

Oxford House – Celebrating 35 Years



Commemorative Program

12th Oxford House World Convention

Fairmont Chicago Millennium Park Hotel
Chicago, Illinois

September 2-5, 2010

Oxford House World Convention

Convention Schedule

	Friday	Saturday	Sunday
7 AM – 8:15 AM	Continental Breakfast <ul style="list-style-type: none"> • Reminder – World Council Nominations Due by Noon 	Continental Breakfast <ul style="list-style-type: none"> • Voting until Noon for World Council By Houses Attending Convention 	Continental Breakfast 7AM – 8:15 AM [General Session Begins at 8:15AM – Closes at 10 AM]
8:15AM – 9:15AM	First General Session <ul style="list-style-type: none"> • Invocation Rev. David Jones • Welcome: Paul Molloy • Welcome Dr. Theodora Binion-Taylor Associate Director Illinois Department of Human Services, Division of Alcoholism and Substance Abuse • Election Procedures for World Council Members: James McClain 	Second Breakout Panels <ol style="list-style-type: none"> 1. Establish OH Abroad 2. Getting Jobs in Early Recovery 3. Review of Women's Conf. 4. Ethics for Field Workers 5. Starting a New House 	Closing General Session <ul style="list-style-type: none"> • Remembrance of Members Who Have Died • Conference Summary • Closing Remarks • Tradition Renewal – Alumni and Current Members
9:15AM – 10:30AM	General Session Panel: Dealing With Co-occurring Illnesses Among Oxford House Residents John Majer, Ph.D., Ken Hoffman, M.D., Rochelle Head-Dunham, M.D., Charlene E. Le Fauve, Ph.D.	Third Breakout Panels <ol style="list-style-type: none"> 1. Ex-offenders Staying Clean 2. Housing Act Discrimination 3. Review Women's Conf. 4. Recovery Systems of Care 5. Impact of Deployment Stress 	
10:45AM – 12:15PM	First Breakout Panels <ol style="list-style-type: none"> 1. Educating the Public & Policy Leaders 2. How State Agencies Allocate Resources 3. Homelessness: Jobs & Recovery 4. Veterans, Recovery, Oxford House 5. Importance of Research 	Fourth Breakout Panels <ol style="list-style-type: none"> 1. Medications in OH 2. Prison Re-Entry 3. Getting OH Data Recorded 4. Diverse Ethnic Houses 5. PTSD & Other Problems 	NEXT YEAR D.C.
12:15PM – 2:00PM	Luncheon on Your Own [Petitions for Oxford House World Council election to be turned in by 12:45 PM.]	Luncheon on Your Own [AA/NA meetings at hotel] Alumni Lunch; Get Tickets	
2:00 PM – 4:15 PM	Second General Session Welcome Rep. Rita Mayfield Keynote Address - <ul style="list-style-type: none"> • William White • Eligible Nominees for World Council give 3 minute speeches 	Third General Session <ul style="list-style-type: none"> ▪ Report from Old World Council ▪ Recognition of New World Council Members ▪ Vote on Resolutions 	
Evening	NIGHT ON NAVY PIER <ul style="list-style-type: none"> ➢ 6:00 Buses leave hotel ➢ 6:30-9:00 Navy Pier 	Banquet at Convention Hotel (6:00 – 8:30) <ul style="list-style-type: none"> ➢ Invocation ➢ Dinner ➢ AA/NA Leads ➢ Awards ➢ Dance; 9:00PM – Midnight 	

Meeting Rooms: General Sessions: Imperial Ballroom
 Breakout Rooms: State, Regent, Crystal, Moulin Rouge, Imperial

Oxford House – Celebrating 35 Years

AA and NA Meetings Throughout Convention
 AA – Embassy Room

Candidates for World Council: Get Petitions In On Time
 NA – Ambassador Room

Oxford House World Services
 1010 Wayne Avenue, Suite 300
 Silver Spring, Maryland 20910

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RICHARD J. DURBIN
ILLINOIS

COMMITTEE ON APPROPRIATIONS

COMMITTEE ON THE JUDICIARY

COMMITTEE ON RULES
AND ADMINISTRATION

ASSISTANT MAJORITY
LEADER

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United States Senate

Washington, DC 20510-1304

September 3, 2010

Dear Friends:

Greetings! It gives me great pleasure to welcome all of you to Chicago and the 12th Annual Oxford House World Convention. As you gather to celebrate Oxford House, you have an opportunity to reflect on its distinguished history and plan for future success.

For over three decades, Oxford House has used innovative treatment techniques to help recovering addicts maintain sobriety and avoid relapse. Ever since the late Illinois Congressman Ed Madigan secured small revolving loan funds for recovery homes in the Anti-Drug Abuse Act of 1988, Oxford House has expanded its program to now treat nearly 24,000 people annually, making it one of the largest and most successful programs of its kind. I applaud your commitment to providing quality, effective treatment options to the victims of drug and alcohol abuse.

Again, I would like to extend my warmest wishes to all attendees for your dedication to Oxford House. Congratulations on all your work and achievements, and I wish you best of luck in all your future endeavors.

