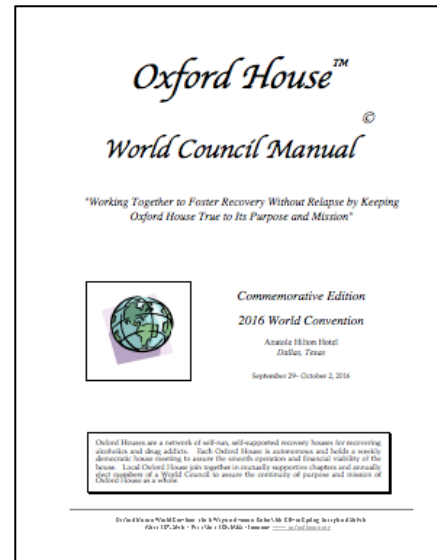
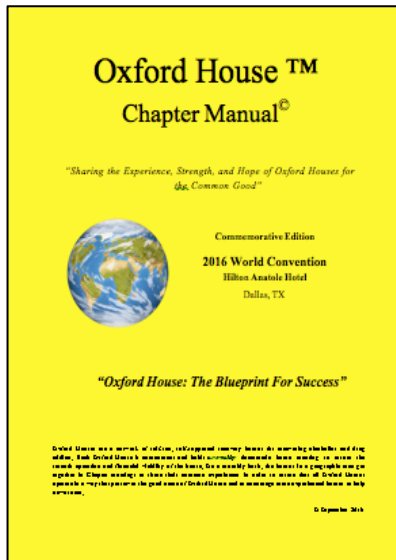
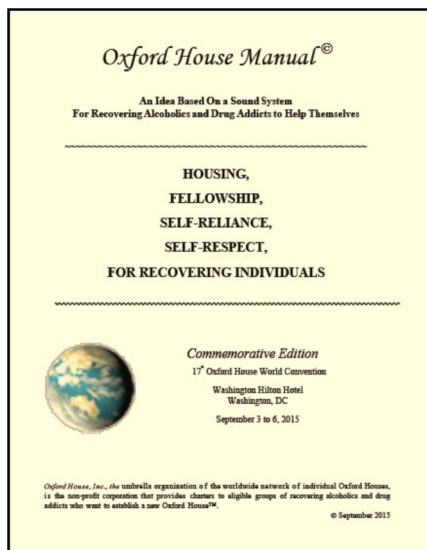
In 1998 Congress included §2036 in the 1988 Anti-Drug Abuse Act [PL 100-690] to encourage states to develop self-run, self-supported recovery homes and that provision has been a significant factor in promoting expansion of Oxford Houses. At the time of passage, there were only 18 Oxford Houses in existence; currently there are over 2,100 Oxford Houses with 16,668 beds.

| Key State | Number Houses | Recovery Beds |
|----------------|---------------|---------------|
| Washington | 265 | 2,205 |
| North Carolina | 223 | 1,721 |
| Oregon | 171 | 1,367 |
| Texas | 195 | 1,489 |
| New Jersey | 138 | 1,114 |
| Virginia | 134 | 1,094 |
| Louisiana | 106 | 778 |
| Oklahoma | 96 | 847 |
| Delaware | 73 | 566 |

Oxford House, Inc. [OHI] has worked with interested states to develop statewide networks of Oxford Houses, with some states participating more than others. OHI has developed a very efficient system for expansion and development and currently has development contracts with twenty states. At the end of 2016, there were 2,124 houses in 42 states; nearly two-thirds of the Houses and recovery beds are located in nine of the states that provide state funding to support replication. The table at the left shows Oxford House concentration in these nine states. Such development is available to

any state but such development requires some funding support for start-up loans and technical assistance. As noted above, the one-time costs to start a new Oxford House are not great but the rewards are many for those who get the opportunity to live in the new Oxford House. Once established houses continue year after year.

Key Manuals To Keep Oxford Houses On Track



Oxford Houses work because the self-run, self-supported processes and procedures have been time-tested for more than 41 years and they are uniform. There are no residency time limits, but any resident who relapses is immediately expelled from the house. Every Oxford House™ follows the same practices and policies to assure self-support and self-operation including the election of officers [see box at the left], formal weekly business meetings and selection of new residents. OHI – the umbrella organization – provides a conditional charter to each house. Moreover, individual houses form mutually supportive chapters, state associations and a national advisory council.

