

# Oxford House 2019 Profile Series

Recovery • Responsibility • Replication



June 2019

## District of Columbia Oxford House Resident Profile

**Oxford House World Services**

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Silver Spring, Maryland 20910

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## ABOUT OXFORD HOUSE, INC.

Oxford House, Inc. is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the national network of over 2,600 individual Oxford Houses. Its central office is at 1010 Wayne Avenue, Suite 300, Silver Spring, Maryland 20910.

Oxford House™ is a concept and system of operations based on the experience of recovering alcoholics and drug addicts who learned that behavior change is essential to recovery from alcoholism, drug addiction or co-occurring mental illness. They also learned that Oxford House™ provided the living environment that could help them become comfortable enough with abstinent behavior to stay clean and sober without relapse.

The Oxford House Manual® is the basic blueprint that provides the organization and structure that permit groups of recovering individuals to successfully live together in a supportive environment. All Oxford Houses are rented, ordinary single-family houses in good neighborhoods. There are Oxford Houses for men and Oxford Houses for women but there are no co-ed houses. The average number of residents per house is about 8 with a range per house of 6 to 16. The DC average is 8.7.

Oxford Houses work because they have no time limit on how long a resident can live in an Oxford House™ and because they all adhere to the charter conditions requiring that: [1] the group must be democratically self-run following the policies and procedures of the Oxford House Manual®; [2] the group must be financially self-supporting; and [3] the group must immediately expel any resident who returns to using alcohol or illicit drugs. Oxford House™ charters are provided free to groups of 6 or more recovering individuals of the same gender starting an Oxford House™. Oxford Houses provide the missing elements needed by most alcoholics and drug addicts to develop behavior to assure long-term abstinence. They provide the time, peer support and structured living environment necessary for long-term behavior change to take hold.

Individuals in Oxford House™ learn or relearn values and responsible behavior. Slowly, but surely, they develop the long-term behavior necessary to assure comfortable sobriety – forever. Some individuals live in the house for a few months, others for many years. Maintenance of the existing network of Oxford Houses and expansion results from the time-tested practice of OHI working with individual states to provide on-site assistance and by administering the start-up loans.

Oxford House™ is the only recovery-housing program that was listed on the federal National Registry of Evidence-based Programs and Practices – NREPP – and highlighted in the Surgeon General's 2016 Report: Facing Addiction.

June 25, 2019

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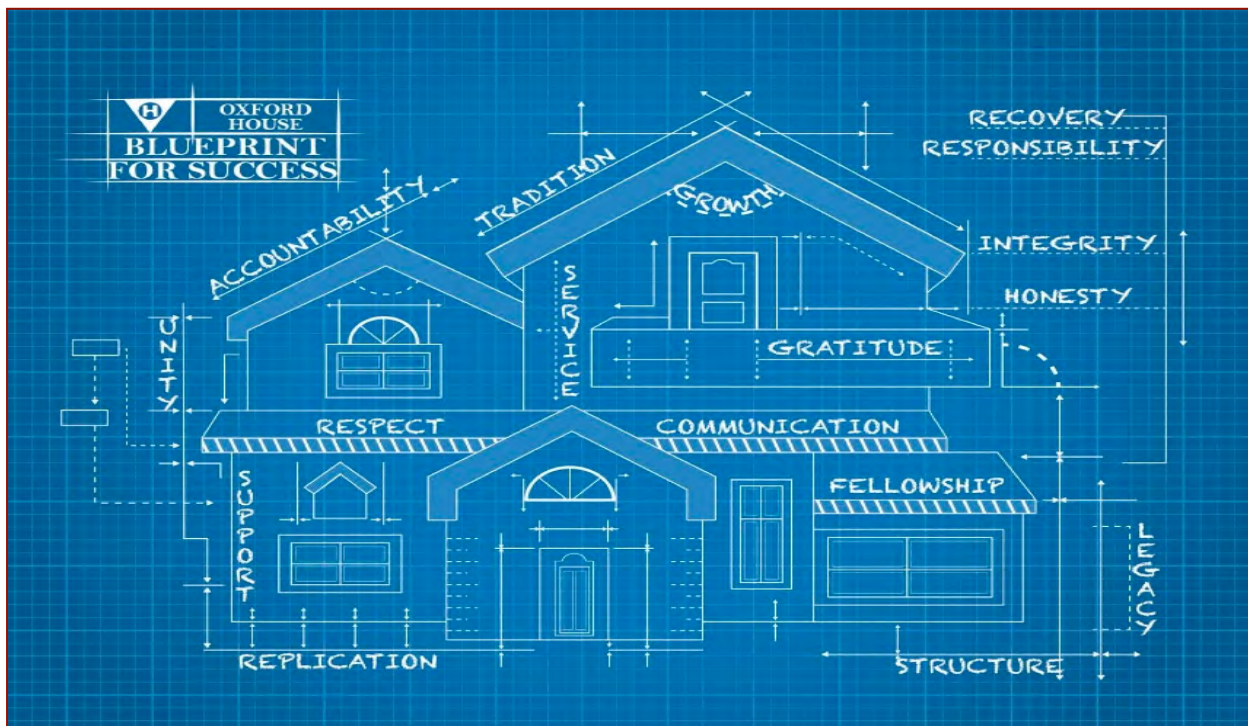
# *Behavior change takes:*

*Time,*

*Peer Support, and*

*Safe supportive living environments.*

Oxford House™ provides all that and more –



... at a very low-cost.