Very truly yours,



Richard J. Durbin
United States Senator



Senator Richard J. Durbin has served in Congress representing the 20th Congressional District in Illinois from 1982 to 1997 and as U.S. Senator for the state from 1997 to present. Although of different political parties, Durbin and the late Ed Madigan were good friends.

In 1988 as a Member of Congress, Durbin supported the 1988 Anti-Drug Abuse Act, which served as a catalyst for the expansion of Oxford Houses to Illinois and 45 other states.



OFFICE OF THE MAYOR

CITY OF CHICAGO

RICHARD M. DALEY
MAYOR

September 2, 2010

G R E E T I N G S

As Mayor and on behalf of the City of Chicago, it is my pleasure to extend warmest greetings to all those attending the Oxford House World Convention.

With more than 1,400 self-run, self-supported group recovery homes throughout world – including 63 in Illinois – Oxford House provides invaluable residential and support services for those recovering from drug and alcohol addiction. It has done so by relying upon self-help, a standardized democratic system of operation and good quality control.

I commend Oxford House for its commitment to recovery and send best wishes for much success in the future.

Sincerely,

A handwritten signature in black ink that reads "Richard M. Daley". The signature is fluid and cursive, with "Richard" on the left and "M. Daley" on the right. A horizontal line extends from each end of the signature towards the center, meeting at a point directly below the signature.

Mayor



EXECUTIVE OFFICE OF THE PRESIDENT
OFFICE OF NATIONAL DRUG CONTROL POLICY
Washington, D.C. 20503

August 24, 2010

Oxford House 12th Annual World Convention
The Fairmont Chicago, Millennium Park
200 North Columbus Drive
Chicago, IL 60601

Dear Residents and Alumni of Oxford House:

As the director of National Drug Control Policy (ONDCP), I am responsible for drafting and implementing the *National Drug Control Strategy*. The *Strategy* reflects a comprehensive approach reducing drug abuse and its consequences and includes emphasis on prevention, treatment, enforcement and recovery.

Since my confirmation, I have visited hundreds of programs geared towards preventing and treating substance abuse but also programs designed to support individuals on their journeys to full recovery. While in Chicago several weeks ago for the National Conference on Women, Addiction and Recovery, I had the opportunity to visit a number of Chicago programs including TASC, several problem solving courts, and Haymarket Center. Everywhere I have visited, I have been inspired by the stories of personal triumph and recovery of people that I encountered.

Thirty five years ago the Oxford House opened its doors in Silver Spring, Maryland to encourage successful long term recovery for people struggling with addiction. The Oxford House is an example of the effectiveness of the recovery oriented system of care that breaks the cycle of addiction by preparing participants to enjoy the benefits of sustained recovery. It is fitting that Oxford House is celebrating its 35th anniversary at the beginning of September – National Recovery Month.

During Recovery Month members of my staff and I will participate in dozens on recovery events throughout the country, including the recovery walks in Philadelphia, PA; Brooklyn, NY; and Kansas City, MO. ONDCP is also hosting the National Substance Abuse Summit in Washington D.C. We all must do our part to spread awareness that recovery from addiction is possible, that it happens every day, and that millions of Americans in recovery from addiction are leading healthy, happy and productive lives.

Have a wonderful convention and I look forward to you returning to the Nation's Capitol for next year's convention.

Sincerely,

R. Gil Kerlikowske
Director

Thanks to State Representative Rita Mayfield, the 96th General Assembly of the Illinois House of Representatives took time to recognize the contribution of Oxford House to recovery from addiction as Oxford House celebrates 35 years of self-run, self-supported addiction recovery housing. The General Assembly's official recognition of Oxford House is printed below:



The “Illinois Connection” to Oxford House is a strong one. In 1988 the late Edward Madigan – then United States Congressman from Illinois – proposed an amendment to the Anti-Drug Abuse Act of 1988 which was supported by Henry Waxman, Congressman from California and Chairperson of the House Energy and Commerce Subcommittee on Health, and then Senator Joe Biden from Delaware who was Chairman of the US Senate Judiciary Committee. The result was that every state was encouraged to establish self-run, self-supported recovery homes based on the Oxford House model. That was the catalyst that helped Oxford House expand from 13 recovery homes in the D.C. area to more than 1,450 recovery homes throughout the nation.

The other “Illinois Connection” arose from Leonard Jason, Ph.D., Professor of Psychology at DePaul University in Chicago, watching a CBS “60 Minutes” segment about Oxford House that aired on May 5, 1991. He followed up his viewing of the program by contacting Oxford House in Silver Spring, Maryland and that led to the extensive scientific studies conducted by DePaul University about Oxford House and the recovery process. More than 125 peer-reviewed studies have been published in academic journals. Within a few months of Dr. Jason’s interest, the first of the now 63 Oxford Houses in Illinois was established and now serve more than 1,000 recovering individuals in Illinois every year.