Each house has its own FEIN number and bank account. Each resident pays an equal share of household expenses including utilities and rent that the group pays to the landlord. Nationally, the average equal share of expenses is \$130 a week with a range from \$85 a week to \$165 a week.

After a house has existed for several months, some of the residents volunteer to form a core group to rent and start another house in an area. Often a trained outreach worker is able to help them do so. The catalyst for expansion from the original small cluster of Oxford Houses into a national network of more than 2,100 houses was the 1988 Anti-Drug Abuse Act [42 USC 300x-25], which encouraged states to provide small start-up loans repayable within 24 months. Scientific studies also helped and as early as 1987 Oxford House residents overcame a tradition of anonymity to encourage such studies. Since 1990, DePaul University researchers in Chicago have published more than 200 articles reporting findings showing the success of Oxford House living.

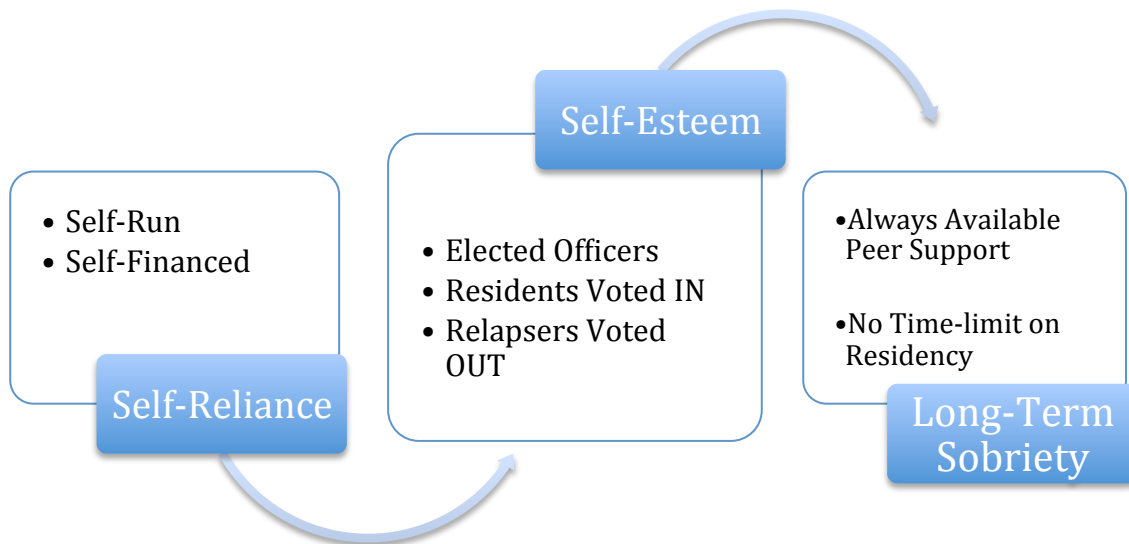
While research on AA has been limited by the role of anonymity in recovery, the willingness of Oxford Houses to open their doors to academic research gives us an opportunity to see recovery from addiction in action.

Dr. Jeffrey Roth, M.D.
Editor, Journal of Groups in Addiction and Recovery
Chicago, 2010

Finally, OHI – the umbrella nonprofit – has been a pace setter in protecting the civil rights for groups of recovering individuals to live in good neighborhoods. The US Supreme Court, in *City of Edmonds, WA v. Oxford House, Inc.* 514 U.S. 725 (1995) agreed with OHI that residents are a class protected from zoning restrictions. Property insurance discrimination was subsequently overcome also.

Oxford House™

Unique • Evidenced-based • Time-tested



FACTS ABOUT ALCOHOLISM AND DRUG ADDICTION

- About 17 million Americans are primarily active alcoholics with another 8 million addicted to illicit drugs. (SAMHSA)
- 20.3 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2013 (8.5 percent of persons aged 18 or older). (SAMHSA)
- Of these, only 1.25 million – 6.2 percent of those who needed treatment – received it.
- Government reports show that alcohol and drug abuse is responsible for the admission of almost 1.5 million people to emergency rooms nationwide and drug addiction results in nearly half a trillion dollars' economic loss annually or \$1,426 per American.
- For those receiving treatment, 60% had been in prior treatment an average of more than three times. [TEDS]

