

*Oxford House*TM

Self-run, Self-supported Recovery Housing

**Oxford House World Convention
September 2-5, 2021**



Convention Theme:

Oxford House: Family • Community • Culture

2021 Commemorative Program

**Gaylord National Resort and Convention Center
National Harbor, Maryland**

OXFORD HOUSE TRADITIONS

1. Oxford House has as its primary goal the provision of housing for the alcoholic and drug addict who wants 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.
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22nd Annual Oxford House World Convention

Oxford House: Family - Community - Culture

September 2-5, 2021

Gaylord National Resort & Convention Center, National Harbor, Maryland

CONVENTION SCHEDULE

FRIDAY 9/3		SATURDAY 9/4		SUNDAY 9/5
6:45-8:00	<i>World Council Nominations Due by Noon</i> Continental Breakfast	6:45-8:00	<i>Voting until Noon for World Council by Houses attending the Convention</i> Continental Breakfast	Continental Breakfast
8:00-9:30	Opening General Session Invocation Welcoming Remarks Md. Lt. Gov. Boyd Rutherford Barbara Bazron, Dir., DC DBH Md. State Sen. Malcolm L. Augustine Welcome and Convention Overview Kathleen Gibson and Paul Molloy World Council Election Rules James McClain	8:15- 9:30	Third Breakout Panels 1. Oxford House Stages and Core Principles 2. Millennials and Gen Z in Oxford House 3. Conducting Presentations 4. Dealing with Health Issues 5. Engaging the Recovery Community	Closing General Session ▪ Convention Summary ▪ Remembrance of Residents and Alumni Who Died During the Past Year ▪ Tradition Renewal and Closing
9:30-9:45	<i>Break</i>	9:30-9:45	<i>Break</i>	
9:45-11:00	First Breakout Panels 1. Addiction During the Pandemic – Experiences and Lessons Learned 2. Leadership v. Bossism – Practicing Democracy 3. The Role of Alumni Organizations 4. Partnering with State Agencies and other Organizations. 5. World Council Update	9:45-11:00	Fourth Breakout Panels 1. LBGTQIA in Oxford Houses 2. The Basics of Conducting Meetings 3. Organizing Personal Finances 4. Going Back to School 5. Planning Workshops and Retreats	CONVENTION REGISTRATION Registration for the 21 st Annual Oxford House Convention starts at 10:00 AM on September 2 nd GOLF TOURNAMENT Thursday, Sept. 2 Enterprise Golf Mitchellville, MD. 7:00 a.m. WOMEN'S CONFERENCE The Oxford House Women's Conference is on Thursday, Sept. 2 3:00 PM - 8:00 PM Registration opens at 1:00 PM that day.
11:00-11:15	<i>Break</i>	11:00-11:15	<i>Break</i>	
11:15-12:30	Second Breakout Panels 1. Working with Drug Courts, Parole and Prison Re-entry 2. Opening New Oxford Houses 3. Opioid Overdose Prevention and Reversal 4. Filling Vacancies – Where to Look and How to Do It 5. Oxford House Research and Data	11:15-12:30	Fifth Breakout Panels 1. Having Fun in Oxford House 2. Working Together – Houses, Chapters, State Associations and Alumni 3. The Opioid and Stimulant Crisis – Understanding MAT 4. Dealing with Children in Oxford Houses 5. Oxford House and the Law	
12:30 – 2:00	Lunch on Your Own Alumni Lunch: 12:30 – 2:00 Succotash Restaurant – very near hotel Get Tickets at World Council table. AA/NA meetings at hotel 1:00-2:00 PM	12:30 – 2:00	Lunch on Your Own AA/NA meetings at hotel – 1:00-2:00 PM	
2:15-5:00	Second General Session • Keynote Panel: Facing Addiction – A 2021 Update • Eligible World Council Nominees give three-minute campaign speeches • Presentation of Directors' 100-Year Awards	2:30 – 4:45	Third General Session • Keynote speech: Stuart Gitlow, M.D. ▪ Introduction of New World Council Members ▪ Vote on Resolutions	
Evening	Friday evening free for: • Dinner on your own AND • Sightseeing on your own: Ride the Ferris Wheel; explore National Harbor or tour Washington, DC	6:30 – 9:00	Banquet ➢ Invocation ➢ Dinner and Awards ➢ Recovery Speaker: Lori Holtzclaw Hunt	

Breakout panel rooms:

(1) Maryland Ballroom, (2) National Harbor 2/3; (3) National Harbor 10/11; (4) National Harbor 12/13; (5) National Harbor 4/5

All General Sessions and first breakout panels will be in the Maryland Ballroom

AA meetings are in National Harbor 6 and NA meetings are in National Harbor 7 at 1:00-2:00 PM and 10:00-11:00 PM

On Thursday, September 2, there are AA and NA meetings only in the evening

Oxford House™

Family - Community - Culture

Welcome to the 2021 Oxford House™ World Convention. The convention theme this year focuses on three elements of Oxford House living – Family, Community and Culture. All are important aspects of the Oxford House experience. Throughout the convention, we will be talking about these elements as well as others as we focus on a broad set of topics ranging from basic Oxford House ‘housekeeping’ issues to broader issues about addiction and recovery. There is also plenty of time allotted for socializing and networking. Attend all the sessions. You’ll learn a lot and have fun in the process. If you’re here with other members of your House or Chapter, consider splitting up in order to hit as many panels as possible. That way you’ll have far more information to bring home to those who weren’t able to attend this year.

Introduction

As you’ve heard me talk about many times, Oxford House™ was born in 1975 when I was one of thirteen men living in a county-run halfway house that was closing. We needed a safe place to live to continue our recovery and we started the first Oxford House. Over the past 46 years, our sole emphasis has been on providing the opportunity for long-term recovery without relapse; we own no real property and don’t accumulate wealth. The focus has paid off. We have a national network of more than 3,100 Oxford Houses, with continuing expansion and recovery outcomes second to none. None of that could have happened without the buy-in of Oxford House residents and alumni – then and now. Congratulations to all of you – and keep up the good work!

The three elements of the theme for this convention – Family, Community and Culture – are all important to Oxford House. Each element is discussed separately below.

Family

The Oxford House family in a broad sense encompasses all Oxford House residents and alumni but its most essential piece is the individual Oxford House. Oxford House™ families happen because of choice and need. All residents of an Oxford House have run into trouble because of alcohol misuse, illegal drug misuse, separately or in conjunction with a chronic mental illness. The focus in an Oxford House is, on the one hand, simple – learning to avoid letting alcohol or drug use or misuse thwart rational choice; i.e., developing comfortable sobriety that can stay in place on good days and bad days throughout four seasons year after year. The complexity comes in because addiction by its very nature is so powerful to those unfortunate enough to be addicted that like the magnetism that causes the tides in the ocean addiction can cause relapse to the unprotected or unsuspecting. Oxford House permits a group of similarly situated individuals to help each other by living together to share strengths, experiences and hopes that can ward off temptations to go back to using mood-changing drugs no matter how strong the pull of their attraction. We know that the combination of right-sizing the group to a size like an ordinary family and putting in place strong traditions, processes, and procedures to shape operations of the household lead most Oxford House residents to become bullet-proof to the renewal of addictive behavior.

Oxford House residents live in an Oxford House not as roomers or guests but as part of a family unit focused on recovery and mutual support. Each Oxford House obtains a charter that spells out three conditions each Oxford House must follow to achieve the maintenance of an alcohol and drug-free living environment; namely, the House must be democratically self-run, financially self-supported and the residents must agree to immediately expel anyone who uses alcohol or

illicit drugs. All Houses have a copy of the Oxford House Manual[®]. It explains how Oxford House works, how to elect officers and how to hold business meetings, manage finances and run the House democratically. The photo on the right emphasizes the importance of the Oxford House Manual[®] to the wearer and also to all Oxford House residents and alumni. The participatory democracy aspect of Oxford House is key to its operation as a family. The notion that residents themselves decide who will live in an Oxford House is central. When a House vacancy occurs, prospective applicants apply to the House and are interviewed by the House residents. It takes an 80% vote of the residents for an applicant to be accepted for residence and invited to move in. Once admitted, residents immediately feel part of the group (though perhaps awkwardly at first) because they know that they have been selected to join the group. It's like a sorority or fraternity or country club – you have to be voted in – and then you become part of that family unit.



Within the Oxford House family, it is not uncommon to hear that the only good thing that can be said about addiction is that it is egalitarian. Rich and poor, male and female, Black and White, educated and under-educated, straight or LGBTQ, young and old – all can become addicted and all are welcome in Oxford House. The very diverse Oxford House population features egalitarianism as a core principle – each individual has an equal vote, officers are term-limited and expenses are divided equally among all residents. This participatory democracy minimizes the “we versus them” attitude that can detract from a focus on recovery and development of self-reliance and self-respect. In an Oxford House, residents respect each other and support each other’s sobriety – for both selfish and unselfish reasons.

Oxford Houses provide the family support that residents need to sustain them on their road to recovery. Even during the pandemic, individual Houses worked together to support recovery and keep the family safe. Houses developed special cleaning protocols and took other precautions to protect themselves and each other.

Community

While the individual Oxford House stands at the center of the Oxford House concept, Oxford Houses also rely on a broader Oxford House community. Houses in an area form chapters that meet regularly to discuss Oxford House living and the problems that sometimes arise and also to arrange social events in which all the Houses in an area participate. The pandemic has proven challenging, but chapters began meeting via Zoom. State Associations are another part of the extended Oxford House family. In addition, the annual Oxford House convention attracts residents and alumni. Residents also regularly participate with the broader recovery community through regular participation in local 12-step meetings and special recovery events.



Community is how a family can build up its resources for helping its members to fully share their strengths, experiences and hopes to maximize the good that can come from working together. Biological families may use church membership, family reunions, and social clubs to broaden their knowledge to better help each other function better. Oxford House residents zero in on working with others to overcome the

knowledge deficiency about addiction and recovery. They utilize various groups that share the goal of fostering long-term recovery from addiction and providing the opportunity for long term recovery to all who need and want it.

During the pandemic the use of Zoom to have 12-step meetings enabled Houses to continue the exchange of ideas and socialization that strengthen community and family ties. Those connections also helped to preserve the confidence that comes from being a part of a national movement focused on making recovery without the relapse the normal outcome from addiction. The more groups that become involved in seeking the same behavior goal, the greater the dedication to achieve the common goal. This is true whether the goal is frivolous or serious and, for alcoholic, drug addicts and those with co-occurring mental illness, the goal is serious. It is also difficult to achieve and maintain without help from those sharing a similar goal.

Culture

The Oxford House culture is a culture focused primarily on recovery. Recovery dominates the culture of Oxford House – it is the driving force and all the individual Oxford Houses and the broader Oxford House and recovery communities support it.

In 1975, when Oxford House™ began, there was considerable doubt that the Oxford House™ concept and system of operation would work. Few believed that the “inmates could run the asylum.” Time has shown the Oxford House™ concept and system of operation has worked well. More than 680,000 individuals have lived in Oxford House and most have stayed clean and sober. In an Oxford House, residents buy into the concept that relapse doesn’t need to be part of the disease and, as a result of that belief, most residents don’t relapse.

Cultural shifts happened every day. Some are insignificant; some are important. All changes come about because a significant number of individuals worked to put the reasons for change into the public eye. From the standpoint of an Oxford House resident in recovery that educational campaign begins with describing: how each Oxford House is like a special family; how those individual houses form communities from chapters to state associations to other groups fostering recovery; and how the culture of Oxford House living enables recovery without relapse.

Conclusion

The Oxford House family – from the individual Oxford House to the broader community of all Oxford House residents and alumni, as well as the connections with the recovery community at large – is the backbone of the Oxford House concept and key to the extraordinary success rate achieved. We are all fortunate to be part of it and each of us plays an important role in its success. Oxford House provides the structure we need to evolve from scared, addicted human beings into confident human beings comfortable in sobriety and long-term recovery.

PARTICIPATE IN THIS 2021 CONVENTION AND ENJOY IT

This convention provides a place for us to celebrate our success and learn more about Oxford House™. There are four general sessions and 25 breakout panels in which specific aspects of addiction and recovery will be discussed. There is a World Council election. Plan to vote! Take advantage of all that is offered. Listen to the speakers and panel experts to learn more about Oxford House and about addiction. This convention is also a place to make new friends. Oxford House membership is like membership in a big family. We have common ground. Take advantage of all that the convention has to offer. And have fun!



2021 Annual Oxford House Convention

**Gaylord National Resort & Convention Center
National Harbor, Maryland
September 2-5, 2021**

Thursday, September 2, 2021

Annual Oxford House Golf Tournament

Enterprise Golf Course
Mitchellville, MD

Convention Registration

Maryland Ballroom Foyer

- Thursday, 10:00 AM – 7:00 PM
- Friday, 7:00 AM – 4:00 PM
- Saturday, 7:00 AM – Noon

Women's Conference

Thursday, 3:00 – 8:00 PM
Maryland Ballroom

- Registration opens at 1:00 PM on Thursday

World Council Meeting

Thursday, 8:30 PM
National Harbor 8

AA and NA Meetings

10:00 – 11:00 PM

- AA meetings
- NA meetings

National Harbor 6

National Harbor 7

HINTS FOR GETTING THE MOST OUT OF THE CONVENTION

1. Attend as many sessions as you can.
2. Participate in the election of World Council members.
3. Members of the same House or Chapter should split up and go to different breakout sessions.
4. Get to know folks from other states to extend your Oxford House family.
5. Enjoy your sobriety. Learn and have fun at the convention.

Friday, September 3, 2021

Continental Breakfast
6:30– 8:00 AM

Prince George’s Exhibit Hall A

OPENING GENERAL SESSION

8:00 – 9:30 AM
Maryland Ballroom

Invocation:

- Fr. Robert P. Boxie, III

Chaplain, Howard University

Welcoming Remarks:

- Boyd Rutherford, M.A., J.D.
- Barbara J. Bazron, Ph. D.
- Malcolm L. Augustine

Lieutenant Governor of Maryland
Director, DC Department of Behavioral Health
State Senator and Member of Maryland Joint Committee on
Behavioral Health and Opioid Use Disorders

Convention Overview: Kathleen Gibson, OHI COO and J. Paul Molloy, OHI CEO

Oxford House, Inc. (OHI) is run by a dedicated staff under the leadership of CEO Paul Molloy and COO Kathleen Gibson. Both are Oxford House alumni. Together, they direct the activities of Oxford House outreach workers – all Oxford House alumni – who work around the country helping groups of recovering individuals start new autonomous Oxford Houses and helping existing Oxford House clusters stay on track.



OHI is the sole provider of charters to new Houses that agree to meet charter conditions. OHI also publishes manuals and other publications that support the network of Oxford Houses, supervises trained outreach workers to support development of Oxford Houses and organizes the annual World Convention.

Oxford House World Council Election Rules: James McClain

FIRST BREAKOUT PANELS

FRIDAY 9:45 – 11:00 AM

1. **Addiction During the Pandemic – Experiences and Lessons Learned**
2. **Leadership V. Bossism – Practicing Democracy Working with State Agencies**
3. **The Role of Alumni Associations**
4. **Partnering with State Agencies and Other Organizations**
5. **World Council Update**

Maryland Ballroom
National Harbor 2/3
National Harbor 10/11
National Harbor 12/13
National Harbor 4/5

SECOND BREAKOUT PANELS

Friday 11:15 AM - 12:30 PM

1. **Working with Drug Courts, Parole and Prison Re-entry**
2. **Opening New Oxford Houses**
3. **Opioid Overdose Prevention and Reversal**
4. **Filling Vacancies – Where to Look and How to Do It**
5. **Oxford House Research and Data**

Maryland Ballroom
National Harbor 2/3
National Harbor 10/11
National Harbor 12/13
National Harbor 4/5

Lunch

12:30 – 2:00 PM

Lunch on your own - Grab something to eat and go to an AA meeting (National Harbor 6) or an NA meeting (National Harbor 7)

OR

Alumni Lunch Succotash Restaurant [Get tickets at World Council Table: \$35 per person]

REMEMBER TO GET WORLD COUNCIL NOMINATING PETITIONS IN TO THE WORLD COUNCIL TABLE BY NOON FRIDAY

Campaign speeches by each of the nominated candidates will be made at the Second General Session

SECOND GENERAL SESSION

2:15 – 5:00 PM

Maryland Ballroom

Keynote Panel: Facing Addiction - A 2021 Update

Maryland Ballroom

Panelists: John Kelly, Ph. D., ABPP
Wilson Compton, M.D., M.P.E.
Hon. Kenneth M. Stoner
Kevin Sabet, Ph.D.

Professor of Psychiatry, Harvard University Medical School
Deputy Director, National Institute on Drug Abuse (NIDA)
Oklahoma District Judge, Drug and DUI Diversion Courts
President and CEO, Smart Approaches to Marijuana (SAM)

Moderator: Stuart Gitlow, M.D., MPH, MBA
Past President of the ASAM Board of Directors; Director, Annenberg Physician Training Program in Addictive Disease

The keynote panel, “Facing Addiction - A 2021 Update”, will focus on current research and practice and discuss how the face and treatment of addiction has changed over time. In 2016, then-Surgeon General Vivek Murthy published a report entitled, “Facing Addiction in America: The Surgeon General’s report on Alcohol, Drug and Health.” That report called for a comprehensive approach to address substance use problems in the U.S. It also gave a shout-out to Oxford House. Much has happened since the time of that report. While treatment and awareness has been vastly improved, drug potency has increased and led to increased overdoses – many fatal. Furthermore, the pandemic has had its effects also. The panelists will discuss these developments, current research and practice, their thoughts on what has changed since 2016, and what new approaches are being used or should be considered going forward.

The panel will open with a few comments by the moderator and introductions of and brief presentations by each of the panelists. Presentations will include summaries of current research and practice. A moderated discussion will then focus on the topic and time will be left at the end for audience questions. The panelists are all researchers, practitioners and expert in various aspects of addiction.

World Council Candidates Present 3-Minute Election Speeches

The Oxford House World Council is an advisory council made up of Oxford House residents and alumni who serve staggered three-year terms. Each year at the convention, residents and alumni vie for open seats on the World Council. At this 2021 Oxford House World Convention, residents will elect seven Resident Members – 3 residents for 3-year resident terms ending in 2024; 2 residents for 2-year resident terms ending in 2023 and 2 residents for 1-year Alternate Resident terms ending in 2022). Residents and alumni will also elect one Alumni member to serve a 3-year Alumni Member term ending in 2024 and one Alumni member to serve a 1-year Alternate Alumni Member term ending in 2024. To assure national representation, resident members from Washington, Oregon, Maryland and Texas are not eligible to run for office this year; alumni from Texas and Kansas are not eligible to run for office this year.

Ballots must be turned in to the World Council table by **noon** on Saturday.

Presentation of Directors' 100-Year Awards

The Directors' 100-year awards are given to those Oxford Houses, Chapters and State Associations that have voluntarily contributed at least \$600 over the past fiscal year to Oxford House, Inc. to support expansion of Oxford Houses in areas where no other support is available. Oxford House, Inc. levies no fees or charges of any type to individual Oxford Houses. Many Houses, Chapters and State Associations choose to make voluntary contribution to show their gratitude for what Oxford has done for them and to enable others to receive the same opportunity. Over the past fiscal year, Oxford House, Inc. received over \$780,000 in contributions from grateful Oxford House residents and alumni.

Friday Evening – Enjoy dinner and sightseeing on your own.

Saturday, September 4, 2021

Continental Breakfast

7:00– 8:00 AM

THIRD BREAKOUT PANELS

Saturday, 8:15 - 9:30 AM

- 1. Oxford House Stages and Core Principles**
- 2. Millennials and Gen Z in Oxford House**
- 3. Conducting Presentations**
- 4. Dealing with Health Issues**
- 5. Engaging the Recovery Community**

Maryland Ballroom
National Harbor 2/3
National Harbor 10/11
National Harbor 12/13
National Harbor 4/5

FOURTH BREAKOUT PANELS

Saturday 9:45 - 11:00 AM

- 1. LBGTQIA in Oxford Houses**
- 2. The Basics of Conducting Meetings**
- 3. Organizing Personal Finances**
- 4. Going Back to School**
- 5. Planning Workshops and Retreats**

Maryland Ballroom
National Harbor 2/3
National Harbor 10/11
National Harbor 12/13
National Harbor 4/5

Remember to Vote for World Council Nominees Before Noon!

FIFTH BREAKOUT PANELS

Saturday 11:15 AM - 12:30 PM

- 1. Having Fun in Oxford House**
- 2. Working Together – Houses, Chapters, State Associations and Alumni**
- 3. The Opioid and Stimulant Crisis – Understanding MAT**
- 4. Dealing with Children in Oxford Houses**
- 5. Oxford House and the Law**

Maryland Ballroom
National Harbor 2/3
National Harbor 10/11
National Harbor 12/13
National Harbor 4/5

LUNCH ON YOUR OWN

12:30 – 2:00 PM

Grab something to eat and hit an AA meeting in National Harbor 6 or an NA meeting in National Harbor 7

THIRD GENERAL SESSION

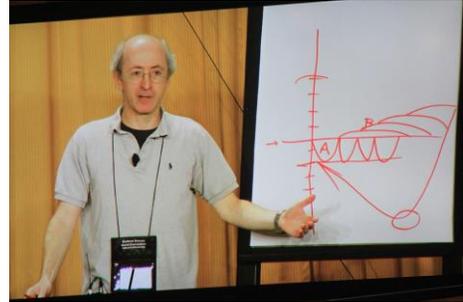
2:15 – 4:30 PM

Keynote Address: Stuart Gitlow, M.D., MPH, MBA

Maryland Ballroom

Stuart Gitlow, MD, MPH, MBA, is the Executive Director of the Annenberg Physician Training Program in Addictive Disease, which he started in 2005 to ensure medical student access to training that stimulates them to develop and maintain interest in working with patients with addiction. He serves as Chair of the AMA's Council on Science and Public Health. Dr. Gitlow is the past President of the American Society of Addiction Medicine, and serves as ASAM's delegate to the AMA. Board certified in general, addiction, and forensic psychiatry, Dr. Gitlow has an active addiction medicine practice.

A graduate of MIT and the Mount Sinai School of Medicine, Dr. Gitlow's psychiatric and public health training took place in Pittsburgh, following which he went to Harvard for his forensic fellowship. He now divides his time between his clinical practice in New England and his academic work in New York City; he is on faculty at both Dartmouth and Mount Sinai. Dr. Gitlow formerly produced programs for the Health Channel and ABC.



Dr. Gitlow is a strong supporter of Oxford House and sits on the Oxford House, Inc Board of Directors. His presentations on addiction to Oxford House audiences have always been met with great enthusiasm and have been very informative, inspirational and entertaining. No one works with an old-fashioned flip chart as well as he does.

- **Announcement and Introduction of New World Council Members**
- **Discussion and Vote on Convention Resolutions**

Saturday Evening, September 4, 2021

BANQUET

6:30 – 9:00 PM
Maryland Ballroom

Invocation

Dinner

Presentation of Awards

- **Reggie Midget Award**

When Reggie Midget was an Oxford House outreach worker in the State of Missouri, he spent free time getting an Oxford House established in his old hometown of Tulsa, Oklahoma. Sadly, Reggie was murdered in Kansas City in 1999. This award is given annually to the person who best reflects Reggie's dedication to spreading the Oxford House movement to new geographic areas.

- **Founder's Award**

Each year the Founder's Award is given to one or more individuals who have made a lasting contribution to the growth and success of Oxford House.

- **Tom Fellows Award**

Tom Fellows was a Friend of Bill's but never lived in an Oxford House. Tom spent his last eight years as an advocate of Oxford House and helped start a cluster of houses serving graduates of the Salvation Army's Rehabilitation Facility in Maryland. When Tom died, his wife asked his friends to remember him with contributions to Oxford House. The annual Tom Fellows award is an award given to an individual who has given outstanding service to Oxford House even though he or she was never an Oxford House resident.

Recovery Speaker: Lori Holtzclaw Hunt

Oxford House Alumna and Regional Manager, OHI



Lori Holtzclaw Hunt started her journey in recovery on December 20, 2006, moving into an Oxford House in July 2007, in Kenner, Louisiana. Lori immediately got involved in chapter and housing services activities. Not long after, she was involved in forming the Louisiana State Association, where she served as the Chairperson. Then, in 2010, she was hired for a position in Tulsa, Oklahoma, as an Outreach Worker.

A few years later, Lori was asked to move back to LA and take on the position of Regional Manager. Today, Lori oversees over 20 employees in Alabama, Florida, Louisiana, and Mississippi, overseeing the activities of more than 20 outreach staff covering those states and has participated in opening more than 120 Oxford Houses. Her deep belief in and understanding of the Oxford House Model and a calm demeanor make her well respected not only in the Oxford House community but also in the community at large.

Lori calls Louisiana home, which she shares with her husband, and spends much of her time with her children and extended family. Lori has been a grateful, active member of Alcoholics Anonymous since she began her recovery journey. Lori is passionate about giving everyone choices and the resources they need to meet their goals.

Sunday, September 5, 2021

Continental Breakfast

7:00 – 8:00 AM

CLOSING GENERAL SESSION

8:15 AM to 9:45 AM

Maryland Ballroom

- **Convention Summary** **Paul Molloy, CEO**
- **Remembrance Of Those Who Have Died** **Oxford House Residents and Alumni**
- **Tradition Renewal and Closing** **Kathleen Gibson, COO**

OXFORD HOUSE:

Family - Community - Culture

Make plans now to attend the 2022 Oxford House Convention in Seattle!

SUMMARY OF ALL BREAKOUT PANELS

FIRST BREAKOUT PANELS

FRIDAY 9:45 – 11:00 AM

Addiction During the Pandemic – Experiences and Lessons Learned

Maryland Ballroom

Friday 9:45 - 11:00 AM

Panelists: Joshua Sharfstein, M.D. Director, Bloomberg American Health Initiative and Vice Dean for Public Health Practice and Community Engagement, Johns Hopkins U.
Wilson Compton, M.D., Deputy Director, National Institute on Drug Abuse (NIDA)
M.P.E. Josh White Oxford House Resident, FL
Maureen Dobyns Oxford House Resident, TX
Tatiana Work Oxford House Alumna and Outreach, NE

Moderator: Stuart Gitlow, M.D., MPH, MBA, DFAPA Past President of the ASAM Board of Directors;
Director, Annenberg Physician Training Program in Addictive Disease

The Covid pandemic of the past year affected everyone in some fashion or other. It has presented a particular challenge for individuals in recovery. The panelists will discuss how the pandemic affected addiction and recovery in general. Both Dr. Compton and Dr. Sharfstein have studied and written about the effect on the pandemic on addiction and will discuss what they have learned. The other panelists are residents of Oxford Houses and will discuss how the pandemic life in their Oxford Houses and in the recovery community in general. Among other issues, the panelists will discuss Zoom recovery room meetings and telemedicine and consider whether these or some hybrids are here to stay. In what ways have they worked and in what ways are they inadequate. The panelists will also discuss other lessons learned from the experience and how they might inform future performance.