Resolution Oxford House

WHEREAS, Oxford House was established in 1975 in Silver Spring, Maryland; and

WHEREAS, Oxford House is a concept in recovery from drug and alcohol addiction; and

WHEREAS, Oxford Houses are a democratically run, self-supporting and drug free homes; and

WHEREAS, There are more than 10,000 individuals in recovery living in houses at any one time during a year; with more than 24,000 living in an Oxford House during course of the year; and

WHEREAS, There are over 1,200 self-sustaining sober houses utilizing the Oxford House model located in the United States; and

WHEREAS, Oxford House has a 83% success rate with individuals recovering in one of their more than facilities; and

WHEREAS, Oxford House facilities have been located in Waukegan for 18 years; and

WHEREAS, Oxford House is holding their 12th Annual World Convention on September 2-5, 2010 in Chicago, IL; and

WHEREAS, September is National Alcohol and Drug Recovery Month; and

NOW, THEREFORE, BE IT RESOLVED, that Mayor Sabonjian and the members or the Waukegan City Council do hereby recognize Oxford House.

BE IT FURTHER RESOLVED, that a suitable embossed copy of this resolution signed by the Mayor and City Clerk be presented to Oxford House in time for publication in the official program for their 12th Annual World Convention.

DATED THIS 2nd DAY OF SEPTEMBER, 2010.

ATTEST:

Wayne Motley
CITY CLERK

Robert G. Sabonjian
MAYOR



Welcome to the 12th Annual Oxford House World Convention. Oxford House has come a long way since the first self-run, self-supported Oxford House started in 1975. Today there are more than 1,450 houses. Last year we gathered in Washington, DC to celebrate. This year we gather in Chicago to motivate ourselves – and our Nation – to redouble efforts to alleviate alcoholism and drug addiction by thinking about ways to achieve what many believe is an impossible dream – elimination of the demand for illegal drugs and elimination of recidivism by recovering alcoholics and drug addicts. We have come to believe that Oxford House is a sure path to recovery without relapse. We also know that the cost-effective nature of Oxford House means it can be scaled up at minimal cost to enable every addict in the country to get clean and sober and stay that way.

We know that, for alcoholics and drug addicts in recovery to stay clean and sober, it takes behavior change, peer support and time. Oxford Houses provide the discipline to change behavior, and the peer support and time necessary for the recovering alcoholic and drug addict to become comfortable enough in sobriety to stay clean and sober forever. What if we figured out how to establish as many Oxford Houses as needed to serve all the alcoholics and drug addicts in our nation? First, the bad guys profiting from supplying illegal drugs would have to look for a new job. Second, 25 million Americans afflicted with alcoholism and drug addiction would stop hurting themselves, their families and their communities. Third, the effectiveness of every treatment provider in the country would increase five-fold as individuals went through treatment but once rather than two, three, four, five or more than ten times through treatment. Fourth, easy money for terrorists, thugs and other bad guys would dry up. Fifth, all Americans could take pride in extending freedom abroad by enabling freedom to so many at home.

How we get from here to the there is at the heart of this year's convention theme – “*Celebrating 35 Years.*” Think about the history of Oxford House. A handful of men living in a county-run halfway house 35 years ago were faced with personal disaster. The county notified them that the halfway house was closing at the end of two months. Thanks to encouragement from members of Alcoholics Anonymous the men decided to rent the building and run the halfway house themselves. They immediately changed two things that had been key to the halfway house: [1] they replaced management with democratic elections and decision making, and [2] they eliminated the six-month time limit that had been an absolute of the county-run halfway house.

Start with imagining what if every existing Oxford House started an additional house once each year? At the end of five years, there would be 40,000 Oxford Houses. The very next year there would be 80,000 houses with more than 640,000 beds – enough to serve more than 60 percent of those who go through formal treatment each year.

We know that, while it is important for Oxford House to be self-sufficient, we must be humble enough to realize that we need to work together with everyone else interested in recovery from alcoholism and drug addiction in order to expand sufficiently to meet the need. Oxford House can make the crucial difference for recovering alcoholics and drug addicts and we need the help and support of all organizations and individuals who want to help. “*Celebrating 35 Years*” should not result in complacency or prideful self-satisfaction but rather it should be a call to arms for redoubling establishment of new Oxford Houses to better reach recovering

individuals literally dying for an opportunity to become comfortable enough in sobriety to avoid a continuation of addiction.

As we gather in Chicago for our 12th Annual World Convention, it is a good time to look back at our organization's success, to affirm the aspirations we have for our organization and to honestly measure where we are at this point in our history. Like AA and NA, we can sum up many Oxford House milestones with slogans that have meaning because of progress. The first Oxford House World Convention ten years ago in Washington, D.C. asked the simple question: "*If Not Us, Who?*" The next year in Kansas City, Missouri we emphasized "*Recovery Without Relapse.*" In 2001, back in D.C., the theme was "*If Not Now, When?*" Then we went to Seattle in 2002 where the convention theme was "*Changing the Culture of Recovery.*" Back in DC the next year, our group summed up our mission: "*Recovery, Responsibility, Replication.*" In 2004, San Antonio hosted our convention and our focus was "*Back to Basics.*" Then, in 2005, in Alexandria, the theme was "*Family, Fellowship, Freedom.*" In 2006 in Wichita it was time to recognize that Oxford House had "*Come of Age.*" The 2007 convention in DC speculated with the question "*What If?*" and the 2008 convention in New Orleans convention participants emphasized "*Time for Recovery.*" Last year in Washington, the Oxford House family borrowed the theme "*Together We Can*" knowing that the growth of the network of Oxford Houses from 18 houses in 1989 to nearly 1,450 today has depended upon teamwork – working together to establish new houses, new chapters and state associations.