Oxford Houses Provide a Low-Cost, Highly Effective Method of Reducing Recidivism

The Process of Recovery

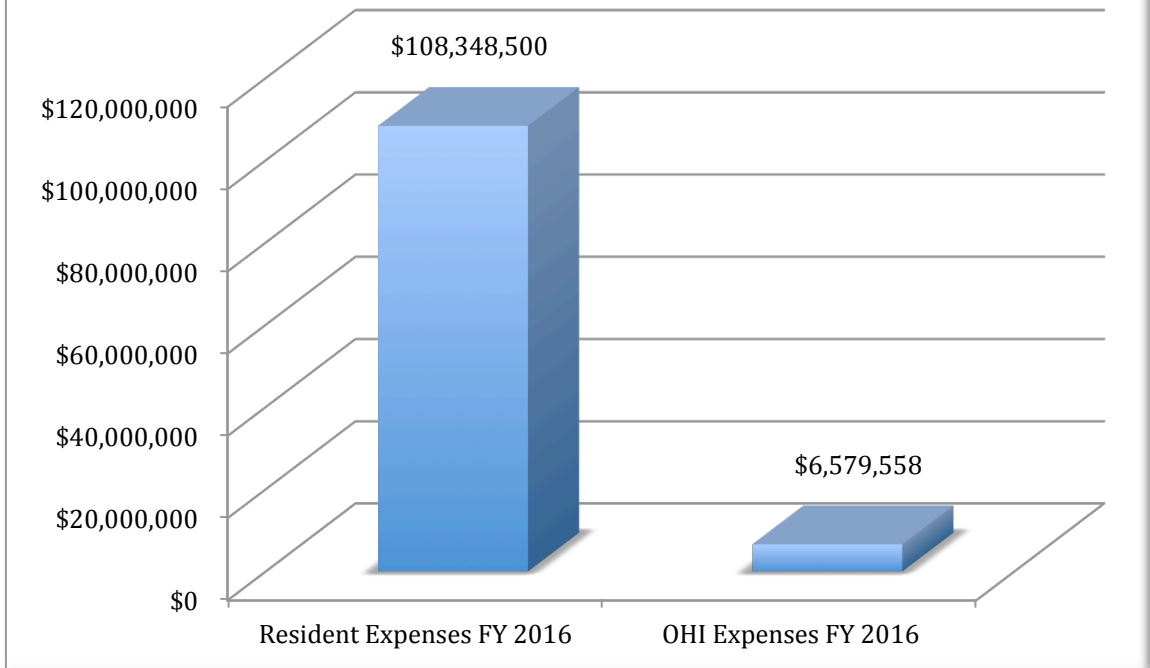
Not everyone who drinks alcohol becomes an alcoholic. Not everyone who uses mood-altering drugs becomes a drug addict. But some do. Society has struggled with effective ways to help those who become addicted to change behavior because their addiction can cause harm to them, their families and society at large. There is no magic wand but there is a process that works.

- Intervention
- Detoxification [*Ending physical dependence*]
- Treatment [*Motivation and education*]
- Long-term Behavior Change [*Supportive Living Environment*]

The weak link in the process is society's failure to support living environments that foster long-term behavior change. Most individuals relapse after the first three steps of the process – intervention, detoxification and treatment.

Significant evidence suggests that Oxford Houses provide the time, peer support and structured democratic process to make recovery without relapse the norm – not the exception.

Amount spent by Oxford House residents themselves for household expenses versus the amount spent by OHI to start new houses and keep existing houses on track in FY 2016



During fiscal year 2016, for every dollar spent by Oxford House, Inc. to develop new houses and help keep existing houses on track, the residents expended \$16.47 themselves to pay for household expenses including rent to a landlord, utilities and other household expenses.

Oxford House, Inc.[OHI] – the national umbrella nonprofit organization – has the sole authority for granting groups charters to establish Oxford Houses. 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 outreach worker is trained by Oxford House World Services for the following tasks:

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

OHI employs, trains and supervises outreach workers to help establish new Oxford Houses and organize chapters and state associations to provide mutual support and quality control. Each Oxford House is self-run and self-supported using the time-tested, disciplined, democratic system of operations used by Oxford Houses for more than 40 years.

In 2016, only 16.7% of the more than 35,000 residents in the national network of Oxford Houses were expelled because of relapse. Recovery without relapse is the norm – not the exception – for Oxford House residents.