Leadership v. Bossism – Practicing Democracy

National Harbor 2/3

Friday 9:45 – 11:00 AM

Panelists: A. J. Dunaway Oxford House Alumnus and Outreach, IL
Stacey Nichols Oxford House Alumna and Outreach, WV
Jonathan Guido Oxford House Alumnus and Outreach, NC
Chance Epple Oxford House Resident, AR
Dave Horstmann Oxford House Alumnus, TX

Moderator: George Kent Oxford House Alumnus and Regional Manager, OHI

The traditional halfway house that led to the formation of Oxford House was beset by an adversarial “we versus them” culture that often pitted the residents against the authority figures in the house. The “we versus them” culture detracts from the culture of recovery. Early on, Oxford House recognized that an egalitarian, democratic culture could alleviate the “we versus them” culture and keep the focus on the achievement of comfortable recovery. In many states, Houses, Chapters and State Associations all work together, recognizing the different roles of each. Sometimes, however, there is bureaucratic overreach and this should be avoided. One of the biggest challenges is fostering democracy in Houses and in Chapters. The system is purposely ‘rigged’ to foster democracy by its emphasis on House meetings, election of officers, the equal sharing of expenses and the autonomy of each individual Oxford House. It’s important in all Houses and Chapters to ensure that everyone is treated equally. By establishing term limits on House officers, everyone has the chance to rise to the occasion, accept responsibility, learn leadership and strengthen sobriety. It’s also important for Oxford House outreach workers to serve as resource persons for residents, teaching them how the Oxford House system works but, like Tom Sawyer, challenging residents to do the work themselves.

Since membership in a Chapter or State Association is always voluntary, emphasizing fellowship over enforcement and education over authoritarianism is necessary and it builds membership. While Housing Service Committees play

an important educational role, members need to remember that their role is to act as ‘helpers’, not as ‘enforcers’ or ‘bullies.’ Chapters and State associations have an important role to play in supporting individual Oxford Houses and their residents but, at all times, they need to recognize the autonomy of each individual Oxford House. The panel will discuss what Oxford Houses, chapters and state associations can do to build constructive relationships with each other.

The Role of Alumni Associations

National Harbor 10/11

Friday, 9:45 – 11:00 AM

Panelists: Lynn Williams Oxford House Alumna and Recovery Resource Specialist, ADCNC, NC
Hamilton Barton Oxford House Alumnus and CEO at Pay It Forward, TX
John Agnew Oxford House Alumnus and Cognitive Behavioral Interventionist, KS
Eric Cannaday Oxford House Alumnus, OK

Moderator: Misty Hahn Oxford House Alumna and Outreach, OK

Every year, many residents leave their Oxford House and begin living independently. Most of them stay clean and sober and remain grateful for their Oxford House experience. Oxford House, Inc. and individual Oxford Houses, Chapters and State Associations need to do a better job of staying in touch with alumni who leave in good standing and help keep them involved in Oxford House. Tradition Nine, the final Oxford House Tradition, tries to set the proper tone but alone it falls short. Residents, individual houses, Chapters and State Associations need to do more to motivate alumni to stay involved and suggest ways in which they can be helpful. The Oxford House World Council also supports alumni associations and its members can be helpful.

The panelists have experience in creating alumni groups and maintaining contact with them. They will talk about how they’ve done it; how alumni have stayed involved in their areas and also provide tips on how others can create similar alumni networks. Alumni can play a strong role in spreading the word about Oxford House and can take on other roles. They can share their strength and experience with current residents but they should avoid overreaching and taking on responsibilities that belong to House residents.

Partnering with State Agencies and Other Organizations

National Harbor 12/13

Friday, 9:45 – 11:00 AM

Panelists: Kimberley Nelson, LAC. M.P.A. Acting Director, CSAT
Linda McCorkle Director of Treatment and Recovery Services, TN
Ivory Wilson, M.A, LAC Program Manager, Office of Behavioral Health,
Department of Health, LA
Adam Trospen, M.S.W. Program Administrator, DBHDID, KY
June S. Sivilli, M.A. Associate Director, Public Health, Education and Treatment, ONDCP
Kurtis Taylor Oxford House Alumnus and Executive Director, ADCNA, NC
Lindsay Green Oxford House Alumna and Director Outreach, Recovery Unplugged

Moderator: Jonathan Gildart Oxford House Alumnus and Contract Specialist, OHI

Expansion of the Oxford House network of houses has occurred fastest where Oxford House has a close working relationship with the state agency or designated Behavioral Health contractor as well as with local treatment providers. Expansion is particularly strong where a state has financially supported both a start-up revolving loan fund and on-site technical assistance.

The panel will discuss how OHI and these various entities can work together successfully. Additionally, the group will consider what has been working and how program staff have overcome specific challenges to such partnerships.

From the standpoint of the partnering agencies, what could Oxford House be doing better to increase support? To what extent do NIMBY issues and occasional overdose incidents and deaths discourage support? What's working well and what isn't working as well in the various relationships?

The panel includes representatives from organizations with which OHI has been working. Also represented is an ONDCP official.

Oxford House World Council Update

National Harbor 4/5

Friday, 9:45 – 11:00 AM

Panelists: World Council Members

Resident and Alumni Members of World Council

Moderator: Stephanie Curry

Oxford House Alumna and World Council Chair

The Oxford House World Council is made up of Oxford House residents and alumni who are elected annually at the convention to serve staggered three-year terms of office. Elections take place annually at the Oxford House Convention. Resident and Alumni members serve staggered three-year terms of office; Alternate Resident and Alumni Members serve one-year terms. The Oxford House World Council is an advisory council that identifies problems and issues, develops draft solutions and resolutions and makes suggestions and recommendations to the organization. The World Council members meet in person twice a year and hold periodic meetings by telephone conference call.

At this 2021 Oxford House World Convention, residents will elect seven Resident Members – 3 residents for 3-year Resident terms ending in 2024; 2 residents for 2-year Resident terms ending in 2023 and 2 residents for 1-year Alternate Resident term ending in 2022). Residents and alumni will also elect one Alumni member to serve a 3-year Alumni term ending in 2024 and one Alumni member to serve a 1-year term ending in 2024 as Alternate Alumni Member. Resident members from Washington, Oregon, Maryland and Texas are not eligible to run for resident terms this year; alumni from Texas and Kansas are not eligible to run for alumni terms this year.

World Council members will report to the convention on their activities over the past year. In many ways, the World Council serves as a 'canary in a coal mine.' Its members all over the country keep their eyes and ears open to learn new ways to improve Oxford House operations. When they detect a problem or improvement, they share their views with the Oxford House, Inc. Since the World Council Chair is an *ex officio* member of the Oxford House Board, lines of direct communication are always open.

SECOND BREAKOUT PANELS

Friday 11:15 AM - 12:30 PM

Working with Drug Courts, Parole and Prison Re-entry

Maryland Ballroom

Friday 11:15 AM - 12:30 PM

Panelists:

Terrence Walton

COO, National Association of Drug Court Professional (NADCP)

Barbara Kidder

Oxford House Alumna and Outreach, NC

Hon. Kenneth M. Stoner

Oklahoma District Judge, Drug and DUI Diversion Courts, OK

George Block

Oxford House Resident, WA

Hiram Torres

Oxford House Resident, TX

Moderator: Dan Hahn

Oxford House Alumnus and Regional Manager, OHI

Over three-quarters of the Oxford House population has done some jail or prison time. In America today, approximately 60% of those in jails or prison are addicted to alcohol and/or drugs. Each year, thousands of those who are incarcerated re-enter society. However, within one year of re-entry, about half of the individuals will commit another crime and be headed to conviction and re-entry to incarceration.

The experience of those who enter an Oxford House following incarceration or drug court intervention is usually long-term recovery and crime-free behavior. In some states, Oxford House has developed relationships with re-entry programs that permit those leaving incarceration to go straight to an Oxford House. Other residents come to Oxford House at the recommendation of drug courts or parole officers, who have found that their clients tend to do well if they live in an Oxford House. Not only does such intervention motivate clients to begin to master the recovery process, it also saves taxpayers the costs of incarceration and recidivism. Oxford House residents who enter an Oxford House from incarceration are exposed to participatory democracy rather than institutional authority. They are elected to leadership positions and undertake shared responsibility for the operation of the house. Most residents rise to the occasion. This kind of real-life training is rare for most individuals re-entering society.

The panel will discuss: [1] the need for post-incarceration recovery opportunities; [2] practical ways to facilitate getting individuals leaving incarceration into an Oxford House; (3) how Oxford Houses can help drug court clients achieve long-term recovery and meet the expectations of the drug courts and (4) how Oxford House living facilitates the transition to long-term, crime-free recovery for most residents.

The panelists are all experienced in the field.

Opening New Oxford Houses

National Harbor 2/3

Friday 11:15 AM – 12:30 PM

Panelists:	Aaron Vick Michael McKeough Elizabeth Smith George Kent	Oxford House Alumnus and Outreach, OK Oxford House Alumnus and Senior Outreach Staff, FL Oxford House Alumna and Outreach, OR Oxford House Alumnus and Regional Manager, OHI
Moderator:	Brittany Allen	Oxford House Alumna and Outreach, KY

Oxford House needs to continually open new Oxford Houses to meet the demand for beds. Oxford House expansion happened in the early years because members of existing Oxford Houses found new houses to rent and some members of the older Oxford Houses would move in to help get the new House running. That can and should still happen. The early members of Oxford House were particularly adept at convincing new members to do most of the work themselves – the Tom Sawyer effect. It worked then and can still work. Outreach workers can also be used as resource persons by individual Oxford Houses and Chapters that want to learn how to start new Houses. This panel will review the basic elements involved in finding a new House – what’s an appropriate house and neighborhood and what should be done once a possible house is identified. The panelists are all experienced in helping to open new Oxford Houses and they will discuss what it takes to open new Oxford Houses and identify practices that work and that don’t work.

Opioid Overdose Prevention and Reversal

National Harbor 10/11

Friday 11:15 AM – 12:30 PM

Panelists:	Casey Longan Will Madison Seth Dewey Tara Meyer	Oxford House Alumna and Training Coordinator, TX Oxford House Alumnus and Training Coordinator, NC Oxford House Alumnus, KS Oxford House Alumna and Senior Outreach Staff, NJ
Moderator:	Erica Cotton	Oxford House Alumna and Senior Outreach Staff, TX

The panel will discuss how to deal with opioid overdoses. Most Oxford House residents don’t relapse but, occasionally, it will happen. Relapse is most likely to happen during early stages of residency in an Oxford House; this is why Houses are strongly encouraged to have newcomers share a room with another resident for socialization purposes and as a check on behavior that may suggest a relapse has occurred or is imminent. Relapse always requires immediate expulsion. Opioid overdoses can be fatal and residents should be aware of what action should be taken if

a resident is believed to have overdosed. Once the immediate crisis is over, residents can move on to expulsion as required by the Oxford House Charter.

This panel will discuss how to recognize overdoses and what actions Oxford House residents should take to respond to a possible overdose by a resident. Narcan (Naloxone) and other antidotes can save the life of an opioid abuser who has overdosed. Oxford Houses typically keep an overdose antidote on hand. All House members should know the signs of an overdose and what to do in the event of a relapse/overdose. The panelists are all knowledgeable about overdoses and how to deal with them. They will provide valuable guidance to Oxford House residents who may have to deal with an overdose in their Oxford House.

Filling Vacancies – Where to Look and How to Do It

National Harbor 12/13

Friday 11:15 AM – 12:30 PM

Panelists:	Zac Martinez Paula Harrington Vanessa Phelps Lisa Londono-Goodwin Tim Diehl	Oxford House Alumnus and Outreach, AZ Oxford House Alumna and Outreach, NC Oxford House Alumna and Outreach, AL Oxford House Alumna and Senior Outreach Staff, SC Oxford House Alumnus and Director of Technology, OHI
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Moderator:	Jessica Ruiz	Oxford House Alumna and Outreach, TX
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Overall, there are many more individuals seeking recovery housing than can be accommodated in Oxford House but when Houses have vacancies, residents sometimes have trouble filling the vacancy and aren't sure how to find applicants. It takes a certain amount of know-how and knowledge of the local recovery community to become good at getting the word out and finding folks new to recovery who need Oxford Houses and would benefit from living in one of them. It's also in the economic self-interest of every resident to keep the beds full.

One important aspect of filling vacancies is to make vacancy information available at different venues. Branch out. One value of Oxford House is that Houses welcome residents from all walks of life; those of different races and ethnicities as well as differences in sexual orientation and educational attainment. All of these people fit and belong in an Oxford House – so long as their primary focus is on recovery – for themselves and other House members. Diversity and equity are important values in Oxford Houses.

All of the panelists have proven themselves adept at letting people know about vacancies and finding people in recovery looking for recovery housing. Tim Diehl created the vacancy system. The panelists will talk about methods they have found successful, where to look for possible applicants, how they get the word out and related tips on how to keep beds filled. Keep in mind that filling beds is not only important to keep everyone's EES at an affordable level, it's also giving someone new to recovery the opportunity to discover the many benefits of living in an Oxford House.

Oxford House Research and Upcoming Studies

National Harbor 4/5

Friday 11:15 AM – 12:30 PM

Panelists:	John Majer, Ph. D. Ted J. Bobak Daniel J. Wilson	Professor of Psychology, Harry S Truman College, Chicago, IL Doctoral Candidate, DePaul University Research Volunteer, DePaul University
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Moderator:	Alex Szary	Oxford House Alumnus and Data Specialist, OHI
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The panelists will discuss recovery research with particular emphasis on studies involving Oxford House residents. Over the years there has been an enormous amount of research done on the Oxford House model and on Oxford House

residents. The large body of data about Oxford House and its successful outcomes led the federal government to list Oxford House as a best practice on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). The Oxford House program was also singled out as a successful program in the 2016 Surgeon General's report on Addiction.

Oxford House, Inc. and Oxford House residents have been in the forefront of fostering recovery research. Recovery research was long hampered by the historic focus on anonymity by 12-Step groups. While anonymity has its purposes, it has also had the effect of limiting research on recovery. Oxford house residents and alumni work to overcome this limitation. John Majer has led significant studies on Oxford House and the recovery process in general and worked closely with Lenny Jason and his team at DePaul University. The researchers have been assisted in their work by Oxford House residents and alumni and by graduate students

THIRD BREAKOUT PANELS

Saturday 8:15 - 9:30 AM

Oxford House Stages and Core Principles

Maryland Ballroom

Saturday 8:15 - 9:30 AM

Presenters: Jackson Longan Oxford House Alumnus and Regional Manager, OHI
Jason Paul Jarreau Oxford House Alumnus and Senior Contracts Manager, OHI

The Oxford House Manual is the basic guide for operating an Oxford House. All Oxford Houses follow the Oxford House Manual but some Houses are more successful than others. The presenters will discuss a continuum of practices that differentiate between an Oxford House that is following its charter but not doing much else and an Oxford House in which members are actively involved in recovery-enhancing activities. The ideas presented don't constitute a formal rating system but it's a useful checklist that residents can use to consider how their Oxford House can do better.

Millennials and Gen Z in Recovery

National Harbor 2/3

Saturday 8:15 - 9:30 AM

Panelists: Joshua Ogle Oxford House Alumnus and Outreach, IN
Kelly Rimbey Oxford House Alumna and Outreach, WA
Ashley Wilson Oxford House Alumna and Outreach, AZ

Moderator: Zachary Gerald Oxford House Alumnus and Outreach, LA

The panel will focus on younger people (*a.k.a.*, Millennials [born 1981-1996 – ages 25-39]; and Gen Z [born 1997-2012 – ages 9-24] in recovery and discuss opportunities and obstacles that exist for that cohort. In the early days of Oxford House, most incoming residents were older and were addicted primarily to alcohol. Today, when drug addiction is more prevalent and addiction seems to occur soon, incoming residents tend to be younger. Both Oxford Houses and the recovery community in general have adapted to this trend and seek to provide new opportunities for younger recovering individuals. While older and younger Oxford House residents have much in common, there are also some significant differences in interests and experiences. Both older and younger residents can learn from each other but sometimes interests diverge. Many of the younger folks are more into social media and many have started going back to complete their education – whether by getting a GED or advanced degree.

The panelists – all members of the Gen X or Millennial cohort and either Oxford House residents or alumni – will discuss these trends and talk about the resources they have found (or developed) and the various opportunities available for the Gen X and Millennial generations – and those to follow.

Conducting Presentations

National Harbor 10/11

Saturday 8:15 - 9:30 AM

Panelists: Jacklyn Sledge Oxford House Alumna and Outreach, NC
James Alston Oxford House Alumnus and Outreach, AZ
Mustapha Elias Oxford House Alumnus and Outreach, TN
Anna Mable Jones Oxford House Alumna and Resource Specialist, DC

Moderator: Judy Maxwell Oxford House Alumna and Regional Manager, OHI

Oxford House Outreach Workers and Oxford House residents and alumni frequently have the opportunity to conduct presentations about Oxford House at conferences and meetings, as well as in individual sessions with treatment providers, at treatment facilities, and penal facilities. The presentations are useful in informing people about Oxford House, its program, structure and success in helping residents achieve long-term recovery. The panelists will provide tips on how to do these presentations successfully.

Presentations to treatment providers are particularly important. Most individuals recovering from alcoholism or drug addiction initially go through formal treatment programs. Individuals who get into an Oxford House following such treatment are generally more likely to achieve successful long-term recovery than if they go directly back to the community after treatment. This not only helps the individual but ultimately helps the success rate of the referring treatment facility.

The panelists are all experienced presenters and will discuss their methods – along with what works and what doesn't. They will talk about useful formats both for long presentations and for 'elevator speeches.' They will also discuss the of having real-time vacancy information for primary treatment providers and the recovery community.

Dealing with Health Issues

National Harbor 12/13

Saturday 8:15 - 9:30 AM

Panelists: Elizabeth Lewis Oxford House Alumna and Senior Outreach Staff, FL
Ken Hoffman, M.D., M.P.H. Colonel (retired) Medical Corps, US Army
Sarah Graham Oxford House Alumna and Outreach, AZ
Jordan Link Oxford House Alumnus and Outreach, NC

Moderator: Jeremy Weatherspoon Oxford House Alumnus and Senior Outreach Staff, LA

About half of the residents of Oxford House have a physical or mental health disorder that requires medication to control. This panel will discuss medicines that fit within an Oxford House environment and those that undermine the alcohol and drug-free foundation of Oxford House living. (*Note: Medically-Assisted-Treatment (MAT) will be covered in a panel in the next set of breakout panels.*)

Some medicines are not permitted because they may be illicit or cause mood-changing behavior and be addictive. On the other hand, some medicines are correctly prescribed and may be necessary for controlling serious mental illness or making a transition from addictive use to comfortable sobriety. The panel will consider how such situations are handled and the steps that are taken by Oxford Houses to guard against the misuse of legitimate medication. The panel will also discuss how to use 'lock boxes' to avoid provide easy access to the medication.

Following opening remarks by the panelists and a moderated discussion, the members of the panel will respond to audience questions. The panel consists of medical personnel and Oxford House alumni experienced in dealing with these issues in Oxford Houses. Dr. Hoffman is a long-time member of the Oxford House, Inc. Board of Directors.

Engaging the Recovery Community

National Harbor 4/5

Saturday 8:15 - 9:30 AM

Panelists: Kurtis Taylor Oxford House Alumnus and Executive Director, ADCNA, NC
Tom Coderre Acting DAS for Mental Health and Substance Use, SAMHSA
Tom Hill Senior Advisor, ONDCP
Lindsey Greene Oxford House Alumna and Director Outreach, Recovery Unplug, TX
Stacey Nichols Oxford House Alumna and Outreach, WV

Moderator: Ed Smith Oxford House Alumnus and Regional Manager, OHI

The recovery community covers a vast cross-section of America, from recovering individuals, family members, employers, 12-step groups, EAP programs, and other groups focused on addiction recovery. Oxford House residents engage with these groups to help mobilize the community to support recovery. In recent years, the recovery community has become very active in establishing, promoting and participating in activities that raise community awareness. Such activities include involvement in marches for recovery and related events particularly during September, which has become known as Recovery Month. The panelists will discuss these activities and also talk about what changed during the pandemic and how well did it work. Were there lessons to be learned?

Oxford House residents and alumni also use this involvement to enlist support from the recovery community for the Oxford House community. They also find folks in the recovery community who can be helpful in getting furnishings for new Oxford Houses and in introducing residents of new Oxford Houses to their neighbors. All of this helps to make Oxford Houses and their residents part of the local neighborhood and community.

FOURTH BREAKOUT PANELS

Saturday 9:45 - 11:00 AM

LGBTQIA in Oxford House

Maryland Ballroom

Saturday 9:45 - 11:00 AM

Panelists: Chandra Brown Oxford House Alumna and Outreach, FL
Sazha Ramos, MSW Executive Director, Recovery Organization Resources
Erica Dalton Oxford House Resident, KY
Wesley Ford Oxford House Alumnus and Outreach, AL

Moderator: Jason Paul Jarreau Oxford House Alumnus and Senior Contracts Manager, OHI

Members of the LGBTQIA community have lived in Oxford Houses and found them welcoming but that fact may not be well known. Most members of the panel are members of the LGBTQIA community and are residents or alumni of Oxford House. They will discuss their own experiences in applying to and living in Oxford Houses and discuss fear and misinformation that exists.

More generally, they will talk about the LGBTQIA community and the associated stigma as well as related relevant topics. Sazha Ramos' organization is focused on training support for the LGBTQIA community in recovery spaces – a much needed service.

Following the moderated discussion, the panelists will take questions from the audience.

The Basics of Conducting Meetings

National Harbor 2/3

Saturday, 9:45 – 11:00 AM

Panelists:

Brent Penman
Christine Stacy
John Breedlove
Jesse Wilson

Oxford House Alumnus and Outreach, TX
Oxford House Alumna and Outreach, WA
Oxford House Alumnus and Outreach, SC
Oxford House Alumnus and Outreach, NC

Moderator: Jim Borders

Oxford House Alumnus and Senior Outreach Staff, WV

The panel will focus on the nuts and bolts of how to conduct business meetings in Oxford House. Topics will include conducting applicant interviews, conducting weekly and special business meetings, parliamentary procedure and setting the right meeting tone – and length.

Regularly-scheduled weekly House meetings are critical components of successfully operating an Oxford House. It is in these meetings that residents engage in formally running their House democratically, as is required by their Oxford House Charter. House meetings are not always fun – sometimes they're boring; sometimes tempers flare; sometimes they are too long; other times, they do what they need to do and everyone is proud to be a member of a democratically-run Oxford House. The panelists will emphasize how to run your House meetings to make them productive and even enjoyable. Each of the panelists has experienced good and bad House meetings. They'll provide tips for holding good meetings.

The panel will also focus on Chapter and Association meetings. Participation in these meetings is voluntary and the focus should be on making them helpful and informative – and even fun – so as to attract participants. While Chapter meetings sometimes focus on problems in Houses, the focus should always be on being helpful, making useful suggestions and emphasizing and fostering the need for having fun and enjoyment in recovery. The panel will also address adaptations made during the pandemic – holding meetings via Zoom, etc. – and discuss the advantages and disadvantages of using this virtual forum.

Organizing Your Personal Finances – Budgeting and Saving

National Harbor 10/11

Saturday 9:45 – 11:00 AM

Panelists: Lori Holtzclaw Hunt
Ricky Mogel
Nicola Barteau

Oxford House Alumna and Regional Manager, OHI
Oxford House Alumnus and Senior Outreach Staff, WA
Oxford House Alumna and Finance Staff, OHI

Moderator: Emily Catoe, MSSW

Oxford House Alumna and Regional Manager, OHI

As a consequence of active addiction, most Oxford House residents have left a trail of bad debts and bad credit. Even clean and sober, some Oxford House residents are better than others at managing their money. Some residents figured out how to save for a rainy day; other residents are mostly figuring out where they can 'borrow from Peter to pay Paul' or how to escape a mountain of debt. And some residents would like to figure out how to become credit-worthy.

The panelists are not financial experts; they are all Oxford House alumni and staff who do a good job of dealing with their own finances, establishing good credit ratings, and setting up their own budgeting and saving processes. They will talk about some of their strategies for managing debt, credit and expenses while also saving a bit for the future. Their advice may prove very useful.

Going Back to School

National Harbor 12/13

Saturday 9:45 – 11:00 AM

Panelists: Scott M. Cumming, J.D. Oxford House Alumnus, OR
Kristina Sanders Oxford House Alumna and Outreach, NC
Ryan Clevenger Oxford House Alumnus and Outreach, WI
Paul Stevens, M.S. Oxford House Alumnus and Regional Manager, OHI

Moderator: Lisa Londono-Goodwin Oxford House Alumna and Senior Outreach Staff, SC

Active addiction served to interrupt the educational plans of many Oxford House residents and alumni. Now in recovery, many of them have ventured back to school – some get GEDs; some take certification courses and others get undergraduate and graduate degrees. The panelists at this session are all Oxford House residents or alumni who have taken or are taking this route. They will discuss their own journeys and offer tips for others contemplating such action.

During the pandemic, many college and other courses were held via Zoom. Did the panelists participate in any of these classes and how well did it work?

Planning Workshops and Retreats

National Harbor 4/5

Saturday 11:15 AM - 12:30 PM

Panelists: Debbie Robinson Oxford House Alumna and Senior Outreach Staff, VA
Thomas Floyd Oxford House Alumnus and Senior Outreach Staff, OK
Stacie Hatfield Oxford House Alumna and Senior Outreach Staff, WA
Everett E. Ehrhart Oxford House Resident, TX

Moderator: De Wysocki Oxford House Alumna and Regional Manager, OHI

Many Oxford House Chapters and State Associations organize workshops and retreats. These events require advance planning and this panel will focus on what needs to be done, what they have found worked (and didn't work), what sort of venue to get and related issues. During the pandemic, many of these events were not held or were held virtually in some fashion. While not as effective as in-person get-togethers, they still served to provide unity and socialization for all who attended. The panelists will also discuss what they believe works and doesn't work when events are held via Zoom.

