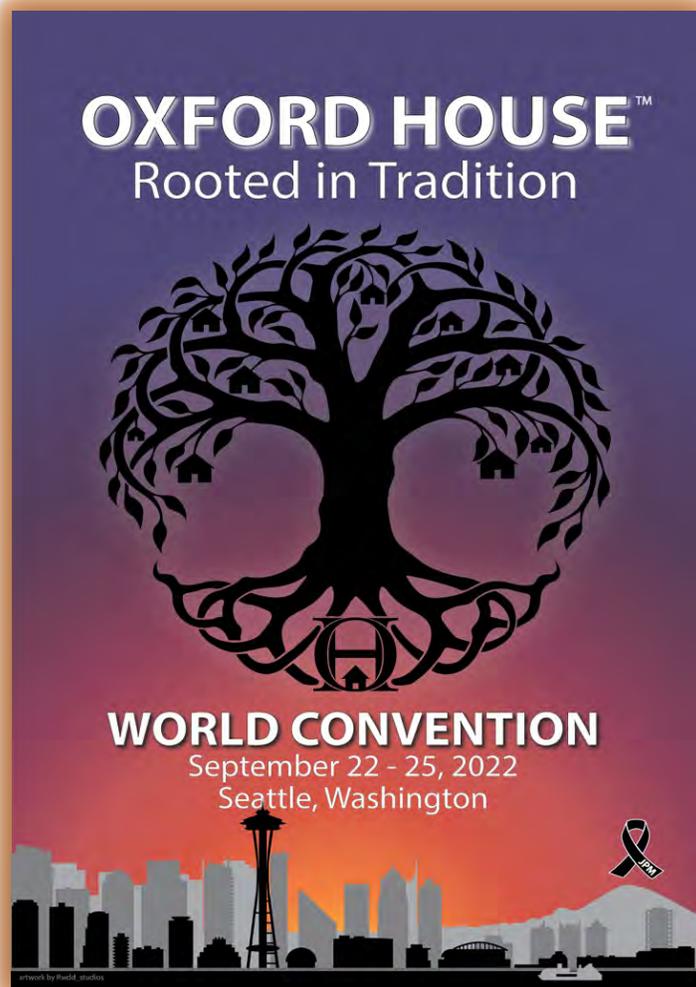


# *Oxford House*<sup>TM</sup>

*Self-run, Self-supported Recovery Housing*

Oxford House World Convention

September 22-25, 2022



Convention Theme:

*Oxford House: "Rooted In Tradition"*

*2022 Commemorative Program*

Hyatt Regency Seattle  
Seattle, Washington

## **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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# 23<sup>rd</sup> Annual Oxford House World Convention

## Oxford House: Rooted In Tradition

September 22-25, 2022

Hyatt Regency Seattle – Seattle, Washington

<b>CONVENTION SCHEDULE</b>					
<b>FRIDAY 9/23</b>		<b>SATURDAY 9/24</b>		<b>SUNDAY 9/25</b>	
<b>6:45-8:00</b>	<i>World Council Nominations Due by Noon</i> <b>Continental Breakfast</b>	<b>6:45-8:00</b>	<i>Voting until Noon for World Council by Houses attending the Convention</i> <b>Continental Breakfast</b>	<b>Continental Breakfast</b>	
<b>8:00-9:30</b>	<b>Opening General Session</b> <b>Invocation</b> Captain Kyna Kelley <b>Welcoming Remarks</b> Michael Langer, Deputy Director, WA HCA Mayor Bruce A. Harrell, JD Suquamish Tribal Singers <b>Welcome and Convention Overview</b> Kathleen Gibson <b>Memorial Tribute to J. Paul Molloy</b> <b>World Council Election Rules</b> James McClain	<b>8:15- 9:30</b>	<b>Third Breakout Panels</b> 1. LGBTQIA+ - Inclusion in Oxford House 2. Staying Involved as Alumni 3. Collegiate Recovery Housing & Furthering your Education 4. Using Technology in Oxford House 5. Focusing on Health in Oxford House	<b>Closing General Session</b> <ul style="list-style-type: none"> <li>▪ Convention Summary</li> <li>▪ Remembrance of Residents and Alumni Who Died During the Past Year</li> <li>▪ Tradition Renewal and Closing</li> </ul>	
<b>9:30-9:45</b>	<i>Break</i>	<b>9:30-9:45</b>	<i>Break</i>		
<b>9:45-11:00</b>	<b>First Breakout Panels</b> 1. The Current State of Recovery in America 2. Finding and Opening New Oxford Houses 3. Partnering with State Agencies and other Organizations. 4. The Latest on Addiction Research What's New and Noteworthy. 5. World Council Update	<b>9:45-11:00</b>	<b>Fourth Breakout Panels</b> 1. The 4 Stages and 5 Core Principles 2. Conducting Presentations & Educating the Public about Oxford House 3. The Opioid and Stimulant Crisis – MAR / Overdose Awareness 4. Recovery Housing Research “Why it Matters and Why Participate.” 5. Becoming Responsible – Organizing Your Personal Finances	<b>CONVENTION REGISTRATION</b>  Registration for the 23 <sup>rd</sup> Annual Oxford House Convention starts at 10:00 AM on <b>Thursday, Sept. 22</b>	
<b>11:00-11:15</b>	<i>Break</i>	<b>11:00-11:15</b>	<i>Break</i>		
<b>11:15-12:30</b>	<b>Second Breakout Panels</b> 1. Working with Parole & Prison Re-entry 2. Leadership vs. Bossism – Practicing Democracy 3. Staying Engaged in the Recovery Community 4. Planning Workshops, Conventions, and Other Events. 5. A Breakdown of the Nine Traditions	<b>11:15-12:30</b>	<b>Fifth Breakout Panels</b> 1. Having Fun in Oxford House 2. Working Together – Houses, Chapters, State Associations and Alumni 3. Working with Specialty Courts 4. Reuniting Families – Working with Children in Oxford House 5. Oxford House and the Law	<b>GOLF TOURNAMENT</b> <b>Thursday, Sept. 22</b> The Golf Club at Newcastle - China Creek 7:00 AM.	
<b>12:30 - 2:00</b>	<b>Lunch on Your Own</b>  AA/NA meetings at hotel 1:00-2:00 PM	<b>12:30 - 2:00</b>	<b>Lunch on Your Own</b>  AA/NA meetings at hotel – 1:00-2:00 PM <b>Alumni Lunch: 12:30 – 2:00</b> <b>Ruth's Chris Steakhouse -near hotel</b>  Get Tickets at the World Council table.	<b>WOMEN'S CONFERENCE</b> <b>Thursday, Sept. 22</b> 3:00 PM - 8:00 PM.	
<b>2:15-5:00</b>	<b>Second General Session</b> <ul style="list-style-type: none"> <li>• <b>Keynote Panel:</b> Dr. Stuart Gitlow, M.D.</li> <li>• Eligible World Council Nominees give three-minute campaign speeches</li> <li>• Presentation of Directors' 100-Year Awards</li> </ul>	<b>2:00 - 4:45</b>	<b>Third General Session</b> <ul style="list-style-type: none"> <li>• <b>Keynote:</b> Stephanie S. Covington, Ph.D.</li> <li>• Introduction of New World Council Members</li> <li>• Vote on Resolutions</li> <li>• <b>Closing Remarks:</b> Ryan Hampton</li> </ul>	Registration opens at 1:00 PM!	
<b>Evening</b>	<b>Friday evening free for:</b> <ul style="list-style-type: none"> <li>• Dinner on your own AND</li> <li>• Sightseeing on your own: Check out the Pike Place Market or the Space Needle.</li> </ul>	<b>6:30 - 9:00</b>	<b>Banquet</b> <ul style="list-style-type: none"> <li>➢ Invocation</li> <li>➢ Dinner and Awards</li> <li>➢ Recovery Speaker: Ed Smith</li> </ul>		
<p><b>Breakout panel rooms:</b>  <b>(1) Regency Ballroom, (2) Elwha B; (3) Elwha A; (4) Quinault; (5) Wilapa</b>  <b>All General Sessions and first breakout panels will be in the Regency Ballroom</b>  <b>AA meetings are in 507 Sauk and NA meetings are in 508 Tahuya at 1:00-2:00 PM and 10:00-11:00 PM</b>  <b>On Thursday, September 2, there are AA and NA meetings only in the evening</b></p>					

## *Oxford House™ Rooted in Tradition*

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Welcome to the 2022 Oxford House™ World Convention. The convention theme this year focuses on the fact that Oxford House is, in fact, rooted in tradition. Throughout the convention, we will be emphasizing these roots 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**

Oxford House™ was born in 1975 when thirteen men living in a county-run halfway house that was closing. They needed a safe place to live to continue their recovery and they started the first Oxford House. Over the past 47 years, the sole emphasis has been on providing the opportunity for long-term recovery without relapse; we own no real property and don’t accumulate wealth. We have stuck with the principles on which the first Oxford House started – our roots. The focus has paid off. We have a national network of more than 3,500 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!

Oxford House™ has set the standard for making long-term recovery the norm – not the exception. Very early on, the residents of Oxford House invited researchers to study the program and assess its outcomes. This notion of being open about recovery was uncommon at the time; after all, ‘anonymity’ is the hallmark of the 12-Step programs. Oxford House residents chose to be open about their program and recovery and the result has been the wealth of research that has been done. We’ve also not been afraid to litigate to protect the right to have Oxford Houses in good neighborhoods – and we’ve won, even in the U. S. Supreme Court.

Before I give you a few of my thoughts on this year’s theme, let me emphasize some basic stuff. First of all, while recovery itself is central, it’s not enough. Abstinence alone doesn’t work; long term-recovery requires more. In the ‘rooms,’ it’s often said that newcomers need to change their “people, places and things. They begin to practice recovery and find fellowship among others seeking the same goal. There is also the element of fun. Back in 1975 when the first Oxford House was started, the residents said, “If we can’t have fun in recovery, what’s the point?” All of these elements these are needed for sustained long-term recovery without relapse and are part of what makes Oxford House work.

### **Rooted in Tradition – What Is It and What Does it Mean?**

This year’s convention theme – Rooted in Tradition – calls on us all to consider the history of Oxford House and what has made it so successful. First of all, when we say, ‘Rooted in Tradition,’ we don’t mean ‘Stuck in Tradition.’ ‘Rooted in Tradition’ means sticking with the basic principles upon which Oxford House began and which have worked over time. These principles can be built upon and adapted but should always be honored as the foundation on which Oxford House was built. So, what are some of these traditions on which Oxford House was built? As described subsequently, the basic roots can be found in early AA and in the Oxford House Manual.

## **Oxford House – Roots in Early AA Practices**

The roots of Oxford House actually go back to early practices of AA though the early Oxford House members may not have been fully aware of that. Paul regularly spoke of an Oxford House workshop in Dallas in 1991 at which Searcy W. (Searcy R. Whaley) spoke. Searcy was the 12<sup>th</sup> member of AA in Texas and was a close personal friend and colleague of Bill Wilson. He is known among those familiar with AA history as the person who, at Bill Wilson's request, took Ebby T. home to live with him for over two years.

Searcy was a big fan of Oxford House particularly because he believed that Oxford House was reviving the earlier AA practice of bringing newcomers home to live with them. He said:

“We used to bring the newcomer to AA home with us to help keep them on the wagon long enough for sobriety to take hold. When I learned about Oxford house and how it worked, I realized it was re-introducing the dedication know by us old-timers in AA.” (*Searcy W. at 1991 Oxford House workshop in Dallas.*)

The founders of Oxford House didn't set out to revive this practice; they were just trying to figure out how to keep themselves sober in the wake of the closing of the County halfway house and they decided that living together to support each other's sobriety made sense. When others in early recovery saw what they were doing – and that it seemed to be working – they wanted to join the group. The immediate result was that they rented another house and some of the members of the first house moved to that house to help the newcomers. And then there was a need for more houses and they were created. In practice, the Oxford House members were doing what the early AA members had done; they were bringing newly-recovering folks home to live with them and their families. That practice was – and continues to be – a major factor in the success of Oxford House.

Today, there needs to be more focus than ever on helping the newcomer adapt to Oxford House and to recovery. In the early days of Oxford House, most residents were old-fashioned ‘drunks’ with a few ‘druggies’ in the mix. The mix is different today and the drugs more potent; it was usually easy to tell when drunks had relapsed as they tended to be loud and belligerent. Today, in the age of Fentanyl-laced drugs, the user may simply go to sleep and not wake up. This requires more vigilance on the part of House residents. Over the past year, Paul expressed particular concern about some Oxford Houses not requiring newcomers to share a room for at least six months. The usual problem is that old-timers tend to want their own room as soon as possible and are reluctant to embrace having a roommate. Nonetheless, tradition suggests that welcoming the newcomer and doing what is necessary to help them integrate into the House and recovery should be paramount for every resident. The potency of today's drugs suggest that this concept is more critical than ever. Even the most senior residents need to consider whether they might have something to gain from sharing a room with a newbie.

## **The Oxford House Manual**

While some Oxford House traditions are rooted in the concepts and practices of AA (and NA), the basic structure of Oxford house can be found in the Oxford House Manual. 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<sup>®</sup>. 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 – taken at an earlier convention but still applicable – emphasizes the importance of the Oxford House Manual<sup>®</sup> 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.



Participatory democracy also extends to the fact that each resident pays an equal share of House rent and other expenses. The person who makes more money doesn't pay more; everyone pays an equal share. If a new resident doesn't have a job, other residents will quickly point out where there are job openings. It's in everyone's interest to have everyone working and paying their equal share. Some House members may be retired or on disability and don't have formal jobs; they are encouraged to perform volunteer work, usually within the recovery community.

House leadership is also participatory. All House members get to hold office because of the number of House officers and because there are explicit term limits; no resident can hold a particular office more than six months at a time. This policy allows for shared leadership and discourages 'bossism.' Residents get together weekly for their House meeting and hash out problems, go over finances, elect officers and occasionally vote to evict a resident who has relapsed. It doesn't happen often but when it does, residents call a special House meeting to vote on expulsion. In addition to working together at weekly House meetings, residents get together regularly just to socialize and bond with each other.

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 and LGBTQIA, 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.

Go to any homeless shelter, jail, prison or detox unit and you'll find out that the residents' family and friends are long gone. Underneath the shakes and hard-luck stories, you usually find isolation, loneliness and hopelessness. All of us addicts have been there and most of us didn't find it fun. Oxford Houses provide a way back to a life worth living. 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.

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. It has strong roots!

### **Conclusion**

The ‘roots’ cited are just some of the elements of Oxford House history that have made it work and that need to be remembered and cultivated. Oxford House can grow but it should always stay faithful to the roots that have sustained it over time.

Today we also remember and commemorate particular individuals who have contributed significantly to the success of Oxford House and are part of its roots. Most notably this year, we remember Paul Molloy, one of the residents of the first Oxford House and the long-time Oxford House, Inc. CEO who nurtured and structured its development into what it is today and will be in the future. Paul will be missed at this convention as he always relished speaking at the convention and, in particular, meeting new and old Oxford House residents and alumni. Paul will be remembered with testimonials and photos during the convention.

We also remember others who have died and left their mark on Oxford House history: Byron Merriweather was an Oxford House alumnus who went to Ghana and successfully opened Oxford Houses there under the auspices of Recovery Africa; Sheri Glisson, a long-time resident of Oxford House Silver Spring and a leading member of Oxford House World Council; Lereves Winston, an Oxford House alumnus and member of the first Oxford House World Council; and Judy O’Hara, a member of the Oxford House Board of Directors and a longtime supporter of Oxford House.

The roots of Oxford House lie deep and strong. They have supported us in the past and will continue to do so. Twenty years ago, in 2002, we held our fourth annual Oxford House convention here in Washington State. Some of you were present. The theme of that convention was, “Changing the Culture of Recovery” and focused on viewing relapse as the exception and not the norm. Both Oxford House and the annual conventions have grown significantly since that early convention but the focus and roots of Oxford House and its residents and alumni remain the same.

### **PARTICIPATE IN THIS 2022 CONVENTION AND ENJOY IT**

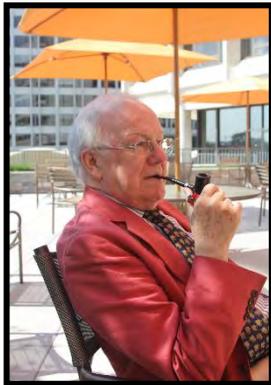
This convention provides a place for us to celebrate our success and learn more about Oxford House™. There are four general sessions and 25 breakout panels in which specific aspects of addiction and recovery will be discussed. There is a World Council election. Plan to vote! Take advantage of all that 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 and strong roots. Take advantage of all that the convention has to offer. And don’t forget to have fun!



*Kathleen Gibson  
Alumna and CEO, Oxford House, Inc.*

**J. Paul Molloy**  
**1938 - 2022**  
**Co-Founder and CEO, Oxford House, Inc.**

Paul Molloy died on June 11, 2022, at the age of 83. He will be sorely missed by all his family, his friends, and the residents, alumni and friends of Oxford House. Despite the loss, he left an outstanding legacy and will be long remembered. To find out more about Paul, just Google “J. Paul Molloy” and you’ll find links to his news obituary in the Washington Post as well as links to the funeral mass and to some of his messages. He has a significant and well-deserved on-line presence. Take a look!



Paul had been looking forward to this convention as he always found the annual Oxford House conventions to be a high point of the year. He thought it was important to get Oxford House residents and alumni from around the country together to learn more about addiction, to share their stories, to meet new people and to have fun. Paul also thoroughly enjoyed his own story-telling and having an appreciative audience!

As Oxford House grew in the late 1900s, it became more difficult to get residents from different areas together. Paul then decided that there needed to be an annual convention to bring folks together. In making that decision, he also proclaimed that the Oxford House convention would be akin to the various trade association and corporate conventions that he had attended as a Hill staffer and as an attorney at a major law firm. In other words, the convention needed to be held at a fancy hotel with notable speakers and all the trimmings. And so it came to be.

The first annual Oxford House convention was held at the Washington Court Hotel in Washington, D.C. in 1999. The theme was: “If Not Us, Who?” It followed much the same pattern as do today’s



conventions. There was an invocation by Major Madison of the local Salvation Army Rehab and speeches by leaders in the field of addiction; namely: Dr. Westley Clark, who headed CSAT and has been a very welcome presence at most, if not all, conventions since then (including this one); General Barry McCaffrey, the U. S. Drug Czar and Riley Regan, Director of the New Jersey Drug and Alcohol Department. The program featured Oxford



House residents and alumni who spoke of ‘housekeeping’ and other matters; as well as panels on research and legal issues. The first convention set a good pattern for the many to follow. The photo below is from the 1999 banquet following Riley Regan’s speech.



As Paul advised Oxford House folks shortly before he died: **“Count Blessings - Not Grievances”**

# 2022 Annual Oxford House Convention

Hyatt Regency Seattle  
Seattle, Washington  
September 22-25, 2022

Thursday, September 22, 2022

Oxford House Golf Tournament      Golf Club at New Castle      New Castle, WA

Convention Registration      5th Floor Foyer      Thursday, 10:00 AM – 7:00 PM  
Friday, 7:00 AM – 4:00 PM  
Saturday, 7:00 AM – 12:00 Noon

Oxford House Women’s Conference

- Registration Women’s Conference      Elwha Foyer      1:00 PM – 3:00 PM
- Women’s Conference      Elwha Ballroom      3:00 PM – 8:00 PM
- Keynote Speaker - Sarai Cook, Esq, Servant Leader

World Council Meeting      505 Queets      8:30 PM - Until

AA and NA Meetings      10:00 PM – 11:00 PM

- AA meetings      507 Sauk
- NA meetings      508 Tahuya

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## HINTS FOR GETTING THE MOST OUT OF THE CONVENTION

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

## Friday, September 23, 2022

### Continental Breakfast

Regency Ballroom Foyer

6:30 AM – 8:00 AM

*Seating on 5th & 7th Floor Foyers*

### Opening General Session

Regency Ballroom

8:00 AM – 9:30 AM

#### Invocation

- Captain Kyna Kelley

Salvation Army Corps Officer, The Seattle Adult Rehabilitation Program

#### Welcoming Remarks:

- Michael Langer, Deputy Director
- Suquamish Tribal Singers
  - Joey Holmes
  - Tylee Purser
  - Denita Holmes
- Bruce A. Harrell, JD

Division of Behavioral Health and Recovery, WA Healthcare Authority

Mayor, City of Seattle

#### Convention Overview: Kathleen Gibson, OHI CEO

Oxford House, Inc. (OHI) is run by a dedicated staff under the leadership of newly appointed CEO, Kathleen Gibson. For over a decade, the late Paul Molloy, CEO, and Kathleen Gibson, COO, worked together to 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 the development of Oxford Houses, and organizes the annual World Convention.



#### Memorial Tribute: Remembering our Co-Founder and longtime CEO, J. Paul Molloy

##### Remarks

Westley Clark, M.D., J.D., M.P.H. CAS

Faculty, University of Santa Clara, CA; Former Director, Center for Substance Abuse Treatment (CSAT)

Ivette Torres, M.Sc., M.Ed.

Consultant; Former Associate Director for Consumer Affairs, Center for Substance Abuse Treatment, (CSAT)

Steve Polin, J.D.

Oxford House Alumnus and OHI General Counsel

Marty Walker

Oxford House Alumnus and OHI Outreach Worker

Brandi Bauer

Oxford House Alumna and World Council Member

James McClain

Oxford House Alumnus and OHI Board Member

Tributes

#### Oxford House World Council Election Rules: James McClain

**FIRST BREAKOUT PANELS**

**FRIDAY 9:45 AM – 11:00 AM**

- |   |                  |
|---|------------------|
| 1. The Current State of Recovery in America                     | Regency Ballroom |
| 2. Finding and Opening New Oxford Houses                        | Elwha B          |
| 3. Partnering with State Agencies and Other Organizations       | Elwha A          |
| 4. The Latest on Addiction Research – What's New and Noteworthy | Quinault         |
| 5. World Council Update   | Wilapa           |

**SECOND BREAKOUT PANELS**

**Friday 11:15 AM - 12:30 PM**

- |   |                  |
|---|------------------|
| 1. Working with Parole & Prison Reentry           | Regency Ballroom |
| 2. Leadership vs Bossism - Practicing Democracy   | Elwha B          |
| 3. Staying Engaged in the Recovery Community      | Elwha A          |
| 4. Planning Workshops, Conventions & Other Events | Quinault         |
| 5. A Breakdown of the Nine Traditions             | Wilapa           |

**Lunch**

**12:30 – 2:00 PM**

*Lunch on your own - Grab something to eat – or go to an AA meeting (507 Sauk) or an NA meeting (508 Tahuya)*

***Remember To Get World Council Nominating Petitions At 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**

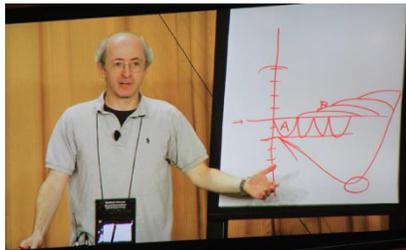
**Regency Ballroom**

**2:00 – 5:00 PM**

**Remarks: Rahul Gupta, MD, MPH & LSBF**

Director, White House Office of National Drug Control Policy

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



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 students 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 Dartmouth and Mount Sinai. Dr. Gitlow formerly produced programs for the Health Channel and ABC. Dr. Gitlow strongly supports 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.

**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 2022 Oxford House World Convention, residents will elect eight Resident Members (3 residents for 3-year Resident Member terms ending in 2025, 1 resident for 2-year Resident Member term ending in 2024, 2 residents for 1-year Resident Member terms ending in 2023, and 2 residents for 1-year Alternate Resident Member terms ending in 2023). Residents and alumni will also elect two Alumni Members (1 Alumni for a 3-year Alumni Member term ending in 2025 and 1-Alumni or 1-year Alternate Alumni term ending in 2023). To assure national representation, resident members from North Carolina, DC, and Kansas are not eligible to run for office this year; alumni from Louisiana and Kansas are not eligible to run for office this year. Resident members who move out before term ends must vacate office.

## Presentation of Directors' 100-Year Awards

The Directors' 100-year awards are given to those Oxford Houses, Chapters and Associations that have voluntarily contributed at least \$600 over the past fiscal year to Oxford House, Inc. to support the 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 Associations choose to make a 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 & Sightseeing On Your Own.**

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## SATURDAY, SEPTEMBER 23, 2022

**Continental Breakfast** **Regency Ballroom Foyer** **6:30 – 8:00 AM**  
*Seating on 5th & 7th Floor Foyers*  
*Ballots Must Be Turned In By Noon To The World Council Table*

**THIRD BREAKOUT PANELS** **8:15 - 9:30 AM**

- |  |                  |
|--|------------------|
| 1. LGBTQIA+ - Inclusion in Oxford House                    | Regency Ballroom |
| 2. Staying Involved as Alumni                              | Elwha B          |
| 3. Collegiate Recovery Housing & Furthering Your Education | Elwha A          |
| 4. Using Technology in Oxford House                        | Quinault         |
| 5. Dealing with Health Issues in Oxford House              | Wilapa           |

**FOURTH BREAKOUT PANELS** **9:45 - 11:00 AM**

- |   |                  |
|---|------------------|
| 1. The Four House Stages and Five Core Principles                     | Regency Ballroom |
| 2. Conducting Presentations & Educating the Public about Oxford House | Elwha B          |
| 3. The Opioid and Stimulant Crisis - MAR & Overdose Prevention        | Elwha A          |
| 4. Recovery Housing Research & Why We Participate                     | Quinault         |
| 5. Becoming Responsible - Organizing Your Personal Finances           | Wilapa           |

*Remember to Vote for World Council Nominees Before Noon!*

**FIFTH BREAKOUT PANELS** **11:15 - 12:30 PM**

- |   |                  |
|---|------------------|
| 1. Having Fun in Oxford House                                 | Regency Ballroom |
| 2. Working Together - Houses, Chapters, & Associations        | Elwha B          |
| 3. Working with Specialty Courts                              | Elwha A          |
| 4. Reuniting Families - Working with Children in Oxford House | Quinault         |
| 5. Oxford House and the Law                                   | Wilapa           |

**Lunch** **12:30 – 2:00 PM**

Lunch on your own - Grab something to eat - go to an AA meeting (507 Sauk) or an NA meeting (508 Tahuya)  
or go to Alumni Lunch – Ruth's Chris Steakhouse [Get Tickets at World Council Table: \$35.00 per person]

**Keynote Address: Stephanie S. Covington, PhD, LCSW**

Dr. Stephanie S. Covington is an internationally recognized clinician, author, organizational consultant, and lecturer. She is a pioneer in the fields of addiction, trauma, and recovery. She has developed an innovative, gender-responsive, and trauma-informed approach that results in effective services in public, private, and institutional settings. Her presentations, staff-development seminars, and technical assistance focus on systems change and the development of caring, compassionate, and empowering therapeutic environments. They provide professionals an opportunity to learn new skills for dealing with personal, institutional, and societal changes and are always in demand, both nationally and internationally.