During the last year, Oxford House consolidated and strengthened quality control, applied research and techniques to expand the number of Oxford Houses to meet the great need for recovering individuals to gain the time, peer support and safe living conditions need to become comfortable enough in sobriety to avoid relapse. The 2010 Chicago Oxford House Convention – "Celebrating 35 Years" – provides an opportunity to energize expansion by reviewing the principles embedded in our past and the overwhelming evidence that when it comes to successful recovery Oxford House living is best practice for every recovering individual.

Enjoy the 12th Annual World Convention and celebrate the 35th Anniversary of Oxford House's humble beginning on October 1, 1975 in Silver Spring, Maryland.

Paul Molloy, Founder and CEO

Oxford House – Celebrating 35 Years 1975 – 2010

The Loss of Four Men Who Helped Oxford House Make a Difference

Senator Ted Stevens



On August 9, 2010, former Senator Ted Stevens died in a plane crash in Alaska. He would have been age 88 in November. Senator Stevens was a believer in Oxford House and supported the provision to expand Oxford Houses in the 1988 Anti-Drug Abuse Act. In 1999 he also added money to the Defense Appropriations bill to use Oxford House as one tool for helping military personnel and their family members to successfully recover from alcoholism and drug addiction. The Stevens funding resulted in an additional 100 Oxford House recovery beds and expansion of Oxford Houses in a number of states including Alaska. While the security clampdown following the attack on the World Trade Center in New York City made it more difficult to have a free flow of recovering soldiers between Oxford Houses and military bases, the Stevens initiative demonstrated that Tri-care and other military treatment programs could benefit from utilization of Oxford Houses. A number of military personnel and their dependents continue to benefit from Oxford House living.

Wendell Howell



On June 21, 2010, Wendell Howell, Executive Director of the Addiction Coalition of Delaware, died at age 67 in Wilmington. Wendell was the recipient of the Oxford House Tom Fellows Award at the Wichita Convention in 2006 – the highest award given by Oxford House. For more than a decade, Wendell helped maintain a network of Oxford Houses in Delaware and was an advocate for helping those of us suffering from addiction. His own recovery served as an inspiration to others. Wendell is pictured at the left with Paul and Dr. Westley Clark at the Wichita Convention in 2006 where he received the Tom Fellows Award.

Karst J. Besteman



Karst J. Besteman died August 16, 2010 at the age of 78 of a heart attack in Memphis, TN. Karst was a pioneer in the field of drug addiction. He began working with heroin addicts in the Lexington Project during the 1950's. Mr. Besteman spent twenty-seven years in the United States Public Health Service Commissioned Corps, retiring as Assistant Surgeon General (RADM) in 1984. His major assignments included seven years as Deputy Director, National Institute on Drug Abuse, and four years as the Regional Health Administrator, Reg. II, in New York City. Subsequent to his federal service he was Executive Director of the Alcohol and Drug Problems Association of North America in Washington DC. Later, he administered drug treatment research clinics for the Institutes for Behavioral Resources of Baltimore MD. He then worked as a consultant to the Center for Clinical Trials at the National Institute on Drug Abuse.

For its entire 35-year history, Karst was a friend and supporter of Oxford House. Oxford House and the entire treatment field will miss his wise counsel and advocacy for fact-based recovery and treatment.



Stan Timberlake

Stan Timberlake died of cancer January 11, 2010. Stan worked as an outreach worker right up until the week before he died. His dedication to Oxford House and willingness to go the extra mile to establish new houses was – and is



– an inspiration to all who knew him. Three years ago Stan was one of those who took the time to do “his story” for publication in the Oxford House Convention Program. It is reprinted below in memory of one of our own and a Vietnam era veteran who helped so many others gain the time and peer support of an Oxford House to achieve sobriety comfortable enough to avoid relapse.

Notice in his story, reprinted below, the selflessness and dedication that was the hallmark of his five years as an Oxford House outreach worker. He would go any place at any time to carry the good news about Oxford House. He started a number of houses in Washington and Oklahoma and was a trouble-shooter for problem houses everywhere. Stan, we will miss you but your life in Oxford House serves as a reminder of how fortunate we are and why we must share our good fortune with others. The picture at the left is of Stan (left) and Gino at the 2008 Convention and reminds us of the serenity sobriety can bring.

Stan's Story

My name is Stan; I'm an Alcoholic. When I had my first taste of alcohol, I enjoyed the flavor and the idea of stealing it from my parents. Pretty soon I was cutting the booze with water so my dad wouldn't know. I move on to being a weekend warrior. I'd just drink on weekends. I didn't drink to just get high; I would drink until I passed out. I'd brag to my friends how much I drank and how much fun I had, even though I couldn't remember a thing that happened that night. Worse yet, if I did remember, I wouldn't want to share the fact that I wet my pants, or got sick or was a complete ass.