All of the panelists are experienced at attending and organizing such events.

FIFTH BREAKOUT PANELS

Saturday 11:15 AM - 12:30 PM

Having Fun in Oxford Houses

Maryland Ballroom

Saturday 11:15 AM -12:30 PM

Panelists: Elizabeth Lewis Oxford House Alumna and Senior Outreach Staff, TX
Jeremy Weatherspoon Oxford House Alumnus and Senior Outreach Staff, LA
Brandie Bauer Oxford House Alumna, LA

Moderator: Marty Walker Oxford House Alumnus and Senior Outreach Staff, TN

Oxford House CEO Paul Molloy has long said that, “If recovery isn’t as much fun as drinking, or using drugs, why stay clean and sober?” Many Oxford Houses and Oxford House Chapters take that admonition to heart and make sure that they find ways to encourage fun in recovery. Houses and Chapters should emphasize attraction rather than enforcement; sometimes that’s hard, but it’s worth it. Among the types of activities some Houses and Chapters undertake are: picnics, fishing trips, retreats, progressive dinners, softball teams and tournaments, cookouts, spaghetti dinners, pancake breakfasts, bowling and participation in bowling leagues. Many Houses and Chapters emphasize these activities during Recovery Month in particular. Chapter membership by individual Oxford Houses is voluntary; many Chapters use social activities of the type mentioned to generate increases in House membership in the Chapter.

During the pandemic, most in-person get-togethers were cancelled. How did residents manage to have fun during the pandemic.? What were the work-arounds that were used? How successful were they? What tips would the panelists have for planning for possible future lockdowns?

The panelists will discuss various ways of having fun in Oxford House while also using the democratic, disciplined system of house operation to master self-confidence, sobriety and living a comfortable life without booze and drugs.

Working Together: Houses, Chapters, Associations and Alumni

National Harbor 2/3

Saturday 11:15 AM - 12:30 PM

Panelists:	Sean Bossen	Oxford House Alumnus and Outreach, TX
	Paul Nordstrom	Oxford House Resident, AL
	Michael Robinson	Oxford House Alumnus and Outreach, AR
	Meghan Lewis	Oxford House Alumna and Outreach, LA
	Tisha Temple	Oxford House Alumna and Recovery Resource Specialist, ADCNC, NC

Moderator:	Keith Gibson	Oxford House Alumnus and Senior Outreach Staff, NC
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The traditional halfway house that led to the formation of Oxford House was beset by an adversarial “we versus them” culture that often pitted the residents against the authority figures in the house. The “we versus them” culture detracts from the culture of recovery. Early on, Oxford House recognized that an egalitarian, democratic culture could alleviate the “we versus them” culture and keep the focus on the achievement of comfortable recovery.

In many states, Houses, chapters and state associations all work together, recognizing the different roles of each. Sometimes, however, there is bureaucratic overreach and this should be avoided. One of the biggest challenges is fostering democracy in Houses and in Chapters. The system is purposely ‘rigged’ to foster democracy by its emphasis on House meetings, election of officers, the equal sharing of expenses and the autonomy of the each individual Oxford House. It’s important in all Houses and Chapters that everyone be treated equally; by establishing term limits on House officers, everyone has the chance to rise to the occasion, accept responsibility, learn leadership and strengthen sobriety. It’s also important for Oxford House outreach workers to serve as resource persons for residents, teaching them how the Oxford House system works but, like Tom Sawyer, challenging residents to do the work themselves.

During the pandemic, many meetings had to be conducted via Zoom. How well did this work? Are there situations where virtual meetings are preferable to in-person meetings and, if so, under what circumstances?

Since membership in a Chapter or State Association is always voluntary, emphasizing fellowship over enforcement, and education over authoritarianism, is necessary and builds membership. While Housing Service Committees play an important educational role, members need to remember that their role is to act as ‘helpers’, not as ‘enforcers’ or ‘bullies.’ Chapters and State associations have an important role to play in supporting individual Oxford Houses and their residents but, at all times, they need to recognize the autonomy of each individual Oxford House. The panel will discuss what Oxford Houses, chapters and state associations can do to build constructive relationships with each other.

The Opioid and Stimulant Crisis – Understanding MAT

National Harbor 10/11

Saturday 11:15 AM - 12:30 PM

Panelists: Charles Thibodeaux, LCDC, BAAS Co-founder, Texas Harm Reduction Alliance, TX
Tara Meyer Oxford House Alumna and Senior Outreach Staff, NJ
Ray Caesar, LPC, LADC-MH Oklahoma Dept. of Mental Health & Substance Abuse Services
Casey Longan Oxford House Alumna and Training Coordinator, TX

Moderator: Paul Stevens, M.S. Alumnus and Oxford House Regional Outreach Manager, OHI

Medication-Assisted Treatment (MAT) is currently offered to most individuals seeking recovery from opioid addiction. Oxford Houses will accept an applicant using MAT as long as there is a vacancy and the applicant demonstrates a commitment to recovery and the willingness to use only prescribed medication.

Opioid addiction is not new to Oxford House residents but the use of MAT has been somewhat controversial in the recovery community and in Oxford Houses. Over the years, many of the residents of Oxford House have been addicted to opioids and have achieved long-term recovery. Since most of them did so without medication, some of them harbor some apprehension about this new protocol – particularly when recommended for long-term use rather than as a tapering-off mechanism. Today, however, opioids have become more powerful, fentanyl is omnipresent and MAT has become the norm for recovering opioid users. Oxford Houses are recognizing that fact. The panel will discuss the use of MAT, its role in recovery and how Oxford Houses are dealing with the use of MAT among residents.

Dealing with Children in Oxford Houses

National Harbor 12/13

Saturday 11:15 AM - 12:30 PM

Panelists: Melissa Forsyth Oxford House Alumna and Outreach, NC
Jacqueline Alba Oxford House Alumna and Outreach, NE
Dallas Smith Oxford House Alumna, WA
Chrystal Wood Oxford House Resident and Finance Staff, OHI
Prudence Spencer Oxford House Alumna and Outreach, TN
Heather Lee Oxford House Alumna and Outreach, AZ
Nicole Hoskins Oxford House Alumna and Outreach, AZ

Moderator: Ed Smith Oxford House Alumnus and Regional Manager, OHI

Many Oxford House residents have young children. Some are living with relatives or other people but may sometimes visit their parent in an Oxford House. In some Oxford Houses, children live there with a parent. The panel will discuss how Oxford Houses with Children work and what challenges they pose – for the parent, the children, and the other Oxford House residents. They will also address how these Houses coped during the pandemic and what, if any, adjustments needed to be made.

Issues to be addressed will include: (1) what makes an Oxford House with Children work well; (2) how does a House deal with an unruly or undisciplined child; (3) should a House have age limits for children in residence; (4) is it better if only 1 or 2 residents of a particular Oxford House have a child or children living with them; and (5) how should a House explain an expulsion to children still in the House; and (6) do individual Oxford Houses – those without children in residence – make special rules for when children may visit. Are there any other issues that Houses might need to consider?

The panelists all are familiar with Oxford Houses for Women with Children (and a few Oxford Houses for Men with Children). They know the ins and outs of what problems can arise and how others have dealt with such problems in the past.

Oxford House and the Law

National Harbor 4/5

Saturday 11:15 AM - 12:30 PM

Panelists: Steve Polin, J.D. Oxford House Alumnus and General Counsel, OHI
Greg Heafner, J.D. Oxford House Alumnus and Attorney, NC
Scott Cummings, J.D. Oxford House Alumnus and Attorney, OR
Whit Holden, J.D. Oxford House Alumnus and Attorney, MD

Moderator: Jackson Longan Oxford House Alumnus and Regional Outreach Manager, OHI

From its establishment in 1975, Oxford House has sought good houses to rent in good neighborhoods. Until the 1988 Amendments to the Federal Fair Housing Act, zoning laws often kept group homes out of the better residential neighborhoods. Oxford House served as the trailblazer in seeking court definition and affirmation of the 1988 Amendments to the Federal FHA, including the landmark 1995 U.S. Supreme Court decision in *City of Edmonds, WA v. Oxford House, Inc.* In spite of that favorable decision, some localities continue to try to avoid accommodating Oxford House residents. Oxford House, Inc. continues to challenge these barriers in court whenever they crop up.

This panel will discuss the current state of the law and how Oxford House has successfully applied the law to thwart insurance companies that try to discriminate against landlords renting to Oxford House as well as jurisdictions that dream up new tactics to continue NIMBY discrimination, including discriminatory application of fire/safety codes. Oxford House Inc. is not hesitant to litigate these cases when necessary and usually wins.

OXFORD HOUSE:

FAMILY • COMMUNITY • CULTURE

**PLAN NOW TO ATTEND THE 2022 OXFORD HOUSE CONVENTION
IN SEATTLE, WASHINGTON**

HAVE A SAFE TRIP HOME

And

**Remember to Share What You Have Learned with Residents and
Alumni Who Weren't Able to Attend This Year's Convention.**

OXFORD HOUSE RECOVERY STORIES

This segment of the program contains a selection of autobiographical sketches by current and former residents of Oxford Houses. These recovering individuals are sharing their stories in order to help others afflicted by alcoholism and drug addiction to understand the hope afforded by Oxford House. Together with the 12-Step programs, Oxford House offers its residents the opportunity and time to use peer support, a safe living environment and a disciplined system of operation to achieve the behavior changes necessary to avoid a return to the use of alcohol and addictive drugs. Some of the stories are from current residents; others are from alumni. Some of the authors have been in recovery for many years; others are fairly new to recovery. Some stories have been edited for clarity or length. Also, the stories were submitted in the fall of 2020 and the authors now have a greater length of sobriety. All are currently residents or alumni. All have a story to tell and they strengthen the sobriety of themselves and others by telling their stories.

For forty-six years, thousands of individuals have found a path to recovery by living in an Oxford House. All members of the Oxford House family hope that by sharing these personal stories of hard-won recovery, they will contribute to the growth of the Oxford House network, guide those not yet in recovery toward an effective program, and foster the understanding and support of the broader community.

OXFORD HOUSE STORIES BY RESIDENTS AND ALUMNI

ALABAMA

Katy Jeter – Oxford House Resident – Mobile, Alabama

My name is Katy Jeter, I have lived at Oxford House Beacon of Hope in Mobile Alabama since October 20, 2019. When the COVID-19 pandemic hit, it affected how our chapter functioned as a whole in that we had to start doing our Chapter meetings and State meetings via Zoom. We're doing 12-step Zoom meetings. Those of us who attended church had to watch our pastors' sermons online. Our outreach worker was restricted from attending House meetings or traveling for Oxford House business. The interview process for new members became somewhat difficult as we had to implement new questions such as "Are you experiencing fever, persistent coughing, etc." We had to seize all unity events as well.

We experienced considerably more relapses during the beginning of the pandemic and I believe it to be due to the newcomers not being able to attend in-person meetings and in-person sponsor meetings. During this time the unemployment rate also became considerably higher, and many of our members were laid off due to COVID-19. Fortunately for most of the members, they were able to receive the pandemic unemployment benefits. For the newcomers coming in who were already unemployed, it was much more difficult and we had to allow more leniency with their payment of their EES. Needless to say, COVID-19 shifted the dynamic of how Oxford House usually functions but Chapter 2 pulled together and showed strength, determination and unity in spite of the restrictions of the pandemic.

Our Mobile Oxford Houses also had to deal with the natural disaster, Hurricane Sally. I personally evacuated and went to Montgomery and stayed with two alumni from the Montgomery houses. Fortunately, my house did not experience a power outage; however, three of the six of our houses did experience a power outage and several members did have to stay at other houses. Luckily, there was no considerable damage to any of our houses. Again, we were able to link together and show strength and unity amidst the natural disaster. I can honestly say that I am proud to be part of such a loving, strong and unified Chapter. Oxford House has been a major stronghold in my sobriety despite the unforeseen issues life has thrown at me.

Lea Amber Knighten – Oxford House Resident – Mobile, Alabama

I have lived in Oxford House throughout the Covid-19 pandemic. The pandemic definitely affected the way we did things at Oxford House but we were able to adjust quickly to the change. House unity became stronger, while Chapter unity became less frequent and more complicated. Recovery meetings were shut down due to the virus so Oxford House members were forced to find other methods for recovery support. Online meetings became the standard but we quickly realized that online meetings were not as effective. It was nice to get back to in-person meetings once they became available again. Oxford House has been a life-changing and life-saving experience for me. Oxford House has become like a family to me throughout these trying times and I look forward to continuing this journey. I am a better person because of Oxford House and I am forever grateful to be here.

Paul Nodhturft – Oxford House Resident – Mobile, Alabama

My name is Paul Nodhturft and I survived Hurricane Sally at Oxford House New Tide, in Mobile, Alabama. The best part is that our Oxford House not only survived, we thrived. We lost power the first night of the storm, so we banded together like we were on some kind of weird indoor camping trip. I wanted to do that thing where you hold the flashlight below your face and tell scary stories, but I refrained because I think some of the guys were already afraid of the dark. We had bought food and water provisions to prepare for the storm, but, with seven growing boys in the house, we started to fear that our supplies would not last. The thoughts of cannibalism that were creeping up in our minds quickly diminished though. Another Oxford House donated a bunch of food to our house the day after the storm. We were saved thanks to the generosity of Oxford House Beacon of Hope. We were also able to acquire a generator during the aftermath of the storm, but it didn't work and we were able to keep our no-power House unity event going.

Overall, our House members came together in an amazing way and we made the best of a bad situation. We were able to really get to know each other in ways that only a catastrophic weather event could make possible. The storm forced us to break free from the modern world and all the extra stuff that comes with it. We cooked together, laughed together, and came together as one. Hurricane Sally was a very exciting and enjoyable experience for me at Oxford House.

ARIZONA

Jose “Gabriel” Barragan – Oxford House Resident

I have tried a couple times, on my own, to get clean and sober and the most time I got was 5 months. 2018 was a very bad year; I was in and out of jail numerous times due to crimes of theft. In December of 2019, I was released from jail after serving a 6-month sentence and I went to West Yavapai Guidance Clinic on Hillside for 28 days. I relapsed the same day I left treatment and ended up going back to jail for 45 days. While serving my time, a fellow inmate told me about Oxford House and even gave me an Outreach Worker's phone number. After my release, I called the Outreach Worker. She told me to apply online. In March, I received a phone call to set up a day and time for an interview. During my interview I was very nervous but it went very well and I was accepted into OH Winterfell.

As a House member I started learning the OH Model and Best Practices and applied them into my life inside and outside of the house. After 3 months, I wanted to learn more and be more involved, so I accepted a Chapter position as Secretary. I have really come to care a lot about OH. I especially like the brotherhood in OH Winterfell. This whole experience has really made an impact on my life. I now have a more positive attitude and outlook on life. My goal is to work at a Detox/Treatment Center. I would really like to help others by sharing my experience, strength and hope and how much OH has affected me. I would really like to move into the next new men's house and help train the new members in the OH Model and Best Practices

as well as the House positions. I have achieved a solid recovery and the continuous will to always stay clean and sober. OH has taught me how to be responsible with my own finances and paying bills. I owe a lot to OH. I will always be grateful for OH and hold it close to my heart.

Kristina Hills – Oxford House Resident – Tucson, Arizona

I was 12 years old when I went to prison for the first time. Over the next 30 years, I spent so many years in prisons and jails that I grew to feel like life was easier—and almost preferable—incarcerated. In September of 2018, I was addicted to heroin and was living in the desert with my dog. I figured I would die out there and I was 100% OK with that. Eventually, during one of my infrequent trips into “civilization,” I was arrested for possession of a dangerous drug...again. This time I was looking at 15 years. I’d been to treatment 5 times already and always ended up using again and violating probation, so taking the case to trial seemed like the logical thing to do. If found guilty, I’d go on the run until they caught up with me and put me back in the cement box I’d grown used to. If I was exonerated, I’d continue on with my plan to die in the desert.

I was two weeks from jury selection when my 25-year-old son called me to tell me that I was going to be a grandma. That call changed everything. The possibility sprang into my mind that this baby could grow up never knowing the drug-addicted Gypsy I had become. I signed a plea – 120 days in jail, 90 days of inpatient treatment, and 5 years of several probations running concurrently. I clung to my vision of the person I *could* become: I decided to “go hard” into recovery. When I finished my jail time and successfully completed inpatient and outpatient treatment, I called the number on an Oxford House flyer, and in December of 2019, I moved into Oxford House Desert Steps in Tucson.

After a couple of months, when an Outreach Worker suggested that I take on more responsibility by learning the House positions, I told her that I’d failed enough in my life, thank you, and that I didn’t need another thing to fail at. But, somewhere along the way, I realized that I wasn’t just recovering for my grandbaby...I was recovering for myself. I went to women’s meetings and got a sponsor. I started working the steps like my life depended on it, and my willingness showed up in other parts of my life. I watched women fresh out of treatment come into the house and began to see how my experience could benefit others. Before long, I was training other members, reaching out to treatment centers to fill vacancies, tagging along to support struggling houses, and was elected to a Chapter position.

As I progressed through my step work, I thought less and less about my own fears and insecurities and more about being of service. When COVID-19 hit, I adjusted easily to a quiet life at home but I saw others struggling, and I shared the coping techniques I’d developed in prison with my housemates to help them adapt and thrive. It has been a blessing to have so much free time to focus on my recovery, and the more I learn about Oxford House, the more I believe that everything –all the mistakes I made—have led me to where I am now. I have a unique set of skills and experiences that allow me to help addicts when others can’t. At 18 months sober, I began working at a local treatment center. I love my job, and my life, more than I ever thought possible.

Sarah Graham – Oxford House Alumna and Outreach – Tucson, Arizona

Before coming into Oxford House in May 2019, I was addicted to heroin and methamphetamine, and was living under a bridge in downtown Houston. I’d graduated from Rice University with a master’s degree and began taking painkillers during my Ph.D. work. I eventually failed out of graduate school and started experimenting with illegal drugs. In 2015, I moved in with my dealer and began injecting meth and heroin. I lost touch with my family, my principles, and my goals. My only suicide attempt ended with the realization that if I just put enough heroin in my body, I no longer had to feel my feelings, remember my memories, or face my failures. I was dependent on drugs, crime, and men. I had nothing to give, so all I did was take.

At the beginning of 2019, I'd been homeless for 4 years, and got arrested for felony possession of a controlled substance. The judge allowed me to participate in a "pre-trial intervention" program. Sober living was one of the requirements, and after 45 days of treatment, I applied and was accepted to Oxford House Yorkwood. After 30 days, I was elected to the Chapter Chair position, and the weekend I spent in Washington, DC at the Annual Convention opened my eyes to the vast recovery community that I was a part of. I was fascinated by the Oxford House Model, and soon rediscovered my love of teaching. Watching others grow and begin to believe in themselves again gave me a sense of purpose that I'd never had before.

In February, I moved to Tucson to work for Oxford House, which has strengthened my recovery immensely. Living with a group of women who share a common goal has allowed me to develop the independence that I never had, and a sense of purpose so strong that I've forgotten what emptiness feels like.

COLORADO

Cyndi T. – Oxford House Resident – Colorado Springs, CO

I live in Oxford House Jubilee here in Colorado Springs, Colorado. I have struggled with addiction my entire life. I have had many periods, mostly brief, of sobriety and then I managed to get to 6.5 years once also. Before coming to Oxford House, I was on an 8-month heroin binge and had lost custody of both of my kids. I wanted to die. I was homeless, I was miserable, I was lonely. Everyone around me only wanted what they could get from me. I was living in my car. Then my car got towed. I really wanted to die then. I had had enough! I called my mom and she took me to detox in Pueblo. I stayed for 5 days, got out and immediately got into a therapy center and decided to try everything I could to make this sober thing work.

Once I got into Oxford House, everything changed. As soon as I got here, I felt like I was home. I started getting super involved with my House. Then I started attending Chapter. I became the Events Committee. Then I moved to Chapter Treasurer and am now about to step into being Chapter Chair. I give back as much as I can and enjoy helping Houses in any way I can. This place saved my life and I know it saves others too! I am grateful to be able to be a part of Oxford!

Oxford House Jubilee here in Colorado Springs didn't change much during the pandemic, other than people losing their jobs and us having to be home more. No one got sick here since it started in March. We average about 8 girls plus 3 kids. We certainly had to adjust to being around each other more; luckily, it was at the time when we had a really good group of girls. We planned movie and dinner nights. Over the summer we had a few BBQ's with the pool set-up and a bounce house! We were kind of on lock-down but we certainly didn't make it feel like that. We made the best of it. Surprisingly, we didn't have any relapses from the established girls. It's not unusual for girls coming in to either be here less than a week or stay for months! We have seen how critical it is to have the right people in a house. We went from nothing but problems to being the House that Chapter doesn't even talk about anymore! Huge accomplishment for us! It took some learning, but we figured it out!

I am not a huge fan of the virtual Chapter meetings. They are very impersonal. It's hard to get people to share. It's hard to hear people. Things are just different. In the middle of Covid, Chapter 4 decided to hold an in-person meeting. It was great. No one got sick. Everyone showed up. We ate, handled business and were able to connect with each other. Unfortunately, right after that is when we weren't allowed to do that anymore, so back to the Zooms. I look forward to when they will be back in-person. Oxford House as a whole is so hugely dependent on connecting for it to work, and all of this social distancing and Zoom takes away from that. I will say that I absolutely think Chapter 4 has done everything to make the best of it. I just look forward to days where we all get together and eat and go over everything face to face!

DISTRICT OF COLUMBIA/MARYLAND

Barry R. Stewart – Oxford House Alumnus and Outreach

Before surrendering this last time (October 2009), I was not able to accomplish anything in my life other than breathing (and at times that was a difficult too). My first experience with Oxford House was back in 1991 in Oxford House Seaton Pl. after coming out of my second treatment center. After coming to Montgomery County in 2008 and going into my last treatment center (Avery Rd.), my life took a turn for the better (praise God). I left Avery Rd. to go to my transitional housing program (Chase Partnership) and, after leaving that program in 2010, I entered Horizon Run Oxford House in Gaithersburg, MD. While at Horizon Run, I became our Chapter's Housing Service Chairperson. Soon after that, I opened up my first Oxford House at Ardennes Ave. in Rockville, Md. In 2011. While in Ardennes Ave. House, I became a certified Peer Recovery Coach, Chapter Safety Chairperson, and our first Regional Association Re-entry Chairperson.

In 2012, I went back to school for my bachelor's degree, in Information Technology (Multimedia internet Visual Communications), and in 2013, I got married and left Ardennes Ave. Oxford House (becoming an alumnus). In February of 2020, I became employed by Oxford House Inc. as an Outreach Worker for Queen Anne County, MD. I also, now serve on the Mid-Shore Behavioral Health Subcommittee for Peer Recovery Houses Workgroup, and the Eastern Shore Recovery Houses Roundtable. I am soon to open up my first Oxford House in Queen Anne County, MD; none of this would have ever been possible, if it wasn't for the help of Oxford Houses.

FLORIDA

Gina - Oxford House Alumna – Tallahassee, Florida

I want to start by saying, I have always been a survivor and was proud of the fact that I was very self-sufficient. My independence was also part of my problem. I had been isolating myself in my apartment for many years, not living life. I had resentments and didn't trust anyone. My belief was that you can only count on yourself. I didn't ever want to reach out and ask for help. I started drinking later in life, and, as of June 2019, it had rapidly progressed to the point that I had lost all my independence! My soul was completely broken! In the Summer of 2019, I was on an eight-day binge and emailed my resignation letter to my boss with the State of Florida. I had worked for the state for 20 years! My boss was aware of my addiction and emailed me back and gave me 24 hours to retract my resignation or he would have to accept it. He thought I'd be sober by the next day. The next day I tendered my resignation again and it was accepted. With no job and no money, I found myself lost and alone and nowhere to live. (I did stay for over a month with no power or water but I had a roof over my head).

While attending counseling, I learned about Oxford House. I picked up the flyer and read about Oxford House. I now realize it was God doing for me what I couldn't or wouldn't do for myself! I called the number and spoke to Michael McKeogh. Michael told me if I could hang in there until August 1st when the first women's Oxford House in Tallahassee would open, that I would have a bed. I get very emotional when I think about that phone call (I am tearing up now)! I was so grateful but just could have never imagined that phone call would be the best thing that I could have ever done! I am forever grateful!

I loved living at Oxford House Leon! I immediately got a job working at Goodwill, attended at least two AA meetings a day, got a sponsor and started working with her and developed a network of people through the AA community. I took it one day at a time, did the next right thing and deepened my relationship with my Higher Power whom I call God. I got involved on the House level, Chapter level and attended State Association meetings and met some of the best people I have ever known and developed lasting friendships. It

was important to me to give back and tried to do everything I could for the House and Chapter 3 Florida. I am now back working for the State of Florida. I celebrated my one-year birthday July 23, 2020 and have since moved out of Oxford House after being there for one year! Even though I am not living at OH Leon, I am still very involved and was voted Alumni Coordinator for Chapter 3 Florida.

Oxford House and Michael McKeogh will always have a special place in my heart! They were there for me when no one else was! I would like to encourage Oxford House residents to get involved with Oxford House. Take a newcomer under your wing, encourage them to get involved with Oxford House Chapter Meetings, HSC meetings and State Association Meetings. Introduce them to people you know at other Oxford House's in your area. Those networks and friendships of people are so important! Be an example! Pay it forward! I have never been happier or more at peace than I am now! I now have the tools necessary to handle the difficult situations that may arise! I am finally living and loving life! I met the Love of my life and am engaged to be married! I will be moving to Texas in a couple of months! I am looking forward to the next chapter in mine and Jeff's lives!

Josh White – Oxford House Resident

My name is Josh and I am an alcoholic. I first came to Oxford House in March 2019 following a four-year relapse wherein I lost my job, house and a 24+-year marriage to a wonderful woman. I was previously clean and sober for 23 years prior to relapsing, but I became complacent and took recovery for granted. The Big Book mentions that if we fail to enlarge our spiritual condition, then we are headed for trouble. Trouble I certainly found. I had been in two other so-called recovery houses prior to coming into Oxford House, but found that recovery was not of primary importance with these institutions.

In Oxford House, I found that recovery and accountability are the cornerstones for the success of the Oxford House model. I was confronted about some of my more questionable behaviors and have reacquired a degree of humility and dedication to helping others that had been greatly missing for a number of years. I owe a huge debt of gratitude to Oxford House for literally saving my life and helping me in my return to a clean and sober life. I have been sober now for over 15 months and have wholeheartedly embraced the Oxford House model and our efforts to help those still sick and suffering.