Dr. Covington was a workshop chair for the women’s treatment improvement protocol (TIP) published by The Substance Abuse and Mental Health Services Administration (SAMHSA) and served on the Advisory Council for Women’s Services for SAMHSA. She also is a former chair of the Women’s Committee of the International Council on Alcoholism and Addiction. Her clients include the Betty Ford Treatment Center, the Center for Substance Abuse Treatment in Washington, D.C., and numerous others. She has conducted seminars for behavioral health professionals, community organizations, criminal justice professionals, and recovery groups in the United States, Canada, the United Kingdom, Mexico, Europe, Africa, Iceland, Brazil, and New Zealand.

Educated at Columbia University and the Union Institute, Dr. Covington has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology.

**Announcement and Introduction of New World Council Members****Discussion and Vote on Convention Resolutions****Speaker: Ryan Hampton**

A prominent advocate, speaker, author, and media commentator, Ryan Hampton travels coast-to-coast to discuss solutions to our national addiction crisis. In recovery from decade-long opioid addiction, Hampton has rocketed to the center of America’s rising addiction recovery advocacy movement. An alumnus of the Clinton White House, he’s worked with multiple non-profits and national recovery advocacy campaigns. He is now a prominent, leading face and voice of recovery advocacy.

With content that reaches millions each month, Ryan breaks down cultural barriers that have kept people suffering in silence and is inspiring a new generation of people to recover out loud through his Voices Project.

He was part of the core team that released the first-ever U.S. Surgeon General’s report on addiction in 2016 and was singled out by Forbes as a top social entrepreneur in the recovery movement. Ryan connects a vast network of people who are passionate about ending the overdose crisis in America. He has been featured by—and is a contributor to—media outlets such as USA Today, MSNBC, Fox and Friends, the New York Times, NPR, HLN, Vice, Forbes, Slate, HuffPost, The Hill, the Wall Street Journal, and others. Ryan has received praise from Democrats and Republicans alike for addressing addiction as a trans-political issue—crossing the political spectrum to build an inclusive coalition focused on solutions. He worked closely with the White House, Senate Democrats, Republicans, and U.S. House leadership, helping craft portions of the historic H.R. 6, SUPPORT for Patients and Communities Act, signed into law in October 2018.

## SATURDAY EVENING, SEPTEMBER 24, 2022

### BANQUET

### REGENCY BALLROOM

6:30 – 9:00 PM

- 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: Edward Smith

#### Oxford House Alumnus and Regional Manager, CA, CO, SD OR



Edward Smith is the Regional Manager for Oregon, Colorado, South Dakota, and California for Oxford House Inc., a nonprofit network of 3,300 (internationally) self-help recovery homes. Ed is responsible for the opening of over 60 houses all throughout the state of Oregon. He is a man in long-term recovery who has been in recovery since 2003 and has worked with Oxford House since 2004. Ed is the recipient of the 2015 Oxford House Founders award. In Oxford House, Ed discovered the power of relational culture.

Ed is an advocate for men and women in recovery. He has worked in several local and state organizations to remove the stigma of addiction and the ability for those to change their lives. Through his experience, Ed was able to not only sit on several committees involving multiple agencies and organizations, but he was also able to serve as a city councilor for a full-term affecting change in the community he lives in. Ed's focus in life is to teach others that they have the ability to change their lives and be a part of the community. Ed continues to put as much energy into his recovery as he did into his addiction.

## SUNDAY, SEPTEMBER 25, 2022

### Continental Breakfast

7:00 – 8:00 AM

### CLOSING GENERAL SESSION

### REGENCY BALLROOM

8:15 - 9:45 AM

#### Convention Summary

Jason Jarreau, Director of Contracts & Development  
Lori Holtzclaw, Director of National Field Services

#### Remembrance Of Those Who Have Died

Marty Walker, Alumna, Senior Outreach Coordinator &  
Oxford House Residents and Alumni

#### Tradition Reading and Closing

Kathleen Gibson, CEO  
Jackson Longan, Director of Communication & Information

# SUMMARY OF ALL BREAKOUT PANELS

## FIRST BREAKOUT PANELS - FRIDAY 9:45 – 11:00 AM

### Keynote Panel: The Current State of Recovery in America

**Regency Ballroom**

**9:45 - 11:00 AM**

**Panelists:**

Westley Clark, M.D., J.D., M.P.H. CAS	Faculty, University of Santa Clara, CA; Former Director, Center for Substance Abuse Treatment (CSAT)
Ivette Torres, M.Sc., M.Ed.	Consultant; Former Associate Director for Consumer Affairs, Center for Substance Abuse Treatment, (CSAT)
Michael Langer, Deputy Director	Division of Behavioral Health and Recovery, Washington State Health Care Authority
Yngvild Olsen, M.D., M.P.H.	Director, Center for Substance Abuse Treatment (CSAT)

**Moderator:**

Stuart Gitlow, M.D., MPH, MBA, DFAPA	Past President of the ASAM Board of Directors; Director, Annenberg Physician Training Program in Addictive Disease
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Over the past year, the upward trend of substance use disorders has continued. The increased stress and anxiety surrounding world and national events leads even more Americans to first-time drug use and drug abuse. The use of alcohol and illicit drug use impact goes even further than then we can see. An individual’s friends, family, loved ones, and even their community are all impacted by substance use disorder, SUD. Last year saw drug overdose deaths in the U.S. surpass an unthinkable milestone: 100,000 deaths in a year. This is the highest number of drug overdoses in our country’s history, and the numbers are climbing every month.

In the 2022 National Drug Control Strategy released in April of this year, Dr. Gupta states, “Every family in America, regardless of their background or beliefs, has been impacted by addiction in some way. This is the reality we are facing today. The epidemic has taken a devastating toll on public health and the economy. Addiction prevents someone from reaching their full potential and contributing to their families and communities in a productive manner.” The panel will discuss how the pandemic and opioid overdose crisis continue to affect the current state of addiction and recovery today.

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Working Definition of Recovery includes ten guiding principles to support individuals in their recovery from substance use disorder (SUD). It states that “recovery is holistic” and involves several social determinants of health, one of those conditions in which people are born, grow, live, work, and age shapes their overall health and well-being, as described by the CDC. As housing is one of those Social Determinants of Health (SDOH), how will the more extensive healthcare system shift to include a true recovery-oriented system of care?

The panelists are all highly regarded experts in the field that have formally worked or are currently working in the state or federal government. Oxford House is honored by their presence, and everyone looks forward to their review and commentary on the current system of care for those in recovery, what changes are being put in place to better serve those entering recovery, and how Oxford House fits into that vision.

## Replicating Oxford Houses

**Elwha B**

**9:45 – 11:00 AM**

**Panelists:**

Brent Erickson	Oxford House Alumnus and Outreach Worker, OK
Zac Martinez	Oxford House Alumnus and Outreach Worker, AZ
Kristina Sanders	Oxford House Alumna and Senior Outreach Coordinator, NC
Andrew Ward	Oxford House Alumnus and Outreach Worker, FL

**Moderator:** Brittany Allen

Regional Manager, IN, 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.

## Working with State Agencies and Other Organizations

**Elwha A**

**9:45 – 11:00 AM**

**Panelists:**

Suzanne Williams, M.C. J	Manager of Employment, Housing and Homeless Projects Oklahoma Department of Mental Health and Substance Abuse Services
Linda McCorkle, M.S.	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
Amy Modlin, M.P.A.	Head of Housing, Trillium Health Resources

**Moderator:** Jonathan Gildart

Oxford House Alumna and Contract Specialist

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

The panel will discuss how Oxford House, Inc. and these various entities can work together successfully. Additionally, the group will consider what has been working and how the program staff has 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 in the various relationships?

The panel includes representatives from organizations with which Oxford House, Inc. has been working.

## Addiction Research - What's New and Noteworthy

**Quinault**

**9:45 – 11:00 AM**

**Panelists:**

John Majer, Ph. D.

Professor of Psychology, Harry S Truman College, Chicago, IL

Ted J. Bobak, Ph. D.

Instructor of Psychology, St. Xavier University, Chicago, IL

Justin Bell, M.S.

DePaul University

Casey Longan

Training and Education Coordinator, OHI

**Moderator:** Paul Stevens, M.S.

Oxford House Alumnus and Regional Manager, VA, DC, MD

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 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 at the forefront of fostering recovery research. Recovery research was long hampered by the historical 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 alums work to overcome this limitation. John Majer has led significant studies on Oxford House and the recovery process in general and worked closely with Dr. Lenny Jason and his team at DePaul University. The researchers have been assisted in their work by Oxford House residents and alums and by graduate students.

## Oxford House World Council Update

**Wilapa**

**9:45 – 11:00 AM**

**Panelists:**

World Council Members

Resident and Alumni Members of World Council

**Moderator:** Dave Hortsmann

Oxford House Alumnus 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 2022 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 the 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 an 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 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 Parole and Prison Re-entry

**Regency Ballroom**

**11:15 - 12:30 PM**

**Panelists:**

Dan Hahn	Oxford House Alumnus and Regional Manager OK, MO, NE
Jesse Wilson	Oxford House Alumnus and Senior Re-Entry Coordinator, NC
Marty Walker	Oxford House Alumnus and Senior Outreach Coordinator, TN
Lynn Williams	Oxford House Alumna, Recovery Advocate, Team Lead, ADCNC
Nicole Hoskins	Oxford House Alumna and Outreach Worker, WA

**Moderator:** Kurtis Taylor Oxford House Alumnus and Executive Director, ADCNC

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 prisons 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 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. The recommendation of drug courts or parole officers, who have found that their clients tend to do well if they live in Oxford House. Not only does such intervention motivate clients to begin to master the recovery process, but it also saves taxpayers the costs of incarceration and recidivism.

Oxford House residents who enter 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.

### Leadership vs Bossism - Practicing Democracy

**Elwha B**

**11:15 – 12:30 PM**

**Panelists:**

Lisa Londono-Goodwin	Oxford House Alumna and Regional Manager, SC, TN
Tyler Sykes	Oxford House Alumnus and Senior Outreach Coordinator, FL
Leaf Ploub	Oxford House Alumnus and Outreach Worker, OR
Jackie Sledge	Oxford House Alumna and Senior Outreach Coordinator, NC

**Moderator:** Michael Mckeogh Oxford House Alumnus and Regional Manager, FL

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, which should be avoided. One of the biggest challenges is fostering democracy in Houses and Chapters. The system is purposely ‘rigged’ to foster democracy by its emphasis on House meetings, the 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 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.

## Staying Engaged in the Recovery Community

**Elwha A**

**11:15 – 12:30 PM**

**Panelists:**

Ivette Torres, M.Sc., and M.Ed.

Consultant Retired from the Center for Substance Abuse Treatment

Stacey Nichols

Oxford House Alumna and Administrative Services Coordinator, OHI

Dave Hortsmann

Oxford House Alumnus and World Council Chair

Hamilton Barton

Oxford House Alumnus and CEO, Pay It Forward

**Moderator:** Kathleen Katt-Bennie, CRPA

Oxford House Alumna and Director, Special Projects

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 discuss what changed during the pandemic and how well it worked. Were there lessons to be learned?

Oxford House residents and alums 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 help get furnishings for new Oxford Houses and introduce residents of new Oxford Houses to their neighbors. All of this helps to make Oxford Houses and its residents part of the local neighborhood and community.

## Planning Workshops, Convention and Other Events

**Quinault**

**11:15 – 12:30 PM**

**Panelists:**

Annie Cleveland

Oxford House Alumnus and Outreach Worker, WA

Debbie Robinson

Oxford House Alumna and Senior Outreach Coordinator, VA

David McNamara

Oxford House Alumna and Outreach Worker, SC

Anthony Lewis

Oxford House Alumnus and Senior Outreach Coordinator, DE

Jordan Link

Oxford House Alumnus and Senior Outreach Coordinator, NC

**Moderator:** James Alston

Oxford House Alumnus and Senior Outreach Coordinator, AZ

Many Oxford House Chapters and State Associations organize workshops, trainings, state conventions, and other events. 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, budgeting 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.

They will also discuss what they believe works and what does not work when events are held via Zoom. All the panelists are experienced at organizing such events.

## A Breakdown of the Nine Traditions

**Wilapa**

**11:15 – 12:30 PM**

**Panelists:**

Jessica Ruiz	Oxford House Alumna and Senior Outreach Coordinator, TX
Michael Gustafson	Oxford House Alumnus and Outreach Worker, MO
AJ Dunaway	Oxford House Alumnus and Senior Outreach Coordinator, IL
Matthew McFarlane	Oxford House Alumnus and Outreach Worker, TX

**Moderator:** Ed Smith

Oxford House Alumnus and Regional Manager, OR, CO, SD

The Oxford House Model™ and System of Operations works well to provide the network of Oxford Houses across the country a structured and safe environment to call home. At the cornerstone of this time-tested system are the Charter and Traditions. The Charter is very straight to the point about what each house must do, and the “Nine Traditions” lay out a roadmap to assist members and houses in maintaining focus on what matters most - helping each other find and sustain comfortable sobriety.

This panel is new to the lineup of topics that surface at the annual convention, in part because the theme "Rooted in Traditions" carries a strong message that lends itself to the need for a deeper discussion, but also because the Traditions of Oxford House are so vitally important to the integrity of the entire network.

The panelist will review each of the Nine Traditions and provide common sense connections as to their application within the Oxford Houses and Chapters.

## THIRD BREAKOUT PANELS - SATURDAY 8:15 AM - 9:30 AM

### LGBTQIA+ -- Inclusion in Oxford House

**Regency Ballroom**

**8:15 - 9:30 AM**

**Panelists:**

Sazha Ramos, M.S.W.	Executive Director, Recovery Organization Resources
Nathan Truitt	Oxford House Alumnus and Senior Outreach Coordinator, AZ
Jamonte Johnson	Oxford House Alumnus and Outreach Worker, FL
Veronica Sepe	Oxford House Resident and Outreach Worker, AZ

**Moderator:** Jason Paul Jarreau

Oxford House Alumnus and Director, Contracts and Development

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 the 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.

## Staying Involved as Alumni

**Elwha B**

**8:15 - 9:30 AM**

**Panelists:**

Levardis Williams	Oxford House Alumnus, TX
Misty Hahn	Oxford House Alumnus and Senior Outreach Coordinator, OK
Seth Dewey	Oxford House Alumnus and World Council Member
Christine Stacey	Oxford House Alumna and Outreach Worker, WA
Deborah Jackson	Oxford House Alumna and Outreach Worker, VA

**Moderator:** Stacie Hatfield

Oxford House Alumna and Senior Outreach Coordinator, WA, ID

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 the Oxford House 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 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.

## Collegiate Recovery Housing & Furthering Your Education

**Elwha A**

**8:15 - 9:30 AM**

**Panelists:**

Paula Harrington	Oxford House Alumna and Special Projects, NC
Mark Johnson	Oxford House Alumnus and Resource Coordinator, DC
Cynthia Moreno Tuohy, BSW, NCAC II	Executive Director, NAADAC
Scott Cummings, J.D.	Oxford House Alumnus and Attorney, OR
Summar Brown	Oxford House Alumna and Outreach Worker, MD

**Moderator:** Emily Catoe, M.S.W.

Oxford House Alumna and Regional Manager, IL, WI

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 to get GEDs, others to get graduate degrees. The panelists at this session panel have all taken this route and will discuss their own journeys and offer tips for others contemplating such action.

Many colleges now recognize the need for recovery housing and provide support for students in recovery. UNC has been a leader in recognizing and supporting Oxford Houses for students. On-campus organizations for those in recovery have also gained prominence in recent years.

Most of the panelists are Oxford House residents or alumni who have continued their education while in recovery. Cynthia Moreno Tuohy, Executive Director of NAADAC was not in an Oxford House but she is very familiar with various programs for students around the country and completed her own education while in recovery.

## Using Technology in Oxford House

**Quinault**

**8:15 - 9:30 AM**

**Panelists:**

Gary Gardner

Oxford House Alumnus and Data Specialist

Alex Szary

Oxford House Alumnus and Data Specialist

Jessica Ruiz

Oxford House Alumna and Senior Outreach Coordinator, TX

Tim Diehl

Oxford House Alumnus and Director of Technology

**Moderator:** Goose Weisz

Oxford House Alumnus and Senior Outreach Coordinator, NC

Oxford Houses use technology in various ways – the Oxford House website, different States, individual Facebook Pages, Zoom, Linked-In, YouTube, individual e-mail accounts, and the telephone. Members also use the web to access valuable information supporting their recovery. The panelists will talk about how Oxford House residents can use the various media for good purpose – to foster their own recovery and help others understand and access the program. Furthermore, residents use social media to socialize, publicize House and Chapter achievements and events, and share information.

The discussion will also focus on the need for all Oxford Houses to maintain current vacancy information on the website and respond promptly to email, text, or telephone inquiries about vacancies. Treatment providers are looking to place people leaving treatment, and individuals looking for a place to live need to be able to access accurate and current Oxford House vacancy information. Tim Diehl has created an excellent vacancy system for Oxford House, but, like AA, it works only if you work it. Panelists will also discuss how Oxford House residents have used social media successfully (and unsuccessfully) and identify websites likely to be of interest to Oxford House residents.

The panelists are all savvy and experienced technology users with different skills and interests. Together they should be able to provide many tips to Oxford House residents on how they and their Chapters and State Associations can use technology extensively.

## Focusing on Health in Oxford House

**Wilapa**

**8:15 - 9:30 AM**

**Panelists:**

Ken Hoffman, M.D.

Board of Directors of Oxford House, Inc

Elizabeth Lewis

Oxford House Alumna and Resource Coordinator, FL

Jeremy Weatherspoon

Oxford House Alumnus and Regional Manager, LA, AL

Daniel Fuchs

Oxford House Alumnus and Special Projects Coordinator, CO

Eric Johnson

Oxford House Alumnus and Administrative Services Manager, OH

**Moderator:** Judy Maxwell

Oxford House Alumna and Regional Manager, WA, ID

Many Oxford House residents have a variety of health issues in addition to addiction, including Hepatitis C, HIV, AIDS, PTSD, and other mental illnesses. Others are undergoing chemotherapy for cancers. This panel discusses the means of dealing with these issues while living in an Oxford House. One of the major DePaul studies looked specifically at the incidence of co-occurring mental illness among Oxford House residents. Significantly, the researchers found that half of the individuals tested positive for the PSI, with half of that number showing severe mental illness. Importantly, those individuals did just as well as the others in the study and moved toward long-term recovery because they had the peer support needed.

AIDS, HIV, Bipolar disorder, and Hepatitis C all respond to proper medication. These individuals get the support they need in Oxford House to develop good medication habits. Housemates notice and comment when it appears that residents are not observing their appropriate medical protocols and encourage them to keep to their scheduled program or perhaps check in with their physician or therapist.

Dr. Hoffman is a psychiatrist with extensive experience dealing with substance abuse disorders. He is also a member of the Oxford House Board of Directors. The other panelists are all Oxford House staff or outreach personnel who have lived in Oxford Houses and are familiar with how Oxford Houses deal with health problems among residents.

## FOURTH BREAKOUT PANELS - SATURDAY 9:45 AM - 11:00 AM

### The 4 House Stages and 5 Core Principles

**Regency Ballroom**

**9:45 - 11:00 AM**

**Panelists:**

Jackson Longan

Oxford House Alumnus and Director of Communication and Information

Jason Paul Jarreau

Oxford House Alumnus and Director of Contract and Development

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 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.

### Conducting Presentations & Educating the Public about Oxford House

**Elwha B**

**9:45 - 11:00 AM**

**Panelists:**

Meghan Lewis

Oxford House Alumna and Senior Outreach Coordinator, LA

Leaf Ploub

Oxford House Alumnus, Senior Outreach Coordinator, OR

Taylor Wright

Oxford House Alumnus and Senior Outreach Coordinator, CO

Whitney Anderson

Oxford House Alumna and Outreach Worker, OK

**Moderator:** Erica Cotton

Oxford House Alumna and Senior Outreach Coordinator, TX

Oxford House Outreach Workers and Oxford House residents and alums frequently have the opportunity to conduct presentations about Oxford House at conferences and meetings, and individual sessions with treatment providers, 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 valuable formats for long presentations and 'elevator speeches.' They will also discuss having real-time vacancy information for primary treatment providers and the recovery community.

## The Opioid and Stimulant Crisis - MAR & Overdose Prevention

**Elwha A**

**9:45 - 11:00 AM**

**Panelists:**

Casey Longan

Oxford House Alumna and Training and Education Coordinator, TX

Elizabeth Smith-Smith

Oxford House Alumna and Training and Education Coordinator, OR

Will Madison

Oxford House Alumnus and Training and Education Coordinator, NC

**Moderator:** Tara Cormier

Oxford House Alumna and Senior Outreach Coordinator, NJ

Medication-Assisted Recovery (MAR) is currently offered to most individuals seeking recovery from opioid addiction. Oxford Houses will accept an applicant using MAR as long as there is a vacancy, and the applicant demonstrates a commitment to recovery and the willingness to use only prescribed medication. 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 the early stages of residency in an Oxford House; therefore, Houses are strongly encouraged to have newcomers share a room with another resident for socialization purposes and to 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 the Oxford House Charter requires.

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.

## Recovery Housing Research “Why it Matters and Why Participate”

**Quinault**

**9:45 – 11:00 AM**

**Panelists:**

Amy Mericle, Ph.D.

Principal Investigator, Alcohol Research Group

Jenna Sheldon, M.S.

Addiction Research Institute Staff Steve Hicks School of Social Work

Paul Stevens M.S.

Oxford House Alumnus and Regional Manager, VA, DC

**Moderator:** Anna Jones

Oxford House Alumna and Senior Resource Coordinator, DC

Oxford House has been at the forefront of encouraging Oxford House residents to participate in behavioral research and data collection. This encompasses both in-house research conducted by Oxford House and independent, third-party academic research conducted by researchers such as those associated with the DePaul program. Recovery research has been hampered by the historical focus on anonymity by 12-step groups. While anonymity has its purposes, it has also had the effect of limiting research on recovery and determining more definitively what works and what doesn't.

This panel will discuss why behavioral research – particularly that related to addiction and recovery – is so essential and why Oxford House residents should participate in such research. They will identify concrete conclusions that have been reached due to addiction/recovery research, the implications of such findings, and what more needs to be done. The audience will have the opportunity to ask questions.

Panelists will be Amy Mericle, Principal Investigator (NSTARR and COVID Supplement) Alcohol Research Group, a project of the Public Health Institute, Jenna Sheldon, The University of Texas at Austin, Addiction Research Institute Staff Steve Hicks School of Social Work, and Paul Stevens, Regional Manager with Oxford House, Inc.

## Becoming Responsible – Organizing Your Personal Finances

**Wilapa**

**9:45 – 11:00 AM**

**Panelists:**

Lori Hunt	Oxford House Alumna and Director of National Field Services
Ricky Mogel	Oxford House Alumnus and Senior Outreach Coordinator, WA
Leann Tyler	Chief Financial Officer, Oxford House, Inc.
Heather Lee	Oxford House Alumna and Outreach Worker, LA

**Moderator:** Thomas Floyd Oxford House Alumnus and Regional Manager, AZ

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 creditworthy.

The panelists are not financial experts; they are all Oxford House alumni and staff who deal with their finances, establish good credit ratings, and set up their 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.

## FIFTH BREAKOUT PANELS - SATURDAY 11:15 AM - 12:30 PM

### Having Fun in Oxford Houses

**Regency Ballroom**

**11:15 AM - 12:30 PM**

**Panelists:**

Brandie Bauer	Oxford House Alumna and Oxford House Cheerleader, LA
Elizabeth Lewis	Oxford House Alumna and Resources Coordinator, FL
Chandra Brown	Oxford House Alumna and Outreach Worker, FL
Shane Davey	Oxford House Alumnus and Outreach Worker, AZ

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

Oxford House Co-Founder Paul Molloy always said, "If recovery isn't as much fun as drinking or using drugs, why to stay clean and sober?" Many Oxford Houses and Oxford House Chapters take that admonition to heart and ensure 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 Oxford 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.

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

**Elwha B**

**11:15 AM - 12:30 PM**

**Panelists:**

Nathan Truitt  
Vanessa Phelps  
Ashley Manges  
Devin Edge

Oxford House Alumnus and Senior Outreach Coordinator, AZ  
Oxford House Alumna and Outreach Worker, AL  
Oxford House Alumna and Outreach Worker, OK  
Oxford House Alumnus and Outreach Worker, VA

**Moderator:** Barbara Kidder

Oxford House Alumna and Outreach, NC

In many states, Houses, chapters, and state associations all work together, recognizing the different roles of each. Sometimes, however, there is bureaucratic overreach, which should be avoided. One of the biggest challenges is fostering democracy in Houses and Chapters. The system is purposely ‘rigged’ to foster democracy by its emphasis on House meetings, the election of officers, the equal sharing of expenses, and the autonomy of 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. Still, at all times, they need to recognize the autonomy of each individual at Oxford House.

The panel will discuss what Oxford Houses, chapters, and state associations can do to build constructive relationships with each other.