## Oxford House™ in The Nation's Capital

Today, there are 36 Oxford Houses [6 for women, 30 for men] within the city limits of Washington, D.C. providing 313 beds for recovering alcoholics and drug addicts to help themselves by helping each other. There are 261 beds for recovering men and 52 beds for recovering women. It has been 43 years since the first Oxford House started in the District – shortly after the successful establishment of the first Oxford House in neighboring Silver Spring, Maryland in 1975.

### History

The first DC Oxford House™ was established as a home for eight men at 44th and Fessenden Street, NW in March 1976. After one year at that location, the group moved to a house at Huntington Street, NW just off Connecticut Avenue. Oxford House - Huntington, was an Oxford House™ for 11 men until it closed at the end of 2000 because the landlord wanted to use the property for something else.

The second Oxford House™ in the District was started in November 1977 with funds provided by the first D.C. Oxford House™ and the original Oxford House™ in Silver Spring. It has been in continuous operation ever since and is located on 3765 Northampton Street, NW, just off Connecticut Avenue at Chevy Chase Circle. Oxford House-Northampton was a house for thirteen men recovering from alcoholism and drug addiction. [See box on page 4] The group lived at that address from 1977 until July 2018 when it moved to a house in Maryland.

In 1988, Dr. Ian Mac Donald visited the house at the request of then President Ronald Reagan to find out how to replicate the Oxford House model throughout the country. He met with the residents of the house and learned that they had about 26 applicants for every vacancy. When he asked why they did not just rent another house, he was told that it took the D.C. group of eight houses about a year to save \$5,000 – the amount it took to buy beds and pay the first month's rent and security deposit on another house. He then suggested the need for a revolving loan fund.

Shortly after Dr. Mac Donald's visit to Oxford House-Northampton, the late Edward Madigan (R. Ill) added an amendment to the Anti-Drug Abuse Act of 1988 (§2036 of PL 100-690) to require jurisdictions receiving federal block grant funds for alcoholism and drug addiction to establish such funds. [42 USC 300x-25] That law remains in effect and has served as a catalyst for expanding the Oxford House movement from its early start in Montgomery County and DC in the mid-nineteen seventies to a nationwide movement having Oxford Houses in 48 of the fifty states. In many ways the early residents of Oxford Houses in the District of Columbia are the pioneers in much larger movement for providing cost-effective wrap around services that is making treatment for alcohol and other drug addiction much more successful.

### Growth

From its modest beginnings in the Washington, DC area, Oxford House has spread to 41 states. By the summer of 2004 there were 1,087 rented houses in more than 200 cities and towns. Today, there are 2,626 Oxford Houses [20,910 beds]. In addition to houses in the U.S., there are 26 Oxford Houses in Alberta, Canada and 5 Oxford Houses in Australia, 1 in the UK and 4 in Ghana.

Two factors have been responsible for the successful expansion of Oxford House throughout the country. First, the cost-effective concept of renting houses and using a standard, self-help system of operation works. Second, the availability of the federal start-up loan provision served as a catalyst to introduce Oxford House to new communities.

In a 2004 evaluation of DC Oxford Houses, it was noted:

Not all Oxford Houses in the District are as “grand and glorious” as Oxford House – Northampton, but all Oxford Houses are good houses and create a functional family environment that supports learning to live without the use of drugs or alcohol.

This evaluation written in 2019 has to acknowledge that many of the Oxford Houses throughout the country make the historic Oxford House-Northampton look quite modest.

### The Oxford House Charter

Each Oxford House is granted a charter from Oxford House, Inc. – the national nonprofit umbrella organization located in Silver Spring, Maryland. The charter has three firm conditions:

- ◆ The house must be democratically self-run using the standard Oxford House Manual<sup>®</sup> system of operation.
- ◆ The house must be financially self-supporting, and
- ◆ The house must immediately expel any resident who returns to using alcohol and/or drugs.

Oxford House, Inc. has the sole authority to issue charters to group of six or more recovering individuals who want to establish an Oxford House. This procedure, along with the standard operating system developed by the men and women of Oxford House™ over its 44-year history, is essential to assure the quality of each Oxford House™.

Chartering is a two-step process: a six-month temporary charter followed by a permanent charter once the group learns the Oxford system of operation. The permanent charter has the same three conditions and any house that does not follow the Oxford system of operation loses its charter.



### **Oxford House-Northampton**

3765 Northampton Street, NW  
Washington, DC 20015

A recovery home for men established April 1977 but  
moved to Maryland 2012

At the time of his Amendment to the Anti-Drug Abuse Act of 1988, Congressman Madigan in explaining to his colleagues how Oxford Houses work said the following about Oxford House-Northampton, the second Oxford House in DC:

“Oxford House - Northampton must surely be one of the finest recovery homes in the country and is probably the most comfortable residence leased by Oxford House. It is located in an upper middle class neighborhood, one block from Chevy Chase Circle in upper Northwest Washington, D.C. about a mile from the exclusive Chevy Chase Country Club. It is the last house on the end of a quiet residential street near Connecticut Avenue, a major thoroughfare.

“On the west side is a branch bank and the bank’s parking lot. On the east side is a residence. Across Northampton Street is the Chevy Chase city library. Along Connecticut Avenue is a short business district, the only commercial strip in the area. Within a few blocks of the house are two grocery stores, a drug store, another bank, a gasoline station, movies, and a number of restaurants and other shops. Everything a resident needs is within walking distance. It is on a city bus line and within walking distance of a subway stop. It is about five miles from the center of the city and an easy commute.