At the old age of 18 I was in the service and drinking like a man – straight whiskey, beer back. I was gung-ho and drank until I dropped every night. One night I got drunk, got into a fight, woke up in the hospital. I had a completely disarranged right knee and I missed my flight to Vietnam. When I found out about the deaths of some of my friends in my squad, I threw a two-week drunk. When I was discharged from the service I was drinking all day every day. I hadn't seen my family for two years. My mom told me to quit feeling sorry for myself and get home.

I settled down for a while, found a wife, and life was good. I don't know why, but my life seemed to be missing something, alcohol. The next 20 years of my life I would spend drinking and drugging. I lost everything I worked so hard for, house, truck, boat and a wonderful wife. Drinking wasn't fun; it was something I needed to get to the next day. It's what I thought about when I got up in the morning, until I passed out.

Something finally hit me; I was tired of the loneliness and self-pity of this addiction. I asked for help. I entered Lake Side-Milam on September 14, 2002. I thought if I could just keep away from the booze for a couple of weeks I'd have it made. While they were repairing my body with food and rest, they gave me a book to read and tried to explain what makes us addicts – not the booze or the drugs but the disease. I was always tired; I couldn't stay awake. I admitted that I was powerless and my life unmanageable. I wanted to surrender. That's when I knew there was a power greater than ourselves. The next two weeks I had the chance to really look at myself; they gave me ways to control the anger and pain that I was feeling. I learned to share my feelings with others. I attended AA meetings and found out I was not the only one who asked for help. My 28 days were up. I gave up my room at the house I was staying at with 5 other alcoholics. I couldn't go back; I made a decision to stop using. I was told about Oxford House.

“My name is Sam; I'm a hot tar roofer and an Alcoholic.” That's all I had to say to get an interview at Brockman Oxford House. I explained that I just got out of treatment 2 hours ago and needed a safe place to stay. I had enough money to pay a week's rent, or a couple days at a hotel. They heard my story and gave me a ride to the locker to get my things. I was accepted. I just had to follow the rules, get along with everyone, and work on my recovery. I've been living at Brockman House for almost 4 years now. It took me awhile to get used to being with a group of guys like myself. But together we have learned to manage and maintain the house and interact as a family. I've had the honor to hold all House officer positions and pass that training on. The last couple of years I've assisted Chapter 23 as Chapter Vice Chair and Chapter Chair. This year I was elected Chairman of the Washington State Association of Oxford House. I would like to show the community that recovery works, that we are good people, that we can be successful – Stan Timberlake – Brockman Oxford House – 2006



12th Annual Oxford House Convention

FAIRMONT CHICAGO MILLENNIUM PARK
Chicago, IL

September 2 - September 5, 2010

Thursday, September 2nd

Annual Oxford House Golf Tournament

9:00 AM Start

This is the 12th Annual Oxford House Golf Tournament. It starts at 9:00 AM at the Sydney R Marovits Golf Course at 3600 N. Recreation Drive Chicago, IL 60613. It is held in conjunction with the annual world convention both for the enjoyment of the participants and to underscore the fact that recovery without relapse enables all recovering individuals to enjoy all aspects of life. Players will meet at 8:00 AM in the auto-lobby of the hotel to get rides to the golf course.

The Sydney R. Marovitz ranks among the most challenging of the Chicago Park District courses with its tight greens, numerous bunkers and championship length. After teeing off on the first hole running parallel to Lake Michigan, you immediately realize that the par 36 course is a real treat. Marovitz is a definite stop on your Chicago golf tour.

Registration begins at 8:00 am, with tee-off at 9:00 am. The cost for this event is only **\$60.00**. This price includes 18 holes of golf, riding cart, and awards. There will be an awards presentation Friday Night at the Navy Pier.

Registration

10:00 AM - 8:00 PM

Imperial Ballroom Foyer

Women's Pre-convention Conference

3:00 PM - 9:00 PM

Crystal Room

World Council Meeting

9:30 PM - 10:00 PM

Chancellor Room

AA Meeting

9:30 PM - 10:30 PM

Embassy Room

NA Meeting

9:30 PM - 10:30 PM

Ambassador Room

Candidates for World Council should pick up nominating petitions at the Registration Desk. **Nominating petitions must be turned in by noon on Friday.** Resident member candidates need signatures from residents representing five different houses. Alumni candidates need signatures from five alumni members.

Friday, September 3rd

Continental Breakfast	7:00 AM - 8:15 AM
Imperial Ballroom [entrance area]	
Opening General Session	8:15 AM - 10:30 AM
Imperial Ballroom	

Invocation by Reverend David Jones, Pastor of ST. Benedict The African - East, 340 W. 66th Street in Chicago will officially open the 12th Oxford House World Convention. Theodora Binion-Taylor, Th.D, M.Div, CADC, Director of Illinois Department of Human Services, Division of Alcoholism and Substance Abuse will present a welcome to Chicago and the Convention. Paul Molloy will provide an overview of the convention and review the convention theme: "Oxford House - Celebrating 35 Years". James McClain will welcome the delegates on behalf of the Oxford House, Inc. Board of Directors and describe the process for the election of World Council Members.