## Working with Specialty Courts

**Elwha A**

**11:15 AM - 12:30 PM**

**Panelists:**

Hon. Kenneth M. Stoner  
Joe Chavez  
Michael Newcomb  
Steve Gumm  
Karen McKinnon

Oklahoma District Judge, Drug and DUI Diversion Courts  
Oxford House Alumnus and Regional Manager, HI  
Oxford House Alumnus and Outreach Worker, NJ  
Oxford House Resident and Outreach Worker, WA  
Oxford House Alumna and Women's Resource Coordinator, NC

**Moderator:** George Kent

Oxford House Alumnus and Regional Manager, NJ, NY

In 1990, there were only one or two drug courts in the country. Today there are more than 2,300. The practice and theory of drug courts are simple. It is better to route an alcoholic or drug addict into treatment rather than send them to jail. In jurisdiction after jurisdiction, drug court judges have found that drug court participants tend to do much better if they live in an Oxford House. The NADCP is a national nonprofit organization that has promoted, developed, and educated judges around the country on the value of drug court intervention. Not only does such intervention motivate alcoholics and drug addicts to begin and master the recovery process, but it also saves taxpayers the costs of incarceration or repeated cycling in and out of detoxification and treatment.

Paul Molloy, Co-founder, and CEO of Oxford House, Inc., served on the Board of Directors of NADCP during its formative years. Oxford House is a natural partner of drug courts. Many drug court judges have found that their clients do better in an Oxford House than returning to neighborhoods where they are likely to return to old friends and old habits.

Panelists are very familiar with the workings of drug courts and will offer their observations and experiences with them. They will also discuss how Oxford Houses can best serve drug court clients and the expectations of drug courts working with Oxford Houses.

## Reuniting Families - Working with Children in Oxford House

**Quinault**

**11:15 AM - 12:30 PM**

**Panelists:**

Ashley Wilson  
Stacey Nichols  
Heather Lee  
Courtney Ross  
Tylene Kenyon

Oxford House Alumna and Outreach Worker, AZ  
Oxford House Alumna and Administrative Specialist  
Oxford House Alumna and Outreach Worker, LA  
Oxford House Alumna and Resource Coordinator, IL  
Oxford House Ainsworth Resident, WA

**Moderator:** De Wysocki

Oxford House Alumna and Regional Manager, TX

Many Oxford House residents have young children. Some are living with relatives or other people but may sometimes visit their parents 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 need 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

**Wilapa**

**11:15 AM - 12:30 PM**

**Panelists:**

Steve Polin, J.D.  
Scott Cummings, J.D.  
Greg Heafner, J.D.  
Kurtis Taylor

Oxford House Alumnus and General Counsel, OH  
Oxford House Alumnus and Attorney, OR  
Oxford House Alumnus and Attorney, NC  
Oxford House Alumnus and Executive Director, ADCNC

**Moderator:** Jackson Longan

Oxford House Alumnus and Director of Communication and Information

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 the City of Edmonds, WA v. Oxford House, Inc. Despite that favorable decision, some localities 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 the discriminatory application of fire/safety codes. Oxford House Inc. is not hesitant to litigate these cases when necessary and usually wins.

The panel will also review how members of individual Oxford Houses can be good neighbors and how they can navigate the often-complex neighborhood organizations.

## 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-seven 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

##### **Devin – Oxford House Resident – Mobile, Alabama**

Hey Oxford House Family! My Name is Devin, and I am an addict. Those four simple words are not all that I am but, if I ever forget them, everything that I am will not matter. My clean date is February 9, 2021. My pronouns are They/Them and I am a committed member of the fellowship of Narcotics Anonymous and a proud resident of Oxford House – Mobile in the sweltering Mobile, Alabama.

My life prior to Oxford House was anything but manageable. Before I even picked up drugs, I was addicted to more: more sex, more things, more manipulation, more control. At the end of the road, I was homeless; I totaled my car; my mom was diagnosed with brain cancer; and I wanted to do everything but stop using. My higher power had other plans. I ended up at the Emergency Room lobby with everything I had to my name at the time, including all the drugs, paraphernalia, the whole nine. I surrendered to security and the cops...it had to end.

I went to treatment, not my first, and I immersed myself in the program. I sat up front; I worked steps; I became honest, open minded and willing to do anything to save my life. Two days before my discharge, I had what would be my last conversation with my mom. Three days after I completed treatment, my mom passed. I am overwhelmingly grateful that she knew that I was clean before she went to join my higher power.

I moved into Oxford House three days before her funeral. I was scared. I'm black, queer; I wear short shorts and heels and I chose to move into sober living with six heterosexual cis-gendered men! The men in my house surrounded me with love and support. They helped me find and get to meetings where I found my sponsor. They elected me Chair of my chapter three months into my residency. Oxford House South Alabama taught me how to lead without controlling; how to empathize without sacrificing principles; and how to live as my authentic self without shame.

Life hasn't been all rainbows and unicorns since I got here but Oxford House has given me a family and I can share anything that is going on in my life. They know when something is going on and my close friends can see through any mask that I may try to put on. I am eternally grateful for the gift that is Oxford House and I can only hope to impact one member the way that members have impacted me. Devin #theoxfordgay.

#### ARIZONA

##### **Alysa – Oxford House Alumna – Arizona**

My story starts with hopelessness to gaining just a sliver of hope to now knowing and believing that my possibilities are absolutely endless. My name is Alysa, and I am a grateful recovering addict. I was born in July of 1990 in Rochester, MN and raised in Milwaukee. My mom raised me alone, and I have three brothers, two of which I know. My dad left before I even

arrived. My abandonment issues date back as long as I can remember. My childhood was filled with a lot of pain, sadness, heartache and trauma.

I witnessed abuse at a very early age. It started with watching my mom be abused daily, and not long after that, the same hands abusing my mom turned to me and my brother. This went on from about the age of 4 until about the age of 6. I watched my brother get his leg broke, I had my teeth knocked out with a shovel and I watched my mom fight for her life before we finally escaped from that situation. After we were freed from that trauma, we were still living in fear, as he always found the next place we lived and had attempted to kill my family by setting our house on fire. We escaped. At this time, I was about 8 and my life finally started to get better - we had a place to call home that felt safe and full of love. My brother and I were close growing up. My mom was working two jobs to support us, so she wasn't around much and trusted us with a neighbor. Sadly, the abuse started again with this neighbor. Life started to go south. The abuse, difficulties in school, and the lack of trust with everyone around us. Then, my brother began to sexually abuse me. It didn't stop until he was removed from the house due to other issues that transpired in the household. I was 11 years old and I didn't trust anyone. I loved to fight verbally and physically. My mom and my soon to be step-dad finally got my brother back after a couple of years. I was excited to have my big brother back, but he was different, and still abusive. My mom found her addiction and became abusive.

By the time I was about 14, I was looking for any and every way to escape. I ran away from home and found that drugs and alcohol were the solution to all of my pain. I spent my 16<sup>th</sup> birthday alone at an abortion clinic. The pain medication they prescribed me after this visit was my cure-all drug. The chase for the drug began and didn't stop my entire career of active addiction – 14 years of living with that daily obsession to use. Jails, institutions and near-death experiences were common occurrences. In July of 2020, I finally was given the gift of surrender. I got my 3<sup>rd</sup> DUI and decided it was time to do something different. I left Milwaukee and flew out to Arizona, dope-sick, with two suitcases and \$200. I went to a treatment center in Prescott and I had been in touch with an Oxford House Outreach Worker in Prescott, AZ. I moved into Oxford House Iron Springs in October 2020, and I finally started to believe that I could live a meaningful life. I read the Oxford House manual – I believe in the Oxford House Model wholeheartedly. I was surrounded by a family of incredible women. I was provided a safe place to work a program of recovery, work on my career, and re-build trust in myself and others. I tried to make the most of my stay in Oxford House – I was of service to my chapter in Prescott. I then moved to an Oxford House in Phoenix to further my career goals, and was heavily involved in service. I served as Chapter Chair, helped struggling houses, and helped open new Oxford Houses.

That DUI caught up to me in April of 2022. I had to return to Milwaukee to serve a month in jail. Though this was devastating, the life I had built in Arizona was solid. My job valued me enough to hold my position, and when I returned, I was given a promotion! My friends and family in AZ showed up for me. I was finally able to close that chapter of my life. I then moved out of Oxford House and got my very own apartment. Today, I am an active member of Arizona's Alumni Association, and I am the alumni chair for the Arizona State Association. I intend to stay involved with Oxford House because I have a passion for it. I am so grateful that Oxford House is structured in a way that I have the opportunity to continue to give back what was so freely given to me.

### **Michael Robinson – Oxford House Alumnus and Outreach -- Arizona**

Hello, Family. My name is Michael Robinson and my sobriety date is January 20, 2019. I was born and raised on the bayous of South Louisiana. To say that trouble didn't take long to find me would be quite the understatement. My first run-in with authority was around the age of 8. My brother and I got into some trouble and had to be taken back to our parents in handcuffs. It wasn't long after this I tried weed for the first time. I was always the kid that hung out with the older crowd. I was also big into sports and played soccer, football, and boxing as a kid. That is, until the day I was told by a doctor that I needed a hip surgery and, more than likely, I would not play sports again. At the age of 13, I was prescribed Percocet for help with pain management after my hip surgery. I can remember the first time I took one, the feeling it gave me. I only wish that, back then, more information was public knowledge on opiates. Maybe my life would have been different; that moment was the beginning of my substance use disorder.

They say it's hereditary... and I was raised in a family that suffered from some sort of addiction; my father and mother were on opiates and smoked pot from as far back as I can remember; my uncle sold everything you could imagine and seemed to have no issues with introducing me to most of it at a very early age. Remember that surgery? Well, while I was recovering from it, I took up guitar and started hanging out and playing music with some older kids and was introduced to concerts and rave parties. At my first rave party at the age of 14, I tried heroin for the first time and was hooked. Being used to the feeling from the pills that I took, I fell in love with it, and my life took a turn that led me on a path for many years.

During my addiction, I was arrested countless times and I did four stretches of time in prison. Hell, I just got off parole last year; that's the first time in my adult life I am not on paper. I have at one time been hooked on everything: heroin, meth, cocaine, money and women were all things to which I was addicted. Numerous failed attempts at relationships, work, and sobriety were part of a lengthy cycle I fought for roughly 24 years. I had lost everything and everyone I had ever cared for.

My last use ended with me being revived thanks to Narcan. I was homeless, living in an abandoned house with a friend who, thankfully, was there with Narcan. Otherwise, I wouldn't be here today. . . . . Broken, desperate, void of happiness, and wanting to either end it all or do something different, I chose the latter. I called a friend who came to the hospital and picked me up, brought me to a detox unit far away from where I was. At that detox unit, I made a decision to go to rehab and asked that they send me to whichever place was the farthest from the New Orleans area.

So, here I am, in a treatment center 6 hours from everything I know, once again trying to clear my head. I felt it in my bones and in my soul that this time was going to be different. For once, I was ready to get out of my own way. Listening closely to the counselors and BHT's at the center, I started to piece together a plan. I wasn't going back; I was going to find a job, a car, real friends, and a home. I had the most spiritual-like experience there that I had ever had – and I did a lot of hallucinogenic substances in my addiction – so that's saying something. One of the counselors there randomly told me to make better choices; well, no kidding. I'm in rehab, but that moment sparked a series of events that day that led me to a meeting. In that meeting, my higher power spoke to me, through the words and story that I was hearing. I listened to this man speak about the trials he went through, and it was directly linked to an experience from my father's death. Knowing as soon as I felt it in my heart that I had finally made a decision that was for good, I knew right then and there that I was in the right place at the right time.

While there I kept hearing about Oxford House, I had no clue what that was. I had been homeless so long I don't think I knew what a house was anymore. What I can tell you is, I will forever be grateful for the men at Oxford House Roma in Shreveport, La. They interviewed me and gave me a home, the first I had in a long time. I fell in love with the structure and model, started living a life in recovery, focused on service work and community. The opportunity to attend World Convention came around and it changed the course of my recovery and my Oxford House journey. In December 2019 I applied to become Outreach and was offered the chance to go to Arizona and become part of a team that was bringing the solution of Oxford House to communities that need it. Thank you, Oxford House for the family I gained, the life I always wanted, and the ability to help others.

## **COLORADO**

### **Annie – Oxford House Resident – Colorado**

My name is Annie and I am a grateful recovering alcoholic. My sobriety date is 6/26/19. As a child, I struggled to make connections with others. I experienced bullying and a sexual assault that drastically changed my life. As a result, I learned to be very independent and keep everything to myself to hide the guilt and the shame of these significant experiences. My older brother struggled with his addiction. I spent my days after school and my summers making sure he was ok and keeping the family together. I cut myself off from school and peers to keep everyone together. I was depressed and withdrawn from everything and almost failed out of high school. I was alone and lacking connections with others.

When I turned 20, I was sexually assaulted and gave birth to a boy. I was drinking heavily and couldn't cope or keep the child. I gave him up for adoption to give him a better life than I ever could have provided. I held onto that guilt and shame and never wanted to acknowledge it. I continued to drink and was kicked out of college. I lived at home for a short time and my drinking and depression continued to spiral. In 2015, after a marriage that didn't end up working out, I had a suicide attempt that put me in ICU for a few days. I briefly stopped drinking in hopes of working on myself and learning to love myself but this only lasted a month before I went right back to drinking again. In 2018, after being kicked out of my parents house and not being able to keep a room over my head, I got a DUI. I totaled my car and went to jail. I was given the opportunity to do Diversion and court ordered treatment but a year and a half later and I was still drinking and homeless.

In June of 2019, I knew I needed something different so I got on a bus and took myself to inpatient treatment at the coast. I spent 90 days there and then another 90 days of intensive outpatient. From there, I found Oxford House. I found a family. I found people who love and support me and supported me until I was able to start loving myself. I have been part of this family for three years and I remain grateful and humble for everything that Oxford has done for me.

## **Donna Chopper – Oxford House Synergy – Colorado**

My addiction began when I was 40. I had met, married, and had a child with an amazing person. Two years into our relationship, I found out he was using meth and our relationship started falling apart. I didn't know much about meth and thought that if I tried it with him, it would help hold us together. The first time he shot me up, he told me we would lose everything and would not care. He was absolutely right. In a short amount of time, both of us were in and out of jail; our daughter was being ignored; and within 9 months we lost everything. We had a task force following us at all times and, every time one of us got out of jail, the other would be arrested. They were listening to our phone calls and by time it was done, both of us were in a lot of trouble in several counties. I'm sure this sounds familiar to most.

Once we served our sentences, we got back together and threw it all away again. Things got violent and I ended up in a battered women's shelter. I continued to use and, eventually, the shelter caught me. They turned me in, and my daughter ended up with my parents. This time, a social worker told me I had to choose to be a mother or an addict but I couldn't be both. I was so tired of the struggle – living on the streets and hopping from hotel to hotel whenever I made enough money to be in one. I was alone and the one person who never asked for any of this was hurting. Because of me. My family told me I had to choose between my child and her dad and that, if we got back together, they would take my daughter away from me permanently. I ended up at a hotel – high as all get out – but no matter how high I got, I felt alone. The dope wasn't masking the fact that I had nothing and no one. I just wanted to be normal again. My depression was through the roof. That night I chose to get help – not for my family, not for my kid, but for me. It was the first time since that first bump that I chose me over everything else.

I did good while I was in treatment. I started to realize I could be clean. That I could get my child back. That I could be happy. The day before I was supposed to leave treatment, I got a call from the coroner telling me that my husband had died. My heart left me in that moment. A part of me died with him. Everyone worried that I would relapse. I knew in that moment that I would never get high again. I loved him too much to try and run from those emotions. I had to carry his memory for our daughter. Those thoughts, that love, pushed me to go back to school and to move into an Oxford House and build a foundation that would ensure that I would never use again.

Oxford helped me to realize that, as much as I loved Dustin, I needed to love myself too. The women in the Houses that I lived in, taught me how to live again. They understood what I was going through and supported me more than I could ever explain. I described my house to newcomers as a place that worked miracles. Women got their children back, went back to school to get better jobs to support themselves, and completed court cases successfully. God truly works in these houses and through each of us. I will always be grateful for Oxford as I know I would not be where I am today without it.

I have my child with me in a stable home. I finished school and work as a legal administrative assistant. I have 3 years and 5 months clean from meth. I have my family proud of me and cheering me on for my future. Who would have thought a “junky” like me could be a good mom, friend, and housemate?

Thank you to every person who helped play a part in my recovery, who believed in me, and who told me what I needed to hear rather than what I wanted to hear. You all made the impossible possible. We do recover!!

## **FLORIDA**

### **Larry Lamb – Oxford House Resident – Florida**

On May 9, 2022, I had decided that I had had enough and made a decision to stop using crystal meth. I had had no experience with any type of recovery or treatment prior to this date. I found Crystal Meth Anonymous online and entered a Zoom meeting of CMA on May 9, 2022 at 11 p.m. Within about a week I had a sponsor who suggested I go into treatment but I refused, of course, thinking I knew what was best for me. I had no idea what to do, but was trying desperately to feel like I was in control, not realizing that I had lost control years ago. I was living in a hotel that had a reputation of being a drug hotel. It was a hotel I had partied in before but it was also the cheapest place I could afford to stay to avoid being on the streets again. My sponsor, who was starting to get on my nerves, not agreeing with me on the excuses for my choices, suggested I look into sober living as a way to put some stability in my life. I was not at all happy with the suggestion, however, I did agree to do so.

I called and was accepted into a “sober living” and I spent two nights before leaving. Having no experience with “sober living”, this particular “sober living” that had agreed to take me, was in my opinion, one-step above a trap house. There was no structure and almost no accountability and I felt that I would be better off on the streets. So, I returned to the hotel. My sponsor told me

that I needed to put the same amount of the energy into getting sober that I had put into my drug use. My sponsor suggested I call more “sober living” houses, which I reluctantly did. I had no desire to go to sober living at this point, and was convinced that it would be of no service to me and that I would be better off on my own. I could not understand why he was suggesting it based on my recent experience but I did agree to make some more calls.

My sponsor told me to share it at a meeting and to make my current living situation known to group members. I already knew that I could not truly trust my own thinking. I reluctantly agreed to the suggestion of my sponsor and attended an in-person meeting and shared that I was living in a hotel trying to find sober living and basically that I was falling apart. After the meeting, several people came up to me and offered names and numbers, one of which was Oxford House. The next day I contacted Oxford House and spoke with a gentleman who was very polite and cordial and asked me some questions about my current circumstances and stated that they would be willing to do an interview with me with the whole house later that evening.

I was running out of steam, and I was desperate, so I agreed to call at a given time for a House interview. Not knowing what to expect, I called and was introduced over the phone to several members of this Oxford House, who asked me questions about my sobriety, my plan for recovery, if I had a sponsor, if I was willing to work a program and attend meetings, etc. I felt slightly intimidated by the questions and was not really sure what to expect. They told me they would decide as a House if I would be accepted and call me back. About 10 minutes later, it felt like an hour, they called me back and told me I had been accepted. I was both relieved and terrified.

What happened next was unexpected. One of the guys from the house agreed to pick me up so I could come by the house and meet some of the guys. I had no car, was on the other side of town and didn't really want to do this, but I agreed. The next morning another guy from the house came to my storage unit and helped me gather my things to move into Oxford House.

I have only been living at Oxford House for a month and there have been some very difficult days for me and my desire to stay sober. On one occasion, I told two guys in the house that I was wanting, “to use.” I wanted to get high. They rallied around me and provided support, even texting other guys in the house to make them aware that I was struggling. They actually came to my room that night to check on me to make sure that I was, “okay”. One of the guys even texted me in the middle of the night offering support and encouraging me to, “ride it out”, stating he was glad I was here. I am confident in stating that had I not been at Oxford House and, had I not had that kind of support that night, I doubt very seriously that I would be sober today.

As I write this my eyes are filled with tears. I can begin my journey of recovery with others who are on the same path as I, and who genuinely care for each other's well-being and success. I am, for the first time in many years, in a stable environment. I am now able to focus on my mental, physical and spiritual well-being. I have a roommate who allows me to speak openly about my fears, my questions, my concerns and who shares with me his strength, experience and hope. Regardless where my journey takes me, I am forever grateful that Oxford House believed in me and gave me a chance to have a place to work on myself.

### **Michelle White – Oxford House Resident – Jacksonville, Florida**

My name is Michelle W. I am a mother, a daughter, an R.N., a Navy Vet, and an addict. For the first 33 years of my life, I lived a so-called normal life. I had a great childhood, traveled the world with my Navy family, had great friends and was happy. Or so I thought. As an adult, I joined the Navy and, while it was great living in countries such as Japan and having fun, that fun was overshadowed with drinking. I first faced consequences from drinking in the Navy – personal and professional. But, I pulled myself together. I stopped drinking and focused on my future. I left the Navy as a decorated veteran and with a R.N. degree.

Life was good after that. I worked as an ER R.N., got married and had a beautiful son who is my whole world. But a few years into this happy life, I was injured on the job. I was fine for a little while but one night the pain was too much and, working in the ER, I had access to pain relievers. I thought I'd found the solution. I did – the solution to a nightmare.

Over the course of the next 10 years or so, I battled my addiction to opiates. My life spiraled out of control. I lost jobs, I stole, I lied, I broke peoples' trust. I got divorced but kept the only thing that mattered to me – my son. I tried rehab and got it together for a little while, but it didn't stick. Then the legal troubles started and I found myself at a point where I could lose everything forever. So, one day, February 15, 2018, I kissed my then 8-year-old son goodbye and wished him a happy birthday, went to court for my latest legal issues, and went to rehab. I spent 90 days there. And afterwards, I didn't go home. One of the hardest things I'd ever done.

The next 3 years were a mixture of good times and bad. I had no relationship with my family. They were still angry and hurt. I didn't see my son and only spoke to him occasionally. I didn't know how to rebuild that relationship with him. I was dating an alcoholic whom I thought I loved. I lived in halfway houses, then in a house with a coworker. Slowly, a different nightmare emerged, and I found myself living in worsening conditions, going back out, getting clean, and taking care of man who didn't want to stop drinking. In short, I was miserable.

One day I had enough and walked into the local VA and begged for help. I couldn't do it anymore. I was physically, emotionally, and mentally exhausted. They helped me get sober again, put me back on the path to a new life. But I wasn't done with my boyfriend yet. One day, he nearly died from alcohol poisoning and went into the hospital for two months. As soon as he did, I started looking for a way out of the hellhole we were living in. I didn't know where I was going but I was getting out. After he got out of the hospital, he went to an Oxford House here in Jacksonville, FL. That was the first time I'd ever heard of Oxford House. He was the one who encouraged me to look into Oxford House. I did and it changed my life.

I've been in Oxford House Jaguar since April 15, 2021. That is also my sober date – the day I started a new life. The women I live with have become more than friends; they are my family by choice. They are who I share my fears, my success, my joys, and my worries. Without them and Oxford House, I would not have started working a strong program of recovery, and if I hadn't, I would not be seeing the promises come true. Because they are! The promises are real and they are as amazing as I had hoped. I see my son every single day. He calls me 'Mom.' I'm rebuilding a relationship with my parents. I have a great job that I love. I own a car and make car payments – something I've never done. I have responsibilities in Oxford House that I enjoy and positions that help me help others. I'm trusted again.

These are things I never thought I'd have again. If it wasn't for Oxford House, I could see my life continue to spiral out of control until I ended up in jail or dead. We hear it all the time that Oxford House saved our lives, and it is true. Every day I am grateful for being here. And I want others to find the same peace and serenity that I have. Thank you, Oxford House.

#### **Sara Rivera – Oxford House Resident – Florida**

My journey with Oxford House began with force. I was in drug court and was required to live in a sober living home for 3 months. My outreach worker made a lot of eye-opening points without saying it directly. Because, who am I kidding, no one in early recovery likes to be told what is best for them. Suggestions and encouragement are what helped me. When the end of my 3 months was near, I let him know I was going to be moving out. And his words were to give him 3 more months, and I started thinking I really did not have anywhere safe and sober to go. That is when I actually started to give Oxford House a chance.

Oxford House has given me the time to set my boundaries and realize I needed to achieve short term goals. Between drug court and Oxford House, it has shown me that being clean is only a quarter of the pie to sobriety: learning how to keep your own self accountable; and being able to see what is good for you and what is not. And, having the tools to deal with it properly. Having a sponsor and how important it is to have one. Oxford House showed me I had a lot to work on with myself and how I treat people. And even how I treated myself. Once I got out of my excuse phase of why I could not be involved in Oxford House events and helping the next person is when I really started to see my growth and worth and develop an understanding of myself.

In my addiction, I never felt a part for anything. And truth be told, I never wanted to be. But, being in Oxford House showed me I am a part of something big. It took some time to realize that. Oxford House gave me the time to do that. One of the things I love about Oxford House is that it's at your own pace. And everyone is at a different level in their recovery. Oxford House has made me passionate about helping people in recovery. To be selfless and not selfish. And to know the difference of the two.

My goals now are to become a first-time home buyer before I move out. And, that even though I am married, it's okay to be apart for us to develop a healthy relationship. With both of us being addicts, the best thing for us is to each gain comfortable sobriety; achieve goals together and rebuild our lives. I am right where God wants me to be and he continues to show me I'm on the path he wants for me. Without him and the support of Oxford House, I wouldn't know where I would be today.

### **Steven Mead – Oxford House Resident – Cape Coral, Florida**

What Oxford House has done for me. Before I moved to Oxford House, I was sick and lost. After trying to get clean since 2018, in March, 2021, I found myself in the hospital. A nurse who stayed three hours after her shift told me a story about her father that opened my eyes. When I completed my detox, I got on a plane and flew to Cape Coral, Florida, where I moved into Oxford House Mangrove. I then got a sponsor and worked the steps. It wasn't easy but I had support from my friends in Chapter 4 FL.

After a few months, I became Chapter Chair. I then took presentations into treatment centers. I've continued to help others find their way into Oxford House. The best part of it all is that I get to help people find their way in sobriety and life. Oxford House has taught me many things. The best part of it is that Oxford House will give you the tools necessary to succeed in life and to continue to help others.

## **HAWAII**

### **Allan S. – Oxford House Paloma Resident – Kailua, Hawaii**

I first moved into Paloma back in March of 2021. I came straight from Po'ailani Residential Treatment Program. Before that I was in OCCC. Everybody in the House was very welcoming and right away I could tell that everyone there were very close with each other. When I came to the House in March, I had just started Outpatient classes, so I'd spend about half of my day doing class 5 days a week. There were about 6 other guys from Po'ailani in the house too, so we were all doing class at the same time. I think that's what made us all get along with each other because we could all relate because we were all in the program. Everyone in Paloma is really serious about their recovery. In the past year and 4 months that I've been in the House, we've had a few people relapse and get kicked out but, other than that, we still pretty much have the same group of guys that were there when I first came in. The House has helped me so much in keeping me clean and sober. It's in a good location. It's right by the beach; it's close to all the shopping centers and it's only one bus ride to town or to Kaneohe.