In addition to the focus on recovery and accountability in Oxford Houses, I had a recent reminder of the power of unity and support in Oxford House. A member of our House tested positive for Covid-19. We had an emergency meeting to discuss the protocol for dealing with such an event. The whole House was supportive in disinfecting the house, moving bedrooms to quarantine the member and arranging for testing of House members. It reminds me of the video posted by our founder, Paul Molloy, when infection rates of this virus were increasing. Paul said that if we show the same support and unity to address this pandemic as we do in Oxford Houses, then we will weather this storm. Very inspirational!

Kelly L. – Oxford House Resident – Jacksonville

I am a grateful recovering alcoholic and addict named Kelly L. My clean and serene date is December 17, 2019. I became an Oxford House resident on December 26, 2019. When I first started this journey, I was spiritually, mentally and emotionally bankrupt. My future consisted of jails, institutions, and eventually death. I lived to use and used to live. I was miserable. I was selfish and a menace to society. I knew there had to be a big change made. By God's Grace and Mercy, I was guided to the doorsteps of Oxford House. Oxford House provided me with the means of recovery, responsibility, and replication. Being among other recovering women, we come together as a whole for the same purpose – sobriety and recovery. This consists of helping others who struggle with addictions. Oxford House is a solid foundation to start this beautiful journey. Today, I am able to be a productive member of society, employable, honest, nurturing,

self-sufficient, responsible, and successful. I take tremendous pride in being a resident of Oxford House in Jacksonville, Florida. I am grateful for this opportunity that Oxford House has given me, as well as others.

Victor J. Gonzalez Jr. – Oxford House Resident -- West Palm Beach

I am an alcoholic and an addict from Chicago. My main problem was definitely alcohol. I loved the drink from my very first one at the age of 12. The feeling it created was incredible and the person I was was a person everyone liked. It didn't start off heavy in the beginning, since I was young and had to sneak what I could when I could, which is another thing that had me hooked; the feeling of doing something I shouldn't be doing and getting away with it was weirdly satisfying. ... Partying carried on for years and I slowly started to lose complete control of the drinking and myself, which is where drugs came in – anything to help me keep my cool and allow me to keep going without getting sloppy and sick. I was one of those, “I'm not an alcoholic. I just like to party, guys. There isn't anything wrong with what I'm doing.” But as situations got worse, I tried to slow down but, with my friends and my surroundings, it was pretty much impossible. This lifestyle was also ending my marriage and putting me in a dark place. I got here in Florida and didn't stop anything' I still continued drinking and drugging because that was how I enjoyed myself.

My sobriety date is June 26, 2019, the very last day I drank. My mother and my ex's mother helped me find the closest AA meeting place to where I was staying and I went, had my spiritual awakening at the door before I even walked in when I thought I didn't need it, and a voice told me to just walk in take a seat and listen; that very first moment I heard God and trusted him. In the first 5 minutes, I knew this was where I belonged and what I needed if I was going to get better. I even met my sponsor in that meeting; he is still my sponsor to this day. I moved out of the ex's place to what was supposed to be a safe sober place which quickly turned out not to be. Then my sponsor sent me to a buddy who lived in an Oxford House.

I reached out and set up the interview to go to the House, meet and talk with all the House members to find out if it was going to be better and work for me. I had never heard of Oxford house before this but, from that interview, I knew that it was going to be better than where I was and would be great for my sobriety. It has now been a year and I'm super happy to call this my home and the people my family. I've learned how to take constructive criticism, be accountable and hold others accountable, be of service, and, most importantly, how to live again. Today, I am more happy than I have ever been my whole life and the life I have is way better than the life I thought I wanted for myself. I couldn't imagine going back and trading the life I have for anything – not a person, not a drink, absolutely nothing.

IDAHO

Ashlei Ryan – Oxford House Resident – Lewiston

I'm Ashlei, I'm an addict. Two years ago, this is something I never thought I would say, especially not in a meeting of Narcotics Anonymous. Today it is something I wear with pride instead of shame; today I have 15 months clean and free and I am living proof that recovery does work! To tell you how it works though, I should probably give some back story, so, here we go. I was raised in the church by a single mother who ministered two churches in our small community. I always felt that, because I was the daughter of a well-known minister, I had to live up to the expectations of the community. I always got really good grades, got certified as a CNA when I was 15, worked as many hours as I could outside of school and cheerleading.

When I wasn't working, cheering or going to school, I was usually partying, only drinking at first, until I found pain pills. The first time I got drunk I was 12 years old. The first time I used pain pills, I was 13 but I didn't really get into it until I met my ex-husband at age 16. We knew we were going to get married and we did— right out of high school. We used together our whole relationship until after our daughter was born; we separated when our daughter was a year old. I hated meth for so long because I thought it was to

blame for me losing my husband; however. I continued to use pain pills every night. I had the excuse that, because I have Fibromyalgia, I needed them to make me feel better. I wasn't an addict (in my mind) because I only got high to get things done. I still held down a job and took care of my kids, I was "functional" and it wasn't like I was going out partying on them so. "It was OK." That is, until it wasn't.

In 2018, I met a man who I thought was amazing. We moved in together after only a couple of months. That's when it got bad, He introduced me to meth because I had sold my pain pills to help him get his fix so I was desperate. At that point I was an advocate for the YWCA helping victims of domestic violence and sexual assault. I had my own office, a new car, a house I could call my own. I had it all! It didn't take long though before he started to get violent; he had total control of me because he had total control over the drugs we were using. I lived in so much fear; I knew he would eventually kill me. On October 14, 2018 he nearly succeeded. My daughter is the reason I am alive today. Had she not come to the door when she did, he would have succeeded in strangling me to death. She screamed, I fell to the floor and that moment still haunts my dreams. After that I didn't want to feel anymore, in fact I wished he HAD succeeded; the night terrors got so bad that the only way I felt I could get away from it was by not sleeping. I told myself I needed to not be OK for a while so I allowed myself to use way too much, I got into it deep, left my job, my house and my daughter – all to stay stuck in my addiction 70 miles away from where I knew I could be safe with my mom and my daughter – but that would have made me admit that I had a problem.

For the next several months I made such bad choices that it led to 5 arrests and one felony that stuck. They tried to put me on probation a few times but my MO was to get out of jail and be high hours later. The longest time clean I had was 18 days. I was living on the streets in Lewiston eating pizza from the dumpster and was stealing and dealing to get my fix. The last day I used I was so done with fighting over drugs and money that I took my fiancé's knife into the hills behind the casino with every intention of ending it all right there. I guess I should express my gratitude for the fact that I had 2 warrants out for my arrest and the fight with my fiancé raised flags that led to 4 cop cars showing up and a search party sent out to arrest me. It saved my life. When they sentenced me to a rider, I was actually relieved because, at that point I knew I needed help. I very distinctly remember the moment a few days before the arrest that confirmed I needed help. I was sitting on the bed, mixing up a shot and crying. I didn't want to do it but I was scared of the come down; I was scared of what would happen if I admitted that I was an addict and I needed help.

The rider program at South Boise Women's Correctional Center really did help. It exposed some of the things that I was too scared to show. It began a process of healing I desperately needed. I found my way to recovery in shackles but today (even though I'm on probation) I am more free than I ever have been. I was released February 13, 2020 to the Oxford House here in Lewiston. I wasn't exactly happy at the thought of living with more women after getting released from prison but these women became my family. My very first day out I asked my mentor to take me to a NA meeting. I had nothing to my name at that time; my mentor picked me up from jail and brought me clothes to wear and some shower stuff but that was it. I showed up to the meeting looking (from my perspective) pretty rough, but I was glad to be there. I was welcomed with open arms and guess what... I kept coming back! I worked my butt off to get a job and was attending several meetings a week. Before the pandemic really kicked off, I asked a member to be my sponsor and that's when I really started working the program.

It was because of the program and Oxford that I was able to bring my daughter home with me just a little over a month after being released. Today I have my sweet daughter back in my life; my mother is working ALANON and our relationship is healing. I have 2 jobs, a stable roof over my head and I own my car, I am the secretary of the Never Alone home group of Narcotics Anonymous and previously a meeting chair. I work hard for my recovery every day. I go to regular meetings; I have a sponsor; I work the steps; I go to counselling. I do whatever is necessary to stay clean and to heal from the wreckage of my past. My recovery has become my whole life and it is because of my recovery and these programs that I have been given the chance to really live!

INDIANA

Brandi Pitt – Oxford House Resident – Oxford House Kiyo in Evansville

Before I came to Oxford House and found A.A. and God, I was physically, emotionally, and spiritually broken. I was incapable of healthy relationships, holding any kind of employment, or making good decisions. Homeless, sick, and tired, I knew I needed to make a drastic change. All of "Brandi's" ideas got me drunk. In the past I tried Rehab but to no avail. I always had reservations and was never fully ready to go any lengths to get sober. On April 29, 2020 I went into Crosspointe; from there I went to Stepping Stones and from there to Oxford House Kiyo. I completed newcomer's and got my balance down to zero. I remember how accomplished I felt – paying bills, holding a job, and being a part of the House. I jumped into getting involved with Oxford House. I became our House President and Vice Chair of Chapter. With these roles, I found surprising leadership skills and a sense of purpose I had been missing. In active addiction I remember so many days when I felt worthless. Being part of something good and bigger than me has helped me grow in so many areas of my life. I have so much gratitude for Oxford House and what it has done for my life. Today I am six months clean and serene. I have a great job and meaningful relationships. I am an officer of the State Association and our Chapter Chair. Hopefully, one day in the future I can show greater gratitude and become an Outreach Worker. The possibilities have become goals and I owe thanks to Oxford House for that.

Jason Smith – Oxford House Resident

So, here is my story. I'll keep it concise and cover as much as I can. I was released from jail on March 19, 2020. Little did I know I would be homeless during the pandemic, nor did I know the severity it reached at the government level until I was unable get my ID replaced as there was no license branch open and services online wasn't an option because of limitation guidelines. Even now, 6 full months later, I was just recently able to get vital records from Michigan where I was born. Needless to say, I lived outside in a community of other homeless people in tents on a small piece of land owned by a local company; they were unaware of our presence at first and then were unable to evict us due to Covid-19 government rulings. Although, at that time, I had already been on the waiting list for Oxford House, I wasn't able to be contacted when my name came up for an interview.

Finally, I reached my breaking point and wanted to change my life after being asked to move by local law enforcement several times, getting robbed several times, and relapsing several times. I was done. Then at a local outreach picnic I saw a friend that was a member of the Oxford House who had heard about my choice to achieve sobriety; at the time I had 5 days clean. He got me into this house and now I have a home, job, sobriety, and discipline as a result of the Oxford House. I have my life back.

Lisa Reed – Oxford House Resident – Clarksville

When I moved into Oxford on December 9, 2019, I wasn't really sure if I was going to stay. Now I'm thankful that I did. When the pandemic hit is when I fully unpacked all my things from bags and boxes. Before the pandemic, we were able to go to in-person meetings and it was lot easier to meet people and stay connected. Once in-person meetings had basically become non-existent for a period of time, we had to come together as a House and make adjustments. Our house would gather and do Zoom meetings or listen to AA speakers on our phones for a level of accountability to ensure everyone was still meeting the requirements.

Without Oxford House I would not have had any accountability because I wasn't made to go to probation or anything during this time. Even though in-person meetings are opening back up, we still join with each other whenever possible to do Zoom meetings when we are not able to make it to in-person meetings.

Abbeywood has helped me build a sisterhood and make unbreakable bonds during this time. We got to know each other on different levels – sharing our fears and hopes during this time. We all made adjustments to help and support each other in this time of need. I'm extremely thankful for Oxford.

KENTUCKY

Jessica Rochelle - Oxford House Alumna – Paducah

When I first came to the Oxford House, I did not know I'd be living here this long. All I knew was that I was sick and I was trying to do anything I could to stay sober. Moving an hour away from home away from my kids and the life I lived so many years was scary. Being held accountable, contracts, being held accountable, etc. – I did not think I would make it. I finally decided to stop being hard-headed and do what was suggested. Then life got better. I became an adult with responsibilities. I made commitments and I kept them. I got a sponsor and started working on the stuff deep inside me that kept me sick.

Oxford House saved my life. I learned how to do more than just stay sober. I learned how to take constructive criticism as love and not hate, I learned how to take suggestions and not think I was right all the time. I learned how to keep up with bills and work on my finances. Responsibilities – the list goes on. I am forever grateful for Oxford House. After living in Oxford house for two years and 8 months, I finally moved out and have become an alumna of Paducah. I am still connected with the Oxford Houses and try to be there anytime I am needed for help, support or just words of encouragement. My favorite saying is "Grow or Go." I have a forever family and can always be there to give the newcomer experience, strength, and hope. God first, recovery second, and all else will fall in place.

Katie Gnagie – Oxford House Resident Alumna – Louisville

After living in a long-term treatment facility for 15 months, I was absolutely scared to death to move out. I was not quite ready to live completely on my own so I chose a Mommy and Me Oxford House. I planned on getting my 12-year-old son back as soon as possible. I had never been sober before; let alone a sober mother. The freedom I was able to have at Oxford was definitely a breath of fresh air but the accountability inside the house also kept me in a safe place. It allowed me to take small baby steps to prepare for living on my own. Having weekly chores and paying my rent on time and being required to attend meetings kept me accountable. But, I think the most important things (and the thing that means the most to me) are the bonds I made while living in an Oxford House. The relationships I built in the 18 months I lived at Oxford are still going strong over 2 years later. I'm grateful I chose to stay as long as I did as it prepared for moving out and being responsible and still being accountable. I'm coming up on 4 years sober and Oxford is such an enormous part of my sobriety. I've gotten married and plan on buying a house in the Spring. I thank God for Oxford House!

LOUISIANA

Courtney J. – Oxford House Resident – Lake Charles

I am a grateful recovering addict & alcoholic who survived two massive hurricanes within 6 weeks. Hurricane Laura & Delta came through Lake Charles and left our town, our residents, our loved ones and our homes devastated. Being ripped from my safety net and home of my Oxford House for over 30 days was extremely stressful, taxing and strenuous. I thank God that I was able to stay sober, but I wouldn't have been able to do that without the daily support through check-ins from my House, support of my family and the strong foundation of recovery that Oxford House Inc. has helped establish. Today, I am able to return home because God provided a shield over our house, which is a better shield than any. The Selene Oxford House stayed strong, with minor damages from both hurricanes, which is a miracle. I firmly believe our

House stood strong because, as a House, we prayed before we evacuated, and I wrote a prayer on our white board asking God to protect us, our loved ones and, most importantly, to keep us sober. Additionally, I am beyond grateful for the donations we received to help us get back on our feet.

This program has provided a fellowship where others stand strong for us when we are unable to, and for that I am incredibly grateful. In times of darkness, we need to look for the light and we can do this by looking at the world through a lens of gratitude. Today, I am grateful for the Selene house and the Oxford House organization. I am grateful to have gotten closer to my roommates through this hard time. I am grateful to come out of this stronger than before. But most importantly, I'm grateful to still be sober today.

MISSOURI

Joseph K. – Oxford House Resident – Springfield

Hello everyone. My name is Joseph and I have had the privilege of calling the Sayer Street Oxford House home for the past three months. Just a few days ago I was able to celebrate my 90th consecutive day of freedom from drugs and alcohol. And I do mean celebrate; it's been more than a decade since I could point to an accomplishment like that. It has been my experience that, as I work to wrestle free from the grip that alcohol and drugs have had on my life, that I need some form of external accountability to augment my inner resolve. All too often programs which provide this accountability do so at the expense of personal freedom and dignity. You are treated as a source of revenue, not as a person with feelings and independent thoughts. This is not the case at Oxford House. Here, no one ever told me what to believe or how to worship. I have been given the freedom to be myself, to learn at my own pace, and to make my own decisions.

I have found Oxford House to be unique among recovery programs in that it provides support and accountability in equal measure with personal responsibility and freedom. The Oxford House approach recognizes our frailties as addicts and for that reason its demand for a clean and permanent break from our past behaviors is as rigorous and unbending as that of any program you will find. But for me the special thing about Oxford House is the way that every aspect of its operations acknowledges that it exists to serve people, people who, though perhaps a bit battered by life, are nevertheless full of potential, worthy of dignified treatment, and deserving of the autonomy their creator has given them.

I have had a chance to observe an Oxford House outreach worker as he put these principles into action in the course of his efforts to open the new Oxford House of which I am a proud member. From the selection of the property - in a clean, quiet, and safe neighborhood where it's not uncommon to see deer stopping to feed - to the furnishing of the house - full of well-thought-out little touches that make it feel like a home and not an institution - everything that the outreach worker did to make a place for us was rooted in the principles that make Oxford House so special.

Even so, when he asked me to write this piece, my first reflex was to avoid the task for fear that by signing my name to such a document, I would reveal my struggles to the wider world. But I was able to interrupt that reflexive response, pause, and remind myself that as long as I keep living by the principles and traditions that I have learned in my time at Oxford House not only is there no need to be ashamed, but I actually have something to be quite proud of. So, if my words can offer hope to someone who may be wondering if Oxford House is right for them, or if my words can provide encouragement to an Oxford House member who works to keep this such a special place, then I do not want to hold back. I do not want to refrain from adding my voice to the chorus of those for whom Oxford House has been nothing short of a miracle. My hope is that each Oxford House member will do whatever is within their power to ensure that his or her house is strong and welcoming so that those who should happen to seek us out will know that they too can live in freedom.

NEBRASKA

Tatiana – Oxford House Alumna and Outreach

My name is Tatiana.....I moved to Nebraska in mid-June of 2019 with my significant other at the time. After only a month of living here in Grand Island, I was charged with Domestic Assault 3rd degree as a result of an altercation between my significant other and me. I was placed on 12 months of supervised probation and a probation recommendation of Intensive Outpatient Treatment for Alcohol and Substance abuse. After a few unsuccessful attempts to stay clean and sober, my probation officer advised me that inpatient treatment was the avenue that we were going to pursue. Reluctantly, I attended St. Francis Treatment facility for 28 days and on March 17, 2020 I successfully completed the program and was released back into society. I knew at that point, with my addiction and previous experiences, that I would soon return to what I had known in the years past. I decided to make the move to Oxford House Stolley Park in Grand Island, NE.

At first, moving into a sober living house seemed like the easy way out to "playing the game" for probation and everyone else around me. I maintained a front for everyone around me and did not see that truly needed to remain sober. After living at Stolley Park for only 60 days, I relapsed. My drive for sober living was not where I wanted it to be and I became too complacent with where I was in my life. During my 14 days away from the house, I came to the realization that I had truly lost the only place that I had to call home as well as I was losing what I had come to know as my "family." I was then again afforded the availability to move back into Stolley Park Oxford House on June 1, 2020 after completing 72 hours in the local detox facility. Upon this time of return to my 'home', sober living and the willingness to accept that I had a problem with addiction became more real and the striving to continue to stay sober became more important in my life.

I was given the House duty, once again, to be the Treasurer at Stolley Park. Shortly after, the house gave me even more of a purpose to continue what I have grown to love so much now about my sobriety, the opportunity to share and give back to a community that needs so much, I became the Housing Services Representative. And, again, very shortly after that, the drive to continue my role within Oxford House began to grow more and I became Co-Chairman of Chapter 4. After taking on these three positions, I began to realize more and more my desire to help the current addict receive the same help that I had been given the chance at: sober living with a sober family that would do anything to be there for you in your time of need, as long as your desire to stay clean and sober remained the same.

Living within Oxford House during the pandemic has had its trying times but has not been so different. Within our Chapter, we have been lucky enough to only have a few "scares" within the houses. We all keep up on the daily needs of the house when it comes to cleaning and making sure that everything is disinfected properly. We have kept social distancing rules in place as recommended by the health department and make sure that simple rules are followed when needed for quarantining. We have been fortunate in this time to have to deal with any major issues and continue our weekly/monthly meetings on Zoom as so instructed.

A few members within our house attend Zoom meetings regularly, when it is called for and when it is possible, to continue in their individual recovery program. As some of us have come to find out, virtual meetings have not always been the same as the face-to-face in-the-room meetings that we have all come to love and support. Some of us Oxford House members feel that virtual meetings can become impersonable and, with the lack of the right setting, allow distractions to take away from the message that we so desperately sometimes need. Others have found comfort in the setting of not knowing anyone and having the ability to share thoughts and experiences to people not only in a different part of Nebraska but, in some cases, a different part of the world. All in all, I feel that our meetings have continued at a wonderful rate here at Stolley Park within Grand Island in general. We continue to grow, learn, share and strive for the same common goal and, as time progresses, we hope to return to a somewhat normal state of living after this trying time within the country.

NEW MEXICO

Shandy B. – Oxford House Resident

I have lived in Oxford House Morris for 5½ years. My experience has been great. The structure is something I knew I needed. I have learned a lot about myself. It's important to be held accountable as well as holding others accountable. Group living is difficult with a lot of different personalities. However, using the Traditions and guidelines help with this and have worked throughout my time. No matter what, I put my recovery first. I work an active program of recovery and this has helped me tremendously.

During Covid-19, I was the only one in my Oxford House who was laid off. It was actually a blessing to have a safe place to live. Unemployment allowed me to stay current on my EES. The House rent has stayed affordable. Our house is sanitizing daily and taking proper precautions to remain healthy. Eventually I see myself being completely self-supporting. My recovery will definitely continue because that's the Number One thing in my life today. I have learned new ways to live. I am not comfortable moving out yet, although I could if I chose to. I choose to live my life in an Oxford House and give back to what was given to me.

Christina H. – Oxford House Resident

I have lived in an Oxford House Juan Tabo for 2½ years. My experience has been both good and bad but mostly good. I feel that moving to Oxford House after being in rehab for six months was the best thing for me. I don't think I could have remained sober if I had lived on my own. Although there were times when situations in the house like relapses and disruptive behavior made life here difficult, I got through them and even learned from those experiences. Most of these experiences were positive for my continued recovery.

Covid hasn't affected my life too much except for some inconveniences. I feel safe here because everyone in my house has taken precautions and followed state guidelines. I feel being in Oxford House is better than not being here during this time. When there have been cases in other houses, it has been handled well. As recovering addicts, we have been through lots worse than Covid. I also feel people in recovery can handle things like this better than the "toilet paper people."

In the future, I want to be an active alumnus in Oxford House. What I will use from Oxford House once I'm on my own are things like what I learned in our weekly house meetings such as being responsible for paying my bills and budgeting my money; communicating with people, being willing to help people and getting along with people I may not like as well as appreciating people as they are and being an adult.

NORTH CAROLINA

Alfred S. – Oxford House Resident

My name is Alfred S. from Chapel Hill, North Carolina and my clean date is November 2, 2016. My story begins like most with a humble start, a wobbly middle, and a not good start of an ending. I was raised in a small rural town in North Carolina. I was nurtured and reared by much older parents than my peers were and I also have much older siblings. My parents were not well educated but provided what they could. We never had much but they tried to give me everything. Dare I say the foundation was laid. What I mean by that is that I assumed that's how life was supposed to work. Boy! Was I wrong?

I was your average student in school – no drugs or alcohol until later. I believed education was the great equalizer. I graduated high school and decided to join the military. At 18 years old, I began to drink. First, everyone did it in the service and, secondly, it allowed me to be part of the cool people. I found myself enjoying this daily routine and with few problems. The years passed and I held steady to only drinking.

The amount I was now drinking was increasing as well as the problems. I served a tour in Saudi Arabia during Desert Shield and Desert Storm. I was discharged with an honorable discharge.

After the military, I found that drinking no longer was doing what it did in the past. Problems and pain were becoming more bothersome than they needed to be or I wanted them to be. So, I decided to move to Richmond, VA from Roxboro, NC. There I met individuals who had no problems or cares. I did notice they constantly had some kind of urgency. One night after a whole lot of drinking, I asked them what they were doing and why they were so alive and so uncaring, and then I was introduced to a \$20 shot of crack cocaine. May I say, this was the beginning of the end for me. I accepted it without any reservation. I just needed something more than alcohol, so I thought. That night started an avalanche of trouble for which I was unprepared. My desire for crack cocaine was day and night, night and day.

The years went by and so did the quality of my life. I was so broken. My soul, my life and my finances were in shambles. There were no answers on the horizon. I started getting in trouble with the law and the courts. Due to my increased use, jail and prison became a recurring theme for years. I felt so hopeless. In November, 2016, I signed myself into the local hospital and simply asked for help. I answered some questions and was transported to the Freedom House Recovery Center in Chapel Hill, NC. I started with others there just like me. For several days, I was part of a therapeutic circle of people seeking recovery.

I applied to an Oxford House and was accepted. I arrived there with a baseball cap and a broken spirit. I adjusted to the House and the residents in it. I found employment quickly and began to pay down my EES. I began a routine of work, meetings, and personal counseling, which I still do today. During the years, I have completed step work with a sponsor. I also became very active in service work for Oxford House. I'm presently Chapter Chair and have served in every position in the house. I have attended three Oxford House conventions and still live in an Oxford House. During this pandemic, I found that the Oxford House model works more than ever. I've helped open a new House doing this time and it's because Oxford House was very instrumental in saving my life that I will continue to give it my all.

Barbara Kidder -- Oxford House Alumna and NC Reentry Coordinator

My name is Barbara Kidder and I'm an addict. I have been in recovery since December 20, 2016. This is an honor for me to be writing my story for the first time. ... At the age of 12, I began to drink the alcohol my parents had around the house. When I drank, the emptiness and fear disappeared. I dropped out of school and ran away at 13, and went and lived on the streets in Los Angeles, CA for about a year.

Throughout time I have been in abusive relationships one after another. My idea of a man was very distorted. I just wanted to feel loved and safe and have a protector so no one could hurt me ever again. That didn't happen for me. I've been knocked out and had my head split open beaten really bad. Moving on, I caught my first drug charge and lost my kids. The judge sent me to prison rehab, then I went to treatment. I left with a man from treatment and ended having two more children and went back to using. I still hadn't done anything different at this point. I just wanted someone to love me. So of course, I got in more trouble and ended up in prison. In March of 2015, the day I get out of prison, I got high. I told myself "One more time. That's it." That didn't happen, I went right back to the same environment and went back to my using buddies. ... And I ran like I always do. I hit the streets again and lived homeless and under bridges and in tents until the day I woke up in the hospital after being on life support for four days. ... This is what I did to myself; no one else but me was to blame. I had never let anyone close enough and I pushed them all away.