“The house at 3765 Northampton Street is an imposing structure with a circular driveway in front and four white pillars on the concrete front porch. Inside is a chandelier at the front of a wide hallway that runs the length of the downstairs. The hallway was painted gray-blue with white trim by a member of the house.

“The downstairs has five large common rooms plus a kitchen and half-bath. To the right of the entrance is a paneled library, which is often used as a television room. To the left of the entrance is the living room with a television, video recorder and working fireplace for which the residents buy firewood. Above the fireplace are a number of large trophies won by a resident on the golf course. Behind the living room is another large room used as a dining area. Behind the library is a large kitchen with appliances found in most Oxford Houses, a drip coffee maker and microwave oven. Each resident has his own shelf space and spot in the two large refrigerators. Behind the kitchen, in what was once probably the dining room, is a room used as a combination office and den. It has two pay telephones, which house members got as a solution to unclaimed long-distance charges.<sup>1</sup> It also has a bulletin board and desk.

“The second floor has seven bedrooms, three double and four single, and two full baths. Each room is carpeted, each has a television set and each television set is wired for cable reception. Eight of the 13 house members have private telephones, some with answering machines.

“In the basement are three single rooms and two full baths. Also in the basement are a washer and dryer and a weight room with an exercise bicycle and punching bag.”<sup>2</sup>

After having served as an Oxford House home to more than 935 recovering individuals in DC, the group moved from DC to Maryland in 2012 where it still exists. The move came after a 35-year run as an exemplary Oxford House and one of the first.

<sup>1</sup> Today, the pay phones at Oxford House-Northampton have been removed because the house got a fixed fee long distance plan.

<sup>2</sup> Congressional Record, November 10, 1988 that reprints legislative activity from October 21, 1988. Remarks of Edward R. Madigan (R. II.) [CR Vol. 134, No. 152, pp E3732-E 3737]

## Education and Outreach

Teaching the Oxford House system of operation is fundamental to Oxford House success. The Oxford House World Council - made up of leaders elected by houses and Oxford House alumni – serves to advise and keep the umbrella organization aware of needs and operational problems among the ever-growing network of more than 2,600 individual Oxford Houses. The Oxford House, Inc. – the nonprofit umbrella organization – provides service to all Oxford House entities – houses, chapters, state associations and the annual Oxford House World Convention. It also is the official connection of Oxford House with government agencies, treatment providers, courts, the press and the recovery community as a whole.

Oxford House outreach workers trained by Oxford House, Inc. are best able to teach recovering individuals the way Oxford Houses operation and to help them find new Oxford Houses to rent. The cost of finding a house to rent, suitable residents to live in the house and training the new residents the system of operations averages about \$30,000 a house. Once a house is established the residents equally share all household expenses. This self-support feature of Oxford House makes the program very cost-effective. The 36 Oxford Houses in the District of Columbia amply illustrate this point. Oxford House-Northampton [13 men] was in continual existence between April 1977 and 2009 and its story is included in this evaluation. Oxford House-Garrison [10 men] has been in existence since March 1980. As a matter of fact, fifteen of the thirty-six houses are over ten years old. Once established an individual Oxford House tends to continue year after year. Since all the houses are rented, a group making up a particular Oxford House simply moves to another house when a landlord decides to use the property in another way. The aforementioned Oxford House-Northampton illustrates this fact.

### Self-Help – Heart of Oxford House

Not only do the Oxford House residents pay their own living expenses but they also manage the operation of their own Oxford House. They hold weekly house meetings and elect officers from among house residents. No officer can hold the same office for more than six months. Each officer has specific duties and by following the prescribed procedures for handling money, weekly business meetings and applicant interviews once established Oxford Houses stay on track by following the Oxford House standard system of operation set forth in the Oxford House Manual<sup>o</sup> and Oxford House Chapter Manual<sup>o</sup>.

At the heart of the Oxford House system of operation is the democratic procedures used by each individual Oxford House<sup>TM</sup>. The residents of each house meet once a week to conduct a democratic house meeting using parliamentary procedures with a definitive structure to enable an orderly process.

Within each house five officers are elected and have specific duties. They also can hold the particular office for only six months – a limitation designed to prevent bossism from crowding out the egalitarian principles of Oxford House<sup>TM</sup>.

The following list shows the basic duties and responsibilities of each elected officer:

### President

- ◆ •Leads Weekly Meeting
- ◆ •Overall Leadership
- ◆ •Attends Chapter Meetings
- ◆ •Co-signer of checks

### Secretary

- ◆ •Takes Meeting Notes
- ◆ •Contacts Treatment Providers
- ◆ •Notifies House Applicants
- ◆ •Monthly reports to OHI

### Treasurer

- ◆ •Keeps Checkbook
- ◆ •Pays House bills
- ◆ •Co-signer of checks

### Comptroller

- ◆ •Collects Weekly Rent
- ◆ •Audits Treasurer's Books
- ◆ •Posts weekly payments

### Coordinator

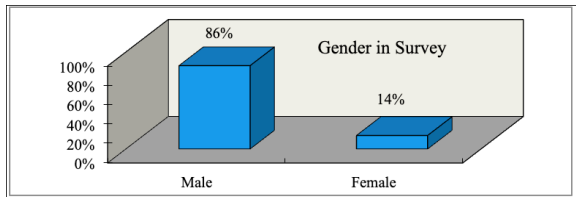
- ◆ •Supervises Household Chores
- ◆ •Buys House Supplies
- ◆ •Reports to meeting on chores
- ◆ •Enforces fire safety practices

At each and every Oxford House<sup>TM</sup> elections are held every six months to provide the framework for Oxford House to work well. Everyone has a role and the elections minimize the chance of bossism by entrenched leaders.