I just recently got into Windward Community College and I have been taking a computer skills class and I start four classes in the fall. I never in my life would've thought I would be able to say that, "I'm going to college", but it's only because of my time getting my life right in Paloma that God gave me this opportunity to go to school. Thank you for the opportunity that Oxford House has given me to better my life. Allen S.

## **IDAHO**

### **Michael Reininger – Oxford House Resident – Lewiston, Idaho**

When I first moved into the Oxford House, my life was at a level of unmanageability I never in my dreams thought it would reach. I had burnt almost all of my bridges and life was utterly in a constant state of chaos. I had no hope for the future and can honestly say that I was in search of a way out. Drugs and alcohol held my hand as I traveled down further and further into a pit of despair.

After moving into Oxford House Lewiston, I was able to be surrounded by other guys who were in a similar position as myself. After a couple of months, I started to feel great comfort from the other residents and the structure the Oxford House model offered to me. In my greatest times of need, my roommates were there to offer support, friendship and most importantly accountability. I went from having very little family and friends left to gaining many brothers in recovery.

In short, the Oxford House saved my life before I was able to end it. Who knows where I would be without the fellowship I acquired? My new self-worth and sense of accomplishment now drives me and my willingness to not only continue to grow for myself, but also to help my OH brothers and to assist new members of our recovery network as they transition into a meaningful life of sobriety.

### **Shaun M. – Oxford House Resident – Idaho**

I found myself lost in the world of drugs and chaos my whole life. I knew there was something better out there, but I just needed to find it. I moved into Lewiston OH in 2018 and within two weeks I knew I had found what I was looking for. I found accountability, hope, strength, and family that all wanted the same thing I was looking for. I have a purpose now and, with all the stuff I've been through, I can now help others who are looking for sobriety, hope, and strength. I owe that to Oxford House and the people that were there before me.

## ILLINOIS

### **Krista Marie – Oxford House Resident – Illinois**

My name is Krista Marie, and I am a woman in recovery. I am 43 years old, and I have been in and out of recovery for 15 years now. Unfortunately, I spent around seven of those years in and out of jail and prison. The other half of the time I tried every which way to get and stay sober and they were unsuccessful. I have done inpatient, outpatient, day treatment, the list goes on and on. I came to a point where I thought I could teach the classes (fully-flexed ego. I used to be embarrassed by the number of halfway houses and transitional living places that I've been to without success. Then, along came a fellow inmate in jail talking about her boyfriend's transformation through a place called Oxford House.



***The house, the people and Oxford House helped save my life.*** Upon my release I gave them a call, expecting it to be like every other sober living I had been to. Wow, was I wrong. The house, the people and Oxford House helped save my life. It has given me the confidence and ability to live as a woman; a woman that wasn't sure I could be. We live in a true home as a family, in no way like an institution or other sober living I had been in before. We are happily responsible to each other, uplifting, supporting and understanding one another as we grow together. I am now able to handle my own bank account, I almost forgot what one was.

***I have become independent and empowered as a woman not to be reckoned with.*** I rarely get anxious and have panic attacks being around people. I can speak with courage and honest emotion. Being here and just being responsible for our home by budgeting, paying our own house bills, and making decisions together as a house has quickly given me a solid foundation upon which to build my future. In Oxford House, all the ladies are equal, showing me that my voice does matter in this world. I have become independent and empowered as a woman not to be reckoned with. Oxford House has shown me how to smile and to have fun again. Most importantly, it has kept me sober – an honest sobriety with no lies or cheating. I am alive today in every sense of the word. And it's all because of Oxford House and the ladies that I live with. Thanks. Krista

### **Tracy Kmak – Oxford House Leto Alumna – Illinois**

Active addiction caused me to ruin my relationship with my child, my family, and my friends. Addiction is such a struggle, and it was not easy for me to put down drugs and alcohol. I also had my fair share of mental health problems working against me. However, I had had enough pain, and my mind and heart were committed to recovery. I asked for help from my family but got rejected, so I knew I had to do something courageous. I put myself into a mental hospital to detox. After that, I went to two separate rehabs. A recovery home was my next step towards success. However, the recovery home was only short term as many of them are. So, I was forced to find somewhere else to go.

At the same time, I found out I was pregnant, and I was terrified that my baby and I would have nowhere to go. Little did I know a miracle would happen! An Oxford House outreach worker crossed my path and I gave her story. I related so much, and I got her information and information about Oxford House. I was accepted into Oxford House Leto shortly after. I was so thrilled that I had found a place for me and my baby to call home while I follow this recovery journey.

Oxford House has helped me reunite with my other daughter and the women here have taught me how to love myself and my children. The love and support I have been given at Oxford House is helping me be myself and taught me I can do anything I put my mind to and more. Oxford House Leto gave me the opportunity to become a hard worker, a good mother, and a proud Oxford House member. Tracy Kmak

## INDIANA

### **Christian Carter – Oxford House Resident – Indiana**

Graduation testimony 2022 – Day 229 of sobriety. Please read: Today is June 17, 2022...My Journey Into A Life Of Sobriety! 229 Frickin' Days Later! I got high for the last time on roughly November 1, 2021. Never in a million years, or at least in MY lifetime, would I have believed I could be sober for 229 days straight. Drugs were my security blanket, my voice, my self-

esteem, my courage, my only real hope to fit in with the world. They were a buffer to soften the friction created between me and my fight with reality. You see, I was different. People just didn't understand me. I deserved to be medicated! I needed to be a little fuzzy in order to feel comfortable just sitting in my own skin. I can't express myself so please give me a break! Please allow me to ingest mood-altering chemicals so the world doesn't seem so harsh, so my shame can feel a little less painful. Drugs were like a magic cloak that draped softly over my being. It was a wonderful layer that protected me from getting hurt and allowed me to hide behind its fabric of denial. I could drift through life and not really have to commit to anyone or anything. I liked myself much better with a little buzz, and I was determined to believe that people enjoyed my company so much more when I was muffled by the haze of the high.

I began my journey last year full of uncertainty and fear – baffled and in disbelief that I got myself into this mess. I saw this coming years ago and was in shock at how someone with my willpower and mental strength could not control this situation. I became completely powerless over drugs! But, sadly, I couldn't imagine a life without them! If I couldn't do it for myself, I had to do it for my kids... My baby girls and my boys! It would be absolutely devastating to lose my children's respect – to lose their trust! To NOT be the father they looked up to, and depended on, for love and protection. The greatest GIFT to come from my sobriety so far is the opportunity to just sit with myself and not feel the need to run! I can now see my life through clear eyes, peace of mind, and pure vulnerability!

It's okay to be me. I do not have to be in love with myself but, if I can accept my personal defects and be able to live alongside them, self-hatred loosens its grip on me. I no longer need to be the dumbest, the shyest, or any other "est". It's OK to just be ME. Humility and self-respect are key!

Real feelings of love! Real feelings of joy! Real bellows of laughter! Even real sadness! I am finally "living in the moment" with clarity! With peace of mind, and with a VOICE! My real voice! Mornings were always the moments where I would assess the damage done the night before. What would I have to cover up? What would I have to clean up? What apologies would I have to make THIS time.? No more guilt and no more shame! Mornings are now absolutely unbelievable- no more withdrawals! I'm living again, day by day, as best I can. It's not perfect! As I always say- Life is a BEAUTIFUL struggle! Today is just another day- Day 229...Breathe...life's journey never ends!!!!

To FULLY LIVE – to DARE TO LIVE a fuller life...to LIVE FULL OF GRACE...to LIVE FULLY ALIVE...what do I need to do? What do I need to change? What do I need to give up? These are questions we should all ask ourselves!

### **Corey Duff – Oxford House Mac Resident – Indianapolis, Indiana**

My addiction started when I was 15. I was diagnosed with stage 4 non-Hodgkin's lymphoma when I was 14. I was on Vicodin, and I remember looking forward to the time I had to take them. My doctor noticed I was coming back for refills more often so he winged me off of them.

After I got better, I seemed to start living the childhood I had lost and started a painful addiction with Meth. For 4 years, I was in and out of jails and institutions. I was called to no direction.

Something had to change. I needed a spark in my life. I came to Oxford House on November 1, 2021. And I've been rocketed into that 4<sup>th</sup> dimension. Oxford House has provided me a safe, stable, living space, and connected me to people in the recovery community who will be my friends for a lifetime. I've learned how to manage money and keep my peers accountable. I have learned skills that I can put on my resume for job experience. I've worked the steps and hold my house and the people around me to the Oxford standard and the Oxford model.

## **KENTUCKY**

### **Kathy – Oxford House Resident – Kentucky**

Oxford House has given me a new lease on life. It has opened the door for me to a safe and structured environment that I call home. Oxford House has given me a strong foundation for my own personal recovery. The guidance of my roommates and the Oxford House model has changed my life in many ways. I have become a productive member of the community. I am responsible today and I owe a lot of this to the Oxford Houses rules and guidelines. Since becoming a part of the Oxford House family, I know how important it is to have a stable and healthy home by setting boundaries, goals and accountability. I have no words to explain how much life has changed for me since becoming an Oxford House resident. It's definitely something to be

experienced to understand the importance and meaning behind the Oxford House model and what we stand for. Thank You, Oxford House, for everything you continue to do for us!

### **Nicole McGuire – Oxford House Alumna – Kentucky**

In March 2020, the world shut down because of Covid, I had lost my place to stay. I was having a hard time maintaining comfortable sobriety, I was struggling with depression worse than ever, my work went remote and I was faced with a choice; get my own place and loving solitude, or swallow my pride, get back in community, and try something different. A friend I had known in treatment, told me about Oxford and it sounded radically different from anything I had tried prior and I was willing to give it a shot.

I didn't know anyone in Kentucky but, very quickly, the women in my house became my family. They were nothing but welcoming, supportive, accepting and loving from the moment I walked in the door. The house very quickly transformed from just recovery housing to a feeling of home. I had had some sobriety before but never worked AA or NA, and had some resentments toward the programs. I became willing by seeing the other women constantly go to meetings and invite me and it opened a door to freedom and fellowship I had not experienced in recovery.

Being able to have a say in the running of the house, having responsibilities, and being required to hold accountability, made me feel a part of something in a way that no other sober living or recovery community I had been a part of ever had. I've struggled my entire life with social anxiety and, although it had gotten better prior to coming to Oxford House, the feeling of belonging and responsibility that I got within the house pushed me outside of my comfort zone even further.

When I first came into the house, I didn't speak up much during meetings. I would absolutely dread speaking during Chapter and was terrified of taking on any positions. As I progressed in my recovery, I started working through these fears. I gradually began taking on more positions within my house, and then Chapter. With the support of the women within the house and trust in my higher power, I pushed past my fears and volunteered HSR, Chapter Vice Chair, Chapter Chair and started and chaired a fundraising team in Northern Kentucky. Oxford House provided me a safe and supportive space for me to reach my goals, face my fears, and truly spread my wings and find my voice.

I moved out of Oxford in March 2022 and I'm currently a Kentucky alumna, a voting alumna for the Kentucky State Association, Northern Kentucky Fundraising Chair, and I assist at chapter and house levels. I stay involved with Oxford because I truly believe in the concept, love the community, and do not know where I would be without it. I have learned things that have carried over to both my personal and professional life; found a version of myself I didn't know existed and created relationships that have completely changed me for the better. For the first time in 29 years, I have learned what comfortable sobriety, true freedom, family, service and self-love look like and I'm truly grateful to Oxford House for that.

## **LOUISIANA**

### **Babin – Oxford House Alumna – Louisiana**

I was born on a chilly December 9th 1983. Some of my earliest memories of my childhood were at my grandparents' house. My biological Mom and Dad had lost custody of me and split up when I was 3 years old. My dad was an alcoholic. He was in a band and moved to Nashville to live a rockstar lifestyle. My mom lived in Houma at the time. My grandparents had custody of me – for my safety, I was told. Their house was where I always felt love. I was always made to feel welcome and, when I was hungry, a home-cooked meal was on the table. Eventually, my dad moved back and I would visit sometimes. I experienced physical, mental, and emotional abuse in those visits, not only from him. I feel as though alcohol played a big part in all the confusion and hurt.

When I was 9 years old, my mom and her boyfriend moved to Cozumel, Mexico. However, we stayed in touch. In fact, I still have a letter she wrote to me in 1993. I missed her very much. On the day before Christmas Eve, 1993, I was asleep on a couch in my grandparents living room and I heard: "Good morning. Merry Christmas, Brad" in my mother's voice. Vividly, I remember my first tears of happiness and feeling the warmth of the fireplace as I hugged her tight. We spent that day together and on Christmas Eve, she left again. I was very upset that she left that day. I was promised she would pick me up and 4 p.m. the next day. Christmas Day but she never showed up. The day after Christmas, I can remember being at my Dad's house visiting when he received a phone call. I already knew something was wrong and the first words out my mouth were: "Don't tell me she's dead!" When his eyes filled with tears, it was confirmed. She never arrived to pick me up because she was in a

fatal car accident Christmas morning. I cried and was upset but anger was the most prominent stage of grief and it stayed that way for quite some time – probably because I was resistant to therapy or help. To this day, I still hold onto an oval glass with a guardian angel inside that my Godmother gave me.

I started getting into trouble in school: I was expelled twice and arrested multiple times before I finally graduated from an alternative disciplinary school. The year I that I graduated, I was prescribed an ADHD medication that appeared to be the answer to all my troubles in school. I had been on and off anti-depressants since I was 10 years old but nothing ever worked like this. I regained confidence and finally felt focused, confident, and intelligent. With a new-found hunger for success, I went to EMT school. I worked very hard to get my Basic EMT and was just a few clinical rides away from being a paramedic after two years. My great run came to an end when I decided to drink before one of my last ambulance rides. I was dismissed from the program when the preceptors smelled alcohol exiting my pores. Quite a blow to my progress yet I was not discouraged.

Next, I went LE Fletcher and got accepted in the first RN program. It was quite an accomplishment for me since I was one of the top fifteen accepted out of many that applied. Not long after being in the program, I found out that my brother had had a massive stroke and died as a result. I was shaken but I pressed on. Then my grandfather was diagnosed with stage four lung cancer. He is the person who always encouraged me that I could do anything I put my mind to and made the suggestion for me to be a nurse. During this time, I worked part time, went to school full time, and was a caretaker at home and the hospital. One of our last recurring conversations that stands out to me was that I was the last Babin to carry on the family name. I wanted to make the man who raised me proud so I pressed on, determined.

An addiction isn't measured in grams and ounces; it is measured in the amount of pain inflicted on an individual and his or her family. Let me paint a picture with just an example. One night when my grandparents were at the hospital, my dad, some friends and I had some drinks at my grandparents' house. Before midnight, our home was turned upside down. The glass screen door was shattered, tables and furniture flipped, a new peep hole appeared in the door to my room the size of my dad's arm. My dad had fired his 12-gauge into the sky and the police and an ambulance showed up as a result of the chaos. As the medics removed broken glass (remnants of a shattered Miller Highlife bottle) from my shoulder, I know they could see in my eyes that this was nothing new to me. I was very ashamed of my role in the incident.

My grandparents had to come home to the wreckage. Eventually, my grandfather lost his battle with cancer. As he was taking his last breath, I placed the glass oval guardian angel my Godmother gave me in his hand and held it tight until his suffering ended. This time in my life, I didn't consider my use my biggest problem. It was an escape from circumstances and the pressure to perform and keep my grades up. To cope with my emotions, I was self-medicating with pain pills, an occasional line of meth when my Adderall ran out, or whatever other substance I came across. Eventually, the Board of Nursing told me I could not continue school because of my criminal record, and that hit me like a ton of bricks at age 26.

My drug use intensified and accelerated at that point for about a decade. What was popping pain pills and Adderall had progressed into parenteral use of heroin and methamphetamine, sometimes multiple times daily. I lived at my grandmother's house the whole time, with my father coming and going and the abuse didn't stop until he passed away on Independence Day of 2020 from complications with his liver. Reflecting at my life up to this point, I was numb and lost. I had no job, no skills, an addiction, and I had been arrested 16 times. I stayed high so much to ignore the fact of my life had spiraled out of control.

...

I got a job back that I had on a boat with my grandma's boyfriend's company. He was an Italian man who was giving me a chance. It was all nice until pay day came and I was given excuses instead of a check. Shortly afterwards, I found out I had a baby on the way with my girlfriend at the time. She said she hoped her belly wouldn't stretch her fresh tattoo of the letter B with a heart on her side. We were both on drugs at that time. In fact, I had reached a point of full-blown induced psychosis so I wasn't welcome to stay in her apartment or at my grandma's or anywhere else.

With an addiction, poor mental health, broke with no job, and no place to live, I made a decision to take action. I was fortunate to find a bed in a sober living house in Baton Rouge. My son was born December 13, 2020 addicted to drugs and stayed in NICU for a month fighting for his life, so he was taken into state custody. It ate me up inside that I couldn't visit him because of Covid restrictions. I made a commitment at that point to do all I could to help myself because that's all I could control. ... Running with 100 forms of fear and barely hanging on to my sanity, I surrendered my life to God. With just a small amount of faith and hard work I began to blossom. I got a sponsor, worked steps, attended house and AA meetings, exercised, attended church every Sunday and prayed for the strength to carry out God's will in my life. The church began to seemingly speak specifically to me.

Eventually, I found an Oxford house in Houma and started getting visits with my son. Hurricane Ida hit soon after I moved home. An enormous oak tree fell on my grandma's house while we were in it as well as other trees and it caused damage to the roof. I felt helpless but by the grace of God, a church helped with clearing the trees and I didn't have to use. I got a job with a friend who is the supervisor of a tank cleaning company. With money that I've earned I've made financial amends, cleared all my warrants, and caught up my taxes. Today I can say I carried myself in a way that I am proud. I have a decent job, my own apartment, and completed family preservation court for custody of my son. I am an active member of Cross Church and I have had the opportunity to hold the president and chair position in Chapter 19 Oxford Houses of Houma, LA. I have a lot to be grateful for and to offer the community. Today I live with a passion for helping those in need and it also helps me. Recovery and Oxford has empowered me to step up and be my best as a father to break generational curses of addiction and carry on the family name.

### **April – Oxford House Resident – Houma, Louisiana**

Hi. My name's April and I'm an addict. My clean date is the 22nd of September 2021. I just wanted to let you know how much I appreciate being given the opportunity to be a resident at Oxford House in Houma Louisiana. I thought I lived a normal adolescent life in a two-parent home, but both had narcissistic tendencies and were abusive ... and love was shown by buying gifts. I'm the eldest of 3 girls so I had a lot over my head. My parents ended up divorced when I hit 13 years-old and things got difficult. I stayed home sometimes to take care of my youngest sister and this is when my journey with drugs began. I started hanging out with my father and his new family and was introduced into a new lifestyle – a lifestyle that felt very "normal" to me. In 2005 I was blessed to have a son and was thinking I could work and go to school. This is when I got deep into cocaine thinking; no one noticed and I started selling it and weed. Yea... wrong way to think. I ended up in jail that December. ... Sometime after that, I ended up in a relationship, getting blessed with my daughter in 2009, which is when my psych ward visits became a frequent cause of my addiction and depression. Anyway, I ended up getting married in 2014 to a heavy heroin addict and this is where my opiate/opioid journey hit my full force. Why? Because the money was good and it was easy to get. I became that junkie I use to talk about. I was happy. Two years passed; I left my husband and got a job but I was back at it -- again adding "dealer" to my resume but this time I was going to do it differently. I had kicked the pills; even kicked using that needle; only using meth, weed and, very seldom, heroine. Then I fell in love with an abusive narcissist dealer. After that, things got so chaotic. I was using pills, making money but broken inside. I ended up losing my kids and was numb to the point where all I thought about was making money and not getting sick. ... In 2021, my house got raided and my toxic relationship, nice life, was ending that day.

I came to OH of Houma on September 22, 2021. Before that, I was living in a hotel broken down from an abusive relationship and a horrible addiction. And the reason I was there was because I was full of shame and guilt for knowing better but falling short. How could I let something beat me so low. At a strong moment in my life, I acknowledged I wanted a change. I spoke with another resident who was near and she told me about her experience at OH so I found a way to my hometown to join her – only to be hit by Hurricane Ida well after Ida touched my town of Cut Off, LA. I was sleeping in the back of my Side-by-Side with my dog in the garage of my rundown trap house without running water and electricity. Again, I knew I was ready for a change so I kept calling for a bed but the devastation from Ida had the residents living hours away. One thing my friend kept telling me was hold on, "We're coming back. Just one more day." Well, I ended up using and, guess what happened. She called and said that if you could make your way up here, we're coming back into town. ... I called my daughter's grandmother to bring me up to Houma. I got to the house and my friend hugged me. All I felt was shame because here I was, a broken, small, pale, addict who couldn't even be clean coming into sober living. Well, my friend went to work and she told me it was going to be OK and to give myself a break. Well, that night Danielle told me she was going to go get something to eat and asked if I wanted to go. I reluctantly said 'yes' and we got some food and came back to the house. That's when my journey to recovery kind of began.

I opened up to her at night and that was my first intimate conversation with someone. I confided in her; told her my experience being busted; how I was quiet for a month after I got out of jail; and how strong my addiction had a hold on me. That night something was lifted off me. She explained how I needed to work a program to be in OH, among other rules. So, I did just that. I found my home group on Zoom that I currently still attend. I'm truly blessed to have these people I met through recovery in my life to this day. Danielle, Julie, my sponsor and sponsee sisters, along with family worldwide, have loved me when I didn't love myself. Now I'm 9 months and 10 days clean. I help out when I can in OH and outside in my recovery. I work my steps; better yet, I'm living the steps. I'm forever in debt to OH for showing me how to hold myself accountable and never giving in. My NA fellowship is helping me remain honest, open minded and willing to reap its endless blessings. Also, I have

myself and that listening ear to thank. I know I'm late on the deadline but I just wanted you to know that I appreciate what you guys are doing and continue doing for an addict like me. I finally feel like that good person I always wanted to be as a child.

### **Julie Moriarity – Oxford House Resident – Louisiana**

My name is Julie Moriarity. I was born on November 28, 1986. I am a twin and one of four children. I was fortunate enough to be raised with morals. My dad, however, has schizophrenia and, though he is a good person, his suffering resonated with his children. I was a 4.0 student growing up. I was athletic and was bound and determined to be a cardiovascular surgeon. I would say this hoping to impress others with such a big word coming out of my small mouth. Teachers were certain that I had a bright future ahead of me. I had my first of many traumatic experiences at the age of 7. I was molested by two teenage girls. I thought it was a game and believed it to be innocent. Shortly after, I had my first experience with shame. My mom and I were watching a movie and this little girl was running away frightened. I asked my mom for an explanation and she told me someone was trying to touch her private areas. She offhandedly asked if anyone had ever done that to me and I replied, "Yes." Pandemonium ensued. I was made aware I was no longer innocent.

I continued to be a good student. I was the girl who won awards and read aloud for Awards Night. I still wanted to be a doctor. I had a few friends and one night I was allowed to spend the night away from home. I was raped by a friend's cousin. I was so afraid I barely fought. I froze and let him take the remainder of my innocence. I became pregnant but was relieved when I had a miscarriage. That was my first experience with self-loathing. I hated myself for my weakness. I should have fought. I hated myself for my relief. I should have been depressed. I became depressed and started cutting. My parents decided that I could no longer leave the house because something bad happened whenever I did. My parents feared for my mental health given what I had been through and my predisposition to mental illness. I was prescribed an array of psychiatric medicines. That was my first experience with insanity. The medication made me crazy. I do not believe I truly needed it so it had an adverse effect on me. I was delusional, psychotic, and suicidal. I was in and out of mental institutions. I was in ICU 4 times after trying to commit suicide. I was a recluse who couldn't even attend public school because I was such a liability.

I left my parents' house at 17 to go to college. That was my first experience with freedom. I went wild. I started smoking pot, drinking and jumped straight to crack. College didn't really align with my newfound freedom so I left. I met my abusive ex-husband shortly after that. We had a beautiful baby girl together. That was my first experience with true love. My drug use was put on hiatus for a while but I continued to be abused. My trauma resurfaced in other ways. I once again became a recluse and was afraid to even answer the phone. I was once again frozen and afraid to live, much less fight. After 3 years of abuse, I left and my drug use returned. I did not yet view myself as an addict. My mindset was that addiction is a choice. At that point, I knew I was an alcoholic. I was a blackout drunk. I was promiscuous and violent.

Here enters who I thought was the love of my life. We decided to get sober together and I became pregnant with a handsome baby boy. That was my first experience with responsibility. I thrived for a few years. I was a nurturer and a homemaker. I was full of love but, unfortunately, there was an undercurrent of fear. I once again became 'the victim.' I went through numerous episodes of psychological, physical and sexual abuse. I believe there was a part of me that craved it. All I had known my entire life was some form of abuse. I equated violence with love. After all, what other than love could inspire such an intense response. I allowed myself to be consumed by this lifestyle and began to use again. I started taking pain pills and smoking weed again. My daughter's father was able to gain custody and I was shocked. I was a good mother, I said; not realizing the gravity of my situation. My ex went to jail for domestic abuse and we broke up. When he got out, I left him but let my son go with him for the weekend. He did not bring him back. I lost my mind. I started shooting up meth. I thought what was the use of being a good person. I thought, "I am nothing." There was a quote that I was obsessed with during these times: "He who makes a beast of himself rids himself the pain of being man." So I became an animal. I was cold. I was angry. I was broken. That was my first experience with destitution. I had this victim mentality. I was angry at the world for that which I allowed. I did not care about anyone or anything, least of all myself. I continued to crave violence and was determined to suffer. I was homeless; I was in and out of jail; I was abused over and over again. I was a shell of a person.

Finally, I had that beautiful spiritual awakening. I was relieved to be incarcerated. I decided to be accountable and work to become someone I could like. The most empowering thing I did was realize it was all my fault. If I were to survive, I needed a better life. That was my first experience with hope. I bettered myself and became compassionate again. I grasped tightly to those morals that I had abandoned.

I discovered Oxford House. I came to the Bryan Oxford House on May 18 of 2021. I remember waiting for someone to tell me what to do. I quickly discovered that I had structured freedom. That was perfect for me. I started going to meetings. I became

bold and confident. I became gainfully employed. That was my first experience with adulting. I have flourished. I have become honest, open-minded and willing. I now have that societal connection that is so necessary to recovery. I have best friends. I have family. I have a life that is productive and healthy. This has been my first experience with genuine happiness.