So, I decided to finally do something different. I went to treatment and got a sponsor, a network and stayed at a long-term treatment. Then my sponsor suggested I go to an Oxford House. So, I called and told these ladies everything and how bad I needed a chance I had lost everything. So, I got an interview and I was accepted in Oxford House Kinghill and, when I walked in the door, the ladies hugged me and told me, "Welcome home" and I couldn't stop crying. This was all so new to me. I hadn't had a home for a very long time. These women became my family and they didn't want

anything from me. I started seeing my twins. They were close by, and that was very difficult for me with the shame and guilt I felt because one of them almost died because of me. I let the guilt of seeing my kids take over and I thought it would be a great idea to move in with their grandmother and so I left the Oxford House after a few months being there. I wasn't ready nor strong enough to face that situation of being reminded constantly of what I had done. Their grandmother didn't understand what I needed to be able to stay clean. I started feeling overwhelmed; old feelings came up and I was on the edge. I always talked to the ladies at the Oxford House pretty much every day. And about the third call, with me crying, they said, "Come home, Barbara. This is where you need to be; you're not ready." I wasn't ready and so I went back home to the Oxford House.

And this is really where my journey really starts. I started getting involved with House and the Chapter more. And I started learning all the officer positions. I took this very seriously and I felt I had something to offer more than just living there. I felt like this had already saved my life twice and, for once in my life, I was safe and the fear wasn't there. I started getting involved with housing services and then I was asked to move in another Oxford House to help and I started doing presentations at treatment centers. I got to help open a new House. I got voted in as Housing Service on the state level for my area. I really loved being involved and Oxford House gave me the time I needed to grow and be the responsible adult that I am today.

Moving forward, I moved out, got my own home and my oldest son and the twins live with me now. I'm part of all my children's lives today and I also have a grandbaby. I now work as a Reentry Coordinator for Oxford House for North Carolina. Who would have ever thought after what happened I would have my kids with me today and a job I truly love.

David "Bear" Jarrells – Oxford House Alumnus and Outreach

I was a liar, a cheat, a thief, a manipulator, a bad friend, a bad husband, and a bad son. I had driven everyone who ever loved me away. This seems to be a common start to most people's story in recovery. In early July of 2019, as I lay in a hospital bed wondering if I was going to live and what my next move was going to be, a member of clergy shared his story with me as he had 25 years sobriety. I decided then to check into rehab 1 day before my 40th birthday.

With every other new thing I tried in my life I always went into it wanting to be the cool kid – rules didn't matter, joking around and disruptive behavior would get the girl and I'd be the cool kid. All I ever wanted was to be the cool kid, to be accepted and to have people want me to be around. I've done many things I'm not proud of but this is a story of solution and hope, not of the 'woulda, coulda.' So I decided to walk into that rehab to learn to listen and to do whatever it took to stay sober and live a better life.

As my time was coming to an end and I needed somewhere to go, sober living was a suggested option. I wasn't too keen on it; to be honest, I just wanted to move to the beach and work and stay sober. So, not having the money to do so was probably a good thing. I moved into a sober house in Charlotte and disliked every aspect of it, but it did keep me sober for that time. One day, while working with my sponsor, he told me about an opportunity to interview with an Oxford House. He was alumnus of Oxford House. I said I would love that opportunity. A few days later on September 17, 2019, I moved into Stilwell Oaks Oxford House. Oxford house gave me the opportunity to live with a group of guys in recovery and opened doors for me that I didn't realize were being opened at the time. It gave me the opportunity to focus on my recovery and spend the time with my sponsor and go to the meetings I needed. It taught me responsibility to something greater than myself, that all of us in the house working together were part of a bigger picture. It gave me a purpose and accountability.

I got involved in Oxford House at my first chapter meeting and now I work for Oxford House. I still live in an Oxford House and continue to work with the guys in my house to maintain my sobriety and be a positive roll model in my community and in my house. Today, people come to me for advice; you can count on me, I am not a thief and my family is proud of me, I can look in the mirror and I have put enough 24

hours together to have over a year of sobriety. I am happy, joyous and free. Thank you for being there for me in my time of need Oxford House. David "Bear" Jarrells Sobriety date 07/05/2019

Donna Norwood – Oxford House Resident

My name is Donna Norwood and my sobriety date is June 13, 2006. It was a glorious day when I surrendered to the disease of addiction. I started this journey around 2003. I have since accumulated 14 years. But, by me not taking suggestions of the program and relying on my own will, I relapsed. I stayed unwilling for nine months until I got sick and tired of my own mess. Being broken and hopeless. I decided to make a change and do something different. I reached out to another person in recovery and begged them to help me find a solution before I took my own life through drugs or by my own hand. It was then that they took me the Healing Transitions and I have since been eternally grateful. I began my recovery process. I have not look back. It was something different that I experienced within my life and I started to understand the disease of addiction.

I stayed in the Healing Transition for nine months, then transferred to Rescue Mission. At that time, it was suggested that I interview at an Oxford House. Of course, I took the suggestion and I interviewed at North Hills Oxford House and I haven't regretted it at all. It was the best decision next to getting sober that I have made. I am so grateful. I had women my life who have held me accountable and taught me how to love myself. During my stay in Oxford House, I started to go back to college. At first, I thought that I was too old, but a great lady told me I can do anything as long as put my mind to it. And today I am almost a college graduate, I will be getting my degree in Human Services, and then I will continue on to get my bachelors in mental health. I have moved to Oxford House Mallard and enjoy being of service to others. I thank God every day for my sobriety and for allowing me to find and be a part of Oxford House. They are giving me another chance in life and for that I will be forever grateful.

Kent B. – Oxford House Alumnus

Hi my name is Kent I am an addict. I was born and raised in Hickory NC, and that is where I used and where I also found recovery. I started using drugs around the age of 12 and, from that point on, my life gradually became about finding ways and means to use. I lived to use and used to live for 18 years. My first arrest, when I was 26 years old, was for possession, larceny and safecracking. My health and well-being declined. Life was all about fast cars, fast women, drugs, guns, power and money, which quickly resulted in multiple long-term jail sentences and a short-term prison sentence. Every time I was released, I went right back to the lifestyle I knew. I then thought seeking help with a geographical change would be a solution. When I was arrested for the final time, I was alone in an unfamiliar place. I had violated probation in a different state. I sat in jail in one of the roughest places in America awaiting a 7-day extradition back to North Carolina. Once back in NC, I sat in jail through another Thanksgiving and Christmas. I was willing to do anything to get out. I made a deal with my dad that, if he bonded me out, I would go to treatment. That was the beginning of my recovery road. My gift of desperation led me to a new way of life.

After attending detox for 7 days, I went into a 30-day treatment program where I discovered things about the disease of addiction. I followed the direction of counselors and staff. I moved into a halfway house, and lived there for a year. During my time there, I obtained a job and went to meetings every day. I got a sponsor and began to work the steps. I purchased a car, continued to go to work and to meetings. And I made plans for the next step towards my future.

With a little over a year clean, my network suggested that Oxford House would be a good next step in my recovery. There I found more freedom, but also accountability and responsibilities. Living with a group of like-minded guys seeking recovery from all walks of life had a great impact on my recovery. Living in the Oxford House, I was held accountable not only for attending meetings and passing drug tests but also for

paying rent and completing my chores. I continued to make meetings, go to work, and be of service. Although we were all equal, we did have trusted servants, and a rotation of service, which taught me how to manage money, hold other people accountable, and establish structure and service. I was able to have a healthy relationship with my family again, after many years of taking from them. They were starting to trust me, and were proud of me. I lived at the Oxford House on 11th St. in Hickory NC for a little over two years. I saw guys come and go, in and out, relapsing without a program. And I also saw guys leave and begin their future with a new way of life. I wanted what some of the guys had and learned from other guys' mistakes. After two years I was ready for the next step. I then got my own place, and still today continue to use the things I learned while living in the Oxford House –paying rent, going to work, making meetings, calling my sponsor, working steps, and being of service.

Today, I have 4 years and 8 months clean and am living my best life. This is all thanks to the program and people who believed in me and helped me in my recovery. This year I was able to attend a college course and graduate. To receive my diploma was an honor; however, the greatest certificate I received during the ceremony was one of service for: "Best Attitude and Leadership" of the class. Today I take pride in everything I do. I have an amazing relationship with my family. Today I am healthy. Today I no longer have the desire to use, I have found a new way of life. Today I'm grateful. My recovery comes first in my life because I know that if I put anything ahead of my recovery I will lose. Still to this day, I attend meetings and am of service to others, to hospitals and institutions, and to a homegroup and to the area of Catawba Valley. My favorite quote is; Get busy living or get busy dying.

Madison – Oxford House Resident

My name is Madison, I am twenty-five years old and this is my experience in living in my Oxford House. At the end of February, 2020, I moved into an Oxford House that could have been considered a sick house. At the time we were doing the best we could do with meeting expenses and maintaining constant behavioral status. Going into the pandemic, we were already on rocky ground. Within the week, we lost two girls, leaving the House with six women in the House. When the stay-at-home order was expanded statewide, a sense of panic had set in with multiple women in the house. Twelve-step meetings were moved online; five of us had lost our jobs; social gatherings were not being held but, above all, the overall biggest issue was not being able to have guests or to visit other homes. One of the girls called it a feeling of 'Cloister phobia'. Over time, behavioral issues became more and more apparent and we tried to help with behavior contracts. Within the May to July timeline, restrictions were lifted and, with people being able to have more freedom, residents' behavior started to improve.

After the July fourth holiday, I personally contracted Covid and our house was placed on lockdown, I was the only one in the house who had tested positive. Again, more behavioral issues ensued; a lot of anger and fighting within the house led to the dismissal of two ladies. In October, the situation began leveling back out to somewhat normal again. Meetings were starting to be in-person more; social settings were becoming slightly regular and the women were starting to work again.

It was not an overall negative experience: two other ladies who are still here, along with myself, have a very close relationship. With not working, many of us would stay up late and have Disney movie marathons; we would cook together and started doing the group art which now fills our home. I truly don't believe our House would have the strength it does now if it had not been for all the time we had spent together. When ladies move into our house today, they can feel the love and respect for each other that I notice other Houses do not have.

Covid has definitely changed our lives and I believe it may be too early to tell in which way. As of this moment, I can say the testament of staying into today, and becoming more self-aware of not what is just happening to me but to humanity as a whole has been a blessing that I wasn't aware I needed.

Steven W. – Oxford House Alumnus – Ashville

Hello, my name is Steven and I AM an addict. I was raised in West Central Ohio after being adopted from a region in Russia called Kemerovo. I had two loving parents who went above and beyond to make sure my siblings and I always had more than we needed or wanted. I was very successful in school when it came to academics but, behaviorally, I was always in trouble. Even with all the love from my parents and having what I wanted, I still became an addict.

I began using as a freshman in high school. It started with Marijuana and some pills but very quickly progressed to heroin and other strong street drugs. Drugs for me were the one thing I felt I was missing in my life. I fell in love with the high and I fell in love with the life style. The rush I felt when I would steal from a store to get clothes, jewelry, TVs, etc. was almost as addicting as the drugs. I wanted to stop but I couldn't, no matter how much I hurt my family or friends; the addiction ruled over me. I continued to use for years with short periods of clean time in between. Finally, my actions and way of life caught up to me and I was sentenced to 3 years in the Mississippi Department of Corrections. Little did I know that this was my higher power doing for me what I couldn't do for myself. This time allowed me to sit down to get my mind right and I believe that saved my life. Unfortunately, when I was released, I went back to the same way of life – same friends and back to using.

At the brink of facing more prison time and losing my freedom for a long time, I gave recovery one last shot. On April 10, 2019, I moved to Asheville, North Carolina and once again found my way back into Oxford House. I didn't want to be clean; I didn't even want to be in Oxford House but, more than that, I didn't want to go back to prison. Days turned to weeks and then months and I began to see myself changing and growing. I began working with the people in Oxford house and helping those around me getting out of my own self-absorbed mind.

Fast forward 18 months later – I still have a job and I got my license back after 7 years. I am about to welcome a little girl into my life and all the things I have I owe to Oxford House and the program. I have found a family and a love for people and myself that I never thought was possible. I don't always know what I'm doing or if I'm even doing good things the right way, but I do keep trying to do the next right thing and put my recovery first and the rest just seems to follow.

Stroh Collins – Oxford House Resident

I am an Oxford House resident. I grew up in Greensboro NC, in a middle-class family. I have one older brother (Davis). As the youngest child, I got pretty much whatever I wanted. For the most part, my childhood was normal. As I got older, I started to always find myself in some sort of trouble. Soon I became known as the troublemaker and kids started to keep their distance from me. I just wanted to fit in and be part of a group but trouble always followed me. I started hanging out with kids just like me. I started to use drugs early on. At first it was to be "cool" and to have fun; towards the end it was all that I knew. Everything around me had become tainted by my drug use. For years I struggled with my addiction and attempts to find recovery. I got stuck in the vicious cycle of rehabs and recovery houses. After years of failed attempts at staying clean, I found myself at another treatment center in Wilmington NC.

After I left the treatment center, I decided to move into an Oxford House. When I first got here, I was a mess. I didn't know how to live life without using. The guys in my house, along with the members of our Oxford House chapter, showed me what living a clean and sober life looked like. I have grown up so much in this process, from learning how to pay bills to making my bed every day. I started to take pride in everything that I did. I finally feel like I am part of something. This year has been unpredictable and I owe my recovery to Oxford House. Through all of this year's uncertainty, Oxford House has been my constant. I am grateful to have gotten this opportunity to be part of something and, through my actions, I try to show

it. I recently just celebrated 1 year clean and I couldn't have done this alone. So, here's a shout-out to my HP, my family and everyone who is part of Oxford House!

Tony C. – Oxford House Resident – Salisbury

I was an addict in active addiction from the age of 14. I had been in and out of Federal and State Prisons. The last 8 years before coming to an Oxford House consisted of an animal-like existence. All I cared about was the next fix or who or what I had to rob or lie to in order to make it happen. I had burned all bridges. I lost my family and friends long ago. I lived on the streets and flirted with death every day; hopeless would be an understatement.

I found myself in Detox for the umpteenth time and decided to try something different. The counselor asked me to try an Oxford House in Salisbury, NC, somewhere I had never been. I reluctantly said yes. I interviewed and was given a chance by the House. When I moved in, I was scared and had no self-esteem or self-worth. The house had 7 other guys. Some had been here anywhere from 6 to 18 months. They worked jobs, went to 12-step meetings, kept the house in order, and were gaining their lives back. They held me accountable and, before I knew it, I had a job and was making a meeting every day. Over time, I gained more and more things, like self-respect, trust, and love. I have been here over one year now. I have my family back in my life along with a new family. I try and give back to Oxford House and am involved in Housing Services and Chapter for our area. I want to make sure the addict who's still out there has what I had when they get here – a home to start a new life. I will never feel as if the debt is paid; I'm truly grateful.

OKLAHOMA

Scott R. – Oxford House Alumnus

My story of addiction is like so many others, it consumed every part of my life for many years. I have now actually been a drug addict for more years than not. I have destroyed everything numerous times and rebuilt everything numerous times only to rip it down again, from relationships to jobs and even my sanity. And like so many others, I did not know when enough was enough; even when I thought enough was enough, over time my addiction always took hold again. That voice telling me, "You got it this time" only pulled me back into the insanity of it all and started the cycle again.

Finally, in the Summer of 2017, after what I can only see now as a little shove from God to snap me out of what I was in (and me ignoring those little shoves) I got a very big shove from God and was arrested. In my mind, I never thought that I would be the type of person to be arrested. But there I was sitting in the back of the car watching as police tore through my belonging searching the car for more drugs and more drug paraphernalia (of which there were a lot of both). After they were done, the police took me to jail where I would start a long journey.

I had damaged my relationships with my family so badly that I wouldn't call them to help me this time even though, like so many other times, they more than likely would have bailed me out. I felt that our relationships were too far gone and that I not only didn't want to put them through even more, I didn't want them to waste their money because I knew the time had come to pay the piper. I was convicted (and in my opinion very favored by the court). I could have been sentenced for a very long time, but I believe God intervened and started working even then on me.

I went to prison and, while there, I made the decision that I was going to do whatever it took not to go back to the life I had. I wasn't sure what I had to do but, whatever it was, it was better than what I was doing. I made it through the system and when I got to the end of my sentence and it was crunch time, I took the advice of the employees at the work center I was at and chose to go somewhere where I knew no one and

had to force myself to start over in every aspect. This was easier said than done. I had a terrible time finding a place that would accept me for whatever reason. I knew that I could not go home to my family either, my relationship with them was still too damaged. Everywhere I submitted applications for sober living, I was turned down. Finally, after numerous attempts with other organizations, I got a 'yes' from Oxford House the day after I turned in my application.

I remember the day I got out. My sister picked me up (even after everything I put her through) and drove me to the House and a member opened the door and I introduced myself and the guy said, "Hey, we have been expecting you. Welcome Home!" At this point in time, understand that I had no idea how to live soberly; I had no idea how to adult properly without destroying everything. What that house and those members did for me is not able to be re-paid ever. It gave me structure when I needed it. They told me to go to 12-step meeting and learn how to cope with my addiction and discover what causes me to do the things I do and finally how to combat it. It taught me how to budget and pay my bills. It taught me how to get along with other types of people and have gratitude that I am not alone.

While I lived in Oxford, I held House, Chapter, and rural offices. I got involved because my program taught me that getting involved helps me stay sober. I have since moved out of Oxford, taking with me the principles and routines I learned from those men and that House with me. I still attend meetings daily; I still budget and pay my bills; I still work at my program; and, most importantly, I still stay involved in Oxford House. I stay involved because, not only does it help me stay sober, but I want to be part of something that gives second chances to people like me – people who don't feel like they deserve another chance. Oxford House does that every day. It gives chances to people where chances and hope are scarce. I am blessed to be allowed to be part of something that helps change and shape lives, lives that were otherwise discarded and lost. We do recover!

OREGON

Anastasia Leonard – Oxford House Resident

Oxford is the key ingredient to my recovery I have lived in Oxford for 19 months and, in that 19 months, I have had all three of my children return to me. I have been able to obtain my driver's license and, after a year of fixing my credit, I have been able to buy a brand new car. I have made great connections with all the women and even some of the males in Oxford, depending on each other and communicating and reaching out for support. I've also been able to stay 19-months clean and go anywhere and do anything that Oxford needs of me as it gave me my life back to be a great, loving and supportive mother, friend and woman in recovery.

I started a women's meeting during the pandemic on Zoom that is registered with Narcotics Anonymous world so all women have a chance to stay connected and not lose hope. The biggest key that I have gotten in Oxford is loving myself. I'm 36 years old and have never loved myself; never thought I was worth anything and, with the help of Oxford supporting my recovery, I don't feel as if all I'm worth is to be abused and to be addicted to drugs. Oxford gives me a safe place to lay my head where I don't have to worry about anything for me or my children and that is a great and wonderful thing. Without Oxford being a key ingredient in my recovery, I wouldn't be where I am today so I'm forever thankful.

Ashley Richards - Oxford House Resident

I have been living in Oxford for over 2 years now and I am in no rush to leave the strength I find here. I first came into Oxford under the requirement of another program I was in called Family Drug Court. I was scared and didn't know how to trust other women, how to communicate, or how to be a mother. Everything at first was overwhelming – gaining my sobriety time and learning how to coexist with other women. But

I would do it 10x over! The level of growth I have gained in Oxford and in these women I have been gifted to live with has taught me so much – not only in myself but in how to help others. I can listen and be heard, set healthy boundaries, know how to ask for help or be there when it is asked of me. I can trust other women and be trusted. There is so much strength I have gained not only in my sobriety but as a mother growing and learning in Oxford. I have stepped up and became a bigger part of Oxford by being of service within our Chapter as the Chapter Treasurer. It has been such a gift and I am so grateful for this opportunity.

Tony Courtney – Oxford House Resident

I would like to tell a story of a man who had accomplished all that seemed important. He had retired early. He had a beautiful family, house, cars, great neighborhood, boat, motorcycles and more. Everything looked like the perfect life. Then one day he woke up and it was all gone. He had an alcohol and drug problem. His house was in foreclosure, cars were being repo'd, his family loved him but couldn't allow him to safely be around them. Like most people with addiction problems, you never knew what you were gonna get. So, in what seemed like only a few months, he began to have legal problems associated with his addiction, spent time in jail and walked away with a felony. Truth is, 5 years had passed and he hadn't addressed his addiction. He had nowhere to live, no money left and was walking with nowhere to go.

He went to treatment, had 2 failed attempts and each time he landed right back to the same spot in his addiction. Finally, he went to a VA treatment facility and he made the choice to work at his recovery. This would require him to take action. So he asked a lot of questions and took some guidance from others. It was time to leave the safety of the treatment facility; but where would he go? He had burnt all his bridges and ties with family; they needed time to heal. Then he heard of this recovery housing program, it was called Oxford House. What he found was a safe place to live, a place to recover. He found a place where he was with people just like himself. People who were legitimately trying to live a life free of alcohol and drugs, free from addiction. There were men and women working together for the greater good. They were giving of one's self without requiring anything. They were working on a program that's established and proven. He was grateful to be part of something positive once again.

We all know Oxford has guidelines and expectations but it allows each home to run independently. All members of the House have input to the democratic process. All members have the opportunity to work a program of recovery – a program that allows each and every one of us to move forward in life. With the courage and integrity recovered we become whole once again. In the past, I was ashamed of who I was. Today I am Tony Courtney, from Salem, Oregon (Royal Park) Oxford. By the grace of God, I can live in my own skin. WE DO RECOVER!

PENNSYLVANIA

Jeffrey "Otto" Bryant – Oxford House Alumnus

After 40+ years of using and insanity I was literally broken on every level imaginable and found myself in rehab in the late summer of 2017. Nine months in a halfway house followed before I discovered Oxford House, which has literally saved my life many times over.

The unity and fellowship present within Oxford House – without the stifling rules of the halfway house – has given me the freedom to grow deeply and discover myself as well as joining with others who share our common journey. I am deeply indebted to Oxford House and the many friends I have found within. Now it's time for me to give back what I have received from Oxford House, and I am honored to do just that!

SOUTH CAROLINA

Amanda Skelly – Oxford House Resident

Oxford House has absolutely changed my life. I had reached my bottom and was sick and tired of being sick and tired. I was willing to do whatever it took to turn my life around and reach out and ask for help and Oxford House was there with open arms and gave me all the tools I would need to navigate through sober living and recovery. Because of Oxford House, I know how to balance a checkbook, how to budget money, how to pay bills and how to hold myself and others accountable. I reached a first-ever goal of 1 year sober while in Oxford House and working a solid program of recovery. I now am President of my House as well as a Vice Chair Chapter Officer position in my Chapter. I am actively learning how to give away what was so freely given to me when I first entered recovery. I have built life-long and meaningful relationships with others and I have found my purpose in life.

Jason B. – Oxford House Resident

I guess the best way to start is by giving a brief explanation of what led me to Oxford House. I went to jail after running from the police and overdosing. I began to feel, after living through that, maybe there was a greater purpose for my life. However, even after that, I still continued to get high while in jail, which is definitely where I went after running from the police. I began taking LRADAC classes while I was locked up. When I finally went to court, I asked the judge to allow me to go back to inpatient rehab which he granted along with enrolling in a sober living community when I left.

I didn't know where to begin when it came closer to coming out of rehab. My counselor suggested Oxford House and I figured with so many houses worldwide it had to be helping people. I went into my first Oxford House on October 17, 2019 and it has changed my life in more ways than I will probably be able to express in this. But I shall definitely try. I had tried living sober with no program and no recovery network and failed time and time again. Oxford House has given me a gift in my recovery and a life that I never thought possible. I have gained friendships through Oxford House and know there really are people out there that I can call at any time and they'll be there for me. And they know it goes both ways. I had given up on the whole word "friend." I thought life consisted of people you could use and people that would use you. I could not have been more wrong, and I can honestly say, without Oxford House I would never have known the difference. It has taught me responsibility as well as the ability to hold others accountable. I have gained a job where I have been employed for almost a year and I have never maintained a job for that amount of time in my life. I have health insurance, dental and even 401k. It may seem that I'm sidetracking in this, but all of these are things I never would have had without Oxford and the guidance I have gained from my brothers and sisters in Oxford. I have amazing relationships with my family and those around me which I thought would never be possible.

Throughout my journey I was given the opportunity to open a new House as core member and help to give people the Oxford House experience I have been given. Service work has been one of many great things that has helped keep me sober and focused. Since I began this journey, I have opened a new House as a core member, become a Chapter officer and helped others in the same ways I was helped. No amount of drugs or alcohol has ever given me the overall amazing feeling I get when I know that I've helped someone, even when they have no idea that I was the person helping them. This has been an amazing start in my recovery and I look forward to all the things I will continue to do with, for, and because of Oxford House. To whomever may be reading this, just know that you are loved. Even from someone that doesn't know you. I want to give a special thanks to my outreach coordinator, Lisa, for seeing things in me that I didn't even see in myself and being an amazing friend. Also, to outreach Kim who has been there to answer questions and give me guidance on this path of recovery. Thank you and I love y'all.

TENNESSEE

Brad Collins – Oxford House Resident

In my experience, being in Oxford House Sublime in Johnson City, Tennessee during the pandemic was a lot of positive and negative for me and others who shared the experience. Being cut off at first from about every recovery aspect we had all become accustomed to, such as H and I, recovery meetings, and Oxford group meetings. That really seemed to take a toll on many. Furthermore, the rehabs were unable to get to outside meetings and we couldn't get to them to spread the message.

However, soon we got to try a new way to go about staying involved thru Zoom meetings. Awkward at first, but anything for us to stay in contact was better than no contact. I got to grow through this and adjusted quickly. Did I like it, no... but in recovery I'm willing to do what it takes, so there I was. It was hard with video or audio failing at times and everyone struggling and talking over each other made it aggravating. We eventually got to use this method in all our normal recovery meetings, and we were finally able to speak in the Magnolia Ridge and other facilities again. I am thankful for it, because I know that I was able to reach others through this method. They later reached out to me when they were released. However, the one struggle that stayed was staying involved with other Oxford Houses. We lost many during the pandemic, but many came out wiser and stronger for it on the other end of it all. We are better prepared to handle a situation if one arises again of this nature. Those of us that have made it through now have something even more to offer if ever needed.

Chelsea Payne – Oxford House Resident

My name is Chelsea Payne I reside at Oxford House Tabula Rasa in Johnson City, TN. I have lived in Oxford for 17 months now, so I have gotten to experience life before and during this pandemic. The House I reside in luckily didn't have anyone get sick or lose their job. Most of us were lucky enough to work in the health field on the front lines – whether it was in nursing homes, doing laundry for the local hospitals or taking care of the mentally challenged.