General Session Panel

Medication Use for Co-Occurring Mental Illness in an Oxford House Setting

John Majer, Ph.D. will moderate a panel of experts on co-occurring disorders among recovering individuals. It is estimated that about a third of Oxford House residents may be taking medication to control a co-occurring disorder. The panel will focus on the peer-reviewed study reported in the article “A LONGITUDINAL ANALYSIS OF PSYCHIATRIC SEVERITY UPON OUTCOMES AMONG SUBSTANCE ABUSERS RESIDING IN SELF-HELP SETTINGS” published in the *American Journal of Community Psychology* (42, 145-153 –2008). Panelists will be: Ken Hoffman, M.D., MPH, Rochelle Head-Dunham, M.D., and Charlene LeFauve, Ph.D.

John M. Majer, Ph.D., is currently Chair, Humanities, Social Sciences, and Foreign Languages Richard J. Daley College in Chicago. He is also an Assistant Professor of Psychology and received his Ph.D. in clinical psychology from DePaul University. He was a major participant at the DePaul University Community Research Center and is now a consultant. Dr. Majer is principle author of the study under discussion and has been the principle author of a number of peer-reviewed publications showing the efficacy of Oxford House in promoting recovery.

Dr. Hoffman currently is Clinical Director for Mental Health Services at the Department of State and serves on the Board for Oxford House, Inc. He served 23 years as a medical officer in the US Army, retiring in 2004 as a Colonel and as the addiction medicine consultant to the Army Surgeon General. His last assignments were as staff Medical Director for a federal interagency Military and Veterans Health Coordinating Board and Medical Director for TRICARE Management Activity Population Health Improvement. During his career, he established a Center for Training and Education in Addiction Medicine at the Uniformed Services University and is still on adjunct faculty in the Departments of Psychiatry and Preventive Medicine. Following his retirement, he became a senior medical officer at the Substance Abuse and Mental Services Administration where he worked to improve treatment protocols in the medical management of alcoholism and addiction, decrease the numbers of unintentional overdose deaths, and increase medical awareness of the positive impact a supportive recovery network had for individuals in treatment. He received his medical degree from Eastern Virginia Medical School, Masters in Public Health from the Harvard University School for Public Health, and trained in both civilian and military residency programs at the Maine Medical Center, Tripler Army Medical Center, and Madigan Army Medical Center. He is Board Certified in general psychiatry, addiction psychiatry, and general preventive medicine/public health. Community activities include, serving for eight years as a member and chair of Montgomery County's Alcohol and Other Drug Abuse Advisory Council, and with recent appointment by the Governor, serving as a member on the Board of Trustees for Montgomery College.

Dr. Head-Dunham, the Director of the Office of Behavioral Health, Louisiana Department of Health and Hospitals is a native of New Orleans where, since 1990, she has served as clinical assistant professor of psychiatry for Tulane University Hospital and Clinics and as physician consultant to Xavier University's Institutional Review Board, Human Subjects Committee. She is board certified in both adult psychiatry and addiction psychiatry by the American Board of Psychiatry and Neurology (ABPN). Her expertise in each subject matter has pioneered many state and local efforts to advance knowledge, skills and application of standards of care in the treatment of co-occurring mental illness and addictive disorders. In 2001, she was awarded the "Advancing the Profession Award" by the Council on Alcohol and Drug Abuse (CADA) in recognition of her commitment to the field. In 2002, she was awarded Fellow status by the APBN. She attended Tulane University's School of Medicine where she received her MD Degree in 1986 and was awarded the "Bick Scholarship Award for Outstanding Achievement & Promise in the Field of Psychiatry." She remained at Tulane the following year to complete a psychiatry internship in 1987. Subsequently, she transferred to the Albert Einstein College of Medicine, Psychiatry Residency Training Program in Bronx, New York, where she completed her residency training in 1990. In 1991, she returned to New Orleans and became the first to complete a Substance Abuse Fellowship at Tulane University School of Medicine. Prior to her recent appointment she served as interim assistant secretary for the Office of Addictive Disorders and spent four years as the office's medical director where was instrumental in realigning services for those struggling with addictive disorders to the local level in effective community-based models of care.