## **MISSOURI**

### **Billie Silverio – Oxford House Alumna – Springfield, Missouri**

My name is Billie Silverio. I am 35 years old and I live in Springfield Missouri... I used drugs for a little over 20 years. On August 27, 2021, I was pregnant and my placenta abruptly burst; my baby was six weeks early so from there, a DFS case was open, and my newborn and my two-year-old twins were placed in traditional foster care. I thought I'd never see them again; I was homeless with no job and no vehicle... I honestly didn't even know where to start so I put myself in an inpatient drug treatment for 32 days. September 11, 2021, is my clean date.

While in treatment I learned about the Oxford House. I called them the week I was getting out and immediately got a phone interview and was accepted with a 100% vote! There is where my hope started. I realized I might actually have a chance for my dreams to come true and finally be a good mother and move forward and find a new way to live!

So, on October 12, 2021, I moved into the Perseverance Oxford house in Springfield Missouri. I had never been in a sober living house before. I was very confused and scared at first but Oxford House changed my life. And, in just seven months I got a job full-time, saved enough money to get my own place for the first time ever in my life, got a car, and learned some responsibility and accountability and how much fun recovery can be. I was able to take care of all the wreckage from my past and now I am 9 months and 10 days clean: I have my kids back full-time; I have my own place; I still have the same job; I am a single parent AND the DFS is closing my case on July 14, 2022!

I am now Oxford House alumna as well as an Oxford Perseverance House alumna and I am active in 12-step recovery.... My favorite thing about recovery is service work! That's where the magic happens for me because we can only keep what we have by giving it away! I am forever grateful for Oxford house and the life it has given me! The sky is the limit! Billie Silverio.

### **Max T. – Oxford House Resident – Missouri**

I am a foreigner. And that's the only difference between us. The rest of the story is the same. Upon moving to the States at 22, I did not find bad people, I was looking for them. Coke, heroin, crack, sex, money, success - my drug of choice was "more." Not being able to stop after the first shot of Jameson, doing lines in the bathroom, chasing that high till I could no longer function. Lying to family, friends and employers, pushing good people away, isolating myself, degrading. Sounds familiar, doesn't it?

I hit my rock bottom on November 16, 2017. That's when I surrendered to my Higher Power. The next day, I woke up in the psychiatric ward in Jersey City Christ hospital. I spent 11 days there, then three months in Salvation Army and three months in St Christopher's Inn rehab where I got humbled pretty quick and started working the program of recovery. When I was 6 months clean, I relocated to Kansas City where I started fresh and continued working my program. At 9 months clean, I found Oxford House. That was one of the "aha" moments in my recovery. The moment I stepped inside Oxford House Zona, I knew God led me there. That was August 20, 2018. In these 4 years that I have spent with Oxford so far, there have been many commitments: two terms as HSC chapter representative and Chapter chair, starting a new Oxford house chapter, opening a new house, two World Conventions, H&I with my home group, and many others. There were also commitments in my personal life: military, college, professional job and a never-ending self-education.

You see, I realized from the very beginning what Oxford House was. It is not sober living per se, it is a family of people who are passionate about their recovery and do whatever it takes to stay sober and help others. This is exactly my crowd. And it is an honor to be in service to my people. Why do I keep doing all this? Because it was so freely given to me! I will end with my favorite quote of a famous psychologist Viktor Frankl: "If you can do something - then it is your responsibility to do it"! God bless you all!

### **Nathaniel Sharp – Oxford House Resident – Missouri**

Like most people who come into Oxford House, I came in with a bag of clothes, my first week of EES deposit, and broken. I didn't have a job, my driver's license, Social Security card, or even a birth certificate. Even though I wasn't court-ordered to be in a sober living facility, I had decided while I was in rehab that I needed to do something different. Before I came into Oxford House, I had been to four rehabs and never tried sober living afterward. The end results were always the same. I wouldn't get more than a couple of months clean then I would be back out on the streets and doing all the addict behaviors from before. My kids had been put into foster care. I needed to prove to my family, courts (family and criminal), myself, and mostly my kids, that I was going to turn my life around.

While I was in rehab in Wichita, Kansas, my counselor and I were in touch with my parole officer, and she had demanded that as soon as I was done in rehab I had to immediately come back to Missouri and live in Missouri. I didn't know much about Oxford House except that I kept hearing the name in the rehab facility, So I called Oxford House Calvary in Springfield Missouri, and set up an interview with that house. I did my interview by phone, and they accepted me. So, I moved into that house on 6/23/2021. Just to let you all know, Springfield was my playground. Since being in this program and changing my people and places, I have gained this in my personal life: I completed Outpatient Rehab, got my birth certificate, driver's license, and Social Security card, got a full-time job, got to see my kids regularly, completed everything that courts had asked me to do in both family and criminal cases. I was getting ready to become an alumnus and have my kids back in my life full time without the courts being involved with them.

I came into the house shy and kind of standoffish, not knowing what to expect. The guys in the house guided me in my first thirty days. Showing me the Love, Care, and Concern by taking me to meetings, buying me my Big Book, buying me a bus pass, and giving me resources so I could help myself get my driver's license, Social Security card and birth certificate. I communicated to them where I was going and what was going on in my life. Within my first two weeks of being here, they gave me a position in the house as the coordinator. I held this position till October when I was named the Treasurer of the house. Also, October was when my best friend (Tony Lake) also came into Oxford House. At the time of his arrival, we were not best friends, and he was my roommate. Two months later, he had me going to every meeting we could go to including the chapter where he nominated me as the HSC Co-Chair. I accepted the nomination and he became the HSC Chair. Little did I know that taking this position would change my life as much as it has. In this position, I had to learn to be more Loving, Caring, and Compassionate to others' concerns instead of putting myself first. Through this, I learned how to listen to the House's concerns as well as the individual's and come up with an agreeable solution that worked for all parties involved.

I have now been in Oxford for 14 months; I have finished my service, and am getting ready to move out of Oxford and get full custody of my 16-year-old daughter. I have money in my bank account. Michael Gustafson, Thank you for always pushing me as the HSC Co-Chair and raising the bar for the HSC Chapter 4. I can't say Thank You enough to all the members of SW Missouri Chapter 4 Oxford Houses for helping, believing, and loving me while I have been a member and trusted servant for this chapter. I will forever have Love and a special place in my heart for my Oxford Family. Nathaniel Sharp

### **Traci Ellis – Westport Oxford House Resident – Kansas City, Missouri**

I had an addiction, well, a disease actually known as an addiction, to all and many different types of drugs. I really never knew how to live a fulfilling life without a substance in my body. I was living a life stuck in my own turmoil within – not a place that I want to live the rest of my life. I've been in prison four different times and, this time, as I sat in prison, I knew it was my last time. "How?", you might ask. I didn't even know my answer to that question either; not until I was released from prison a little over a year ago.

I kept hearing about Oxford but I didn't want to feel captive anymore – not knowing that being in Oxford meant that I wasn't going to be in a prison setting. So, I started asking questions because I didn't want to relapse again and wind up back into prison. That's when I found Oxford. Being in an Oxford house has brought so much peace, happiness and confidence. Oxford has shown me how to be the woman that I am supposed to be. It's still a work in progress, but I AM getting there. My parole officer and I have a great relationship. I wouldn't have that if it wasn't for being in Oxford. My youngest son and I now have a relationship that I haven't been able to have with him for over four years. By being in Oxford, I have met the most admirable people that I can now call my family. I look to this family for EVERYTHING; they are exactly what I had missing in my life to teach me how to live once again. I am now the Presentations Chair for our inner chapter and I enjoy going into the facilities

to present to them what was given to me freely – to have the chance to live the life that they deserve. I look forward to every presentation.

Coming here to Oxford makes me realize that I want to do more with Oxford House, Inc. And I can have that chance to do that in my future. I don't know if I would've received such a chance if I didn't come to Oxford and received all the tools and wisdom that I have received so far.

## **NEBRASKA**

### **Daniel Palmer – Oxford House Outreach – Nebraska**

From The Darkness of my Mind to the Sunshine of my Spirit. My name is Daniel Palmer, Kansas City born and raised, and I'm a person in long term recovery. What that means to me is that I have not had a desire to use any mind-altering substances since Dec 18, 2013.

That is the day I was blessed with the gift that a lot of us have felt – the gift of desperation. I was looking at my 3<sup>rd</sup> possession with the intent to distribute. While I sat in county jail because of a bond revocation due to a failed UA, my father passed away. I lost what I knew as my safe place, including almost everything I owned. My best friend and my biggest supporter came to post my bond. I was raw with emotion and at best 30 days detoxed from county jail and she said to me, "You can stay on my couch for two weeks but then you must find a place to be – an Oxford House." I will NEVER forget this, what I felt, and what was said after. Being full of emotion, I was so defensive and I objected to the idea stating, "I don't want to go there!". Keep in mind that I knew very little of what Oxford House had to offer to me. Guys just like me, living together. My friend Celest, with her persuasiveness and sympathy, reached a part of me that was willing to try anything to stay sober and not live the life that I had ever again.

In March of 2014, I set up my first interview at Oxford House Old Shawnee, a very new house to the area. I found myself a ride, called my house arrest officer, and obtained all the clearances needed to go to that interview. As I arrived to the house an hour early, I was nervous but I knew I really needed this – more than I could have ever known at that time. As I rang the doorbell, I was quickly greeted with energy, love and most of all, compassion. The house was huge, bright, and clean. As everyone introduced themselves to me, the house was bustling with what I now know to be the 30 minutes before the House business meeting.

As the time approached, it became my time to shine in the "hot seat." Since I had arrived early, I was the first to be interviewed for the one vacancy available. I sat on a tall chair, surrounded by 8 other men in a semicircle in front of me. The only thing that was asked of me was to be honest, and that I was. I told them about my situation. I was facing a 10-year prison sentence. I was currently living on a couch. I had this huge ankle bracelet on. Everything! I was a "HOT MESS". They then began to ask me difficult questions. And then I was asked to step out into the garage while they discussed their decision as a house.

As I was asked to come back inside, my palms were sweating. After what seemed like a lifetime of silence, the president spoke up saying, "Daniel, you seem to have a lot going on; you're a mess; and we can't help you." Before I could even comprehend what had just been said to me, he stood up and said, "You've been accepted!!" Those 8 other men all smiled and we all laughed. They all took turns shaking my hand and said, "Welcome home, brother!" Being accepted by Oxford House Old Shawnee and the 8 other men of that house was something that touched me so deeply. I have always longed to be accepted, and in my addiction, sought it out in every wrong way possible.

With the help of Celest once again, I obtained my move -n fee and the first week of Equal Expenses Share. I found a ride to get all my supervision clearances needed to move into my new home. As I was shown a tour of the house, I was shown where my place in the fridge would be as well as my cabinet space. My room -- that I would share with two other guys – was a triple room. It was amazing because we made it amazing. It took me a few weeks before I was able to come out of my shell but my brothers were there to help make me feel a part of something and to feel welcome. I started to gain an understanding of how House meetings operated and the democratic process. I wanted to be more involved, but my ankle monitor would not allow it.

Fast forward to about a year into being a member of Oxford House Old Shawnee. I was now able to have my son spend time with me on the weekends and I worked a serious program of recovery. I had a sponsor who really told me how the bread was buttered and for that I am forever grateful. As my sentencing date grew near for my case, my Oxford House family and friends showed up strong. I was sentenced to 68 months in the Kansas Department of Corrections. It was the first time I had ever

received a “number”. I would end up doing 4 years sober – incarcerated, good time and program-credit accounted for. I will say this, that if it had not been for that year spent in recovery and learning skills, my prison time would have been very different. Another helpful step was that a few of my brothers from the house would write to me, answer my calls and even put time on the house phone for me to have someone to talk to. Oxford House is where brotherhood and sisterhood bonds are forever forged in the lives of many. I remember seeing guys come in and go out, just to come back again. It pained me to see this happen and most of them are addicts and alcoholics just like I myself had once been. I began to spread the word of Oxford House and to pray they would make it once they got out.

My time is now considered “short” as some would say. I have spent 4 years of my life in prison. I have also grown up mentally, and am physically fit in every way. As I was preparing myself to be released, I had a plan but I left that plan to my higher power asking for him to put me where I could be of maximum service. I called my brother at Oxford House Old Shawnee and he said to call back at a specific time and they would conduct an interview over the phone. I was gratefully accepted once again into Oxford House Old Shawnee. My housemate and good friend picked me up from prison and brought me back home.

Let me tell you that, that after doing a prison sentence and then returning home, things were not the same. I was not used to a real bed, real clothes, or a wallet. Everything was so strange to me. My friends and family once again helped me out and allowed me to be honest with how I was doing. Soon I would have a job as a welder where I would be working 50 to 60 hours a week; I had my son on the weekends again, and I regularly attended meetings 3 to 4 times a week. I was busy. I wanted to be involved in Oxford House again. I was given the opportunity to become the Chapter Re-Entry Chairperson and I was on FIRE! Soon I became the State Association Re-Entry Chairperson for East Kansas. A few months later I would become the State Association Chair for Re-Entry for the whole state of Kansas. It was truly a blessing to have an amazing Co-Chairperson by my side as we worked very well together to cover the entire state. I cannot begin to tell you how many men and women I have been given the privilege of helping to get the chance I was given. It really does not matter how many, though, and most do not even know who I am or the work I have poured into getting them their chance.

Oxford House World Convention 2019!!! I was elected to be a delegate for my chapter. My house, my chapter, my state association helped finance myself and many others to go. This would be the first time for me to fly on a plane, much less, even left the Midwest. This was a big deal to me, just to see so many members of Oxford House in one place was an amazement. I took in the wonderful scenery of Washington D.C. that weekend. I attended the general session where the topic pertained to Re-entry. The speakers, not only on that panel but on all of the panels, were all amazing people! I had the opportunity that day to meet Dan Hahn, my now-regional manager -- an experience that I will never forget. It was like we spoke the same language, the language of Oxford House. I remember saying to him that I wanted to help as many people as I can. I wanted them to have the same chance I had received. And that is all it took. As an Outreach Worker, when someone comes into your life with the fire and the desire, you put them in the car with you.

This was what my higher power had been preparing me for this entire time! Putting me into the right places of service and using my own experiences to build me into this amazing person that I am today. As amazing as I would like to be, I have never forgotten that I am still flawed. I am by no means perfect but I strive to be better tomorrow than what I was today! I have never felt such a drive in my life towards something. I started talking with other Outreach Workers that were close by in Missouri. Lance Whitney, along with Dan Hahn, took the necessary time to teach me Oxford House. Coming straight from a Kansas Oxford House, I never had the opportunity to spend a lot of time with Outreach Workers until I was invited to the Oklahoma Leadership Retreat. I knew that this is where I wanted to be so I applied for an outreach position and a very close friend of mine, Michael Gustafson, did just the same thing that weekend. I learned so much from going to the leadership retreat and the world convention; it was truly a blessing to have that opportunity. I did not receive that job opportunity, but that did not stop my ambition, my Higher Power let me know this was where I was to be heading.

About another 2 months or so went by before I received a phone call from Dan Hahn. He had called me to say that there would be an opportunity in North Platte, Nebraska for Outreach and that I could have an interview. The job offer came and I accepted. I was to be in North Platte, NE by January 1<sup>st</sup> of 2020. I was so excited for what was to come. I packed up everything that I owned into a U-Haul and loaded my car on a dollie. As I arrived, the whole Nebraska Outreach team met me out there and really made me feel welcome. The only person I knew in Nebraska was Jackie Alba, an amazing person in not only her recovery but also a person who I have grown to respect and love immensely.

I was a VERY green Outreach Worker to say the least, but I had the desire to be the best Outreach Worker that I could be. I have an amazing Regional Manager who has a skill set like I have never seen before. He has spent countless hours with me teaching me how to be the best. I love the life I live today and love who I am today. I still strive for all the houses to grab the

next person and to give them the same chance at a better life like I was given. If there is one thing that I could say that would help other members in Houses, it would be to not be afraid to speak up and say what is in your heart. Be principled in the decisions you make inside your houses and not be based on the personalities.

## **NORTH CAROLINA**

### **Matt Diedrich – Oxford House Resident – Charlotte, North Carolina**

Hello Family. My name is Matt Diedrich and I am an Alcoholic. My sobriety date is March 7, 2021. I am a current member of Oxford House in Charlotte, North Carolina and currently serve as the North Carolina State Association Chairperson. I moved to the Carolinas when I was 9 years old from New York. I had a little trouble adjusting and fitting in with my new community but I enjoyed sports and that helped me fit in. I continued playing sports through high school and made many friends that way but, somehow, I never really felt comfortable with myself or my surroundings, so going to parties and hanging with friends became the normal routine for me and drinking and drug use went hand in hand with all that. I finally found a feeling that allowed me to be truly alive, so I thought, and I chased that feeling for twenty years on a daily basis – through the many DUIs, rehab stints, therapy sessions and outpatient services, way too many nightly sleepovers at the city jailhouse and a 6-month all-inclusive stay at a county jail. Perhaps something needed to change in my life. So, after being abstinent for a small period of time, I had things under control; well, so I thought at the time. I started back with my old using and drinking habits and, though I managed a very successful business and was well respected in my career field, my life was a complete mess behind closed doors. I now have added the misery aspect of addiction to my life at this point so, after decades of shame, feeling completely worthless and being black-out drunk daily, my alcoholism was killing me. I failed every day at the attempt to withhold from drinking no matter how much I told myself, “ Just don’t do it, that’s simple right?” Nope, I was drunk and miserable yet again by day’s end, so at this point I knew I needed help from something larger than myself or I would die.

Being the most desperate and broken I have ever been, I reached out to an Oxford House for an interview and I was accepted for membership into their home with only three days sober. I am truly grateful for Oxford House being my starting point in my recovery journey for it has allowed me to work my recovery program honestly, find my true self and obtain the strong spiritual connection I have now for the first time in my life. I have moved several times to help out struggling houses or to open a new house and have enjoyed helping those returning or walking in for the first time into our OH community. I am truly grateful for the opportunity those men gave me when I was accepted into their house and I keep that in the forefront of my mind every time a new member reaches out for a chance for us to help them. Oxford House was willing to help me as long as I was willing to help myself and I carry that mindset and message with me daily. Oxford House gave me the chance to choose to save my life and for that I am truly blessed and grateful. Much love to you all. Stay Strong and Continue to Inspire. Matt Diedrich

### **Tyler Grooms – Oxford House Resident – North Carolina**

Hello. My name is Tyler Grooms, a native of Asheville, NC. I am thirty years old. I was raised by my aunt and grandparents. My mom was only 15 when she found out she was pregnant and my dad’s family moved him out of state and I still have never met him.

My struggles with addiction became apparent throughout my high school years. I set the bar very high for myself. I was going to be on the PGA Tour. I have always been an overthinker, so any substance that would slow my mind down to where I could catch up, I was all about it. Alcohol and pot were my recipe to get me through to graduation.

My dream of Professional golf was still in sight when I was accepted to Mars Hill College to play for the golf team. The party scene and supplies there were much more diverse. This is where I fell in love with opiates. They became more important than anything, even golf. I was able to manage practice, school and girls up to my junior year. My grades fell off and I was on DUI number two. No longer eligible to play, I dropped out and shortly after lost my driver’s license. This is when I became an IV user.

Over the eight year stretch, I overdosed well over one hundred times. I was on life support and had endocarditis twice with six-week hospital stays for both. I finally hit rock bottom when I was put in jail for trafficking opiates. I had nine months in a single cell to change my perception on life. When I was released, I came to Oxford House Aurora II ready for a change. Today I am PORT’s (post overdose response team) biggest success story. I am now a Certified Peer Support Specialist with sixteen and a half months clean. I continue going to rehabs I had been in and sharing what sobriety can do. I am still a resident of Oxford House and beyond blessed to be able to reach people and spread hope.

## OHIO

### Kimber – Oxford House Resident – Ohio

I moved into the Oxford House on May 16, 2021. My first thought when moving into the home was how beautiful a home it is and how everyone made me feel welcome. For a woman in recovery to get an opportunity like this and be able to finally get to see my kids on a regular basis is nothing short of a God-given miracle. To be able to build the support group inside and outside of Oxford House by given the right people to hold me accountable really makes you want to step up, give back, and help hold others accountable so they too can enjoy how spiritual it is on your way through the journey of recovery.

The democratic process of this house allows you to have a voice, be heard, and get passionate about what matters to you. I am truly blessed and grateful for the Oxford House and everything I have learned as well as every experience, good or bad, because either it's an opportunity to learn from it or an opportunity to teach and help someone else who can relate.



Today I am almost 1 year and 5 months clean and sober and this is the longest sobriety I've had since the age of 15 and almost a year since I've been living in an Oxford House. I've been working as a behavioral health technician and transportation aide for Midwest/ Ohio Treatment Center for 6 months now and am very active with Oxford house on a chapter and state level. I get to travel and go to events in different states and experience the fun and unity within that Oxford House has to offer.

Never in a million years would I have thought my life would play out the way it has today. Truly amazing! Words really cannot express what this change and my experience in an Oxford House has been for me. In the end, I was ready for this change and did not let the fear of change overpower me and the result was everything I could have ever wanted. Change is like evolution, you can either evolve or expire.

### Alicia Brown – Oxford House Resident – Ohio

My name is Alicia Brown and I have been an addict for 20 years. Throughout those 20 years I've lost my family myself and almost my life. I have been incarcerated for 9 years of my life and I have been to treatment six times. I have had no success up until this point in my life. After treatment, I decided that I was going to look into a sober living house. I had heard a lot about the Oxford House and knew that I wanted to be a part of it. I feel like God has given me a second chance. I did an interview with the girls at the Oxford House, and they accepted me. I am very grateful for the opportunities that have been placed before me since living here. The Oxford House has offered me a place to live that has a little bit of structure but still allows me to be accountable for my own actions. Again, this is the first taste of success that I've ever had in my 40 years of being alive.

Since being at the Oxford House, I have found a sponsor with whom I work closely on the steps to help me grow and strengthen me in my recovery. I have obtained a very great job that I absolutely love and I work with some amazing people. The Oxford House has shown me what it's like to be a part of a bigger picture; what it's like to be part of a family that supports each other and loves each other through everything that we go through. Our Outreach workers Zach has really shown me a lot of qualities within himself that I would like to have also. To be accepted within a community has never meant more to me. The Oxford House has given me all of that so I will forever remain grateful for each an opportunity that is placed before me. I have so much strength and have grown so much in just the 3 months that I've been here. I have learned that I was a natural-born leader and I love encouraging the other girls who come here and welcome them into the house as we should.

I am a firm believer that, if I was not allowed this opportunity, I might not be where I'm at today but I know that God has a purpose and a plan for me which is to be here and to help others as I have been helped. I hope that one day I, too, can take a position within the Oxford House so I can continue this path and help the others that come after me. And, in conclusion, I must say that I do appreciate the traditions of this house and the rules and guidelines that have been set in place because they are extremely beneficial for each and every recovering addict to help us understand that there are still rules to life and, for me, it's the 12 steps of the program of AA, the rules in this house and the positive encouragement that I'm given that allow me to strive to be a better woman. Thank you, Oxford House, for not only helping me but for saving my life. Alicia Brown, Oxford House Charles.

## OKLAHOMA

### Paige Dunkel – Oxford House Alumna – Ponca City, Oklahoma

My story is much like other stories, but different in the little details. I grew up in Derby, KS just outside of Wichita. I can't say that I had a horrible childhood because I didn't. My parents did the best that they could to raise me. Sure, I had things that happened in my childhood that I could use as an excuse to why I chose the path that I did, but that's not the truth at all. Growing up, I always felt like I didn't fit in anywhere. I didn't feel like I had friends who truly cared for me and I also didn't feel like I was good at anything either. It didn't matter what I did, I was my worst critic from a very young age. That was until I found alcohol. I started drinking around the age of 13, or that's at least the first time I remember having my first blackout episode – at my neighborhood playground of all places. I can't tell you what happened the rest of that day or how my parents didn't find out but, what I can tell you is, I loved the feeling it gave me. In my mind, I thought I had finally found something to take the pain of always doubting myself and life away. I had found where I fit in. I didn't make a habit of it at that time, but it came faster than I thought.

By the time I was 16, I got so drunk one night that my dad had to come to pick me up from a party, unresponsive, and take me to the hospital. I later found out that my blood alcohol level was 0.45 that night. I proceeded to wake up in the hospital the next day with a ventilator in my throat because I couldn't breathe on my own. Needless to say, this was the first time I swore off alcohol. I stayed sober for a little while, but inevitably it didn't last. Instead, my great idea was to "switch my brand". When I say I switched my brand, I mean that in a sense as I decided to choose a different poison. I started smoking marijuana and taking pills around this time. In my mind, I was okay still because I wasn't drinking. I was still blaming others for what had happened the last time I drank as well. I got pregnant with my first child when I was 17. I managed to quit everything except for the marijuana while I was pregnant with him and for a while after he was born. It only took a couple of months though, and I was back at it again. Being a single mom so young, I had no idea what I was doing or how to even do it. I was learning as I went, and most of the time I wasn't sober in one way or another. Eventually, my son's father and I got back together, moved to Oklahoma, and had another child. Rather quickly, I might add. For about 2 years, I quit the drugs and started drinking again. I thought I was old enough to hold my liquor now and that it would be different this time. Boy was I wrong!

On my 21st birthday, I got so drunk again I blacked out and was sick for days. Again, I swore off alcohol and decided to go back to my other brands. This time though, I got a little more diverse. Over the next 2 years, I ended up getting a divorce, leaving my kids with my ex-husband, and moving to a new town I didn't know anyone all while getting more addicted to meth every minute of it. I didn't realize this was my downward spiral, only because I was too high to slow down and even think about what I was doing. Over the next 5 years, I lost contact with almost all of my family, including my children. Eventually, I got into some trouble with the law when I thought it was a good idea to start selling drugs. I also thought I could outrun them, but the taser decided otherwise. I ended up getting unauthorized use of a motor vehicle, distribution, 2 assaults, and battery of a police officer along with multiple misdemeanors. I was in jail for about 5 months and, again, I wrote off drugs and alcohol. I thought this time was going to be different. The biggest problem with that was I wasn't working any sort of program. I was only sober.