Our House had a plan in effect that would consist of me and another roommate giving our upstairs room to a roommate if they had caught COVID-19 during the pandemic, and we would sleep on the couch. We got the complete upstairs set up and ready in the event. Luckily, no one became sick and we haven't had to pull out this plan. Also, we had our House go on a full lockdown, meaning we couldn't leave the house unless it was for work, probation, or emergency-related. We would get together in the living room and have 12-step meetings via Zoom, listen to speaker meetings on YouTube and have what we called House therapy groups to see how each individual was handling the pandemic. It really brought our House residents closer to one another.

I personally do not like doing anything via Zoom, but I have adapted to it. It has kept our Chapter close and we know what's going on. Once a month, we have our Chapter and HSR meetings. The House I reside in gets together in the living room and is involved. I'm in Chapter so I try to keep my House, especially the newcomers, up to date. I do miss going to the Houses though and having that unity.

Elischa D. – Oxford House Resident

I've lived in Oxford for almost two years. I remember being terrified when I first moved in, unsure of what to expect. I now have a voice, and I am not afraid to speak up for myself. I have amazing people in my life that I can always count on, people who know me and love me as I am. Having lived at Nashville North for as long as I have, I have seen so much. I've held each position. We went from barely breaking even to being completely self-sustaining. The house is truly thriving despite the difficulties everyone has faced this year.

Our chapter developed a HSR house visit checklist that we started in March and, even though it's different, it has kept us connected during this time of distancing. We also have a sanitizing station at front door of each House. It includes a thermometer, a log book for guests, hand sanitizer and masks for residents/guests.

I lost my mom seven months into sobriety. I had so much support from the Oxford community. I got very involved in service work and became Vice-chair for the chapter. Eventually I moved into the HSR position for the Chapter. Words cannot express how much this did for me. I am so grateful for Oxford House. It has truly changed my life in so many aspects.

Sammie Hartman – Oxford House Resident

On August 28, 2019 I had the pleasure of attending my first Oxford House World Convention in Washington, DC, which, ironically, was on my 1-year anniversary in Oxford House. I kept teasing everyone that there was no need to throw me such a huge party. The next day as I sat in the auditorium I was overcome with emotion; it was amazing and magical to see so many people in attendance who shared my struggles and accomplishments and who understood me without ever having spoken a word to me or I to them. That night, a large group of us headed to Georgetown to see the sites and have dinner which, in itself, was an adventure. As we arrived back at the massive Subway tunnel, we were all preparing ourselves to jump on quickly as we had learned earlier was necessary. We were in the big fast-moving city now; no slow Tennessee living allowed in DC.

Anticipating the arrival of our Subway, I saw a lone individual across the way, in one of the multitude of Oxford shirts available at the convention. I hollered (yes, I said holler, how Southern of me) "If you are headed back to the hotel, you need to be on this side." We watched as he ran the length of the platform and across the bridgeway, eventually reaching us. Catching his breath he said, "Thank you. I have never been here before and am so turned around. I thought St Louis was big." To which I immediately responded, "I used to work at Magnolias and Faces years ago in St Louis..."

Long story short... The gentlemen was none other than the very first person I had ever gotten high with 29 years ago. (And for those of you wondering how we didn't instantly recognize each other, well, we were in high drag, pun intended, when I did my first bump in 1990 which is yet another funny story.) So here we are both new to sobriety, both at our first Oxford House World Convention and a simple shout of directions, to someone I thought was a stranger, brought my life literally full circle. Who would have ever thought in a million years that something like this could ever happen and yet it did. I will never forget the first time I used, nor will I ever forget discovering my long-lost friend on the same path to sobriety as I. I am forever grateful for both of these memories, for without one, I do not have the other. We spent a lot of time together throughout the convention and are still in touch to this day. Michael is doing big things in St Louis with Oxford and I am continuing my work within the recovery community and Oxford here in Knoxville.

What an unbelievable experience that World Convention was. There are so many stories I could share from that 4-day trip that have touched me deeply. Brandie and DJ as Tink and Peter Pan. My Aunt and Uncle coming for lunch and seeing me sober for the first time in 30 years. Just the enormity of the entire convention itself. But I guess I will hold on to those stories and share them with you all next time around, hopefully, when I see YOU at the next convention... Sammie Hartman (James Hartley) Knoxville, TN

Star – Oxford House Resident – Chattanooga

Hey! I'm Star and I'm an addict! I have 14 months clean and I am the Housing Services Chair for Chapter 8! Covid 19 has affected everyone, I know, but for us addicts it's hit us hard and took us all by surprise. The biggest thing for me and my recovery was meetings. Actual in-person, face-to-face, coffee-ready-to-drink meetings. That's where I found my joy. And I'm sure a lot of you guys feel that way. During the

shelter-in-place order and self-isolation, I had somewhat of a struggle to not get complacent in my recovery. Oxford house helped a lot for me to keep going. Living in an Oxford House in a pandemic showed me the beauty in loving people where they are. I got to know my roommates more than I ever have my whole time living here. We didn't have work or other plans getting in the way of interacting with each other. And the staff that checks on each house and makes sure everyone is okay in this time has been outstanding!!

My Oxford House got hit with a Covid case. We had to quarantine, and we all were terrified since this is a Woman and Children's Oxford House. Marty and Mustafa dropped off Lysol and supplies for us and offered to get us food delivered if we needed it. They also reassured us that we would be okay. I even relied on Prudence to help me follow protocol in our house from another city! I have experienced a whole new level of togetherness with Oxford House and I couldn't be more grateful. Sure chapter, housing, and state meetings aren't the same right now but, seeing all of my people smiling and catching up, even if it's over Zoom, made those meetings great. Hopefully, soon we can find a way to get together in person! This just reminds me not to take personal interaction for granted and this will make the day we all can be together again all the more worth it! I believe we can and will get through this! We are Oxford strong!

TEXAS

Candice K. – Oxford House Resident – Houston

As I sit here today, almost 10 months sober, I can reflect back to what life was like for me this time last year. I was homeless (couch surfing if you will). I was hopeless, dying on the inside, miserable, lonely and chasing another addict trying to force him to love me. I was getting kicked out of bars for fighting almost weekly. I was getting into domestic disputes and running out of my house half dressed, with no shoes on, headed straight to the nearest bar for some kind of comfort. I hated who I had become. It was pure insanity on a daily basis. I tried to hold down job after job, continuously getting fired for showing up late, showing up drunk or just flat out not showing up!

I reached out to my sister who was very aware of my situation but had left me to my own devices to protect herself and her own sobriety. She was already living in an Oxford House. I told her I was finally done! That I couldn't continue living this way and, if something didn't happen quickly, I was very close to ending my own life. That was November 26, 2019. I was told to come and do an interview with the House she was in and see if we could get me somewhere safe. I didn't show up and I was terrified. Two days later, when I wasn't invited to any family function for Thanksgiving, I called back and begged for my interview. They agreed and it was a wrap! I moved in that day and I have never looked back! I came in with nothing but the clothes on my back, but have not wanted or needed for a thing since I got here.

With the help of my higher power, Oxford House and the fellowship I have found in AA, I am almost one year sober. I have had ups and downs and been able to manage it all SOBER! I am a rare case I have been told because I never went to treatment. I strongly believe that anyone can do this if they really want it. This year has been amazing! So much change and growth. So much love restored, and pain sorted through. I am in such a good place mentally and physically. Thank you, Oxford House Houston, for taking a chance on me and allowing me to change my life in a healthy and loving environment. Let's not leave out the accountability we have in these houses! I'm a very happy girl today!

Erin Johnson – Oxford House Resident – Austin

Oxford has changed my life for the BEST! For as long as I can remember, I have gruesomely struggled with addiction. My life has been full of chaos, heartache and destruction, all a result of my inability to make good decisions, and seeming determination to hurt everyone that I care about. I have only just begun to rebuild the relationships that I thought I had ruined forever. But, by the grace of God, I have been fortunate

enough to receive yet another chance at life with a journey that began in treatment, and now continues with the opportunity to be a part of the organization of Oxford House.

I was fortunate enough to come to Oxford House in the beginning of June, 2020 and my life has continually improved ever since. Oxford House has changed my life and continues to improve it, with every day. Not only have I found structure, accountability and responsibility; but I have also found a family, with a solid foundation. I am surrounded by individuals who are just like me; who want to see me succeed; and I them! We are here for each other; we relate to each other, and we help each other to become better versions of ourselves. At Oxford House I am learning to be an adult again. It sounds silly, but it is true. It's almost as if I "checked out" at the age of 21, and stopped growing and learning how to function in society. Before Oxford House, I stopped caring. I stopped caring about my responsibilities, about the people that I loved, and about taking care of myself. I had given up on myself; and sadly, most of the people I care about, had given up on me as well. Oxford House has helped me to care again. I have found courage, faith, ambition and a desire to succeed. I have found camaraderie, with a group of individuals that I genuinely care about. We lift each other up and help each other to set and achieve goals.

I also have the opportunity to become more actively involved in projects that will serve our community. This gives me a sense of pride and accomplishment and it motivates me to become the best me that I can be! Oxford House has made me a better person, and I will continue to grow as an individual, and give back to my community and to the wonderful young ladies that I can help, as I have been helped.

Everett E. Ehrhart – Oxford House Resident

In April 2018, I completed a 30-day treatment program. I had no idea where I was going to be living afterwards. I knew I needed to be in some sort of sober living. I did not want to live with family. It was an option, but a possible trigger. I had heard of Oxford House while I was in treatment (thanks to the local Oxford House Residents and Outreach that brought a presentation to the treatment center). I had a peer recovery coach look up the Oxford House vacancies website. There was a House with some vacancies in the area that I wanted. I set up an interview for the day I completed treatment and went straight there. They voted to accept me as a resident. The Mockingbird Oxford House had only been open for about a week. The house really wasn't completely set up yet. Some beds were still against the walls and some things were still in boxes. I got to know what it took to get a house up and running from the very start. We had some of our chapter HSC's come over and sit in our House meetings and they explained to us all the paperwork and documentation, etc. we would need to have ready for Chapter. This was way over my head, I had no idea that we had to have all the stuff ready just to live in an Oxford House.

At one of the first Chapter meetings I went to, I was nominated to be the Chapter 22 fundraising chair. Reluctantly, I accepted the nomination, not knowing really what the heck that was. I attended a few of the fundraising committee meetings and really felt that committee needed improvement. I've learned through working a 12-step program that, instead of complaining about something I'm involved in, the only way to really make it better is to hop in and be a part of the solution. At that time, I had no idea the experiences and the recovery I would gain by just showing up and being a part of the solution. That's really how all it works. I can tell you countless situations where all I did was show up, volunteer, or get 'volen-told', then took action working with others and saw goals achieved. Through Oxford House, I've had many service positions. I have helped coordinate many unity and fundraiser events. I have served the Chapters and I have served the North Texas Regional Association. I have helped open several Oxford Houses along the way.

Through the Oxford House model, I learned how to manage my finances and budget in my personal life. I've managed to save money and set goals and take care of all my financial amends. Now I'm in a place where I try to just live by example in Oxford House and in recovery. I am quick and eager to help the

newcomer. I try to share my experiences with new Chapter officers to help them guide the houses towards the Oxford House model.

Through Oxford House and working my 12-step program of recovery, I've learned how to be an adult. I know how to take responsibility for things when I make mistakes. I'm able to be honest about situations and I've learned to think before I act. I seek guidance from my sponsor and others in recovery when I'm not sure what to do. I'm very thankful for all the members of Oxford House that came before me and for all my brothers that I have lived with in Oxford Houses. I'm here to help all members, new and seasoned. I know there is no way I could have gained the experiences and recovery, if I had moved into an apartment or rented a room. Oxford House has provided many situations that I have had to overcome and grow through. My family, friends, and love ones are amazed at what Oxford House has done for their friend, their loved one, their brother, their son and their dad.

Holly L. – Oxford House Resident

I like to say I chose to go to rehab because I wanted to, but the truth is that I was living on the streets behind dumpsters and under houses. I would eat every few days. I, like many addicts, hit bottom. After losing countless apartments and houses, vehicles and jobs, and being in and out of hospitals and in jail time and time again, I had had enough. I was broken and scared!!

I came to Austin, checked into rehab and began a very different journey. Near the end of my stay at Cenikor, I had no idea what I was going to do next. Some members from Oxford House came and did a presentation and I just knew that's where I wanted to be. Since living in Oxford House Versailles, I've learned so much and know there's still so much that lies ahead. Living here has given me a sense of belonging and shown me I'm more than my past choices. It has taught me responsibility, accountability, love, support and understanding, just to say the least. I admire the compassionate, intelligent, amazing, beautiful people that put their heart and soul into Oxford House!

Jose Contreras – Oxford House Resident

In this unprecedented time, when we are experiencing situations that we have never seen in our lifetime, such as a virus that has swept our world and taken lives, livelihoods, sobriety and, most importantly, social interactions as we know it, it is important to identify how this global pandemic has marked the world in which we live in a positive manner. One of the greatest gifts of sobriety and living in a recovery community, such as Oxford House, is the built-in fellowship and unity that it offers us. We now have found a place called home, with a family composed of strangers who all have a different story – one as unique as they are – but all with a common thread: a need and desire to live a different way of life, free of drugs and alcohol. We share this common goal but, when you throw in not being able to attend meetings in person and have that social interaction and feeling of the fellowship as we all know it, we can see some challenges that it can pose for us, as well as some positives.

I have been of service since I joined Oxford House on October 15, 2018 – from being Chapter Chair, Rural CSC for the East, Male CSC and now Chair of the North Texas Regional Association – and every role has been unique in giving me a unique experience and providing me with a different set of tools in my own personal recovery, as well as marking the recovery of many others, which I have been able to meet during my time of service.

The most important lesson that I have learned in being of service is the ability to adapt to new situations and always stay in the solution of whatever the situation poses. It is always asked, "How has the COVID-19 Pandemic affected the way that we conduct business in Oxford House, such as social interactions and conducting Chapter and Regional Association meetings?" I am here to say that it has actually benefited us

tremendously. I feel like Zoom meetings have allowed us to reach the masses and have given people the ability to connect in gaining valuable information, education and training while in the convenience of their home, multitasking at work or just life in general. It is incredible that a virtual platform has provided us with the ability to join in on a meeting while being in a completely different physical location and all of us together can be gaining the same information and social interaction with someone hundreds of miles away, clear across this great state of Texas. I feel that having Zoom meetings rather than in-person meetings has not only allowed us to touch more people at once, but also has also allowed us to interact with individuals who normally would have been difficult to reach without extensive traveling. I know that one of the main roadblocks to being of service is the physical travel to get to. let's say, Odessa, and also having to get back to Dallas for work a day later, but virtual meetings have filled this bridge in us being of service to our brothers and sisters in recovery in places that are normally hours of travel away from us.

Lastly, I have been asked, "What is the same, different, and working or not working, in using a virtual platform?" My response is simple. This virtual platform is serving as a way to touch a life internally, without touching one physically and, at the same time, not putting someone's life in jeopardy. I personally do not feel that there is a negative to using a virtual platform other than not being able to physically touch someone and that is something that we are asked to limit as this virus is transmitted by physical interactions, which this platform eliminates. So, as we continue to see what unfolds in this unprecedented time of uncertainty, we can continue to rely on a constant and solid way to communicate in a safe and effective manner with this virtual platform.

Julia Williams – Oxford House Alumna

I was born in 1993 in the suburbs of Dallas, TX and I remember growing up comfortably for the first few years of my life. As I got into grade school, I started to feel out of place. I was not as skinny or girly as the rest of the girls in my class. I started to experience bullying and a sense of not knowing where I fit in. Fast forward a few years to 5th grade when my parents decided to go their separate ways after multiple times of CPS and the Police showing up to assist with the domestic situation. At that age I did not understand why they could not work things out. I wanted desperately for my parents to stay together. About 2 years later, my mom remarried. I gained a new step-dad, two step-sisters and was moved from my childhood home. On top of the changes, we were not a family that blended well together so I was starting to feel out of place again in my own home. As I entered middle school, I started gaining weight and experienced more bullying from this as well. Things at home were becoming harsh between myself and my mom, and were continuously escalating.

By the summer before 11th grade, I moved in with my dad full time and transferred schools once again. During the summer, I changed my diet and started working out three times a day. I slimmed out and was feeling confident about starting at a new school. Immediately, I was in with the "popular" crowd and I was starting to feel like I fit in somewhere. I had made the Varsity basketball team as well and was in the starting lineup. Unfortunately, the day before our opener for the season, I tore my ACL and meniscus during practice. The group I hung out with started falling off slowly as I waited for my surgery. In between this time, I met my kids' father and started a relationship with him. Eventually, I had surgery to repair my torn ACL and meniscus and this is where I was introduced to my drug of choice which made me feel like I was whole for some time.

As the years progressed so did my addiction. I moved onto harder drugs and continued to stay in a relationship where I was abused physically, mentally and emotionally. After being homeless and having my daughter taken from me, I decided I had enough. Late 2016, I reached out to a friend about getting plugged into the recovery community and Oxford House was mentioned. Here I met an amazing group of women who loved me no matter what and loved me so much, they were willing to call me out when I was

not doing the right thing. I slowly learned how to live a life without drugs. Eventually, I moved onto a life on my own and didn't do much to stay connected.

Unfortunately, in 2018, I decided to see if I could control my addiction once again. It didn't work, again and was much worse this time. I had a short stint this time and immediately got back into recovery on 6/26/2018. After my treatment program, I got a sponsor, worked the steps and got reconnected with my Oxford House family and recovery community. I didn't move back into Oxford but I did become a heavily involved Alumni member. Through this, I've made an indescribable connection with many women in OH that will make lifetime friendships. I've since become married to a man who was also in Oxford and is now an active Alumni member as well. My kids can see me live a normal life and be involved in a community I love. I am forever grateful.

Katharine Warren – Oxford House Resident

My name is Katharine, and I am an alcoholic and an addict. My childhood was very traumatizing, with instances of molestation, abuse, bullying, frequent moves, and poverty which led to major depressive disorder and anxiety in my early teens. I took my first drink of alcohol at 12, and shot crack at 14. My life revolved around drugs and alcohol for 30 years. I never enjoyed life or wanted to be me. I hated myself and used the drugs and alcohol to numb my feelings. In November of 2019, I had decided I was going to kill myself; I just couldn't continue living with my addictions. As a last gasp for help, I decided to try treatment. It changed my life. The treatment center got me on the right meds and the right track towards sobriety but, when I got out of treatment, I went back to my old life. The same people, places, and things began to drag me right back into the life I hated, and I knew I could not make it on my own.

I had heard of Oxford House in treatment and it sounded like somewhere I could begin my new life. I moved 200 miles away from my family to Austin, and it was the best decision I have ever made. The accountability and support I found at Oxford House has kept me sober for almost a whole year, the longest I have been sober since I was 12 years old. Without Oxford House, I can't imagine where my life might have gone. I am in school now, going for a radiology degree, and I am the happiest I have ever been in my life. My father told me he was proud of me a couple of months ago, and it is the first time I have ever heard those words from him. I am a productive member of society, and I attribute it all to Oxford House.

Maureen Dobyms – Oxford House Resident

Socially distanced meetings – I live in East Texas where most people were slow to believe that Covid-19 even existed. Many folks outright refused to wear masks in public places, even during the height of the pandemic. For my home Chapter, having socially-distanced Chapter meetings was never an option from March-August. Most of the Houses don't have enough indoor space, and members were extremely opposed to meeting outdoors in the Texas heat. In October, my home Chapter had its first in-person meeting and, out of 27 attendees, only one was wearing a mask and absolutely no one maintained a 6-foot bubble (there wasn't enough space). The Chapter voted in August to hold an in-person meeting in September but did not restrict the number of attendees or require masks or distancing. Of course, any member who did not wish to meet in person could participate via Zoom, which made it a blended meeting. Blended meetings are generally less successful for the participants on Zoom, simply due to sound and time delays. Blended meetings generally have the participants on Zoom at a disadvantage, as they are not hearing everything that is said and also are not being heard when they do have something to contribute to the meeting.

Virtual meetings - In my opinion, Zoom meetings were a Godsend! Not only did I observe a much higher turnout than at in-person meetings, but they also increased the attention spans of the participants. Once everyone got familiar with the Zoom format and grew accustomed to virtual meeting protocol, each meeting went much more smoothly than in-person meetings. People had to utilize more restraint; there was less

interrupting during healthy discussion and more respectful listening. The format allows the chairperson to mute participants when necessary, something one can't do in person. Getting a room full of addicts to stop all the chatter and cross-talk is more challenging than simply clicking a button. There is a chat feature that is extremely helpful to share phone numbers, names, and links to resources.

Living in a rural area, Houses are spread between several small cities, so virtual meetings eliminate the expense and time of travel. The pandemic and subsequent quarantining gave members precious time to participate in trainings that are normally more difficult to organize without Zoom. In the North Texas Region, we have had multiple training sessions each month for very specific topics that might not normally be covered. For example, we hosted a House Inspection training, HSR & HSC training, Successful Recruiting & Presentations Training, an Accountability Workshop, Relapse Prevention Training; all in addition to our regular Newcomer Training, House Officer training, Chapter Officer training, and MAT/MAR training.

The virtual platform can also lend itself nicely to on-line gaming nights as we discovered a few months into the pandemic. Unity is still possible even though we can't give each other hugs. The Oxford model has proven resilient, even in the strange new normal of a Covid-19 world.

Michael L. – Oxford House Alumnus

My name is Michael L. writing to you from Corpus Christi, Texas. However, my story began in Pineville, Louisiana, where I was born on a snowy night on December 14, 1983. In the beginning, my childhood was as normal as any other. I discovered alcohol in the beginning of my adolescence and quickly found myself drinking like an alcoholic before I was 18. I almost always drank myself into a blackout. Drinking coupled with ecstasy, methamphetamine, and marijuana was bound to land me into prison or an early grave. After I came of age, I joined the military to be an aircraft mechanic and stopped using drugs for the time being and only drank. From there I went to places like Kentucky, South Carolina, California, Virginia, Tennessee, Kuwait, Iraq, and Afghanistan. After 12 years of incident-free service in the United States Army, I was discharged for marijuana use just shy of my 13-year anniversary. Returning to Alexandria completely broke, homeless, and jobless, I got a job at a local pizzeria and then as a lube tech at a Ford Dealership. Thinking that I only would drink, I found myself chasing crystal meth and marijuana instead. During my adventures, the Department of Children and Family Services placed my nine-month-old twin babies into foster care until I could straighten up. Instead of heeding that wake-up call, things got worse. Two failed suicide attempts, terminations from both jobs and bouncing from couches to trap houses led me to get help.

I entered treatment at the Veterans' Affairs hospital and moved into Oxford House Beni, Chapter 6, in Alexandria, LA after I finished treatment in August 2016. I left in good standing with a zero balance in May of the next year. During my stay in Oxford House, I got my job back at the dealership. I found myself participating in Chapter and HSC and various other committees as well as volunteering for positions in my home group for Alcoholics Anonymous. It wasn't easy though. I had to learn how to be responsible for my actions again, help other housemates and members along their recovery as well as participate in my own. In Oxford House, I began to learn what service work really meant. I went to treatment centers to share my experience, strength, and hope. I participated in YPAA conferences and began working the program of AA with others. Alexandria Oxford Houses will always have a special place in my heart.

Today, I have over three years of sobriety. I was awarded sole custody of my twins in March of 2018. I was promoted to Lead Commissioned Auto Technician at the dealership before I was offered a position as a Civilian Contractor Aircraft Electrician here at the Corpus Christi Army Depot. Just yesterday, I signed the lease for a beautiful home in the Southside here and my family couldn't be more excited. Three years of sobriety and I can't believe how far I've come. I hope to see some of you as I trudge this road of recovery.

Michael – Oxford House Alumnus

My name is Michael and I am a recovering alcoholic. I have not found it necessary to drink or drug since April 1, 2016 and I thank God every waking minute for that. My life before recovery looked like drinking at the age of 14 and using drugs at 17. If it was available, I was getting my hands on it one way or the other. I was managed by fear and a life plagued by multiple bad decisions. I still look back and wonder how I ever managed to get through, let alone still earn my associate degree. That was about the time my use with drugs and alcohol spiraled out of control. I was 21 with 2 DWI's and my license suspended for 3 years. Seven years and two rehabs later, it was noticeably clear that the only thing I was successful at was becoming unemployed and homeless.

During my rehabilitation at the MASH Facility in Lubbock, Texas there was a gentleman by the name of Tom H., who brought a presentation about Oxford House. My first thought was: "A frat house without drugs and alcohol! Well, where do I sign up?" It was music to my ears! He spoke of the success that Oxford House had been for so many years; my second thought was, "I cannot pass up this opportunity." After all, I had nothing to lose. So, I applied, had my interview and was accepted. I found a home at the Richard Lee Oxford House in Lubbock. Finally! A step in the right direction. It gave me a boost of confidence. The guys in that house were like brothers and they took me in as their own. As a matter of fact, some are still my friends today.

A year had gone by and something was missing. I had many sponsors but had not done the work. As you can guess I relapsed. I quickly turned to my brothers and it was suggested that, after 30 days, getting a sponsor, and putting in work, I could re-interview at the house. I did it and came back. The one thing my brothers gave me was accountability. I was desperate to have it back! From that point on, I was determined to earn everything outright. Oxford House helped me to become successful at all the little things that mattered, from paying bills to having made some of the best relationships ever. They showed me a way of love and tolerance that would help me grow. I have since moved out and live on my own but still stay connected.

I've been an Oxford Alumnus since April of 2017 and have managed to start a successful Alumni Association of Dallas-Ft. Worth which has come to grow with 29 other Alumni who can each tell you about the success they've become – all because of this place called Oxford House. As part of the Alumni Association, I can continue to grow alongside my peers. Oxford House, along with a 12-step program, gave me a life of recovery beyond my wildest dreams. I can honestly say that Oxford House saved my life and, without it, I do not know if I ever would have been found.

Terrall Guidry, Sr. – Oxford House Resident

Life before recovery and Oxford House was many trips to jails and institutions, and many failed attempts to get sober and clean. I sold and used many of the common drugs that are floating around the drug world as well as indulged in far too many criminal activities. I had my fair share of run-ins with law enforcement and also used many hard drugs that could have killed me. I was homeless and running wild in the downtown streets of San Antonio Texas.