Charlene LeFauve, Ph.D., is Chief of the Co-Occurring and Homeless Activities Branch (CHAB). She is a clinical psychologist who specialized in treating addictions and co-occurring disorders for many years before joining the Federal workforce. She represents CSAT and SAMHSA on several committees, task forces, and planning groups of the Department of Health and Human Services (HHS), including the HHS Secretary's Workgroup on Ending Chronic Homelessness, SAMHSA's Homeless Matrix Workgroup, and SAMHSA's Co-Occurring Matrix Workgroup. Dr. LeFauve's Federal career includes policy, legislative, and research experiences at the National Institute on Drug Abuse (NIDA), the White House Office of National Drug Control Policy (ONDCP), and the National Institute on Alcohol Abuse and Alcoholism (NIAAA). She came to the Substance Abuse and Mental Health Services Administration in 2004 from NIAAA, Division of Treatment and Recovery Research, where she served as a program official for Pharmacotherapy and Behavioral Clinical Trials Research for the treatment of alcohol use disorders with co-occurring psychiatric illness. Prior to her position at NIAAA, she served as a legislative analyst at ONDCP. She is a graduate of the University of Georgia doctoral program in clinical psychology with a specialization in behavioral medicine. She received postdoctoral training in substance abuse medicine at Virginia Commonwealth (MCV) University's Medical College and served as a faculty member in the medical college. She has authored numerous articles and book chapters on the effects of addiction to alcohol and other substances on diverse populations.

First Breakout Panels

Imperial Ballroom
Moulin Rouge Room
Regent Room
State Room
Crystal Room

10:45 AM - 12:15 PM
Educating the Public & Leaders
How State Agencies Allocate Resources
Drug Courts and Incarceration Alternatives
Veterans, Recovery and Oxford House
Importance of Research on Recovery

Lunch and AA/NA Meetings

Lunches available for purchase in Lobby or Neighborhood
AA Meeting in Ambassador Room NA Meeting in Embassy Room

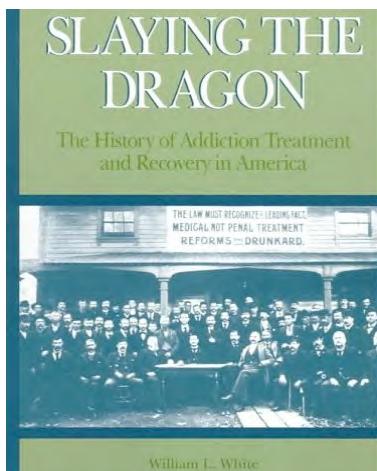
12:15 PM - 1:45 PM

Friday Afternoon

Second General Session Imperial Ballroom

2:00 PM - 4:15 PM

- ♦ Welcome to Illinois from **State Representative Rita Mayfield**
- ♦ Keynote by **William L. White**



William L. ("Bill") White, Senior Research Consultant at Chestnut Health Systems, graduated magna cum laude from Eureka College and obtained a Master's Degree in Psychology / Addiction Studies from Goddard College. He has worked full time in the addiction treatment field since 1969 as a streetworker (indigenous outreach worker and community organizer), counselor, clinical director, administrator, and research associate. His early employers include the Illinois Department of Mental Health, several local addiction treatment and mental health agencies, the Illinois Dangerous Drugs Commission, and the Midwest training center of the National Institute on



Drug Abuse. He was one of the founding staff members of Lighthouse (Chestnut Health Systems, 1973) and, following positions in Chicago and Washington D.C., returned in 1986 to start Chestnut's research and training division. He has provided training and consultation in 45 states and in Asia and Europe.

Bill has published or co-authored more than 300 articles and 14 books including *Slaying the Dragon* in 1992 which won the McGovern Family Foundation Award for the best book on addiction recovery. *Slaying the Dragon* is the most comprehensive history of addiction recovery in the United States and reminds everyone that recovery has been the goal of millions of human beings addicted to alcohol and other drugs. William L White has done more than any single individual to shift the focus of addiction treatment from dealing with an acute crisis to treating addiction with a recovery-oriented system of care. He has volunteered his considerable knowledge and skills to *Faces and Voices of Recovery* and strongly supports self-help recovery movements including Oxford House.

- ♦ Speeches by nominees for World Council election.

Hints on Getting the Most out of the Convention

1. Attend as many sessions as you can.
2. Participate in election of World Council officers.
3. Individuals from same houses or chapters split up to learn as much as possible to bring home.
4. Get to know folks from other states to extend your Oxford House family.
5. Enjoy your sobriety. Learn and have fun. Celebrate our 35 Years!

Oxford House - Celebrating 35 Years

Friday Evening

Evening Dinner and Director's Awards at Chicago's Navy Pier **6:30 PM - 9:00 PM**

Buses leave from Hotel entrance beginning at 6:00 PM

The walking distance is about one mile and directions will be available at registration desk

Invocation will be at 6:30 PM:

**Presentation of Awards: Jerry Conlon, Chairman of Board of Directors
Kathleen Gibson, Chief Operating Officer**

Dinner will begin at 7:15

Bus rides will be available to get back to hotel after the dinner but many may want to spend more time at the Pier after dinner.