## Profile of DC Oxford House Residents

In November/December 2018, 68% [N. 171] of the residents in the District of Columbia Oxford Houses completed a profile questionnaire used by Oxford House, Inc. since 1987. Because there are more men's houses, the survey has 151 men and only 17 women.

**Graph 1**  
Gender of Survey Participants



### Average Age

Oxford House residents in the District had an average age of 53 years old. The median age is a little higher at 55 years old. Stated another way, half of the DC Oxford House residents are 55 or older and half are 55 or less. The range of ages of residents living in DC Oxford Houses is from 21 to 77.

Women are a little younger on average than the men in Oxford Houses with an average age of 49. The median age is 52.

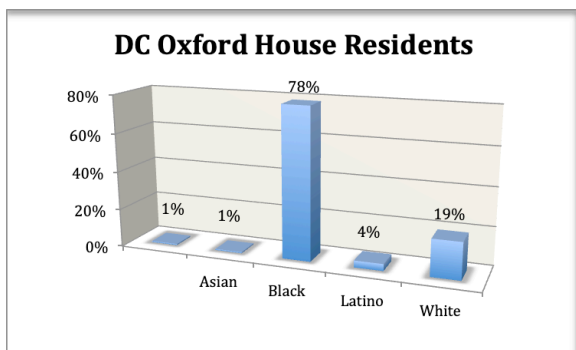
Of all 171 DC Oxford House residents participating in the survey the age distribution is shown in the table below.

**Table 1**  
Age Distribution

20-30	31-40	41-50	51-60	61-70	>70
9	17	25	84	32	4

The average age is more than ten years older than the national average age. This reflects the fact that there is no time limit as to how long a person can reside in an Oxford House and

**Graph 2**  
Racial Diversity



The racial/ethnic diversity within Oxford Houses is egalitarian because alcoholism and drug addiction are

egalitarian diseases. The profile of DC residents follows the pattern the rest of the country has but the number of Black residents is a little higher than the current census breakdown of DC. Part of the reason for a higher percentage of Blacks than the current DC Census data is that residents in DC houses have stayed longer in Oxford Houses and the houses are older than the average length of existence in other jurisdictions.

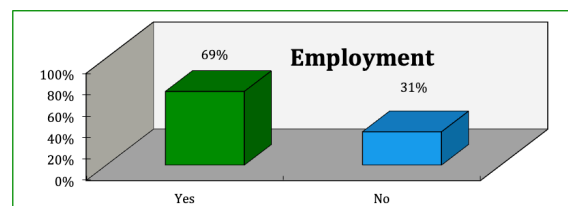


**Oxford House-Kalorama**  
1318 Delafield Place, NW  
Washington, DC 20011  
9 M • Established May 1, 1986

### Employment

Most of the residents in DC Oxford Houses are employed [69%] but 21% are able to pay their equal share of household expenses because of retirement, social security or veteran's benefits.

**Graph 3**  
Employment



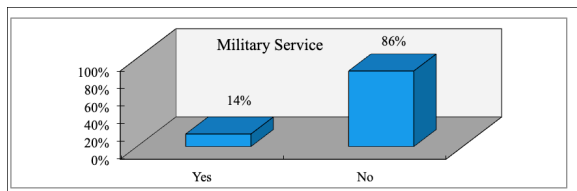
The equal share of household expenses varies from a low of \$120 to a high of \$190 a week.

The average is \$133 a week. The average income for residents in DC Oxford Houses is \$1,782 a month [\$411 a week]. This average includes both employed and those getting Veteran's pensions or disability payments. Because every resident pays an equal share of household expenses, there is an incentive for residents to quickly fill any vacancy; otherwise each resident would be faced with a higher equal share of household expenses.

## Veterans in Recovery

There have been times in past years when the percentage of veterans in DC houses was greater but it is now 14%. For example, in the 1980s and 1990s the percentage of veterans in DC Oxford Houses was more than twice that percentage. However, that was when the local VA Hospital had the VANADA program that focused on recovery from addiction. The national percentage of veteran's in Oxford Houses in 2018 was 13% about the same as the current percentage in DC Oxford Houses.

**Graph 4**  
Veterans in Survey



## Past Sobriety Efforts

It is clear successfully staying clean and sober without relapse is not by accident. The population in Oxford House have a past recovery record that would suggest a pattern of relapse instead of comfortable sobriety without relapse. The table below shows the number of times residents have gone through residential treatment before coming into an Oxford House. On average the number of times is 3.9.

**Table 2**  
Number of Prior Treatment Tries\*

Once	Twice	Three	> Three
21	38	30	82

\*Residential treatment

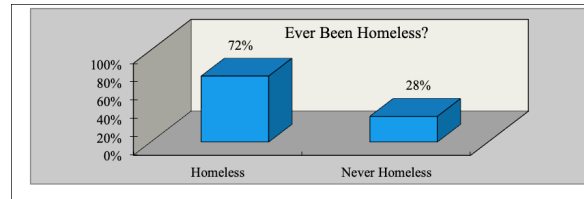
Forty-eight percent of the residents had been through residential treatment three or more times. Almost a quarter of the individuals had been through residential treatment more than five times. However, once in Oxford House both the first time treatment residents and the chronic relapsers have stayed clean and sober without relapse. Since sobriety is habit forming, it safe to project that most Oxford House residents in DC have successfully achieved long-term sobriety. The average length of sobriety among the DC Oxford House residents in the survey is 8.4 months but 23% of the survey has more than 10 years of continuous recovery.