Today I'm 8 months sober, working 2 jobs, have almost completed a 3-year probation term and am an active member in the Oxford House recovery world. I'm currently Fundraising Chair with the Reentry Committee and I have served as a Reentry Chair for Chapter 29. I'm currently the President at Oxford House Beacon Hill and being of service whenever possible with the Reentry Committee. By the Grace of God, I'm willingly making a positive change in everything I do in life today. "Progress not perfection." I'm a part of an Oxford House Inspirational page on social media in which I share positivity daily to encourage others in recovery. Oxford House has been instrumental

to my success because it has given me the chance to learn about accountability, saving money, prioritizing, working an honest program, being of service, helping others and doing things I thought I would never do. It has showed me how to: **THINE SELF BE TRUE; TRUST THE PROCESS & PROGRESS; NOT PERFECTION!;** and **WE DO RECOVER.**

Treyce Hodges – Oxford House Resident

Covid19 has offered challenges to every individual, family, business, and institution in our world. Oxford House is no exception. However, the Oxford House model has proven itself sound throughout the turmoil of the last 45 years, and the experiences of one House in Fort Worth confirms that the emphasis on personal growth paired with the support of a strong recovery community is the perfect prescription for battling this pandemic.

Oxford House Florentine had been open only two months before the World Health Organization declared a global pandemic. Many strong, longtime residents have had to leave their Oxford Houses in order to protect themselves or their family members and Oxford House Florentine, still in its infancy, lost 1 of its 2 founding members at the onset of the public crisis, leaving them on less than solid ground to face the coming challenges. Oxford Houses across the country have seen a decline in applicants. Strict quarantine guidelines in place at many facilities previously visited by our members has made spreading awareness of our existence difficult; concerns about communal living in the face of the disease has dampened our appeal; and the general atmosphere of upheaval makes the individual addict or alcoholic less likely to seek treatment.

Oxford House Florentine residents felt the effects of this trend firsthand as they struggled through most of the summer months at half capacity or lower. In late July, after the loss of the second founding member, the three remaining residents decided to fight for their home despite what seemed like impossible odds. In their personal recovery, they had learned to reach out for help, and they applied that principle by reaching out to their Chapter. With that guidance and support, they made difficult decisions to raise their own rent and sacrifice their own amenities in order to keep their doors open.

The women of Oxford House Florentine, exhausted but resilient, had just begun their reconstruction efforts when one of their residents tested positive. With an outpouring of support from all over the region, this challenge too was met with great success, and the virus was not spread to a single other person in the House or community. August and September have been months of healing and growth and prosperity for Oxford House Florentine. Still in the midst of a pandemic, the house is almost full and the bank account is healthy. The hard-won experience of Oxford House Florentine's now-senior members is the solid foundation of a home that promises to provide a safe, stable, sober environment for recovering addicts and their children for years to come.

WASHINGTON STATE

Mike W. – Oxford House Alumnus

Before being accepted into an Oxford house on a phone interview while I was in treatment, I had tried everything to get clean. I had gone to jail 10 times in 2015 on different DOC violations because I would slip into my old ways every time I got out. I always made promises to myself when I was locked up to stay clean but, when I got out, I never had a safe environment to go to and always ended up getting loaded.

The accountability that Oxford gave me out of treatment was what I was missing. When I got clean, I had no money, no job, no car, was on probation, and hadn't seen my son in over 3 years. With the foundation that Oxford gave me, I slowly started getting the important things back. It wasn't long before I was gainfully employed and paying my own EES.

The relationships I found in Oxford helped me through some tough times. At about a year clean, my best friend died of an overdose. If it wasn't for the trust I had in my brothers in the house, I'm not sure if I could have made it through that clean. As a man, to be able to cry to another man without judgement is a powerful thing. Fast forward a few years and my life is better than anything I could have ever dreamed. Recently I bought a house and moved out of Oxford. Something that seemed unattainable just a few years ago is now a reality, a dream come true. Without that chance that Oxford gave me on a phone interview while I was in treatment, none of this would have been possible. Today, we share 4 years 10 months and 17 days and I owe all that to those guys that took the chance on me.

Nicole Hoskins – Oxford House Alumna and Outreach

As the world started to change and the stay-at-home order began in the State of Washington, I witnessed the ladies of Oxford House Karma deal with an uncharted COVID-19 quarantine situation in March 2020. There was a lot of fear about accepting new members when this all first started. There was a lot of fear around interviews. We did not know where people had been or if they were staying safe and following guidelines. We did not know if they could potentially bring COVID-19 into the Oxford House.

One afternoon I received a call from a local treatment facility. They were releasing everyone, and they were trying to find emergency placement. There was not enough time for interviews, and we had to move fast. Emergency placement is one thing but emergency placement for someone with possible COVID-19 exposure was another. Oxford House Karma decided to take one of the ladies. We needed to figure out how to quarantine someone and make sure that the rest of the house remained safe. Everything just seemed to work out perfectly. There was a bedroom next to the bathroom and the lady who occupied the room at the time was in the process of moving so she actually allowed us to move her early. I nailed sheets to block off the area so the new member could move freely from the bedroom to the bathroom without exposing the House. We set up a laptop in the room and added Netflix to pass the time, provided her bedding, recovery books, cough drops, EmergenC packets, towels, and hygiene. The window was located off of the porch, so I was able to put a TV tray in front of it and we used that as a place to provide her meals.

I remember thinking about what she had to be going through. The fear of being released from treatment with a possible COVID-19 exposure to an unfamiliar house to quarantine, not knowing anyone and not knowing what type of care she would receive. This woman had no idea what type of situation she was being left in. The fear in her face was heartbreaking when someone from the treatment facility dropped her off. Oxford House Karma took such good care of this woman. It was a great example of selfless service and compassion. The gratitude she expressed, and how thankful she was, will stay with me for the rest of my life. It was so amazing to see a group of women come together and put aside their fears and show everyone what Oxford House is truly about. Thankfully we received her test results not even 48 hours after she arrived and they were negative.

Patricia Guest – Oxford House Alumna and Outreach

I am Patricia Guest and I am a Washington State Outreach Worker in King County. I have been asked to comment on how Covid-19 has affected me as an Outreach Worker. Boy, where to begin, it's been quite the year! I was hired in mid-November of 2019. I was so excited to become an employee of an organization I love and believe in and I was off on a great start opening my first Oxford House. Those first few months were busy with all the new House preparations, learning the process of the paperwork, gathering the furnishings, interviewing, very exciting. Then, in March, on the day the House opened, our Governor put the stay-at-home order into effect and the work process changed. It was so hard for me not to be there in person on that first House meeting night, such a deflating feeling!

For me, the hardest part is not being with the residents, I was enjoying the Chapter meetings and just getting to know people, putting names and faces together, and building relationships, which is a huge part of this job. I must admit I felt lost when things came to a stop, and I have questioned my abilities to do this job effectively. Thankfully, I have great co-workers and awesome Senior Outreach that are always there for me.

Now that we are seven months into this, the challenge has been to get people excited and step up into service; a lot of the longer-termed residents have move on and out and the newcomers haven't had the chance to experience Oxford House the way I did. They only have had Zoom Chapter meetings; they haven't experienced the sense of family or being part of something bigger that you get when gathered together in a living room with good people and good food or the fun and camaradery of a Chapter bingo or State meeting. We are trying to work on creative ideas to address this; one of my Chapters has implemented a drawing for a \$25 Amazon card at each Chapter meeting, which we are still doing by Zoom. Another Chapter is working together to come up with a hoodie design for fundraising and next month we will be doing House Officer training via Zoom. In the meantime, I look forward to the time when we can gather again as a family.

On the bright side of Covid-19, I have become more efficient on the computer and really good at treasurer training via Facetime. It has pushed me beyond my comfort zone and that's not a bad thing. I still battle with my doubts when it comes to my ability to do this job effectively but when this happens and I am feeling out of sorts and out of touch, I know I can reach out to any of my co-workers and that's a great thing!

Shelly G. – Oxford House Alumna

When I got out of treatment on August 13, 2017, I had no intention of moving into Oxford or any type of sober living. My son made that choice for me the day he said, "Mom, I want you to move into Oxford." On August 28, 2017, I moved into the Athena Oxford House in Lynnwood. My life completely changed! I made friends who are still my best friends. I decided to move into the Lotus 2 House on May 1, 2019. Since I moved in here, I have had almost every Chapter position. Hell, one was even created for me! Parking lot attendant! Because of Oxford House and everyone in Oxford, I have been pushed to do better and be better! There is nothing that I can't handle! I have always failed in life since becoming an addict. But, in recovery, I don't know how to fail! I am not afraid to push myself to take on new challenges!

Today, I told my friends at Lotus 2 that my last day here will be August 29th and on August 30th I will be driving to Montana to be a mom again. I am starting a new chapter in my life to be what I was put on this earth to do. Unfortunately, addiction took that from me years ago. But I decided I am finally ready to be a mom again. I have lived and breathed Oxford since I moved in and I am forever grateful for the life my Oxford family has given me. When I say 'I love you all', I mean it from the bottom of my heart! I love you and thank you!!

Tia R. – Oxford House Resident

I came to Oxford from a relapse after a year of sobriety from a 15-year opiate/heroin addiction. I had run my body, my mind and my life into the ground. Even though I had been clean for a year, that was all that it was, abstinence from drugs and alcohol. I had stopped working a program and that got me right back to where I had started. I needed something different.

I heard about Oxford in treatment and was voted into an Oxford House on the couch during an emergency interview. Although that first Oxford House was not a good fit for me and what I needed at the time, it led me to a House that changed my life. I didn't know how to deal with life's ups and downs, feelings, and responsibility; I didn't know what it meant to be a person without drugs. I celebrated the little things, things that were common sense or second nature to "normal" people. Building relationships, starting with the

amazing women in my house. I learned how to accept constructive criticism, face my trauma and learned to cope and heal. I discovered the strength to stay sober and present through the death of my father figure and the grandmother that raised me. I learned that it is OK to lean on those that you trust and ask for help.

I started to build my life again. I got my license back, got my first job in 7 years, started paying off my debt. It was at that point that I decided to give back to the program that had given so much to me; the program and community that had given me my life back. I joined on as an officer in my Oxford Chapter. A Chapter that in reality needed a lot of work. It was challenging, time-consuming and so incredibly rewarding to try to be an example and help guide people that are where I was and to help show them that sobriety is just the first step in the journey of recovery.

Without Oxford, I would not be where I am today. I have a family in the women of my House. I have a career where I GET to show up and perform to the best of my ability. I have the first healthy relationship of my life because I now have the skills to be open and communicate. I get to be present with my family today, I get to be present for myself. It is not always easy, but I get to work on myself and strive to be the best version of myself each day. I know my worth today and I could never ask for anything more.

WEST VIRGINIA

Milly Smith – Oxford House Resident

When I think about myself in active addiction the word that comes to mind is hopelessness. I was at the end of my rope and ready to let go. I've been in and out of recovery for 12 years. I've been to rehabs, psych wards and jails. I've used self-propulsion, self-knowledge and self-will to try to get and stay clean and none of that worked. I've tried to stay clean for the wrong reasons, to get things back, when I've needed to do it to get myself back.

My journey with Oxford House started in May of 2018 in Roanoke, VA. I had recently gotten out of jail and needed a safe, sober place to live and, although I knew little about Oxford House, it seemed to meet those qualifications. It was definitely a new experience living in a House with six other women and it took some adjustment but I really liked the camaraderie and shared experiences we had. I liked that we held each other accountable for our disruptive behaviors. I especially liked that everyone had an equal voice. I got involved early at the Chapter level and became Chapter Secretary. I found it to be a rewarding experience. I got to know members at other Houses and became a part of Chapter unity.

After some time, I attended a Virginia State Association meeting out of curiosity and I was nominated and selected as the new State Secretary. This was a huge honor for me because it meant I would have the opportunity to work at the state level with people I had admired and looked up to. I had high standards to meet and I was thrilled to be able to uphold them. I made new friends and mentors along the way. Eventually I decided to make a move to Morgantown, WV to be closer to my son. I was accepted into a House there and immediately threw myself into service. I knew that would be the best way to get to know the area and the people in the Chapter. I became the HSC Co-chair and had the privilege to visit and help out at all of the houses in the Chapter.

Service to Oxford House has enhanced my life and recovery in multiple ways. When I moved into Oxford House, I had over \$5,000 in court fines that needed to be paid off and I had no job, driver's license or bank account. Even worse, I had no self-esteem. Over time, and by applying the Oxford House model to my own life, I was able to pay off all of my fines, become gainfully employed, obtain a checking AND savings account and have my license reinstated. What's more important is that, today, I have hope. I finally feel good about myself and have a sense of purpose. Oxford House has given to me more than I ever imagined and for that I will always be grateful and do my best to give back.

Tressie Payne – Oxford House Resident

I moved into Oxford House Bonnie on February 11, 2019. Before moving into an Oxford House, I had been abstinent from drugs for almost 13 months but I knew there was something missing. I just didn't know exactly what that was. Since moving into Oxford House, my life and my recovery have taken a huge turn. Where I come from is a very small town and I had little to no support and, in all honesty, I didn't see myself making it in recovery. When I moved into Oxford House, not only did I gain a safe environment to continue my sobriety, but I also gained an enormous amount of support, not only from the girls in my house but from my outreach worker, the other members in the Chapter and even from members in the other Chapters. I started to attend 12-step meetings and really start my journey into recovery because, even though I had been abstinent, I hadn't realized there was SOO much more to recovery than just not using.

Since moving into Oxford House, I have been able to accomplish so many things. I have opened a bank account; I now have a car; I have paid off all my debt; I have a good job that I've been at for a while, and so much more. Although I'm extremely proud of all the things I've been able to accomplish in my life since moving in, I think the best thing I have received from Oxford House is the love and support and now being able to give that same love and support to newcomers who are just trying to find their way in this world. I am so truly grateful for the chance I received when the girls accepted me into this House.

WISCONSIN

Ben Radovich – Oxford House Resident

I am currently living at Oxford House Green Tree. Before moving into an Oxford House, my life was in a constant state of chaos. I lived by my own rules and did what I wanted when I wanted. I had zero structure and less accountability. Every day I would wake up trying to figure out how I was going to get my next fix. I did some things that I am not proud of and ended up going to prison for 6 years. While I was locked up, I made a conscious decision that it was time to wake up and get sober. I thought it was going to be easy because I was locked up and that I wouldn't be able to get anything. Boy, was I wrong. I stuck to my guns and I'm happy to say that I am coming up on 6 years sober.

Coming straight out of prison to an Oxford House, I was not happy that I was going to have to follow yet another set of rules and be held accountable and hold other member accountable. Turns out it was much easier than I expected as long as I just applied myself. I am very happy with my decision and even more grateful to the guys in the house for giving me the chance to prove to them and myself that I was ready for a change. While living here I now have the structure and accountability that I need. If it wasn't for this place, I have absolutely no doubt in my mind but that I would be back in full blown addiction. With this place, I have found friends that share the same goals I have; they've help me turn my life around and stay sober. Anytime I go out to meetings, I share my experience of living in the House and try to spread the Oxford House name and how it has helped me and how it could help others looking for a safe healthy place for their recovery.

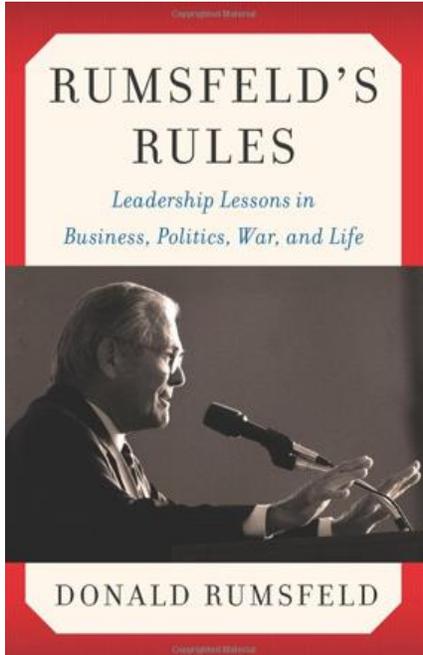


Tee Shirt at 2019 Oxford House World Convention

IN MEMORIAM

Donald Rumsfeld

Over the years, Oxford House™ has been befriended by numerous leaders and friends. Donald Rumsfeld learned about Oxford House™ when one of his children needed recovery support. Working with his wife Joyce, Rumsfeld tracked down their child and convinced him to give Oxford House a try. He did and it bought the time and peer support he needed to turn from addiction to recovery without relapse.



Shortly after this good outcome, Mrs. Rumsfeld was about to celebrate her seventieth birthday. Her husband asked what she wanted for her birthday, and she replied that she was so thankful to Oxford House that he should give them a gift. So it was that, shortly thereafter, when he opened the mail, Paul was shocked when a \$70,000 check to Oxford House, Inc. fell out. It was a check from Don Rumsfeld that he gave to Oxford House, Inc. to celebrate their son's recovery and Joyce's 70th birthday.

A couple of years later Secretary Rumsfeld gave a few of his books "Rumsfeld's Rule" to Oxford House to raffle off at our annual convention.

Donald Rumsfeld died in June 2021. We all again thank the Rumsfeld family and offer our sincere condolences.

Byron Merriweather

Everyone in the Oxford House family was saddened to learn of the untimely death earlier this year of Byron Merriweather, OHI's long-time outreach worker in Ghana. Byron got sober in an Oxford House in the United States and in 2008, Paul asked him if he would go to Ghana and help Recovery Africa start Oxford Houses there. Byron readily agreed and, after some considerable effort, was able to get a passport and get to Africa.

He was very successful there – working with Dan O'Laughlin in 2009 to get the first Oxford House started in Accra. Over 160 residents have lived in the three Oxford Houses in Ghana. Byron was a great ambassador for Oxford House!



While in Ghana, Byron also found a wife. The picture above shows the bride and groom on their wedding day.

Recipients of the 2021 Board of Directors' 100-Year Award

Individual Houses:

Alabama

Oxford H.-Appalachian Mts.
Oxford H.-Azalea City
Oxford H.-Longleaf Pine
Oxford House-Mayfair II
Oxford House-Mobile
Oxford House-New Tide
OH-Over the Mountain
OH-Yellow Hammer

Arkansas

Oxford House-Harness

Arizona

Oxford House-Adsila
Oxford House-Del Sol
Oxford House-Desert Bloom
Oxford House-Desert Steps
Oxford House-Diamond Back
Oxford House-Elden
Oxford House-Goldwater
Oxford House-Granite Stone
Oxford House-Highland Pines
Oxford House-Kokopelli
Oxford House-Mandalay
Oxford House-Mesa
Oxford House-Mesto
Oxford House-Olive Branch
Oxford House-Prescott Valley
Oxford House-Sentinel
Oxford House-Sonoran
Oxford House-Stormborn
Oxford House-Sun Devil West
Oxford House-Sunset Palms
Oxford House-Tres Palms
Oxford House-Valyrian
Oxford House-Villa Roca
Oxford H.-Wilshire Heights
Oxford House-Winterfell
Oxford House-Wylde
Oxford House-Yavapai

Colorado

Oxford House-Acacia
Oxford House-Adams Drive
Oxford House-Ava Grace
Oxford House-Bluestem
Oxford House-Britton Park
Oxford House-Broomfield
Oxford House-Canosa
Oxford House-Cleo
Oxford House-Del Mar
Oxford House-Dublin
Oxford H.-Edgewood Drive
Oxford House-Eve
Oxford H.-Exposition Drive
Oxford House-Fort Collins
Oxford House-Gemstone
Oxford House-Grand Valley
Oxford House-Jewel II
Oxford House-Jubilee
Oxford House-Loveland
Oxford House-Maizeland
Oxford House-Majestic
Oxford House-McArthur
Oxford House-Miller
Oxford House-New Dawn II
Oxford House-Norwich
Oxford House-Omega
Oxford House-San Miguel
Oxford H.-Southern Gables

Oxford House-Wildfire
Oxford House-Woodmare

District of Columbia

Oxford House-Ben Black

Delaware

Oxford House-8th Street
Oxford House-Alderaan
Oxford House-Athena Place
Oxford House-Bedford
Oxford House-Breezewood
Oxford House-Capital Trail
Oxford House-Castiglione
Oxford House-Chestnut Hill
Oxford House-Excelsior II
Oxford House-Genesis II
Oxford House-Ida B. Wells
Oxford House-Nimoy
Oxford House-Raven Claw
Oxford House-Salem Woods
Oxford House-Silver Lake
Oxford House-Taurine
Oxford House-Tiberius
Oxford House-Uhura
Oxford House-Victory Lane

Florida

Oxford House-Ashton
Oxford House-Blossom
Oxford House-Breeze
Oxford House-Cain
Oxford House-Clusia
Oxford House-Danny
Oxford House-Firefly
Oxford House-Glo
Oxford House-Gwendolyn
Oxford House-Jaguar
Oxford House-Jax
Oxford House-Key Lime
Oxford House-Leon
Oxford House-Magnolia Park
Oxford House-Mill Cove
Oxford House-Noles
Oxford House-Panama City
Oxford House-Panhandle
Oxford House-Premier
Oxford House-Raising Hill
Oxford House-Tabicat
Oxford House-Tallahassee
Oxford House-Waltham
Oxford House-Waves

Hawaii

Oxford House-Coconut Grove
Oxford House-Kealoha
Oxford House-Liholiho
Oxford House-Niu Valley
Oxford House-Paopua

Idaho

Oxford House-Burrell
Oxford House-Nez Perce

Indiana

Oxford House-Anew
Oxford House-Aurora South
Oxford House-Ebby
Oxford House-Eden Coe
Oxford House-Emory
Oxford House-Indy
Oxford House-Kai

Oxford House-Kiyō
Oxford House-Mana
Oxford House-Mariposa
Oxford House-Maya
Oxford House-Sage
Oxford House-Supernova

Kansas

Oxford House-Braeburn
Oxford House-Halsey 2
Oxford House-Robin
Oxford House-Terrace
Oxford House-Waco

Kentucky

Oxford House-Amare
Oxford House-Amory Place
Oxford House-Asher
Oxford House-Brown Avenue
Oxford House-Cave Run
Oxford House-Chana
Oxford House-Cherokee Park
Oxford House-Derby
Oxford House-Devi
Oxford House-Eagles Landing
Oxford House-Ellie
Oxford House-Ember
Oxford House-FDR
Oxford House-Greenup
Oxford House-Hollow
Oxford House-Hubbards Lane
Oxford House-Kali
Oxford House-Kalon
Oxford House-Kaya
Oxford House-Keeneland
Oxford House-Kiah
Oxford H.-Lake Lumberland
Oxford House-Lily
Oxford House-Lost River
Oxford House-Louisville
Oxford House-Makada
Oxford House-Marco
Oxford House-Morehead City
Oxford House-Mossimo
Oxford House-Moyo
Oxford House-Noel
Oxford House-Ohana Park
Oxford House-Penelope
Oxford H.-Point of Freedom
Oxford House-Potomac
Oxford House-Reagan
Oxford House-Riverwood
Oxford House-Roe
Oxford House-Rose
Oxford House-Rumah
Oxford House-Sila
Oxford House-Sonder
Oxford House-University
Oxford House-Vara
Oxford House-Vivianna
Oxford House-Waverly Park
Oxford House-Willing
Oxford House-Yana

Louisiana

Oxford House-Acadiana
Oxford House-Alpha
Oxford House-Avalon II
Oxford House-Baton Rouge
Oxford House-Bella Donna
Oxford House-Belle
Oxford House-Belle Maison

Oxford House-Beni
Oxford House-Bermudez
Oxford House-Bon Famille
Oxford House-Bon Pere
Oxford House-Bon Temps
Oxford House-Boxwood
Oxford House-Broadmoor
Oxford House-Brooke
Oxford House-Bruce 2
Oxford House-Bye-Water
Oxford House-Canal
Oxford House-Cayenne
Oxford House-Cenla
Oxford House-Clearview
Oxford House-Cole
Oxford House-Convocation
Oxford House-De la Majorite
Oxford House-Dena Lynn
Oxford House-Dominican
Oxford House-Drusilla
Oxford House-Dulles
Oxford House-Elysian
Oxford House-Essen
Oxford House-Estay
Oxford House-Etouffee
Oxford House-Flannigan
Oxford House-Forsythe
Oxford House-Gretna
Oxford House-Gumbo
Oxford House-Harrell
Oxford House-Haven
Oxford House-Jambalaya
Oxford House-Jazz
Oxford House-Jones Creek
Oxford House-Kenner
Oxford House-L. Raye
Oxford House-Lagnippe
Oxford House-LaRouge
Oxford House-LaSalle
Oxford House-Le Grand
Oxford House-Leah
Oxford House-Lions Den
Oxford House-Little Italy
Oxford House-Louisiana
Oxford House-Mandeville
Oxford House-Maplewood
Oxford House-MCJ Walker
Oxford House-McNeese
Oxford House-Metairie
Oxford House-Mint House
Oxford House-Mirabeau
Oxford House-Mon Cher
Oxford House-Nevach
Oxford House-New Leaf
Oxford House-Nola
Oxford House-Old Hammond
Oxford House-Palmer Park
Oxford House-Pierremont 2
Oxford House-Pinhook
Oxford House-Pontchartrain
Oxford House-Prien Lake
Oxford House-Prîeje
Oxford House-Ragin Cajun
Oxford House-Red River
Oxford House-Red Rose
Oxford House-Regalia
Oxford House-Rhiannon
Oxford House-River Boat
Oxford House-Roma
Oxford House-Saint George
Oxford House-Santeria
Oxford House-Selene

Recipients of the 2021 Board of Directors' 100-Year Award

Oxford House-Shawn
 Oxford House-Silver Lining
 Oxford House-Soignet
 Oxford H.-South Alexandria
 Oxford House-Southern Oak
 Oxford House-Southfield
 Oxford House-Southshore
 Oxford House-St Tammany
 Oxford House-St Thomas
 Oxford House-Stockton
 Oxford House-Tams
 Oxford House-Tangi
 Oxford House-Tanner
 Oxford House-Treasure Island
 Oxford House-Uptown
 Oxford House-Village Creek
 Oxford House-Warrior
 Oxford House-Waterfront
 Oxford House-Wenham
 Oxford House-Whittington
 Oxford House-Windsor

Maryland

Oxford House-Cheverly
 Oxford House-Glenarden
 Oxford House-Safe Haven
 Oxford House-Silver Spring

Maine

Oxford H.-Brighton Avenue

Missouri

Oxford House-Aster
 Oxford House-Chouteau
 Oxford H.-Hammond Place
 Oxford House-Holmes
 Oxford House-Lees Summit
 Oxford House-Livingood
 Oxford House-Paulsen
 Oxford House-Penguin Park
 Oxford House-Platte Woods
 Oxford House-River Bluff
 Oxford House-Robberson
 Oxford House-Russel Road
 Oxford House-Shenandoah
 Oxford House-Swope Park
 Oxford House-Wayne
 Oxford House-Westport
 Oxford House-Zona