I got out of jail and stayed sober for about a month until I relapsed again. At this time, I was in Drug Court and they decided I should go to rehab. I went to a 90-day facility in southern Oklahoma. While I was there, I kept hearing about this Oxford House. I knew I needed something different because the only people I knew back in my town were people with whom I used drugs. So, I went out on a limb, not knowing anything about it, and applied to the only women's house in Ponca City, OK; completed an interview, and was accepted before I even left rehab. When I got out, I was so terrified of something different and new that I tried to get my family to take me to my boyfriend's house instead, who was still in active addiction. I'm extremely grateful that my family pushed me through my fear and took me to the Oxford House.

The women there were so welcoming and inviting. I won't say that it was easy learning how to be in recovery but I can say that Peachtree Oxford House saved my life that day. I didn't know what having a safe place to sleep and eat was like. I forgot what it meant to have friends and family. I laughed and cried with those women. I learned how to have meaningful relationships with them and others. Also, I now know the difference between being sober and being in recovery. I have a sponsor and work my steps every day. I've seen some go on and do great things and I've seen others go back to what they knew. What I do know is that it's up to me every day to make sure I'm doing what I need to do to stay in recovery. I continue to help out with Peachtree Oxford House and my whole chapter for one simple reason, someone did it for me. I want to be able to give anyone the opportunity to get their friends, family, and life back just like someone helped me get mine back. Now I get my children regularly, along with my newest son whom I had just last year, and I get to have relationships with my family like never before.

I also have some of the best friends I've ever had who I know will always be there for me and vice versa. It's just an amazing feeling that no matter where I go, I know I will always have family there.

## **OREGON**

### **Annie– Oxford House Resident – Oregon**

My name is Annie and I am a grateful recovering alcoholic. My sobriety date is 6/26/19. As a child, I struggled to make connections with others. I experienced bullying and a sexual assault that drastically changed my life. As a result, I learned to be very independent and keep everything to myself to hide the guilt and the shame of these significant experiences. My older brother struggled with his addiction. I spent my days after school and my summers making sure he was OK and keeping the family together. I cut myself off from school and peers to keep everyone together. I was depressed and withdrawn from everything and almost failed out of high school. I was alone and lacking connections with others.

When I turned 20, I was sexually assaulted and gave birth to a boy. I was drinking heavily and couldn't cope or keep the child. I gave him up for adoption to give him a better life than I ever could have provided. I held onto that guilt and shame and never wanted to acknowledge it. I continued to drink and was kicked out of college. I lived at home for a short time and my drinking and depression continued to spiral. In 2015, after a marriage that didn't end up working out, I had a suicide attempt that put me in ICU for a few days. I briefly stopped drinking in hopes of working on myself and learning to love myself but this only lasted a month before I went right back to drinking again. In 2018, after being kicked out of my parents' house and not being able to keep a room over my head, I got a DUI. I totaled my car and went to jail. I was given the opportunity to do Diversion and court ordered treatment but a year and a half later and I was still drinking and homeless.

In June of 2019, I knew I needed something different so I got on a bus and took myself to inpatient treatment on the coast. I spent 90 days there and then another 90 days of intensive outpatient. From there, I found Oxford. I found a family. I found people that love and support me and have supported me until I was able to start loving myself. I have been part of this family for three years and I remain grateful and humble for everything that Oxford has done for me.

## **SOUTH CAROLINA**

### **Camille T. – Oxford House Resident – Charleston, South Carolina**

Hi, my name is Camille and I would like to tell a little bit about my story. Back in 2013, I was introduced to heroin and went through a bad divorce that led to my losing custody of my son to my parents. My son was never around it and my parents nipped it in the bud before things got out of control. Over the years, I struggled with getting clean and had a couple of abusive boyfriends. The last relationship I was in was horrible – I was raped and physically abused. He burnt my car down and had complete control over my life and mind. I was doing things I wasn't proud of and wasn't the person I used to love (I mean myself). I finally was faced with homelessness and I had had enough. My parents said I couldn't come home this time. After years of seeing no way out, I finally got away from my abusive boyfriend. Last August, I put myself in rehab for the first time and surrendered myself to God and the program.

After rehab, I went into Oxford House and this place has saved my life! If it wasn't for the support and accountability of Oxford House, I don't know where I would be. I'm extremely grateful and happy to be the president and HSR of my house, OH Holy City. I now have almost a year clean. I spend time with son and have a completely different life. I'm still growing and learning but I'm so grateful to have gotten out. During my addiction I had overdosed multiple times and I consider myself lucky to have survived. I hope to help and inspire as many others as possible.

## **TENNESSEE**

### **Jessica – Oxford House Alumna – Tennessee**

My name is Jessica and I am an addict. That was probably the first honest thing I said to myself and others in a twelve-step meeting after a 9-year run with opioids. Thanks to Oxford House Gibson Lodge, I had a safe place to be while starting my recovery journey.

I was born and raised in Lebanon, TN. I come from a family that has substance use disorders and mental health diagnoses. I grew up in a public housing unit and most of my childhood memories involve playing in a concrete ditch behind my and my grandmother's homes. I used to spend a lot of time with my grandmother, my uncles and my aunt. Summers were hot and winters were cold. Nothing else mattered as long as my family was around. As I got older and many members of my family started dying, I felt empty. I felt different. I had pain inside me from my father abandoning me and watching dirt be thrown on the people I love at a cemetery. I was always a straight A student with perfect attendance. I enjoyed learning and spending time with my friends in school.

When I turned 13 years old, I was hanging out with people who were much older than I was. I was meeting many people who were in active addiction but, at that time, I thought they were cool. I did not know that one pill would forever change my life. I had never smoked a cigarette, never smoked weed nor drank alcohol at this point. The night I snorted a line of OxyContin, my innocence died. I immediately felt something that I knew had to be dangerous but the feeling of that one pill felt like it was exactly what I had been missing.

From that point forward, my addiction progressed. I started off working and paying for my own supply. It was not long after that I found myself selling drugs to support my habit. I found myself doing the same things I said I would never do. Lying, cheating, stealing, manipulating, selling my body and selling my soul to the devil. But it was always just that "one more" pill then I would be done. My addiction grew to love not only opioids but benzodiazepines as well. Once I discovered that I could block out memories due to blacking out, that is when the trouble came.

I experienced multiple visits to jails and institutions. Rehabs were a safe place for me to clean up just enough to leave and start all over again. I had built a tolerance so high that it was necessary for me to take small breaks so I could feel that feeling I first felt, just one more time. That one more time never came. But what did come was criminal charges, upset family members and complete torment to my goals and dreams.

Through my years of addiction, I buried more friends than not -- people who had become my family when I felt distant from mine. I pray that some day those wounds will heal but I know time has not been in my favor. When I turned 21, I thought the day finally came that I could stop using drugs. I found out that I was pregnant with my oldest son and I just knew that was my way out of addiction. Unfortunately, I had a rude awakening right in front of me. I continued to use drugs throughout my pregnancy and eventually had an early, emergency c-section. I think God knew that one day I would get my life together and be the mother I was destined to be because my baby came out negative for all substances. There is no tangible explanation.

After the birth, I continued to use and was sent home with many pain pills from the same doctors who knew I had a substance use disorder. When my son was 6 months old, I experienced my last opioid overdose. A Lebanon fire fighter thought my life was worth saving and saved me at a gas station while he was off duty. Following this complete disaster, my mother had me make my own funeral plans. At this point in my life, I had just accepted that I would die in active addiction.

A few months later, something happened inside of me and I felt like there was something more to life than drugs. I spent the next few months inside an inpatient treatment facility. While in detox, it was my son's first birthday and I wanted to leave. I was not leaving to go spend time with my son and we all knew that but the feelings were so overwhelmingly painful. My counselor looked me dead in my eyes and he said "Jessica, if you stay, you never have to miss another birthday. If you leave, you will never live to see another one." I knew what he was saying was the truth and he literally saved my life that night. I decided to stay and followed treatment with moving to Knoxville, TN to an Oxford House. While here, I began to attend twelve-step meetings, got a homegroup, got a sponsor, began doing service work and started doing the twelve steps. I see my son every so often and still have much gratitude for my family stepping up to help when I was too weak to ask. I spent 16 months in Oxford, getting my life together.

I found out I was pregnant with my second son while I was still in the structured living facility. I knew I was not ready as I did not even have my first son in my custody. I knew I had two options: grow up and take care of my responsibilities or be the same girl who always ran. I decided to grow up that day. I spent the next few years gaining my driver's license, making financial amends, getting my own apartment, getting my own vehicle, getting my oldest son back, giving birth to my youngest son and finding a job at a local treatment facility. I spent years volunteering to distribute Narcan in my communities. I was building relationships back with my family and also creating a beautiful recovery family here.

I have been beyond blessed on this journey. There are many days that I struggle but I do not leave before the miracle happens. My favorite quote from a twelve-step fellowship is "Lost dreams awaken and new possibilities arise." My life is proof that we do recover. I have become a mother, sister, daughter and friend. I am physically and emotionally available for my children and my family today. I am a responsible, productive member of society and God watches out for me. I have been given opportunities

that society said were not possible. I have amazing people in my life and two of the most perfect boys I have ever met. The fact that I now serve our community as a Regional Overdose Prevention Specialist is just the spiritual part of my journey that has come full circle.

On July 23, 2022, I will be celebrating 6 years in recovery. It has been a long journey and I am nowhere near the finish line. I pray for many more years to come. My goal in life is to love someone so much that they decide to give themselves a chance at a lifestyle that is in their reach. I want to never give up on the people that society has written off. People like me, who deserve as many chances as it takes. People like me, who deserve love and life. Addiction is not a choice. It is a chronic, progressive medical disease. As long as I have a breath in my body, I will continue to fight the stigma against addiction. Every single person in recovery has a story that has saved someone else's life. I am grateful that someone decided to share theirs, show me that I am not alone in this journey and teach me that, no matter what, I never have to use drugs again.

## **TEXAS**

### **Alyssa Clakeley – Oxford House Resident – Texas**

My name is Aly and I am a grateful recovering addict. I have been an alcoholic since my mom passed away in 2011. I drank so much that I started having noticeable health problems. When the alcohol didn't seem like enough for me, I started doing meth. I then lost my house and decided to move to Texas with my kids and their father – "my boyfriend of 11 years at the time". We lived with my boyfriend's uncle until they had a falling out and we left. We didn't have anywhere to go so we stayed in a hotel. Then we got involved with CPS. With all this, it caused problems with me and my boyfriend and we split up. I then cut myself off from everything I ever knew. I lived in tents, and I lost everything and didn't care about having people in my life. I didn't care that I had nothing. Or that I had let everyone who ever cared for me down. All I cared about was getting high and running the streets with people I didn't know. I wasn't just addicted to the drugs I was addicted to the lifestyle. I started getting arrested a lot. My first time in jail, I had to sign over my rights to my kids. When that happened, I completely lost who I was. I just stayed high and kept in and out of jail until I went to prison. That's when I learned that I didn't have to live like that. I wanted to become someone that my kids would want to know one day. Someone worth finding. So, I built a bond with my Higher Power that inspired me. I grew and came to love myself regardless of all that I destroyed.

I knew I couldn't handle the free world alone though. I heard about Oxford House while I was still in county jail and decided right then that was what I wanted for myself; what I needed to become the person I always thought I would be. While I was in prison, though, it wasn't very easy being in contact with people on the other side. I couldn't get into Oxford House without a release date and that's not always known ahead of time. I was lucky, though. A couple of amazing women came to my unit to talk to a class we had at our school and my old teacher pulled me out of another class to listen in because she knew how much I wanted Oxford House. I found out I made parole a day before they came and that I was getting released in a week. I told the ladies that came to speak to the class what was happening and how much I wanted Oxford House. I didn't think I was actually going to be able to get into Oxford House and have the address approved by parole in enough time and a halfway house was not something I wanted. I wanted to be somewhere that I could actually become successful in recovery and life.

I woke up the next day and went to school and was called to the office first thing. I couldn't believe it; they handed me my parole-approved address to Oxford House! God was seriously watching over me. I got picked up from the bus station from my now very close friend and someone I look up to in so many ways. If it wasn't for her and the other wonderful ladies with whom I live, I wouldn't be where I am today. I am living better now than I ever thought I would and I am forever grateful for all that Oxford House has done for me!

### **Brooke Bradley – Oxford House Resident – Lake Worth, Texas**

My name is Brooke Bradley I am a grateful recovering fentanyl addict. I am 18 years old and have been on death's doorstep one too many times. I started using when I was just barely 15. I had been around a lot of drugs when I was very young and didn't think much of it. Over the years in my addiction, I have had many severe and eye-opening overdoses that didn't even seem to faze me at the time. There were times where I had been using in dirty hotels and was comfortable there. I pushed everyone close to me in my life away. All I cared about was getting high and doing nonsense. I wasn't just addicted to the drugs; I was addicted to the lifestyle and the way it made me feel.

With the legal trouble and no one else to bullshit into letting me manipulate them again. I finally got to where I knew something had to give, and I didn't think it was going to be me. I was terrified at the thought of getting clean. I was at the point where I didn't want to use anymore but didn't think it was a possibility for me to get clean, let alone stay clean. I wanted it to kill me. I was done fighting my addiction. I was at my rock bottom. I felt like I was in a dark tunnel with no way out. So, I decided to pray, which is something I never really did. I prayed and prayed for the will to want to get clean and for the strength to fight. I then started going to the GVV AA group in Grapevine, Texas and God started strategically placing these amazing people in my life and my perspective started to change. I began to feel hope again and decided to take a leap of faith and stay clean and it felt that if I gave up the drugs and the lifestyle to gain joy, happiness, and love as well as so much more.

I soon met my sponsor and told her about my rough living situation and how it was making it so much harder for me to stay focused on myself and on my new recovery. She then told me about Oxford House and I immediately knew it was something I wanted and she told me she would be willing to pay for my first entire month so I could get on my feet. I remember sitting there when she told me this and couldn't even form the words to express to her how grateful I was, I just cried. I then began my new journey in Oxford House Lake Worth and it has been the best, most caring, beautiful thing I have ever gotten to be a part of. With God continuing to work in my life and getting to be part of these wonderful women's lives have since kept me sober each and every day. Thank you. Brooke Bradley

#### **Bryan Moore – Oxford House Resident – Texas**

My name is Bryan. And I am a grateful recovering addict. I grew up in Carrollton, Texas and had a fairly average upbringing in a Christian home. At about the age of 7, I discovered the awareness of alcohol and had the curiosity seed planted. While I grew up; that seed grew as well until about the age of 13 when my older brother had a party at the house while the parents were out of town. Needless to say, the party scene and alcohol were immediately a fixation. As I progressed in school, I began living the addict lifestyle – a double life. I was an A and B student, athlete, musician but I would drink, smoke, or snort my way into anything that presented a thrill. At 17 years old, I had a period where I half-measured living sober or at least tried. At 18, all that backfired in every form and fashion and it would lead to 3 years of progressively dangerous activities, toxic relationships and financial failures that would lay the foundation of the cycle.

At 21, I caught my first legal charge, a DWI. At no point during probation did I ever attend A.A. or consider it. Two months before my probation ended, I was introduced to Crystal meth. That led to a different existence taking over who and what I was as a person for another 4 long years. As 2019 rolled around, I finally caved in and checked myself into rehab. And after completing 6 months, taking the first job and ignoring any sense otherwise, a relapse occurred. It happened just like out of the OXFORD HOUSE INTERVIEW scenario, I checked back in and chose to take sobriety just a little more seriously. After 1 year and 3 months of completing the program and being employed there. I have been making the choice to live clean since leaving that facility for the last time.

Since moving into Oxford House, life in all its form has been becoming more manageable and more opportunities have presented themselves each day. Being involved with Oxford House to the degree I am has been a rewarding experience and helped develop new purpose. This new life is priceless. And I thank my higher power and peers for helping keep this life going every day. Bryan Moore

#### **Chuck McDaniel – Oxford House Alumnus and Outreach – Texas**

At one point in my life, I thought I would never break free from prison walls or chains; that was the life I was always going to live -- a lost addict dead in addiction. Then someone told me about OXFORD HOUSE. That's when my life changed. There's so much to say about OXFORD HOUSE and what's happened in the short time I've lived in one. My life isn't the same since I've found who I am and who I can be through the help of OXFORD HOUSE and the people I've met.

In June of 2019, I moved into Oxford House Wedgwood Square. From that moment, life has been a constant turn around and blessing. I've regained the love, trust and respect not only for myself but from my family as well. I've built healthy relationships. I served on a chapter level for awhile and was told that one day I would serve on the regional level. I laughed and thought they were crazy. At the next regional meeting, I was voted in. My passion has always been to help people like myself. I know there's a better way to live and, if I can help 1 person find that way or that person get on the right track, then a little piece of me comes back for more to give away as the program teaches.

Along with this journey, I've become an Outreach Worker and that has been where some real growth has come. I've encountered situations I never thought I would walk away from sober. I could go on and on about what OXFORD HOUSE has done and continues to do. The best advice I can give the newcomer is to just give life a chance and things will happen. The choice is always ours. Give half the effort we gave getting high into staying clean and sober and you'll see real life happen. Put God first in everything. It's an honor to be in OXFORD HOUSE. Chuck McDaniel

### **Letty Guajardo – Oxford House Alumna and Outreach – Abilene, Texas**

My name is Letty Guajardo and I am a woman in long-term recovery. What that means to me is that I have not found it necessary to pick up a drink or a drug since January 11, 2016. I first learned about Oxford House in my treatment center back in March 2016. I was interviewed and voted into my first house, Oxford House McCart. When I walked in, and they showed me my room, I was in such disbelief. I never thought that I would have a place to call home, a beautiful home at that. I learned how to become a responsible, productive member of society. The ladies in the house held me accountable to my behaviors and I was able to change and grow. I learned how to get up and go to work again, do chores and keep a clean home. Those are things that I had lost during my addiction. God restored all my relationships back with my family and I got the new family along the way.

After 18 months in Oxford House, I was offered a position as an Outreach Worker in Abilene, Texas. I was so happy because it gave me the opportunity to be back home. I have now been an employee of Oxford house for almost 5 years, and it's been amazing. I am forever grateful to Oxford House for the love and support I've been given. Letty Guajardo

### **Masson Stephan – Oxford House Resident – Texas**

My name is Masson, and my sobriety date is September 11, 2019. I am truly grateful for all that and for what recovery has done for me, not only the blessings but the struggles.

I grew up in Houston, Texas, on the west side of the suburbs. My life was not all that bad growing up. I lived with my mom, dad, and little sister. My parents were in their mid-twenties when I was born on June 24, 1985. My dad did accounting and my mom did retail. When I was born, my mom stopped working to take care of her first child. I don't remember ever needing anything. My life was good back before I used drugs and alcohol. My little sister was born when I was three years old. She and I have a good relationship now but it was different as kids. I think I did feel jealousy and didn't know how to handle it or even if I could manage my emotions at that age. We fought, as kids do, and did have moments of getting along but not until later in life around high school.

I was introduced to weed in the summer between fifth and sixth grade when I spent some time in Austin, Texas. It is kind of ironic since that's where I live now. My school had a DARE program, and when I was learning about the danger of drugs, I was just thinking how interesting that sounds. I was never scared or turned away; using substances made me feel "better."

I was hooked from the start. I used a lot of weed and alcohol throughout middle school with my friends. Occasionally we did harder stuff like acid and ecstasy. I really got going in high school, where things felt much different. I had a lot of pressure on me to be good and stay out of trouble. I got caught smoking weed early enough that my mom was strict and worried. It felt like too much at times. I barely made it but graduated in 2003. I had been using drugs for about five years. After that, I went off the deep end. I was ashamed and felt like I would have benefited from treatment before I got it, but I never really knew how it would have affected me.

I signed up to enter the military after high school but that didn't happen due to my inability to pass my drug test to get in. I was doing substances and not going down the right path. I let people down, my two buddies and my family, especially since we were all three supposed to ship off together. So, they went to the Marines, and I stayed home with the other guys. We were really up to no good by then.

I was tragically injured in June 2005 when I was accidentally shot in the head by a .22 pistol. My life would never be the same. Luckily, I survived, thanks to the fantastic medical teams at Memorial Hermann Hospital. After months of rehabilitation in three different occupational and speech therapy facilities, I went home to my parents. I immediately started using again; this

time, I needed help so I went to treatment and a halfway house. I had the choice to get recovery or keep using, and I chose to keep using.

I can see now that I was just not ready to commit to the Twelve Steps. I did, however, get two years sober with minimal effort. I think I was afraid to do the steps and afraid of succeeding. So I was introduced to crack, and that was a literal nightmare. For the next fifteen years, I struggled with addiction. I cannot convey the terror I experienced.

I would never know when or where but I would go days or weeks sober then, out of the blue, I would use, and boom, I was literally without defense. I would be gone for days, and my friends and family would look for me in Houston's streets. I bounced in and out of different sober living homes and even went to an Oxford House for a while until I relapsed and got expelled. I had learned about Oxford House and liked the way it worked. I just was not too involved, which I regret because getting involved has been crucial to my recovery this time.

One day, my roommate, who was still sober, found paraphernalia in the house and called an intervention. My parents, friends, and I came up with a plan and I ended up in treatment at the Menninger Clinic, for which I am truly grateful. After detox, I ended up in Austin at Driftwood Recovery. I then went to the newest Oxford House in Austin at the time, Oxford House Bespin and, while there, I got involved. A few Oxford House alums worked at Driftwood and suggested getting into service. I was first the Fundraising Chair and then the Chapter Chair. I met many good folks and learned much about myself from getting involved. I stayed at Bespin for two years, was involved in Chapter, and learned much about the model while working on a twelve-step program. Finally, I finished my steps and got a sponsee.

I credit Oxford House for helping me after two years at Bespin when we decided to open a new house in the Chapter and I was selected to move in to be a core member. McKinney Falls Oxford House opened on February first and is doing great. I can't say I wouldn't be sober without Oxford House but my life would not be amazing! I have many good people in my life and have been at my job for over two years, and my recovery is going strong.

### **Miranda Mundine – Oxford House Resident – Texas**

My name is Miranda. I am a grateful woman in recovery, with a clean date of October 4, 2021. I learned pretty early on in my recovery that my addiction started at the age of 6. I spent every cent that I had on gum. I couldn't seem to live without it. I remember trading other kids random items for it at school. I even made a special "secret" box to hold it all.

As a teenager my disease only seemed to progress, mixing pills and alcohol, and almost took my life. But I was blessed with a pregnancy at 15 years old. My daughter saved me for many years. I finally had a purpose. I finally had a reason to stay clean. But complacency took hold of me 4 years later. I was ungrateful, depressed, and lost. And that's when I was introduced to OxyContin. I fell in love with Oxy for a long time. Really, any opiate that came my way, I couldn't refuse. After some time living in my friend's garage, I was evicted and forced to move back in with my mother. I was able to get clean on my own, and luckily for me, my love affair with OxyContin was kept a secret from my family.

Within a year, I was back at it. Somehow, I was able to keep it under control for a very, very long time. Only using here and there, and not letting it take control of me. But, in the summer of 2020, I fell into a deep, dark depression. My wife at the time happened to have fallen into the darkness as well. We like to put the blame on the pandemic. However, we both know what we were capable of, long before Covid-19.

Crystal Meth was introduced to us that fall. Our state of mind at that time was dark, and our judgment was severely clouded. Willing to numb our pain in any way possible, we invited crystal into our lives with a warm embrace. The second we let her in, we were trapped. Brainwashed even. It took hold of both of us instantly. Laced with Fentanyl and Benzos, there was just no way out for us. IV drug addicts, and that's all we were anymore.

Next thing I knew, it was one year later. Both of our daughters were with our dads. Our families and friends disowned us. And both of us were in an even darker place than when we began. We lost who we were, first. Then our families. Then our kids. Then our friends. Then our home. Then our cars. Then everything we owned. And lastly, we lost each other. Forced to move apart, I got clean under my mother's roof once again. Forced to watch her be a victim of domestic violence, once again. So, I persuaded her to move, only to be taken advantage of by a friend of hers. Forcing me to choose homelessness over the awful things I was having to endure there. And that is when I found Oxford House.

I moved into Oxford House from living in my car. And when I tell you that Oxford House played a huge hand in saving my life this time, I mean it. Oxford House has given me a place to call home for the first time in what feels like forever. Oxford House has given me a family, when I no longer had one. It has given me strength, accountability, unity, friendship, recovery, and so much more. It has been such a blessing to call this place home. Miranda Mundine

## **WASHINGTON STATE**

### **Fabian Garcia – Oxford House Resident – Washington State**

My name is Fabian Garcia. My clean day is September 27, 2020. This is my first time clean and sober from alcohol and drugs. After 35 years, I am finally free from the gang lifestyle on the streets. I went to inpatient for 30 days to prove to my family that I didn't have a problem. Much to my surprise, I did have a problem. I entered treatment believing I was going to go straight home after I completed it. My counselor didn't think I was ready to come home, let alone be home with my three kids, having had full custody of them. They told me 30 days was not going to fix 35 years of habitual behaviors in that lifestyle. Of course, I was angry. I didn't want to go to Oxford, but I gave it a chance.

I stay at Courage House Chapter 19 and I have to say it was a blessing! I've been here 1 year and 8 months. I'm happy I gave it a chance because if I had gone back to the streets, I surely would have been dead or in prison by now. If it wasn't for Oxford, I wouldn't be working the programs in Alcoholics Anonymous and Narcotics Anonymous. I have a sponsor and today I am proud to say that I have two sponsees. There are people from my old lifestyle who look up to me today. They tell me to keep it up; that they need me out here; that there is hope for them and that change is possible. I just let them know that they just have to want it and be willing to do the work.

Oxford and the people I've met within it have given me that chance to grow and to see what I was supposed to be doing all along – helping people be better and being a better friend and a better father.

### **Leah Z. – Oxford House Resident – Washington State**

I was born into a family of multi-generational trauma and addiction. I had my first drink when I was two years old. A full baby bottle of vodka and orange juice. At five years of age, I had eaten my first pot brownie. There was little stability in my life as a child. My biological father was not in my life at all until I was 22 years old. Everyone around me was partying all the time, selling drugs and heavily using drugs and alcohol. I changed schools every year until eighth grade. There were men in and out of my young mother's life and with those men came my own trauma. I was not unloved, but I was often neglected. I spent a lot of time alone, or with the grownups around me who were never fully engaged in my development. I was left unattended, alone in a house for hours, as young as I can remember. I knew the phone numbers by heart to every bar so I could find my mom. I remember feeling a constant state of worry. I was worried if my mom was OK; I was worried if there would be enough food; I was worried if we would be picking up and moving again; or if I would be hurt by someone I loved and trusted.