## Homelessness and Incarceration

Oxford House residents in DC have recycled through detox and residential treatment, and most have been homeless and served time in jail. Specifically, 73% of the residents reported homelessness averaging 732 days – about two years. The average number of times the residents have been homelessness is 1.9

times. This is a slightly fewer times homeless than nearby states but the percent homeless and duration of homelessness is slightly higher.

**Graph 5**  
Diversity



The table below compares the homeless experience of DC, Maryland, Virginia and North Carolina residents based on a survey questionnaire completed within the last three years. Residents in DC houses have experienced longer periods of being homeless during their active addiction period.

**Table 3**  
Homeless Data

Jurisdiction	DC	MD	VA	NC
% Homeless	72%	73%	48%	70%
Times Homeless	2.3	2.3	2.4	2.3
Days Homeless	481	289	75	274

Moreover, 74% of the Oxford House residents in the DC houses have served jail time with an average length of jail time of 786 days – a little over two years. The days in jail shown in the table below for Maryland is 500 days less if the 20% of the residents who served more than 10 years are excluded.

**Table 4**  
Incarceration Data

Jurisdiction	DC	MD	VA	NC
% Jail Time	74%	72%	73%	77%
Times in Jail	2.2	3.4	4.2	3.7
Days in Jail	786	1303	524	542

## Other Marginal Living Conditions

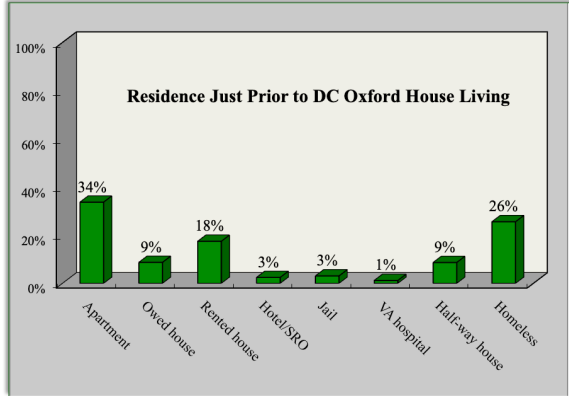
Since the only “cure” for alcoholism and/or drug addiction is behavior change, the living environment can have a significant influence on outcome following treatment. The following table shows the survey results where the DC Oxford House residents had lived just prior treatment before moving into an Oxford House™.

**Table 5**  
Living Prior to Oxford House

Place	Number	Percentage
Homeless	41	26.0%
Jail	5	3.0%
Halfway House	12	7.5%
Hotel/rented room	4	2.5%
Apartment	54	33.7%
Rented House	28	17.5%
Owned House	14	8.7%
VA Hospital	2	1.2%



**Graph 6**  
Residence Prior to Oxford House



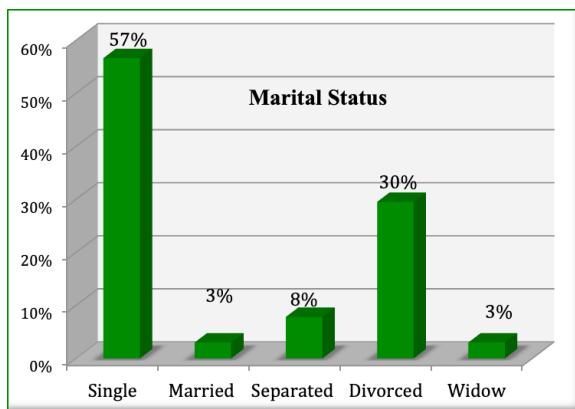
Marginal living conditions [homeless, jail, halfway house, VA Hospital, rented room] affected 38% of the residents. Going back to such living conditions following treatment for these individuals would almost guarantee relapse. The prior residence of DC Oxford House residents breaks down in a way that is similar to prior residence of Oxford House residents in general.

At a minimum, this data shows that Oxford Houses attract low-bottom alcoholics and drug addicts.

**Family Status**

Likewise few Oxford House residents come from stable family relationships. The following table compares marital status of residents. Single means never married.

**Graph 7**  
Marital Status of DC Oxford House Residents



**Education**

Within DC Oxford Houses about 10% of residents have not graduated from High School, but 19% have graduated from college. The average level of educational attainment is 12.3 years. The national average of educational attainment is 12.2 years.

Many residents have gained additional education while living in Oxford House. Several have

graduated from UDC and many have gained a GED. In some jurisdictions a greater emphasis is placed on utilizing Oxford House living as an opportunity to get more education. For example, in Chapel Hill, NC there are 18 Oxford Houses. Two of those houses are directly connected to the University of North Carolina and all the residents are students. A number of students also live in the other Oxford Houses in the city. OHI will consider greater outreach to the higher educational institutions in the District of Columbia. There may be an opportunity in DC to replicate the college/Oxford House connection used in other jurisdictions.

**12-Step Meetings**

The average length of sobriety of 42.3 months is not an accident. Residents of DC Oxford Houses go to an average of 4.4 AA or NA 12-Step meetings each week. This compares to the average of 2 meetings a week among the average AA or NA member.

**Addiction to Opioids**

Every Oxford House in the district has been taught the value and use of Narcan as an emergency treatment for opioid overdose. During the last 12 months there have been three training opportunities for DC Oxford House residents to learn about its value and how to use it. This tool is important because relapse among Oxford House residents is always possible. Among Oxford House residents, 27.5% of the survey respondents indicated that they had been addicted to opioids just before treatment leading to Oxford House living.