Mississippi

Oxford House-Big Lake
 Oxford House-Bon Ami
 Oxford House-Forrest Park
 Oxford House-Landon Place
 Oxford House-Medallion
 Oxford House-Phoenix
 Oxford House-Rodenberg
 Oxford House-Shuckers
 Oxford House-Sunkist
 Oxford House-Tropicana

North Carolina

Oxford House-11th Street
 Oxford House-Air Harbor
 Oxford House-Amhurst Rd
 Oxford House-Asheville
 Oxford House-Askham
 Oxford House-Biscayne
 Oxford H.-Bluff Wood Court
 Oxford House-Brandon Road
 Oxford House-Brentwood
 Oxford House-Bretonshire

Oxford House-Brewer
 Oxford House-Brinkley
 Oxford House-Buck Jones
 Oxford House-Cahaba
 Oxford House-Camden Circle
 Oxford House-Cannon Park
 Oxford H.-Carolina Avenue
 Oxford House-Carrboro
 Oxford House-Central
 Oxford House-Chaney
 Oxford H.-Christopher Road
 Oxford House Church Street
 Oxford House-College Road
 Oxford House-Covil House
 Oxford House-Covington
 Oxford House-Daley
 Oxford House-Dellwood
 Oxford House-Dotson
 Oxford House-Doune
 Oxford House-Driver
 Oxford House-Dunn
 Oxford House-Durham
 Oxford House-Elder
 Oxford House-Estes
 Oxford House-Fairview
 Oxford House-Faith
 Oxford House-Ferris
 Oxford House-Firelight
 Oxford House-Fleming
 Oxford House-Fox Road
 Oxford House-Franklin Street
 Oxford House-Gardenview
 Oxford House-Gardner Circle
 Oxford House-Gamer
 Oxford House-Glenwood II
 Oxford House-Greene Street
 Oxford House-Greene St - N
 Oxford House-Greenwich
 Oxford House-Grinnell
 Oxford House-Harpers Mill
 Oxford House-Harvard
 Oxford House-Haven Road
 Oxford House-Hearth
 Oxford House-Homestead
 Oxford House-Howard Street
 Oxford House-Hunting Ridge
 Oxford House-Hyde Park
 Oxford House-Ilford
 Oxford House-Indian Trail
 Oxford House-Irvington
 Oxford House-Jacksonville
 Oxford House-Jones Franklin
 Oxford House-Jones Sausage
 Oxford House-Justice
 Oxford House-Kings Hill
 Oxford House Kings Mill Rd
 Oxford House-Kingsland
 Oxford House-Lucerne
 Oxford House-Lyndhurst
 Oxford House-Mallard
 Oxford House-Mayridge
 Oxford House-McGregor
 Oxford House-Mendenhall
 Oxford House-Merritt Mill
 Oxford House-Montclair Road
 Oxford House-Mordecai
 Oxford House-Morehead
 Oxford House-Morgan Creek
 Oxford House-Narbeth
 Oxford House-Neuse Timbers
 Oxford H.-New Foundation
 Oxford House-New Hope

Oxford House-Newbury
 Oxford House-North Hills
 Oxford House-North Trail
 Oxford House-Oakmont
 Oxford House-Oakridge
 Oxford House-Oatgrass
 Oxford House-OBX
 Oxford House-Ocean Acres
 Oxford House-Old Farm
 Oxford H.-Old Oxford Road
 Oxford H.-Old Winston Road
 Oxford House-Piedmont
 Oxford House-Pinecrest
 Oxford House-Pinewood Lane
 Oxford House-Pond
 Oxford House-Quail Hollow
 Oxford House-Queen Street
 Oxford House-Rangeley
 Oxford House-Redbanks
 Oxford House-Rock Hill
 Oxford House-Round Top
 Oxford House-Roxboro
 Oxford H.-Seahawk Square
 Oxford House-Sharon-Amity
 Oxford House-Shattalon
 Oxford House-Smith Creek
 Oxford House-South Hills
 Oxford House-Spaulding
 Oxford House-State Street
 Oxford House-Stedman
 Oxford House-Steeds Run
 Oxford House-Stockton Drive
 Oxford House-Stonehaven
 Oxford House-Sudbury
 Oxford House-Summerlyn
 Oxford House-Swann
 Oxford House-Tar Heels
 Oxford House-Van Thomas
 Oxford House-Vanguard
 Oxford House-West Patterson
 Oxford House-West Poplar
 Oxford House-Willow
 Oxford House-Woodduck
 Oxford House-Wright Road
 Oxford House-Wyoming

Nebraska

Oxford House-Aksarben Park
 Oxford House-Beskar
 Oxford House-Breta
 Oxford House-Brookhill
 Oxford House-Hansen Manor
 Oxford House-Harmon Park
 Oxford House-Hayes
 Oxford H.-Midtown Crossing
 Oxford House-Meadows

New Hampshire

Oxford House -Manchester

New Jersey

Oxford House-11th Avenue
 Oxford House-13th Avenue
 Oxford House-5th Avenue
 Oxford House-Artie Scott
 Oxford House-Bartrum
 Oxford House-Bay Lea
 Oxford House-Bayshore
 Oxford House-Bond Street
 Oxford House-Bradford
 Oxford House-Carnegie
 Oxford House-Casa Del Mar

Oxford House-Cinnaminson
 Oxford House-Claire Drive
 Oxford House-Clairmont
 Oxford House-Cornwall
 Oxford House-Crows Mill
 Oxford House-Dickinson Ave
 Oxford House-Disney
 Oxford House-Doral
 Oxford House-Dorer
 Oxford House-Dudley
 Oxford House-East Brunswick
 Oxford House-Evesham
 Oxford House-Fischer Blvd
 Oxford House -Fletcher Lake
 Oxford House-Galway Place
 Oxford House-Garden Street
 Oxford House-Grand Central
 Oxford House-Haddon
 Oxford House-Hazelwood
 Oxford House-Howell
 Oxford House-Jarvis
 Oxford House-Johnson Ave
 Oxford House-Julez
 Oxford House-Kenbury
 Oxford House-Kendall Park
 Oxford House-Kingston
 Oxford House-Lakewood
 Oxford House-Langford
 Oxford House-Loch Arbor
 Oxford House-Lookout
 Oxford House-Matawan
 Oxford H.-Meadowbrook Cir
 Oxford House-Melrose Ave
 Oxford House-Merion
 Oxford House-Millbrook
 Oxford House-Monument
 Oxford House-Moorestown
 Oxford House-Ocean
 Oxford House-Palisade
 Oxford House-Parish Lane
 Oxford House-Parsons
 Oxford House-Patcong Creek
 Oxford House-Pine Fork
 Oxford House-Point of Woods
 Oxford House-Rae
 Oxford House-S. Toms River
 Oxford House-Stratford
 Oxford House-Stuart Street
 Oxford House-Sturbridge
 Oxford House-Texas Drive
 Oxford House-Thompson
 Oxford House-Tigger
 Oxford House-Union Creek
 Oxford House-Van Court
 Oxford House-Vineland
 Oxford House-Waters Edge
 Oxford House-West Orange
 Oxford House-Witherspoon
 Oxford House-Woodbrook

New Mexico

Oxford House-Juan Tabo
 Oxford House-Snowheights

Oklahoma

Oxford House-Affinity
 Oxford House-Anthem
 Oxford House-Awakening
 Oxford House-Beech
 Oxford House-Bil-Mar
 Oxford House-Bricktown
 Oxford House-Burning Tree

Recipients of the 2021 Board of Directors' 100-Year Award

Oxford House-Caesar
 Oxford House-Centum
 Oxford House-Claremont
 Oxford House-Cloverleaf
 Oxford House-Dolese
 Oxford House-Durant
 Oxford House-East Moore
 Oxford House-E Wedgewood
 Oxford House-Edgewood 2
 Oxford House-Edmond 2
 Oxford House-Escalate
 Oxford House-Flair
 Oxford House-Flourish
 Oxford House-Frantana
 Oxford House-Grace Hill
 Oxford House-Grandview
 Oxford House-Green Country
 Oxford House-Grove
 Oxford House-Heisman
 Oxford House-Hogan
 Oxford House-Holiday
 Oxford House-Holtzclaw II
 Oxford House-Integrity
 Oxford House-Lafortune
 Oxford House-Longan
 Oxford House-Marlynn II
 Oxford House-Midland
 Oxford House-Midwest City
 Oxford House-Mustang
 Oxford House-Naekita
 Oxford House-Nexus
 Oxford House-Oklahoma City
 Oxford House-Parish
 Oxford H.-Patterson Estates
 Oxford House-Pine Oak Place
 Oxford House-Progress Way
 Oxford House- Purpose
 Oxford House-Radium
 Oxford House-Regime
 Oxford House-Resurgence
 Oxford House-Rise
 Oxford H.-Rockwood Hills II
 Oxford House-Royal
 Oxford House-Rustic Hills
 Oxford House-Shadow Mtn
 Oxford House-Shawnee
 Oxford House-Sooner
 Oxford House-South Park Plz
 Oxford House-Southern Hills
 Oxford House-Stature
 Oxford House-Stride
 Oxford House-Sunburst
 Oxford H.-Terrace Manor 2
 Oxford House-Three Lakes
 Oxford House-Thrive
 Oxford House-Tulsa
 Oxford House-Voyage
 Oxford House-West Winds
 Oxford House-Will Rogers
 Oxford House-Woodridge

Oregon

Oxford House-Ashar
 Oxford House-Bentley
 Oxford House-Big Blue
 Oxford House-Blanton
 Oxford House-Brilliance
 Oxford House-C Roman
 Oxford House-Cos Bay
 Oxford House-Darna
 Oxford House-Dream
 Oxford House-Eden

Oxford House-Endor
 Oxford House-Glencoe
 Oxford House-Hazeldale Park
 Oxford House-Hoodview
 Oxford House-J Wallace
 Oxford House-Kinnaman
 Oxford House-Marlin
 Oxford House-Newton
 Oxford House-Onyx Street
 Oxford House-Royal Park
 Oxford House-Serenita
 Oxford House-St. Johns
 Oxford H-Warrenton Pioneer
 Oxford House-Waterpark
 Oxford House-West

Pennsylvania

Oxford House-Cecelia
 Oxford House-Donna J.
 Oxford House-Eau Claire Street
 Oxford House-Orchard Ave.

South Carolina

Oxford House-Chiron
 Oxford House-Conestee
 Oxford House-Montcrest
 Oxford House-Midland
 Oxford H-Nouveaux Famille
 Oxford House-Spero

Tennessee

Oxford House-Anderson
 Oxford House-Atlantis Abroad
 Oxford House-Avella
 Oxford House-Casanova
 Oxford House-Cleveland
 Oxford House-Crestone
 Oxford House-Cumberland N.
 Oxford House-Eperly
 Oxford House-Faxon
 Oxford House-Famille
 Oxford House-Faxon
 Oxford House-Fleur De Soleil
 Oxford House-Gibson Lodge
 Oxford H-High Pointe Terrace
 Oxford House-Hilltop East
 Oxford House-Hixson Terrace
 Oxford House-Holston
 Oxford House-Jolie
 Oxford House-Knoxford
 Oxford House-Metropolis
 Oxford House-Metta
 Oxford House-Milton
 Oxford House-Namaste
 Oxford House-Rhine
 Oxford House-Rocky Top
 Oxford House-Sublime
 Oxford House-Sunnyvale
 Oxford House-Tabula Rass
 Oxford House-Tatum
 Oxford House-Thiel
 Oxford House-Titan
 Oxford House-Volunteer

Texas

Oxford House-4th Dimension
 Oxford House-Abilene
 Oxford House-Ahavah
 Oxford House-Airport
 Oxford House-Atreides
 Oxford House-Bell
 Oxford House-Blanco

Oxford House-Bon Park
 Oxford House-Bowman
 Oxford House-Brettonwood
 Oxford House-Camilla
 Oxford House-Carson
 Oxford House-Childress
 Oxford House-Clover Haven
 Oxford House-Cortez North
 Oxford House-Costigan
 Oxford House-Creekmont
 Oxford House-Culebra
 Oxford House-Dallas
 Oxford House-Davis
 Oxford House-Dunaway
 Oxford House-Dynamis
 Oxford House-Emet
 Oxford House-Eqinox
 Oxford House-Feather
 Oxford House-Fort Worth
 Oxford House-Foxglove
 Oxford House-Gaia
 Oxford House-Genesis
 Oxford House-Gentry
 Oxford House-Gramercy
 Oxford House-Grayson
 Oxford House-Green Meadow
 Oxford House-Guilbeau
 Oxford House-Harkness
 Oxford House-Heather
 Oxford House-Huddleston
 Oxford House-Hulen
 Oxford House-Identity
 Oxford House-Invicta
 Oxford House-Janus
 Oxford House-Jennings
 Oxford House-Kirby Deuce
 Oxford House-Leon Valley
 Oxford House-Lions Park
 Oxford House-Marilyn
 Oxford House-McCart
 Oxford House-Meadow Park
 Oxford House-Noble
 Oxford House-North Heritage
 Oxford House-Parmer
 Oxford House-Pasler
 Oxford House-Pride
 Oxford House-Ramble Creek
 Oxford House-Revenant
 Oxford House-Ridgefrost
 Oxford House-Rosewood
 Oxford House-San Paula
 Oxford House-San Pedro
 Oxford House-Savannah
 Oxford House-Stonewall
 Oxford House-Trail Lake
 Oxford House-Tyler
 Oxford House-Valiant
 Oxford House-Valor
 Oxford House-Versilles
 Oxford House-Walton
 Oxford House-Westcreek
 Oxford House-Wood Oak
 Oxford House-Woodpine

Virginia

Oxford House-Amherst Street
 Oxford House-Angle Park
 Oxford House-Annandale
 Oxford House-Apple Blossom
 Oxford House-Appomattox
 Oxford House-Ballston
 Oxford H.-Bayview Gardens

Oxford House-Beall Drive
 Oxford House-Beau Lane
 Oxford House-Belle Haven
 Oxford House-Berkley Park
 Oxford House-Birdie
 Oxford House-Blossom
 Oxford House-Bon Air
 Oxford House-Brandy Jo
 Oxford House-Briarwood 2
 Oxford House-Brilyn
 Oxford House-Brookfield
 Oxford House-Carver
 Oxford House-Chain Bridge
 Oxford House-Chapel Hill
 Oxford House-Chesapeake
 Oxford House-Chester
 Oxford House-Clay Street
 Oxford House-Columbia Pike
 Oxford House-Coral
 Oxford House-Cottonwood
 Oxford House-Court Square
 Oxford House-Deer Springs
 Oxford House-Diva
 Oxford House-Douglass Park
 Oxford House-Edgehill
 Oxford House-Endurance
 Oxford House-Fair Oaks
 Oxford H.-Faircheter Woods
 Oxford House-Fenix
 Oxford House-Forest Glen
 Oxford H.-Forest Hills Park
 Oxford House-Forest Ridge
 Oxford House-Fry's Spring
 Oxford House-Glebe Road
 Oxford House-Glebewood
 Oxford House-Glen Carlyn
 Oxford House-Golden Maple
 Oxford House-Gosport
 Oxford House-Hampton
 Oxford House-Hazel Run
 Oxford House-Hera
 Oxford House-Horizon
 Oxford House-Hunter Street
 Oxford House-Jamestown
 Oxford House-Jameswood
 Oxford House-Kings Manor
 Oxford House-Kyber
 Oxford House-Lake Smith
 Oxford House-Landmark
 Oxford House-Lemon Road
 Oxford House-Liberia Woods
 Oxford House-Little Back
 Oxford House-Little Creek
 Oxford House-Little River
 Oxford House-Luna
 Oxford House-Manassas
 Oxford House-Manor
 Oxford House-Melita
 Oxford House-Merrifield
 Oxford House-Mill Mountain
 Oxford House-Mooreland
 Oxford House-Mountain Road
 Oxford House-Neptune
 Oxford House-New Horizon
 Oxford House-New River
 Oxford House-North Ave.
 Oxford House-North Upton
 Oxford House-Oakdale Park
 Oxford House-Oceana
 Oxford House-Old Dominion
 Oxford House-Old Town
 Oxford House-Orchid

Recipients of the 2021 Board of Directors' 100-Year Award

Oxford House-Pembroke
 Oxford House-Pen Park
 Oxford House-Pence Court
 Oxford House-Peninsula
 Oxford House-Pentagon
 Oxford House-Piccadilly Place
 Oxford House-Pike Place
 Oxford House-Plaza
 Oxford House-Pleasant Valley
 Oxford House-Poseidon
 Oxford House-Prosperity
 Oxford House-Ravensworth
 Oxford House-Rising Sun
 Oxford House-Roanoke River
 Oxford House-Roseberry
 Oxford House-Salem
 Oxford House-Scholar
 Oxford House-Seaview
 Oxford House-Serenity Park
 Oxford House-Serenity Path
 Oxford H.-Shenandoah Valley
 Oxford House-South Cameron
 Oxford House-South Lee
 Oxford House-Springfield
 Oxford House-Star City
 Oxford House-Sudley Manor
 Oxford House-Sugarland
 Oxford House-Summit
 Oxford House-Sunnyside
 Oxford House-Tarpley Park
 Oxford House-Thomas II
 Oxford House-Thomas Street
 Oxford House-Tidewater
 Oxford House-Trillium
 Oxford House-Valley View
 Oxford House-Victoria
 Oxford House-Wakefield
 Oxford House-Wasena
 Oxford House-Waverly Hills
 Oxford House-Wellington
 Oxford H.-West Haven Park
 Oxford House-Williamsburg
 Oxford House-Willow Woods
 Oxford H.-Winchester Heights
 Oxford House-Wyman
 Oxford House-York

Washington State

Oxford House-300
 Oxford House-Athena
 Oxford House-Balfour
 Oxford House-Bates
 Oxford House-Bellas
 Oxford House-Bernard 2
 Oxford House-Blitz
 Oxford House-Blue Mountain
 Oxford House-Briar Cliff
 Oxford House-Cannon
 Oxford House-Carlin
 Oxford House-Celeste Court
 Oxford House-Central Valley
 Oxford House-Charleston
 Oxford House-Chase Lake
 Oxford House-Chelan
 Oxford House-Chestnut
 Oxford House-Clearview Ave
 Oxford House-Collins
 Oxford House-Columbia
 Oxford House-Congdon Canal
 Oxford House-Conifer Park
 Oxford House-Connelly
 Oxford House-Cook Street

Oxford House-Cornell
 Oxford House-Corelli
 Oxford House-County Home
 Oxford House-Courage
 Oxford House-Davenport
 Oxford House-David's Refuge
 Oxford House-Delynn
 Oxford House-Echo Lake
 Oxford House-Edison
 Oxford House-Englewood
 Oxford House-Epic
 Oxford House-Erland's Point
 Oxford House-Everett Mall
 Oxford House-Fisher Park
 Oxford House-Freya
 Oxford House-Gillis
 Oxford House-Grammer
 Oxford House-Grant Road
 Oxford H.-Green Meadows
 Oxford House-Gregory Way
 Oxford House-Grover Place
 Oxford House-Hawk Nest
 Oxford H.-Heart of the Hills
 Oxford House-Hendrick
 Oxford House-Hewitt
 Oxford House-Hilltop View
 Oxford House-Hillyard
 Oxford House-Hoquiam
 Oxford House-Jackson Park
 Oxford House-Jadwin
 Oxford House-Jericho
 Oxford House-John Harrison
 Oxford House-Journey
 Oxford House-Juanita Creek
 Oxford House-Karen Audrey
 Oxford House-Karma
 Oxford House-Keewaydin
 Oxford House-Kenewick
 Oxford House-Kodiak
 Oxford House-Kraken
 Oxford House-Laurel
 Oxford House-Laurelwood
 Oxford House-Levy 2
 Oxford H.-Lincoln Heights
 Oxford House-Lotus
 Oxford House-Mahan
 Oxford House-Maple Leaf 2
 Oxford House-Marcella
 Oxford H.-Matthews Beach
 Oxford House-Meadowdale
 Oxford House-Melrose
 Oxford House-Micah Peak
 Oxford House-Milwaukee
 Oxford House-Minneridge
 Oxford House-Mirror Lake
 Oxford House-Mitchell Park
 Oxford House-Mollie B
 Oxford House-Morton
 Oxford House-Naval Avenue
 Oxford House-Nob Hill
 Oxford House-North Callow
 Oxford House-O'hana
 Oxford House-Oak Harbor
 Oxford House-Nunziato
 Oxford House-O'hana
 Oxford House-Oak Harbor
 Oxford House-Olympic View
 Oxford House-Omak
 Oxford House-Palm Springs
 Oxford House-Palouse
 Oxford House-Phil Tarlton
 Oxford House-Phoenix Rising

Oxford House-Pine Street
 Oxford House-Pinecrest II
 Oxford House-Pioneer Point
 Oxford House-Platinum
 Oxford House-Portia Park
 Oxford House-Pratt 2 Oxford
 House-Quilian Oxford House-
 Rainshadow Oxford H.-
 Renton Stadium Oxford
 House-Renton Valley Oxford
 House-Reserve Ridge Oxford
 House-Revolution Oxford
 House-Ridgecrest Oxford
 House-Roosevelt Oxford
 House-RosaBella Oxford
 House-Rowan Oxford House-
 Ruth Park Oxford House-Sage
 Hills Oxford House-Salmon
 Creek Oxford House-Sampson
 Oxford House-Sandalwood
 Ct. Oxford House-Scott King
 Oxford House-Sedro Woolley
 Oxford House-Shiloh Hills
 Oxford House-Shorewood
 Oxford House-Sign
 Oxford House-Silverdale
 Oxford House-Simpson
 Oxford House-Sirona Oxford
 House-Skagit Valley Oxford
 House-Sno King Oxford
 House-St. Edmonds Oxford
 H.-Stan Timberlake Oxford
 House-Sunrise Heights
 Oxford House-Surry
 Oxford House-Tekoa Oxford
 House-Teresa Oxford House-
 Thompson Oxford House-
 Thor
 Oxford House-Tieton Oxford
 House-Tri Cities Oxford
 House-Twin Harbor Oxford
 House-Tynan Oxford House-
 Upriver Oxford House-USMC
 Oxford House-Valley Pines
 Oxford House-Veneta Oxford
 House-Victory Oxford House-
 View Ridge Oxford House-
 Volland Oxford House-
 Walnut Grove Oxford House-
 Wenatchee Oxford House-
 Wheaton Oxford House-
 Whipple Oxford House-White
 Pine Oxford House-Whitworth

West Virginia

Oxford H.-Bishop Overlook
 Oxford House-King Street

Wisconsin

Oxford House-LaCross

OR-Chapter 06
 OR-Chapter 08
 OR-Chapter 10
 OR-Chapter 14
 OR-Chapter 20
 VA-Chapter 08
 WA-Chapter 02
 WA-Chapter 15
 WA-Chapter 19
 WA-Chapter 26
 WA-Chapter 36
 TX-Chapter 01
 TX North Regional Assoc
 TX South Regional Assoc
State Associations:
 LA-State Association
 NJ-State Association
 OR-Oregon State Association
 OR-Chapter Oregon
 SC-State Association
 WA-State Association

Thank You!

At some point in the future Oxford House will totally rely on voluntary contributions from residents and alumni to provide alcoholics, drug addicts and those with co-occurring mental illness the opportunity to achieve long-term recovery without relapse through Oxford House Living.

Already contributions from residents and alumni cover about 5% of total OHI expenses. Keep up the dedication to total self-support because that protects the time-tested successful Oxford House concept and successful system of operations.

Oxford House™ is a cost-effective way to help alleviate the alcoholism and drug addiction crisis in the United States. Spread the good news!

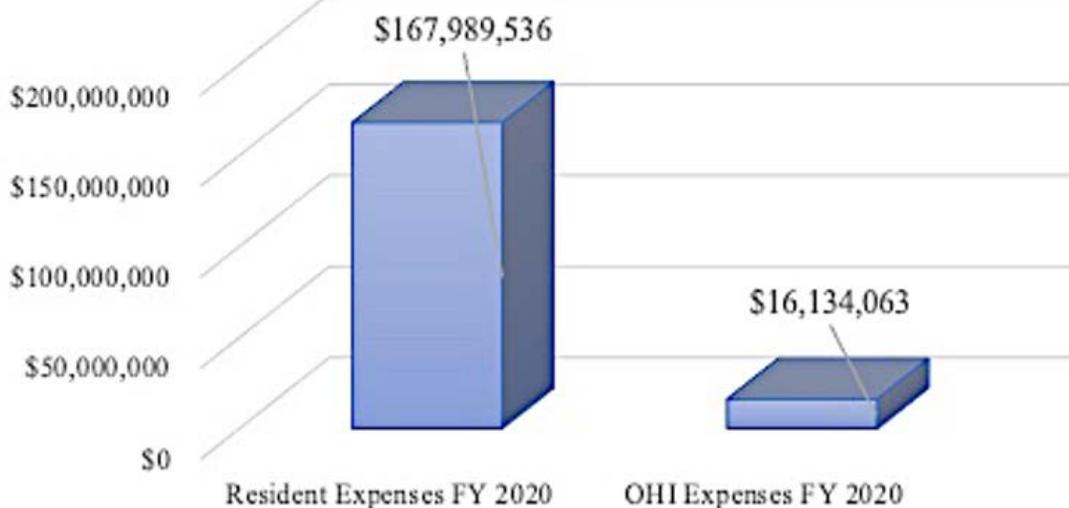
ALCOHOLISM AND DRUG ADDICTION

- About 25 million Americans are actively addicted to drugs with about 15 million alcoholics, 2 million opioid addicts and about another 6 million addicted to other drugs. (SAMHSA – 2018)
- 22.7 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2018 (8.6 percent of persons aged 18 or older). (SAMHSA)
- Of these, only 1.75 million – 7.1 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. Drug addiction results in nearly half a trillion dollars in economic loss annually; the equivalent of \$1,426 per American. [2010]
- For those receiving treatment, 60% had been in prior treatment an average of more than three times and 14% five times or more. [TEDS]

OXFORD HOUSE TRADITIONS

1. Oxford House has as its primary goal the provision of housing for the alcoholic and drug addict who wants 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.

Amount spent by Oxford House residents for rent to landlords and other household expenses versus the total development expenses of OHI



Residents spend more than \$10 for household expenses than for each \$1 OHI spends to develop an international network of individual Oxford Houses.

Oxford House™

1975-2021

*46 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

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Silver Spring, Maryland 20910

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