In the late summer before my eighth-grade year, my mom and I moved to a small town on an island. I started school there and each grade had about 30 kids. It felt like everyone there had been there forever and were tightly woven into each other's lives. My mom worked multiple jobs and spent her free time partying. I was struggling to fit in and did not feel like I belonged there. At 13 years old, I started drinking at friends' houses. It was the magic cure to all the insecurities I had been feeling. By 15 years old, I was smoking pot, drinking daily and experimenting with hallucinating drugs. I started fooling around with older boys and became very promiscuous. At 17, I moved out of my mom's house into a house with some friends and a man I was dating who was 30 years old. I thought I was the coolest kid in town. I still made an appearance at school now and then, to buy drugs or sell fruit from last night's Spodie. I was finally asked to leave school and I turned 18 and bought a one-way ticket to Maui. While living on Maui, I had a brief but intense experience with the Mexican Drug Cartel. I thought I was really living the life. I had all access to as much Cocaine as I wanted, but, when I look back on that time, I have come to realize I was being prostituted out and was too young and too messed up on drugs to realize what was happening. After about eight months of this I finally got a little scared and I came back to Washington where I was immediately picked up for a warrant I had before I left. This was my first of several times sitting in jail. Between this time and when I became 26 years old, I moved around, always thinking that it was the place where I was living that was the problem. I was restless and reckless. I never slowed down my drinking and the problems just kept piling up. I was stealing, lying and hurting so many around me.

When I was 26, I had my first of three children. I really had the desire to be a solid parent and make his life different from mine. But my alcoholism already had too strong a hold on me for that to happen. I split from his dad when my firstborn was two and carried on as a single mom for a few years. I was able to take care of him well enough but most nights I was blacked out drunk or I would leave him with someone so I could go out and do whatever I wanted. I met a man when my son was five and we started falling in love, or so I thought. He was the most stable person I had ever known. He owned his own home and successful business, was never late, was kind to my son and rarely drank. All the things I had never been around but had craved.

After a couple of years of on and off again with this man, I found out I was pregnant. He did not think I should have the baby but we finally agreed, and I moved in with him. I became very isolated in this new life. He traveled often for work and expected that I would take care of all the household chores and kids on my own. I started drinking more and more. I was good at hiding it and was a high-functioning alcoholic. My oldest child was in middle school and his little brother was about to start Kindergarten. I could see the light of day again and believed I might be able to start doing something outside the house. That all came crashing down when I found out I was pregnant with my third child. I was 39, miserable in my relationship, drinking constantly and taking whatever pills I could get my hands on. I cried every day. I was pregnant that time, but once he was born, I was, of course, in love. But I was still heavily drinking, and it progressed and progressed. And then the pandemic hit. I was ordering Costco-sized bottles to be delivered several times a week. I was drinking from the time I woke up every single day. I was blacked out most days before dinner time, but still doing all the things I was expected to do. Slowly, society started to open again and my kids went back to in person school. I spent every day, the whole time they were at school drinking. I would pick them up and not remember I had picked them up. I would pass out in the afternoon and wake up not knowing who my family was or where I was. My spirit and my body were starting to die. And something inside me told me it was time to get help.

In the fall of 2021, I went to see my trusted doctor. She knew I had a problem with alcohol, but I had not been honest about my consumption until that day. She made me go immediately to get an ultrasound of my liver. Sure enough, they saw signs of Cirrhosis. I was 45 at the time. I was terrified. I went to the liver specialist for a fibro scan. That also showed signs of Cirrhosis. I went to get a drug and alcohol assessment thinking I would need a few months of out-patient treatment. Immediately after the assessment, the woman picked up a phone and got me a bed in a treatment center. It would be a few weeks before I would go, and I was told not to try to stop drinking on my own. My alcoholic brain took that as permission to go wild. And go wild I did. On October 21<sup>st</sup> I stumbled into a detox center with the help of a dear friend. I do not remember getting there. It was a horrible five nights. I was then picked up and taken to my inpatient treatment center. I was in full withdrawals for seven more days. I finally started to feel better and was soaking up every moment there. I felt safe for the first time in my entire life. I did not want to leave. I was terrified to go home. I had known for a while that I was being emotionally abused and that my partner had been withholding love and affection as a form of punishment for years. I knew I had to find a way to not go back there if I was going to have any chance of staying sober.

The same day I had this realization that I could not go home, there was a presentation at the treatment center, and it was an Oxford House panel. That was my AHA magic moment. I met with my counselor the next day and we started the process. I scheduled a few interviews, and the first interview was at the house I still live in – Beach House in Seattle, Washington. I left treatment on December 1, 2021, made one stop at an AA meeting, then moved straight into my new home. The next day I was signed up for Intensive Outpatient Treatment and spent most of my time at AA meetings, treatment or with my kids. My recovery was my full-time job. In February of 2022, I was nominated to be the Chair of Chapter 23. I was nervous to take this big of a service position, but I was encouraged to do it by my fellow Oxford sisters. Knowing that I would have them behind me, I accepted the position. It has been a beautiful adventure. I have learned so much about myself, but more importantly, I have learned why Oxford House is crucial to the success of so many recovery stories. Today I have a new and exciting job that I love, I see my kids every day, and I have gained brothers and sisters in recovery. I am healing my past and setting the foundation for my future and the future generations to come. I am truly blessed and beyond grateful for Oxford House.

### **Mary Goddard – Oxford House Resident – Washington State**

Ever felt like you didn't fit in anywhere? LOL! Silly question if you're an addict. My name is Mary Goddard and today I can say without hesitation that I am a grateful recovering addict.

My story of how I found Oxford started when my oldest son intervened and decided he was going to get me sober. My kids only knew me as a soccer mom. I was an active sports mom who worked, played and attended all their events. I was going on eighteen years clean when I relapsed. I became a closet drinker, and my addiction was getting worse. I struggled in and out of recovery for a decade after my relapse. Of course, his intervention was met with resistance. I was stubborn but, after seeing

him cry and hearing my daughter's ultimatum of closing me out of her life, I faced my fears and went to treatment. I can still remember his plan to move me in with him. He and my daughter-in-law had just found out they were having a baby and he wanted to make sure I would be clean to see my grandchild.

Well, we all know the miracles that happen when we find sobriety and my coming into those moments of clarity were no different. I was in Residence VII in Kirkland, my family was participating in the family program and my oldest son got involved in Al-Anon.

While in treatment, I heard several people talk about clean and sober living and specifically Oxford. I was able to sit in a treatment commitment from Oxford and decided that I couldn't move in with my son. That wasn't a healthy choice for either of us. I still remember his face when I told him I was going to move into clean and sober housing, and what he said to me was life-changing for us both. He said that his plan had been to make all my decisions and move me in and take control of my life. After attending Al-Anon meetings and talking with a member, he said he realized that was not going to work. He was happy to hear that I had decided to move into a clean and sober living situation even though neither of us really knew what that meant.

I made several phone calls and not all of them were to Oxford. There were a few other numbers that I was given to contact. I received the opportunity to interview at Wayside Oxford House in Federal Way, WA. I am forever grateful to the women of that house who gave me a phone interview and accepted me into their house. I am really glad Oxford is the path I chose.

Since that time, I have grown into the person I was always meant to be. I have a new outlook on life and that is because I found a place that put me in the middle. I remember going to my first Chapter meeting and realizing I was a part of something big and inclusive. I was given opportunities to join in and I helped cook for the Bingo fundraiser and was the Bingo MC. I felt accepted! I remember listening to the officers in the chapter meetings and seeing the treasurer and how organized and professional she was. I thought to myself back then, **I could never do that!** I have held the position of Chapter Secretary and today I am blessed to be Chapter Treasurer. Yeah, me...that intimidated women that thought, "No way I could do that".

Living in Oxford and having the opportunity to help others and be a part of a family has been life changing. Oxford has helped me to take chances and become a part of a community of recovering addicts that I don't think I would have been able to do if I went to live with my son or especially on my own. It was the nudge I needed to keep me on a path that helps me live my best life. Oxford has been integral in teaching me to face and handle life and not run away from it. I have my family back and they have me. I have seen my youngest son come into recovery and move into Oxford. Being able to watch him walk his path has been a huge blessing. He is coming up on two years sober. I get to be a mother, sister and friend; I get to be an educator and help young minds; I get to be part of the clean and sober softball league and sit on the Board of Directors and I get to be a grandmother and hang out with my grandsons, (I have a granddaughter coming this summer)! All this from a decision to move into Oxford, something I thought I was above. I remember thinking, "Clean and sober housing isn't for soccer moms; it's not for people who are employed with a good job; it's for homeless people". Well, those were some of my thoughts back then; thankfully, I didn't heed them and took the leap. Oxford is for anyone struggling with addiction and wants a way out.

My advice for anyone who is new or thinking of moving into Oxford is, do it, take the risk, stay, be humble, face your fears, and be flexible to change. It is through the process of recovery that we develop life skills and morph into the people we were always meant to be. Today, my outlook on life is, "That my best days are still ahead of me!" Thank You, Oxford House!

#### **Michael Reininger – Oxford House Resident – Washington State**

When I first moved into the Oxford House, my life was at a level of unmanageability I never in my dreams thought it would reach. I had burnt almost all of my bridges and life was in a constant state of utter chaos. I had no hope for the future and can honestly say that I was in search of a way out. Drugs and alcohol held my hand as I traveled down further and further into a pit of despair.

After moving into Oxford House Lewiston, I was able to be surrounded by other guys who were in similar positions. After a couple of months, I started to feel great comfort from the other residents and the structure the Oxford House model offered to me. In my greatest times of need, my roommates were there to offer support, friendship and, most importantly, accountability. I went from having very little family and few friends left to gaining many brothers in recovery.

In short, the Oxford House saved my life before I was able to end it. Who knows where I would be without the fellowship I acquired? My new self-worth and sense of accomplishment now drives me and my willingness to not only continue to grow for myself but also to help my OH brothers and to assist new members of our recovery network as they transition into a meaningful life of sobriety.

#### **Nick – Oxford House Resident – Washington State**

My name is Nick. Since moving into Oxford my life has changed drastically. Coming from a world where I didn't know if I was safe, Oxford House has given me comfort and accountability. Oxford House has helped me mold myself into a role model for the newcomers. We can all relate some way or another about the way our addiction has been part of our story. What Oxford house has done for me is to be able to create a new story – to create one that I never thought was possible for someone like me. I've made some sacrifices and changes that drugs can never take away and I owe it all to the people who were here before and the ones after me.

#### **Stacia Sterling – Oxford House Resident – Washington State**

In April of 2020, just as the world was losing its control, I gained some control back over my own life. When I went to my first in-patient treatment, after several failed out-patient treatment options, I did not fully consider the idea of moving into an Oxford house. Watching my boyfriend at the time walk out of the in-patient treatment center had me reconsidering my living situation. I knew that going back to him, or the other options I had at the time, were just going to get me loaded again. I needed a change, I found that in Oxford. When I first moved into Oxford house Ainsworth, I was a shy, softspoken woman, scared and unsure of what my future might hold. I had no idea who I was anymore. I only planned on living in Oxford House Ainsworth for a year at most.

Oxford had offered me the chance to figure all that out. That change slowly started happening after I was elected into the secretary position for Chapter 19. After that, I noticed myself standing up for myself and gaining more confidence in who I was and understanding who I was becoming. From there, I was given the opportunity from our outreach worker, Nicole, to open a new Oxford House. That Oxford House is Harmony Point and I am still here to this day.

Oxford has given me a second (or third) chance at life. I was elected Chapter 19 Co-Chair in January of 2021, and that allowed me to come out of my shell and start voicing my passion for the life Oxford had given me. I was able to help others in their recovery and show them what being a part of Oxford really meant. I was then elected into the Chapter 19 Chair position in April of 2021. I was no longer the shy, soft-spoken woman who started this journey.

Not only has Oxford given me a new lease on life but it has also allowed me to meet some of the most wonderful people and they have also changed my life for the better. I was not used to having good, sober friends -- people who wanted to be sober or clean or have a better chance at life. Every day I am thankful the opportunities present to me by being an active Oxford Member, knowing that I am no longer alone in my struggles. Just because we all come from different pasts does not mean we have to struggle alone. I would not be where or who I am today without Oxford or the people I've met and to whom I've grown close. I am forever grateful for the Oxford House program and the life it gave me back. Oxford has allowed me to become a mother, daughter, and a friend again. I am finally proud of my life and the woman I have become. Stacia Sterling Clean Date 11.21.19

## IN MEMORIAM

**Judith Mannion O'Hara**

**1941 - 2022**

**Long Time Oxford House Board Member and Friend**

Judy O'Hara, a long-time OHI Board member, died on June 30, 2022 in Washington, DC following a long illness. Born in Oak Park, IL on June 2, 1941, she was a graduate of Trinity High School in River Forest, IL; Trinity College in Washington, DC; and the Catholic University Columbus School of Law in Washington, DC.

Judy was a devoted wife, mother, sister, aunt and friend. She was a trailblazer for women in the workplace, first as General Counsel to the Agriculture Council of America and later in her career as a respected estate attorney. She was a longtime, active member of Shrine of the Most Blessed Sacrament in Washington, DC.

Judy is survived by her husband, Bartley M. O'Hara; two daughters, and three grandchildren. A son predeceased her.



Judy served many years as a member of the Oxford House, Inc. Board of Directors and had participated in an Oxford House Board meeting just two days prior to her death. She invariably provided wise guidance and advice.

The picture at left of Judy at the podium shows her speaking at the first Oxford House World Convention. It was held in Washington, D.C. in 1999 at the Washington Court Hotel. The convention theme was: "If Not Us, Who?"

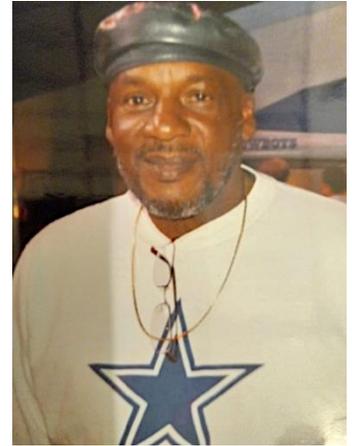
In the picture to below, Judy is shown presenting the Founders Award to Harold and Ruth Keeling of Friends of Recovery. This was also at the 1999 convention. (The following year, the Founders Award was presented to Bartley O'Hara for his dedication to Oxford House and advocacy of it to the U. S. Congress.)



**Lereves Winston  
1950 - 2022  
Oxford House Alumnus and Member, Oxford House World Council (1999)**

Lereves Winston was born in Houston, Texas on December 22, 1950. He and his sister were adopted by their great aunt and uncle when he was three weeks old and his sister was two years old. In high school, he was on the football team and later became a master electrician.

Lereves became addicted to drugs and spent time in prison. He subsequently got into recovery and lived in an Oxford House for 15 years and became a very active member. He focused not only on his own recovery but also helped many others maintain their sobriety. He attended Oxford House conventions and was an active participant at them, serving on panels and seeking a spot on the World Council. A picture below shows Lereves making a presentation on Re-entry Panel at the 1999 Oxford House World Convention. (Steve Polin was with him on the panel.) Lereves was elected to the Oxford House World Council at the 1999 convention. (A picture of the 1999 Council appears below.) He was also very active in AA and NA.



Lereves leaves a daughter, Kimberly Massey, four grandchildren, three great-grandchildren and a host of other relatives and friends.



**Cheryll G. ‘Sheri’ Glisson**

**1955 - 2022**

**Long-time Oxford House Resident and World Council Member**

Sheri Glisson came into Oxford House in 2006 and remained a resident of the Silver Spring Oxford House until shortly before her death. Despite battling numerous illnesses over time, she was a very active member of the Oxford House community for years.

Born in Maryland, Sheri got married in her twenties and spent the next thirty years in Florida furthering her education and teaching severely-disturbed children. During this time, drugs and alcohol played a major role in her life. She took a grant position for a doctoral degree at Auburn University, completed the coursework with a 4.0 grade average but, before completing her dissertation, her life fell apart and the dissertation was never completed. Her life then became unmanageable. In her own words:



“So ... soon after, my housing and car were gone and my only ‘friends’ were the dope dealers in town – and they were starting to worry about me! Living in the woods seemed a great idea so I didn’t have to share what I stole, panhandled, begged or otherwise obtained. My health deteriorated and, after three stays in intensive care, my family had had enough. There were no choices – it was come back to the DC with family or be court-ordered to do so. *(Excerpt from her story in 2018*

*Convention Program)*

Sheri heard about Oxford House at an AA meeting and on April, 2006, she was accepted into Oxford House Silver Spring at a meeting where she lived until shortly before her death. She took a very active role in House and Chapter activities was elected as a Resident Member to the Oxford House World Council where she served productively and enthusiastically.

As she summarized in her story in 2018: “My life is full – staying active in AA/NA and Oxford has given me enjoyment beyond words. Thanks for giving back my life!!”



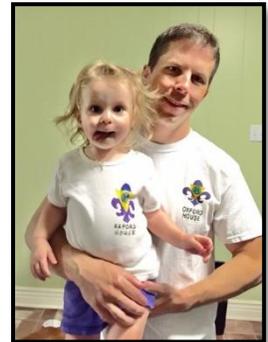
**Eric Heber**

**1976 - 2022**

**Oxford House Alumnus and World Council Member (2012)**

Eric Heber was very active in Oxford House activities both as a resident and as an alumnus. He took House and Chapter positions and was elected to the Oxford House World Council in 2012.

As Eric related in the story he wrote for the 2010 convention program, he was initially introduced to Oxford House in 2007 when he was in the Fontainebleau Treatment Center in Louisiana. Marty Walker gave a presentation about Oxford House and what it had to offer. Eric liked the concept and got accepted into a Crescent City Oxford House but relapsed and left after four months. Four months later, after detoxing, he got into a Salvation Army program and, after a month there, interviewed and was accepted at the Oxford House Essen in Baton Rouge. He became a resident on April 24, 2008.



He approached Oxford House differently the second time and credited his housemates with getting him on the right path. As he said in his story, “When I got home at night, my roommate, Steve, would take me to meetings with him. Steve had been sober for a while and I kinda clung to him those first few months. He introduced me to a lot of people in the program and I’m truly grateful for the help and support he gave me in that critical time.” Eric also noted that: “The hardest thing that I had to learn was principles over personalities. Guys that I would come to like would relapse and we would have to kick them out. Some would cry when we caught them using and beg to stay because they had no place to go but we had to stand on the principle that no one can stay after using drugs or alcohol. To do so would jeopardize everyone else and the House comes before any one member.” He concluded his story by saying that, “OHI has given me the support and purpose I needed to make it this far.”

Eric held many House, Chapter and State Association positions in Oxford House and was elected in 2012 to the Oxford House World Council where he served admirably. He was also a devoted father to his daughter, Lena Heber and leaves many relatives and friends.



**Oxford House World Convention 2014**

(Eric Heber flanked by James McClain, Kathleen Gibson, Jerry Conlon, Dr. Hoffman, Paul Molloy and Bill Newman)

## Recipients of the 2022 Board of Directors' 100-Year Award

### Alabama

Oxford House-Appalachian Mts.  
Oxford House-Azalea City  
Oxford House-Crimson Tide  
Oxford House-Mayfair II  
Oxford House-Mobile  
Oxford House-New Tide  
Oxford House-Over the Mtn.  
Oxford House-Prince 1  
Oxford House-Queensview  
Oxford House-Yellow Hammer

### Arkansas

Oxford House-Harness

### Arizona

Oxford House-Adsila  
Oxford House-Casa Verde  
Oxford House-Canyon Villa  
Oxford House-Chandler  
Oxford House-DelSol  
Oxford House-Desert Bloom  
Oxford House-Desert Steps  
Oxford House-Diamondback  
Oxford House-Elden  
Oxford House-Enigma  
Oxford House-Gelding  
Oxford House-Gillenwater  
Oxford House-Goldwater  
Oxford House-Granite Stone  
Oxford House-Havasu  
Oxford House-Highland Pines  
Oxford House-Horizan Park  
Oxford House-Iron Springs  
Oxford House-Kachina  
Oxford House-Kokopelli  
Oxford House-Mandalay  
Oxford House-Mesa  
Oxford House-Meseto  
Oxford House-Milestone  
Oxford House-Monterey  
Oxford House-Montezuma  
Oxford House-Olive Branch  
Oxford House-Palace Verde  
Oxford House-Paradise Park  
Oxford House-Park Meadows  
Oxford House-Prescott Valley  
Oxford House-Presidio  
Oxford House-Riorden  
Oxford House-Riverrun  
Oxford House-Riviera  
Oxford House-Rose Lane  
Oxford House-Scottsdale  
Oxford House-Sekani  
Oxford House-Senita  
Oxford House-Sentinel  
Oxford House-Ski Valley  
Oxford House-Sonoran  
Oxford House-Stormborn  
Oxford House-Sun Devil West  
Oxford House-Sunset Palms  
Oxford House-Surprise  
Oxford House-Terrace View  
Oxford House-Toronto

Oxford House-Tres Palms  
Oxford House-Valyrian  
Oxford House-Villa Roca  
Oxford House-Wilshire Heights  
Oxford House-Winterfell  
Oxford House-Wylde  
Oxford House-Westgreen  
Oxford House-Yavapai

### Colorado

Oxford House-Adams Drive  
Oxford House-Animus  
Oxford House-Ava Grace  
Oxford House-Betterment  
Oxford House-Black Canyon  
Oxford House-Bluestem  
Oxford House-Britton Park  
Oxford House-Broomfield  
Oxford House-Canosa  
Oxford House-Cleo  
Oxford House-Cloverdale  
Oxford House-Del Mar  
Oxford House-Dublin  
Oxford House-Edgewood Dr.  
Oxford House-Eve  
Oxford House-Exposition Dr.  
Oxford House-Fort Collins  
Oxford House-Gemstone  
Oxford House-Grand Valley  
Oxford House-Highland Park  
Oxford House-Jewel II  
Oxford House-Jubilee  
Oxford House-Loveland  
Oxford House-Lykee  
Oxford House-Maizeland  
Oxford House-Majestic  
Oxford House-McArthur  
Oxford House-New Dawn 2  
Oxford House-Oasis 2  
Oxford House-Omega  
Oxford House-Seven Hills  
Oxford House-Skylake  
Oxford House-Southern Gbls  
Oxford House-Starlite  
Oxford House-Virginia  
Oxford House-Waldie  
Oxford House-Wildfire  
Oxford House-Woodgate  
Oxford House-Woodmare  
Oxford House-Woodmen

### Delaware

Oxford House-8<sup>th</sup> Street  
Oxford House-Alderaan  
Oxford House-Athena Place  
Oxford House-Bedford  
Oxford House-Castiglione  
Oxford House-Chestnut Hill  
Oxford House-Excelsior II  
Oxford House-Genesis II  
Oxford House-Ida B. Wells  
Oxford House-Raven Claw  
Oxford House-Salem Woods  
Oxford House-Silver Lake  
Oxford House-Taurine

Oxford House-Tiberius  
Oxford House-Uhura

### Florida

Oxford H-Ancient City  
Oxford H-Apalachee  
Oxford House-Ashton  
Oxford House-Blossom  
Oxford House-Breeze  
Oxford House-Cabana  
Oxford House-Cain  
Oxford House-Danny  
Oxford House-Dolphin  
Oxford House-Dragon Fruit  
Oxford House-Gwendolyn  
Oxford House-Jaguar  
Oxford House-Jax  
Oxford House-Key Lime  
Oxford House-Leon  
Oxford House-Lucie  
Oxford House-Magnolia Park  
Oxford House-Mako  
Oxford House-Mango  
Oxford House-Mill Cove  
Oxford House-Millhopper  
Oxford House-Noles  
Oxford House-Ohana 1<sup>st</sup>  
Oxford House-Panama City  
Oxford House-Panhandle  
Oxford House-Premier  
Oxford House-San Sebastian  
Oxford House-Sand Dollar  
Oxford House-Sandcastle  
Oxford House-Seabreeze  
Oxford House-Stancil  
Oxford House-Starfish  
Oxford House-Sugar Palms  
Oxford House-Tabicat  
Oxford House-Tallahassee  
Oxford House-Treasure Coast  
Oxford House-Waltham  
Oxford House-Yellow Tail

### Hawaii

Oxford House-Coconut Grove  
Oxford House-Niu Valley  
Oxford House-Uhu

### Idaho

Oxford House-Burrell  
Oxford House-Lewiston

### Indiana

Oxford House-Abbywood  
Oxford House-Ace  
Oxford House-Aurora South  
Oxford House-Bliss  
Oxford House-Buffalo Trail  
Oxford House-Chance  
Oxford House-Ebby  
Oxford House-Eden Coe  
Oxford House-Elysium  
Oxford House-Emory

Oxford House-Emyla  
Oxford House-Francisco  
Oxford House-Ginsburg  
Oxford House-Harambe  
Oxford House-Heatherwood  
Oxford House-Impavid  
Oxford House-Indy  
Oxford House-Irenic  
Oxford House-Kai  
Oxford House-Keiki  
Oxford House-Kingly  
Oxford House-Kiyo  
Oxford House-Libra  
Oxford House-Luca  
Oxford House-Mac  
Oxford House-Mana  
Oxford House-Mariposa  
Oxford House-Maya  
Oxford House-Minturn  
Oxford House-Monet  
Oxford House-Naz  
Oxford House-Nothhaven  
Oxford House-Olympus  
Oxford House-Ophelia  
Oxford House-Orenda  
Oxford House-Padawan  
Oxford House-Pops  
Oxford House-Remo  
Oxford House-Renee  
Oxford House-Sage  
Oxford House-Sancho  
Oxford House-Spears  
Oxford House-Supernova  
Oxford House-Trails