**Oxford House-Delafield**

1319 Delafield Place, NW  
Washington, DC 20011

A recovery home for men established July 1988

## Building Long-Term Recovery

While living in the supportive Oxford House environment, most individuals work to develop habits that will foster long-term recovery without relapse. Of course, such habits take many forms from learning to deal with life without booze or illicit drugs to associating with different ‘people, places and things.’ One measure of developing serious behavior change is seeking counseling in addition to 12-Step meetings



### Oxford House-Garrison

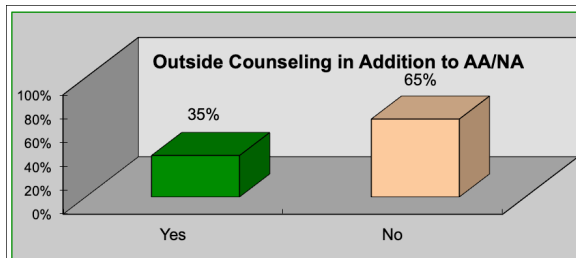
4312 Garrison Street, NW  
Washington, DC 20016

A recovery home for men established March 1980

and living life a day at a time.

**Graph 8**

DC Oxford House Residents Going to Formal Counseling



Nationally, in 2018 about 45% of residents in Oxford Houses attended outside counseling. Because the age of Oxford Houses in DC is older, it is understandable that the percentage going to outside counseling is a little lower. Experience has shown that as new behavior becomes more firmly planted the need for behavior modification therapy diminishes.

A bedrock of long-term recovery development is for AA/NA for most recovering addicts. Nationally, residents in Oxford Houses attend, on average, 4.6 12-step meetings a week – which is more than twice as many as the ordinary 12-step meeting attends. Among Oxford House residents in the DC survey, the average attendance at 12-step meeting per week is 5.8. This is significant because there is no requirement that Oxford House residents attend any 12-step meetings. The result is totally voluntary.

The Oxford House system of operations adheres to nine traditions adopted when the Oxford House Manual® was written in 1975. Tradition 4 reads:

*Oxford House™ is not affiliated with Alcoholics Anonymous and Narcotics Anonymous, organizationally or financially, but Oxford House members realize that only active participation in Alcoholics Anonymous and/or Narcotics Anonymous offers assurance of continued sobriety.*

But its full text goes on:

“An underlying principle of Oxford House™ is that each individual member has the ability to be responsible for himself. Living within an Oxford House provides the opportunity and motivation for all residents to attend AA and/or NA meetings...”

In other words, while the House Oxford system of operations has no rules making 12-step meetings mandatory, it does have a structure that encourages it.

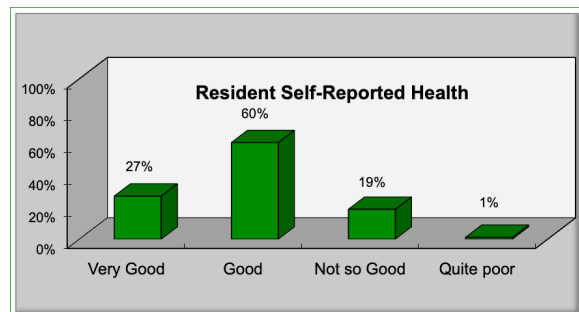
Attendance at AA or NA meetings does provide a clue as to whether the individual believes he or she is primarily a drug addict or an alcoholic. Individuals just addicted to alcohol tend to attend exclusively AA meeting. Drug addicts – illicit or otherwise – tend to attend either NA or AA meetings. Looking at the attendance pattern of those in the Oxford House DC survey shows that about 30% of the residents consider themselves primarily alcoholics. This is consistent with 2018 national Oxford House membership statistics that show 28% of residents consider themselves primarily alcoholics.

## Self-Reported Health Status

Survey respondents were asked to evaluation their physical health using a five criteria choice: good, pretty good, not so good, quite poor or very good.

**Graph 9**

DC Oxford House Resident’s Self-Report Health Status



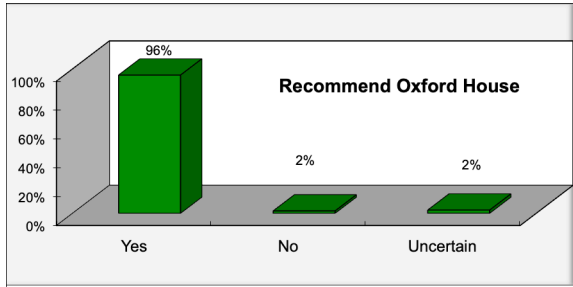
One of the benefits of living within the Oxford House community is that it serves as a great networking system for jobs and health care. At almost every house there is someone who mentions that he or she got her teeth fix or eyes examined as a result of a suggestion made by a fellow resident. This same networking ability helps individual residents to stay

on the recovery track because loneliness and isolation are mitigated via the family atmosphere of each house.

### What Residents Think of Their House

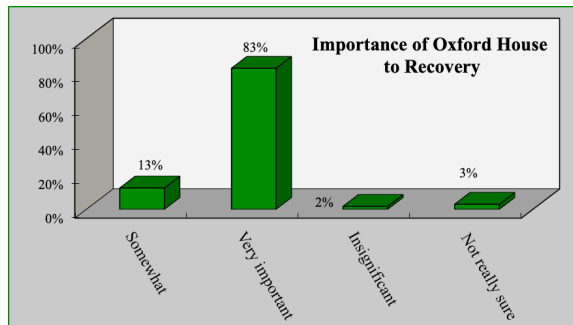
Residents in the survey were asked if they would recommend Oxford House living to a friend. Almost all said that they would. Three of the newer residents said “no” and four were unsure.

**Graph 10**  
Would You Recommend Oxford House Living



When asked how important Oxford House living was to their personal recovery, a similar consensus showed. 83% found Oxford House living to be “very important” to their personal long-term recovery.

**Graph 11**  
Importance to Personal Long-term Recovery



*This report was written in June 2019. As an update the attached list of Oxford Houses in the District of Columbia is as of December 5, 2019.*

*OHI convinced the local recovering individual not to start two houses in the same neighborhood which resulted in the deletion of one house. Between June and December two additional houses were established.*

*The attached House list is up-to-date as of December 5, 2019.*

For an up-to-date list of houses and vacancies go to the Oxford House, Inc. website: [www.oxfordhouse.org](http://www.oxfordhouse.org) and click on "vacancies."

# Oxford Houses of District of Columbia Directory

**Bellevue**

2934 Bellevue Terrace, NW  
Washington, DC 20016-5411  
202-506-2135  
10 / M  
*Oxford House since 2/1/1988*

**Channing Street**

1443 Channing St, NE  
Washington, DC 20018-2005  
202-249-0056  
6 / M  
*Oxford House since 3/1/2008*

**Easy Avenue**

4208 Eades Street NE  
Washington, DC 20019-3439  
202-396-4374  
6 / M  
*Oxford House since 5/1/2011*

**North Rock Creek**

1800 Plymouth Street, NW  
Washington, DC 20012  
202-930-6993  
8 / M  
*Oxford House since 5/1/2016*

**Brownstone**

1228 M St. NW  
Washington, DC 20005-5122  
202-393-1352  
15 / M  
*Oxford House since 1/1/2000*

**Decatur Street**

4804 14th Street, NW  
Washington, DC 20011-4317  
202-506-6032  
10 / M  
*Oxford House since 5/1/2008*

**Euclid 2**

2536 11th Street NW  
Washington, DC 20001-3924  
202-652-1473  
7 / M  
*Oxford House since 6/21/2011*

**Dahlia**

3707 S Street NW  
Washington, DC 20007-2116  
202-450-5056  
8 / W  
*Oxford House since 11/15/2016*

**Garrison**

4312 Garrison Street NW  
Washington, DC 20016-4035  
202-686-3505  
8 / M  
*Oxford House since 3/1/1980*

**Shepherd Street**

310 Shepherd Street NW  
Washington, DC 20011-4812  
202-291-2122  
8 / M  
*Oxford House since 6/6/2008*

**W Street**

622 Quebec Pl NW  
Washington, DC 20010-4213  
202-723-1396  
7 / M  
*Oxford House since 9/6/2011*

**Oxon Run**

3326 Oxon Run Road SE  
Washington, DC 20032  
202-601-7523  
7 / M  
*Oxford House since 12/1/2016*

**R Street**

45 New York Avenue, NW  
Washington, DC 20001-1256  
202-462-7192  
9 / M  
*Oxford House since 9/1/1990*

**Howard Road 1**

1405A Howard Rd. SE  
Washington, DC 20020  
202-210-9684  
8 / M  
*Oxford House since 7/1/2019*

**Exodus**

4600 Central Ave NE  
Washington, DC 20019-5233  
202-506-7935  
6 / M  
*Oxford House since 8/1/2012*

**Woodridge II**

3100 26th Street NE  
Washington, DC 20018  
202-733-1730  
15 / M  
*Oxford House since 1/15/2017*

**Kalorama**

1318 Delafield Place NW  
Washington, DC 20011-4419  
202-723-1710  
9 / M  
*Oxford House since 5/1/1986*

**45th Place**

4230 Eads Street, NE  
Washington, DC 20019-3439  
202-506-7754  
9 / M  
*Oxford House since 2/17/2009*

**Avalon**

1335 Maple View Pl SE  
Washington, DC 20020-5709  
202-621-7882  
9 / M  
*Oxford House since 5/1/2013*

**Congress Heights**

807 Malcolm X Avenue SE  
Washington, DC 20032  
202.909.5987  
9 / W  
*Oxford House since 6/1/2017*

**Second Street**

1314 Hamlin Street NE  
Washington, DC 20017-2450  
202-726-2425  
8 / M  
*Oxford House since 3/1/2002*

**Texas Avenue**

4808 Texas Avenue SE  
Washington, DC 20019-4127  
202-629-6067  
7 / W  
*Oxford House since 4/1/2009*

**Anacostia**

2322 High St SE  
Washington, DC 20020-4909  
202-702-8645  
9 / W  
*Oxford House since 6/1/2013*

**Ben Black**

1037 Everts Street NE  
Washington, DC 20018  
202-506-3983  
7 / M  
*Oxford House since 1/1/2018*

**Nineteenth Street**

1238 Harvard St NW  
Washington, DC 20009-5357  
202-802-4713  
10 / M  
*Oxford House since 3/1/1982*

**Adrian**

720 Adrian Street SE  
Washington, DC 20019-4201  
202-525-3347  
7 / M  
*Oxford House since 7/15/2009*

**Big Chair**

1528 Good Hope Rd SE  
Washington, DC 20020-5635  
202-506-7285  
11 / M  
*Oxford House since 5/1/2014*

**Dunbar II**

1307 1st Street NW  
Washington, DC 20001  
202-763-7526  
11 / M  
*Oxford House since 2/1/2018*