### Kansas

Oxford House-Waco

### Kentucky

Oxford House-Amare  
Oxford House-Canton  
Oxford House-Cayden  
Oxford House-Chana  
Oxford House-Cherokee Park  
Oxford House-Derby  
Oxford House-Devi  
Oxford House-Ember  
Oxford House-FDR  
Oxford House-Fraley Rising  
Oxford House-Genie  
Oxford House-Gethsemane  
Oxford House-Glenway  
Oxford House-Greenuip  
Oxford House-Hollow  
Oxford House-Hubbards Lane  
Oxford House-Kali  
Oxford House-Kalon  
Oxford House-Kiah  
Oxford House-Lily  
Oxford House-Lost River  
Oxford House-Makada  
Oxford House-Mossimo  
Oxford House-Moyo  
Oxford House-Neo Park  
Oxford House-Noel

## Recipients of the 2022 Board of Directors' 100-Year Award

Oxford House-Ohana Park  
Oxford House-Penelope  
Oxford House-Plymouth  
Oxford House-Potomac  
Oxford House-Reagan  
Oxford House-Rider  
Oxford House-Roe  
Oxford House-Rose  
Oxford House-Rumah  
Oxford House-Sila  
Oxford House-Sonder  
Oxford House-Southland  
Oxford House-Vara  
Oxford House-Waverly Park  
Oxford House-Windy Hills Oak  
Oxford House-Yana

### Louisiana

Oxford House-Acadiana  
Oxford House-Alpha  
Oxford House-Andouille  
Oxford House-Baton Rouge  
Oxford House-Beaureve  
Oxford House-Beignet  
Oxford House-Bella Donna  
Oxford House-Belle  
Oxford House-Bella 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-Bryan  
Oxford House-Bye Water  
Oxford House-Cayenne  
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-Harley  
Oxford House-Haven  
Oxford House-Jambalaya  
Oxford House-Jazz  
Oxford House-Jones Creek  
Oxford House-Kenner  
Oxford House-L Raye  
Oxford House-Lafayette  
Oxford House-Lagniappe  
Oxford House-LaRouge  
Oxford House-LaSalle

Oxford House-Le Grand  
Oxford House-Leah  
Oxford House-Lions Den  
Oxford House-Little Italy  
Oxford House-Louisanne  
Oxford House-Mambo  
Oxford House-Mandeville  
Oxford House-Maplewood  
Oxford House-MCJ Walker  
Oxford House-Metairie  
Oxford House-Mirabeau  
Oxford House-Mon Cher  
Oxford House-Nevaeh  
Oxford House-New Leaf  
Oxford House-Nola  
Oxford House-Palmer Park  
Oxford House-Pierremont 2  
Oxford House-Pinhook  
Oxford House-Pontchartrain  
Oxford House-Praline  
Oxford House-Protégé  
Oxford House-Ragin Cajun  
Oxford House-Red River  
Oxford House-Red Rose  
Oxford House-Regalia  
Oxford House-Remoulade  
Oxford House-Rhea  
Oxford House-Rhiannon  
Oxford House-Riverboat  
Oxford House-Roux  
Oxford House-Saint George  
Oxford House-Santeria  
Oxford House-Shawn  
Oxford House-Silver Lining  
Oxford House-Soignet  
Oxford House-South Alexandra  
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-Vieux Carre  
Oxford House-Village Creek  
Oxford House-Warrior  
Oxford House-Waterfront  
Oxford House-Whittington  
Oxford House-Windsor

### Maryland

Oxford House-Cheverly  
Oxford House-Glenarden  
Oxford House-Safe Haven  
Oxford House-Surrender

### Maine

Oxford House-Brighton Avenue

### Missouri

Oxford House-Araminta  
Oxford House-Aster  
Oxford House-Calvary  
Oxford House-Chouteau  
Oxford House-Hammond Pl.  
Oxford House-Holmes  
Oxford House-Kansas City  
Oxford House-Lees Summit  
Oxford House-Living good  
Oxford House-Marlboro  
Oxford House-Paulsen  
Oxford House-Penguin Park  
Oxford House-Perseverance  
Oxford House-Platte Woods  
Oxford House-River Bluff  
Oxford House-Robberson  
Oxford House-Russel Road  
Oxford House-Sayer  
Oxford House-Shenandoah  
Oxford House-Swope Park  
Oxford House-Triumph  
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-Rodenberg  
Oxford House-Shuckers  
Oxford House-Sunkist  
Oxford House-Tropicana

### North Carolina

Oxford House-11<sup>th</sup> Street  
Oxford House-Air Harbor  
Oxford House-Amhurst Road  
Oxford House-Asheville  
Oxford House-Askham  
Oxford House-Biscayne  
Oxford House-Bluff Wood Cove  
Oxford House-Brandon Road  
Oxford House-Brentwood  
Oxford House-Bretonshire  
Oxford House-Brinkley  
Oxford House-Brittle Creek  
Oxford House-Buck Jones  
Oxford House-Cahaba  
Oxford House-Camden Circle  
Oxford House-Cannon Park  
Oxford House-Carolina Avenue  
Oxford House-Carrboro  
Oxford House-Carolina Avenue  
Oxford House-Carrboro  
Oxford House-Central  
Oxford House-Chaney  
Oxford House-Christopher Road  
Oxford House Church Street  
Oxford House-College Road  
Oxford House-Covil

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-Durwood Lane  
Oxford House-Estes  
Oxford House-Evelake  
Oxford House-Fairview  
Oxford House-Faith  
Oxford House-Fawn  
Oxford House-Ferris  
Oxford House-Fieldbrook  
Oxford House-Firelight  
Oxford House-Fleming  
Oxford House-Fox Road  
Oxford House-Franklin Street  
Oxford House-Gardenview  
Oxford House-Gardner Circle  
Oxford House-Garner  
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-Hazzard  
Oxford House-Hearth  
Oxford House-Holly Drive  
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-Mantua  
Oxford House-McGregor  
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 House-New Foundation  
Oxford House-New Hope  
Oxford House-Newbury  
Oxford House-North Hills  
Oxford House-North Raleigh  
Oxford House-North Trail  
Oxford House-Northbrook  
Oxford House-Oakmont

## Recipients of the 2022 Board of Directors' 100-Year Award

Oxford House-Oakridge  
Oxford House-Oatgrass  
Oxford House-OBX  
Oxford House-Ocean Acres  
Oxford House-Old Oxford Rd.  
Oxford House-Old Winston Rd.  
Oxford House-Oldham Court  
Oxford House-Oleander Drive  
Oxford House-Pamlico  
Oxford House-Parkwood Drive  
Oxford House-Peace Street  
Oxford House-Piedmont  
Oxford House-Pinecrest  
Oxford House-Pinewood Lane  
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 House-Seahawk Square  
Oxford House-Shattalon  
Oxford House-Smith Creek  
Oxford House-Soundside  
Oxford House-South Hills  
Oxford House-Spartan  
Oxford House-Spaulling  
Oxford House-State Street  
Oxford House-Stedman  
Oxford House-Steeds Run  
Oxford House-Stockton Drive  
Oxford House-Stonehaven  
Oxford House-Summerlyn  
Oxford House-Swann  
Oxford House-Tar Heels  
Oxford House-Thanos  
Oxford House-Van Thomas  
Oxford House-West Patterson  
Oxford House-West Poplar  
Oxford House-Willow  
Oxford House-Woodduck  
Oxford House-Wright Road  
Oxford House-Wyoming

### Nebraska

Oxford House-Beskar  
Oxford House-Breta  
Oxford House-Hansen Manor  
Oxford House-Harmon Park  
Oxford House-Islander  
Oxford House-Koenig  
Oxford House-Kruse  
Oxford House-Midtown Crossing  
Oxford House-Mopa  
Oxford House-Stolley Park  
Oxford House-Sunset Place  
Oxford House-Tresler  
Oxford House-UPCO  
Oxford House-Wyuka

### New Jersey

Oxford House-11th Avenue  
Oxford House-13th Avenue  
Oxford House-Bartrum

Oxford House-Bay Lea  
Oxford House-Bayshore  
Oxford House-Bayside  
Oxford House-Bond Street  
Oxford House-Carnegie  
Oxford House-Casa Del Mar  
Oxford House-Cinnaminson  
Oxford House-Claire Drive  
Oxford House-Clairmont  
Oxford House-Cornwall  
Oxford House-Disney  
Oxford House-Piedmont  
Oxford House-Dorer  
Oxford House-East Brunswick  
Oxford House-East Rutherford  
Oxford House-Evesham  
Oxford House-Fischer Blvd  
Oxford House-Galway Place  
Oxford House-Garden Street  
Oxford House-Glassboro  
Oxford House-Haddon  
Oxford House-Hazelwood  
Oxford House-Howell  
Oxford House-Jarvis  
Oxford House-Johnson Ave.  
Oxford House-Julez  
Oxford House-Kenbury  
Oxford House-Kingston  
Oxford House-Lakewood  
Oxford House-Langford  
Oxford House-Loch Arbor  
Oxford House-Lookout  
Oxford House-Matawan  
Oxford House-Meadowbrook C  
Oxford House-Melrose Avenue  
Oxford House-Merion  
Oxford House-Monument  
Oxford House-Ocean  
Oxford House-Parsons  
Oxford House-Patcong Creek  
Oxford House-Pine Fork  
Oxford House-Rae  
Oxford House-Rockefeller Park  
Oxford House-Sears  
Oxford House-South River  
Oxford House-South Toms Rv  
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  
Oxford House-Shawn

### New Mexico

Oxford House-Juan Tabo

### Ohio

Oxford House-New Journey

Oxford House-Toledo

### Oklahoma

Oxford House-Affinity  
Oxford House-Amina  
Oxford House-Awakening  
Oxford House-Beech  
Oxford House-Bil Mar  
Oxford House-Bricktown  
Oxford House-Caeser  
Oxford House-Centum  
Oxford House-Claremont  
Oxford House-Claremore  
Oxford House-Cloverleaf  
Oxford House-Copperstone  
Oxford House-Dolese  
Oxford House-Durant  
Oxford House-East Moore  
Oxford House-E Wedgewood  
Oxford House-Eccentric  
Oxford House-Edgewood 2  
Oxford House-Edmond 2  
Oxford House-Escalate  
Oxford House-Flair  
Oxford House-Flourish  
Oxford House-Fontana  
Oxford House-Grace Hill  
Oxford House-Grandview  
Oxford House-Green Country  
Oxford House-Grove  
Oxford House-Hogan  
Oxford House-Holiday  
Oxford House-Holtzclaw II  
Oxford House-Integrity  
Oxford House-Lafortune  
Oxford House-Lindwood Hills  
Oxford House-Longan  
Oxford House-Lynn Lane  
Oxford House-Marlynn II  
Oxford House-McLish  
Oxford House-Midland  
Oxford House-Midwest City  
Oxford House-Mustang  
Oxford House-Naekita  
Oxford House-Nexus  
Oxford House-Oklahoma City O  
Oxford House-Parish  
Oxford House-Patterson Est.  
Oxford House-Pine Oak Place  
Oxford House-Pioneer Lane  
Oxford House-Progress Way  
Oxford House-Radium  
Oxford House-Regime  
Oxford House-Resurgence  
Oxford House-Rise  
Oxford House-Rockwood Hills II  
Oxford House-Royal  
Oxford House-Rustic Hills  
Oxford House-Shadow Mtn  
Oxford House-Shawnee  
Oxford House-Shire  
Oxford House-Skyline 2  
Oxford House-Sooner  
Oxford House-Terrace Manor 2  
Oxford House-Three Lakes  
Oxford House-Thrive

Oxford House-Union Avenue  
Oxford House-Verrita  
Oxford House-Voyage  
Oxford House-West Cherokee  
Oxford House-West Winds  
Oxford House-Will Rogers  
Oxford House-Woodridge  
Oxford House-Wintersmith

### Oregon

Oxford House-Bentley  
Oxford House-C Roman  
Oxford House-Coos Bay  
Oxford House-Darna  
Oxford House-Dream  
Oxford House-Endor  
Oxford House-Gleenbrook  
Oxford House-Glencoe  
Oxford House-Hazeldale Park  
Oxford House-Hite  
Oxford House-J Wallace  
Oxford House-Onyx Street  
Oxford House-Royal Park  
Oxford House-St. Johns  
Oxford House-Waterpark  
Oxford House-Westeros

### Pennsylvania

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

### South Carolina

Oxford House-Agate  
Oxford House-Beasley  
Oxford House-Chiron  
Oxford House-Chucktown  
Oxford House-Claire Drive  
Oxford House-Conestee  
Oxford House-Hadash West  
Oxford House-Neshama  
Oxford House-Nouveaux Famil  
Oxford House-Ocean Jasper  
Oxford House-Primrose  
Oxford House-Samsara  
Oxford House-Spero  
Oxford House-Summerlea  
Oxford House-Vera  
Oxford House-Zane

### Tennessee

Oxford House-Anderson  
Oxford House-Atlantis Abroad  
Oxford House-Avella  
Oxford House-Avengers  
Oxford House-Bluff City  
Oxford House-Casanova  
Oxford House-Cleveland  
Oxford House-Crestone  
Oxford House-Faxon  
Oxford House-Fleur De Soleil  
Oxford House-Gibson Lodge

## Recipients of the 2022 Board of Directors' 100-Year Award

Oxford House-High Pointe Ter.  
 Oxford House-Hilltop East  
 Oxford House-Hixson Terrace  
 Oxford House-Holston  
 Oxford House-Jolie  
 Oxford House-Knoxford  
 Oxford House-Meridian  
 Oxford House-Metropolis  
 Oxford House-Metta  
 Oxford House-Milton  
 Oxford House-Monroe II  
 Oxford House-Namaste  
 Oxford House-Nye  
 Oxford House-Pilleium  
 Oxford House-Rhine  
 Oxford House-Rocky Top  
 Oxford House-Sublime  
 Oxford House-Sunnyvale  
 Oxford House-Tabula Rasa  
 Oxford House-Thiel  
 Oxford House-Titan  
 Oxford House-Volunteer

### Texas

Oxford House-4th Dimension  
 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-Clearwood  
 Oxford House-Clover Haven  
 Oxford House-Coleman-Bedford  
 Oxford House-Creekmont  
 Oxford House-Culebra  
 Oxford House-Davis  
 Oxford House-Downey  
 Oxford House-Dynamis  
 Oxford House-Emet  
 Oxford House-Fawn Ridge  
 Oxford House-Feather  
 Oxford House-Fort Worth  
 Oxford House-Foxglove  
 Oxford House-Gaia  
 Oxford House-Genesis  
 Oxford House-Gentry  
 Oxford House-Gramercy  
 Oxford House-Guilbeau  
 Oxford House-Heather  
 Oxford House-Huddleston  
 Oxford House-Hulen  
 Oxford House-Identity  
 Oxford House-Invicta  
 Oxford House-Janus  
 Oxford House-Jennings  
 Oxford House-Laguna  
 Oxford House-Lake Worth  
 Oxford House-Lakewood 2  
 Oxford House-Leon Valley  
 Oxford House-Lions Park

Oxford House-Longhorn  
 Oxford House-Marilyn  
 Oxford House-McCart  
 Oxford House-McKinney Falls  
 Oxford House-Meadow Park  
 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-Tyler  
 Oxford House-Valiant  
 Oxford House-Valor  
 Oxford House-Versilles  
 Oxford House-Westcreek  
 Oxford House-Woodpine

### Virginia

Oxford H-Amherst Street  
 Oxford House-Angle Park  
 Oxford House-Annandale  
 Oxford House-Apple Blossom  
 Oxford House-Ballston  
 Oxford House-Bayview Garden  
 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-Briar Patch  
 Oxford House-Briarwood 2  
 Oxford House-Brilyn  
 Oxford House-Brookfield  
 Oxford House-Carver  
 Oxford House-Chapel Hill  
 Oxford House-Chesapeake  
 Oxford House-Chester  
 Oxford House-Clay Street  
 Oxford House-Coastal  
 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-Fair Oaks  
 Oxford House-Faircheter Woods  
 Oxford House-Fenix  
 Oxford House-Forest Glen  
 Oxford House-Forest Hill 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-GreenBrier  
 Oxford House-Hampton  
 Oxford House-Hazel Run  
 Oxford House-Hera  
 Oxford House-Hermosa  
 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-Leesburg Recov.  
 Oxford House-Little Back  
 Oxford House-Little Creek  
 Oxford House-Little River  
 Oxford House-Luna  
 Oxford House-Manassas  
 Oxford House-Manor  
 Oxford House-Meg Davis  
 Oxford House-Melita  
 Oxford House-Merrifield  
 Oxford House- Mill Mountain  
 Oxford House-Mountain Road  
 Oxford House-Vernon Square  
 Oxford House-Nauticus  
 Oxford House-Neptune  
 Oxford House-New Beginning  
 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  
 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-Princess Anne  
 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 House-Shenandoah Valley  
 Oxford House-South Cameron  
 Oxford House-Springfield  
 Oxford House-Star City  
 Oxford House-Sterling  
 Oxford House-Sudley Manor  
 Oxford House-Sugarland  
 Oxford House-Summit  
 Oxford House-Sunnyside

Oxford House-Tarpley Park  
 Oxford House-Thomas II  
 Oxford House-Thomas St.  
 Oxford House-Thomaswater  
 Oxford House-Trillium  
 Oxford House-Triton  
 Oxford House-Tyson's Corner  
 Oxford House-Valley View  
 Oxford House-Victoria  
 Oxford House-Wakefield  
 Oxford House-Wasena  
 Oxford House-Washington Park  
 Oxford House-Waverly Hills  
 Oxford House-Wellington  
 Oxford House-Wesleyan  
 Oxford House-Westhaven Park  
 Oxford House-Williamsburg  
 Oxford House-Willow Woods  
 Oxford House-Winchester Heights  
 Oxford House-Wyman  
 Oxford House-York

### Washington State

Oxford House-300  
 Oxford House-360  
 Oxford House-Adam  
 Oxford House-Addison  
 Oxford House-Agape  
 Oxford House-Ainsworth Ave  
 Oxford House-Akona  
 Oxford House-Alaska  
 Oxford House-Alexis  
 Oxford House-Allenmore  
 Oxford House-Alling Park  
 Oxford House-Ambaum  
 Oxford House-Amory  
 Oxford House-Anoka  
 Oxford House-Apple Grove  
 Oxford House-Ash Way Park  
 Oxford House-Athens  
 Oxford House-Balfour  
 Oxford House-Bates  
 Oxford House-Bellas  
 Oxford House-Bernard 2  
 Oxford House-Blitz  
 Oxford House-Briar Cliff  
 Oxford House-Bubby's Place  
 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-Connelly  
 Oxford House-Cook Street  
 Oxford House-Cornell  
 Oxford House-Corulli  
 Oxford House-County Home  
 Oxford House-Courage  
 Oxford House-Crosby

## Recipients of the 2022 Board of Directors' 100-Year Award

Oxford House-Davenport  
Oxford House-David's Refuge  
Oxford House-Delynn  
Oxford House-East Wenatchee  
Oxford House-Echo Lake  
Oxford House-Edison  
Oxford House-Englewood  
Oxford House-Epic  
Oxford House-Erland's Point  
Oxford House-Everett Mall  
Oxford House-Evergreen Ter.  
Oxford House-Ferda  
Oxford House-Fern Hill  
Oxford House-Finn Hill  
Oxford House-Fisher Park  
Oxford House-Flynn  
Oxford House-Freya  
Oxford House-Fumo  
Oxford House-Gillis  
Oxford House-Grammer  
Oxford House-Grant Road  
Oxford House-Green Meadows  
Oxford House-Greenlief  
Oxford House-Gregory Way  
Oxford House-Grover Place  
Oxford House-Harmony Point  
Oxford House-Hawk Nest  
Oxford House-Heart O'The Hills  
Oxford House-Hendrick  
Oxford House-Hewitt  
Oxford House-Hilltop Vw  
Oxford House-Hillwood  
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-Keels  
Oxford House-Keewaydin  
Oxford House-Kenewick  
Oxford House-Kodiak  
Oxford House-Kraken  
Oxford House-Kubota  
Oxford House-Latawah 2  
Oxford House-Laurel  
Oxford House-Levy 2  
Oxford House-Licton Springs  
Oxford House-Lien  
Oxford House-Lincoln Heights  
Oxford House-Lotus  
Oxford House-Lyndale Park  
Oxford House-Madrona  
Oxford House-Mahan  
Oxford House-Maple Leaf 2  
Oxford House-Marcella  
Oxford House-Matthews Bch  
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-Morton Street  
Oxford House-Myrna B.  
Oxford House-Naval Avenue  
Oxford House-Nevaeh II  
Oxford House-Newer  
Oxford House-Nightingale  
Oxford House-Nob Hill  
Oxford House-North Callow  
Oxford House-Nova  
Oxford House-Nunziato  
Oxford House-O'hana  
Oxford House-Okanogan  
Oxford House-Olympic View  
Oxford House-Omak  
Oxford House-Orchard Heights  
Oxford House-OTW  
Oxford House-Palm Springs  
Oxford House-Palouse  
Oxford House-Park Hills  
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-PNW  
Oxford House-Portia Park  
Oxford House-Post  
Oxford House-Pratt 2  
Oxford House-Quilian  
Oxford House-Rainier View  
Oxford House-Rainshadow  
Oxford House-Renton Stadium  
Oxford House-Reserve Ridge  
Oxford House-Revolution  
Oxford House-Riverside Hill  
Oxford House-RosaBella  
Oxford House-Rowan  
Oxford House-Ruddle Park  
Oxford House-Ruth Park  
Oxford House-Sage Hills  
Oxford House-Salmon Creek  
Oxford House-Sandalwood Ct.  
Oxford House-Scott King  
Oxford House-Shadle  
Oxford House-Shiloh Hills  
Oxford House-Shorewood  
Oxford House-Sign  
Oxford House-Silverdale  
Oxford House-Simmons  
Oxford House-Simpson  
Oxford House-Sirona  
Oxford House-Skagit Valley  
Oxford House-Snoqualmie  
Oxford House-St. Edmonds  
Oxford House-Stan Timberlake  
Oxford House-Sunrise Heights  
Oxford House-Surry  
Oxford House-Tacoma Narrows  
Oxford House-Tekoa  
Oxford House-Teresa  
Oxford House-Thompson  
Oxford House-Thor  
Oxford House-Tieton  
Oxford House-Tri Cities  
Oxford House-Tri Lakes  
Oxford House--Tye

Oxford House-Tynan  
Oxford House-Upriver  
Oxford House-USMC  
Oxford House-Val's  
Oxford House-Valencia  
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 Lake 2  
Oxford House-Whitworth  
Oxford House-Woodlands  
Oxford House-Zero

### West Virginia

Oxford House-Bishop Overlook  
Oxford House-Bumblebee  
Oxford House-Julius 2  
Oxford House-King Street

### Wisconsin

Oxford House-Armour  
Oxford House-Burleigh  
Oxford House-Green Tree  
Oxford House-La Crosse  
Oxford House-Layton Park  
Oxford House-Milwaukee  
Oxford House-Tosa Heights  
Oxford House-Winnebago

### Chapters

KS-Chapter 01  
KS-Chapter 02 - Heartland  
KS-Chapter 04  
KS-Chapter 16  
OR-Chapter 08  
OR-Chapter 11  
OR-Chapter 12  
OR-Chapter 14  
OR-Chapter 21  
SC-Chapter 1  
SC-Chapter 2  
SC-Chapter 36  
SC-Chapter 5  
SC-Chapter 11  
VA-Chapter 08  
WA-Chapter 01  
WA-Chapter 10  
WA-Chapter 15  
WA-Chapter 19  
WA-Chapter 21  
WA-Chapter 24  
WA-Chapter 26  
WA-Chapter 34  
WA-Chapter 36  
TX-Chapter 01 Austin  
TX-Chapter 9  
TX-Chapter 20

TX-Chapter 23 Dallas

### State Associations

KS- State Association  
LA-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™

Year	THEMES	Location
2023	<i>(Theme to be determined in 2023)</i>	National Harbor, MD
2022	Oxford House: Rooted in Tradition	Seattle, WA
2021	Oxford House: Family – Community – Culture	National Harbor, MD
2020	<i>Convention Cancelled – Pandemic</i>	<i>Convention Cancelled</i>
2019	“Oxford House: Self-Reliance • Self-Respect”	Washington, DC
2018	“Oxford House: Recovery • Fellowship • Fun”	Kansas City, MO
2017	“Oxford House: Unique, Time-tested and Evidence-based”	Washington, DC
2016	“Oxford House: The Blueprint for Success”	Dallas, TX
2015	“Oxford House: Celebrating 40 Years”	Washington, DC
2014	“Oxford House: Building Community”	Portland, OR
2013	“Oxford House: Meeting the Need”	Washington, DC
2012	“Oxford House: Good Neighbors-Good Citizens”	Oklahoma City, OK
2011	“Oxford House: Saving Money-Saving Lives”	Washington, DC
2010	“Oxford House: Celebrating 35 Years”	Chicago, IL
2009	“Oxford House: Together We Can”	Washington, DC
2008	“Oxford House: Time for Recovery”	New Orleans, LA
2007	“Oxford House: What If?”	Washington, DC
2006	“Oxford House Comes of Age”	Wichita, KS
2005	“Family, Fellowship and Freedom”	Washington, DC
2004	“Back to Basics”	San Antonio, TX
2003	“Recovery, Responsibility, and Replication”	Washington, DC
2002	“Changing the Culture of Recovery”	Seattle, WA
2001	“If not Now, When?”	Washington, DC
2000	“Recovery Without Relapse”	Kansas City, MO
1999	“If Not Us, Who?”	Washington, DC

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PLAN NOW TO ATTEND THE  
 OXFORD HOUSE CONVENTION  
 IN NATIONAL HARBOR, MARYLAND  
 AT THE GAYLORD NATIONAL RESORT  
 AUGUST 31 – SEPTEMBER 3, 2023

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™

1975-2022

*47 Years of Organized Self-Help To Enable Alcoholics  
and Drug Addicts to Recover Without Relapse*

- ▶ Providing Sole Authority for Oxford House Charters
- ▶ Providing Technical Assistance to Establish New Oxford Houses
- ▶ Providing Technical Assistance to Keep Existing Oxford Houses on Track
- ▶ Providing Organization of Chapters to Help Oxford Houses to Help Themselves
- ▶ Providing the Time, Living Environment and Support to Enable Alcoholics and Drug Addicts to Achieve Recovery Without Relapse
- ▶ Providing the Legal, Philosophical, and Scientific Framework for a Cost-effective, Worldwide Network of Supportive Recovery Housing.

Write or Call

**Oxford House, Inc.**

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