**Joseph Smith**

4609 Benning Road, SE  
Washington, DC 20019-5158  
202-506-3489  
10 / M  
*Oxford House since 10/1/2005*

**Douglas**

3047 Douglas Street NE  
Washington, DC 20018-1546  
202-248-4606  
8 / M  
*Oxford House since 6/30/2010*

**Northwest**

4513 Butterworth Pl NW  
Washington, DC 20016  
202-750-6304  
9 / M  
*Oxford House since 8/15/2015*

**Shaw-Logan**

1305 T Street NW  
Washington, DC 20009  
202-265-0461  
10 / W  
*Oxford House since 6/1/2018*

**Moreland Street**  
5900 Moreland Street NW  
Washington, DC 20015  
10 / M  
*Oxford House since 4/1/2019*

**Ro-Jones**  
47 Hamilton St. NW  
Washington, DC 20011  
8 / W  
*Oxford House since 11/1/2019*

**River Terrace**  
3926 Ames Street, NE  
Washington, DC 20019  
6 / M  
*Oxford House since 5/1/2019*

**Brookland**  
615 Buchanan St. NE  
Washington, DC 20017  
7 / M  
*Oxford House since 5/1/2019*

## **Fast Facts About the D.C. Network of Oxford Houses**

- 1976 DC was the site of the second Oxford House
- 1988 DC was then home to 8 of the 13 Oxford Houses
- 1999 DC site of first Oxford House National Convention
- 2001 DC holds third convention and continues every other year in DC
- 2019 DC will host 21st Convention over Labor Day weekend

June 2019: Network of DC Oxford Houses reaches 36 Oxford Houses  
30 for men – 6 for women or women with children

Recovery Beds: Total - 312

***Oxford House: Self-Reliance • Self-Respect***

**21<sup>st</sup> Oxford House World Convention**

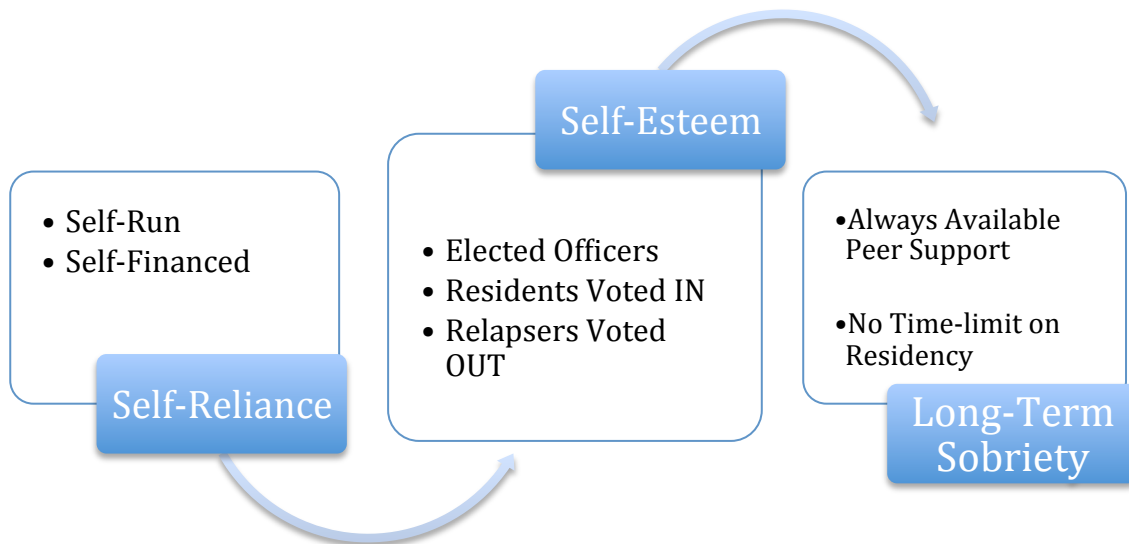
**August 29 – September 1**

**Mariotte Renaissance Downtown Hotel**

**999 9<sup>th</sup> Street NW  
Washington, DC**

# Oxford House™

Unique • Evidenced-based • Time-tested



## FACTS ABOUT ALCOHOLISM AND DRUG ADDICTION

- About 25 million Americans are primarily active alcoholics with another 8 million addicted to illicit drugs. (SAMHSA)
- 22.7 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2013 (8.6 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.

## **OXFORD HOUSE TRADITIONS**

1. Oxford House has as its primary goal the provision of housing for alcoholics and drug addicts who want to stay clean and sober.
  2. All Oxford Houses are run on a democratic basis. Our officers serve continuous periods of no longer than six months.
  3. No Member of an Oxford House is ever asked to leave without cause -- drinking, drug use, or disruptive behavior.
  4. Oxford House members realize that active participation in AA and/or NA offers assurance of continued sobriety.
  5. Each Oxford House should be autonomous except in matters affecting other houses or Oxford House, Inc. as a whole.
  6. Each Oxford House should be financially self-supporting.
  7. Oxford House should remain forever non-professional.
  8. Propagation of the Oxford House, Inc. concept should always be conceived as public education.
  9. Members who leave an Oxford House in good standing should become associate members
-

# Oxford House™

1975-2019

*44 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

***Oxford House, Inc.***

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Silver Spring, Maryland 20910

Telephone 301-587-2916

Facsimile 301-589-0302

E-Mail [Info@oxfordhouse.org](mailto:Info@oxfordhouse.org)

Web Site: [www.oxfordhouse.org](http://www.oxfordhouse.org)