2010 Chicago - Oxford House - Celebrating 35 Years

Saturday September 4th

Continental Breakfast 7:00 AM - 8:15 AM
Imperial Ballroom

Second Breakout Panels 8:15 AM - 9:30 AM

Regent Room	Establishing Oxford Houses Abroad
State Room	Getting Jobs in Early Recovery
Crystal Room	Making Chapters More Effective
Moulin Rouge Room	Ethics for Workers in the Field
Imperial Ballroom	Development of Chapter and State Associations

Third Breakout Panels 9:45 AM - 11:00 AM

State Room	Ex-Offenders and Staying Clean Sober and Crime-free
Crystal Room	Housing Act Discrimination
Moulin Rouge Room	Review of Women's Conference
Regent Room	Recovery-oriented Systems of Care
Imperial Ballroom	Impact of Deployment Stress and the Power of Resilience

Fourth Breakout Panels 11:15 AM - 12:20 PM

Moulin Rouge Room	Medications in Oxford House
State Room	Re-entry from Prison
Imperial Ballroom	Keeping Oxford House Data Up-To-Date
Crystal Room	Diverse Ethnic Houses
Regent Room	PTSD and other Co-occurring Problems

Lunch 12:30 PM - 2:00 PM

AA in Congressional A NA in Congressional B
Alumni Luncheon at Bubba Gump Shrimp Co. at Navy Pier
[Tickets at Registration Desk: \$25 per person]

Third General Session	2:15 PM - 4:30 PM
Imperial Ballroom	
◆ Report of World Council	
◆ Introduction of New World Council Members	
◆ Vote on Convention Resolutions	

Saturday Evening

Banquet	6:00 PM - 8:30 PM
◆ Master of Ceremonies - Riley Regan	
◆ Invocation	
◆ Founder's Award	
◆ AA Speaker Lead	
◆ NA Speaker Lead	
◆ Closing Prayer	

Dance	9:00 PM to 12:00 PM
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Sunday Morning

Continental Breakfast	7:00 AM - 8:15 AM
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Closing Session

8:15 AM - 9:45 AM

Imperial Ballroom

Remembering Oxford House family members who died during the last year

Lessons learned at the Convention for Oxford House

Group recitation of Oxford House Traditions

Oxford House - Celebrating 35 Years

Summary of Breakout Sessions

Friday Breakouts: First Session

1. Educating the Public & Policy Leaders
2. How State Agencies Allocate Resources
3. Drug Courts and Incarceration Alternatives
4. Veterans, Recovery and Oxford Houses
5. Importance of Research

Educating the Public and Policy Leaders

Imperial Ballroom

10:45 AM – 12:15 PM

Panelists:	Robert J. Lindsey, M.Ed., CEAP Anne Doolin Troy Manns Ivette Torres MEd, MSc	President and CEO National Council on Alcoholism and Drug Dependence, Inc. (NCADD) Executive Director NC Alcohol/Drug Council of NC Outreach in NC Federal Center on Substance Abuse Treatment
Moderator:	Eric McDaniel, JD	Faces and Voices of Recovery

In 1940, Marty Mann became the first women alcoholic who entered recovery with the help of AA. She was thirty-five years old and a well-known New York public relations person. She went public about her alcoholism and her recovery and, because AA was already committed to anonymity, she started the National Council on Alcoholism in order to educate the public about her belief that [1] alcoholism is a disease, [2] it is irreversible, but [3] recovery is possible by learning behavior that includes absolute sobriety. She and the NCA encouraged the school on alcohol studies at Yale [now at Rutgers] and encouraged establishment of state chapters of NCA throughout the country.

Marty Mann died at age 75 in 1980. Today, the National Council on Alcoholism is known as the National Council on Alcoholism and Drug Dependence [NCADD]. Robert Lindsey is President and CEO and has undertaken efforts to revitalize state chapters throughout the country. Anne Doolin is Executive Director of the chapter in North Carolina – one of the strongest state chapters. The theory is that if the public understands the disease and the recovery process, it will support intervention, treatment and long-term recovery and will be tolerant enough to invite recovering individuals back as productive members of society. Ivette Torres joined the Center for Substance Abuse Treatment (CSAT), Substance Abuse and Mental Health Services Administration (SAMHSA) in the fall of 1997. Ms. Torres oversees the CSAT team responsible for generating and disseminating substance abuse treatment information to SAMHSA's mission-related constituents. She develops national communication strategies and campaigns including the observance of the *National Alcohol and Drug Recovery Month*, celebrated each September. Eric McDaniel is a Program Assistant at Faces & Voices of Recovery in Washington, D.C., where he is working to develop the capacity of the organized recovery community. He is a person in long-term recovery and a former trial attorney who has worked as a legislative analyst and state-level lobbyist. He co-founded a media relations business developing campaigns for a variety of clients, presenting contemporary legal and public policy issues to a wider audience via opinion/editorial writing. Eric is a graduate of the George Mason University School of Law, and is a member of Oxford House Northampton in Washington, D.C., the oldest Oxford House in existence.

The panel will discuss the goals of those in recovery to encourage the rest of society to reach out to the still-suffering drug addict and alcoholic. Oxford House – since its expansion beyond the DC area began in 1989 – has worked with all groups interested in recovery to increase the opportunity for recovery without relapse and public acceptance that recovering individuals can be productive members of society – if given the chance.

How State Agencies Allocate Resources

Moulin Rouge

10:45 AM – 12:15 PM

Panelists:	Rochelle Head-Dunham, M.D Dr. Theodora Binion-Taylor, Th.D, M.Div, CADC McLinda Trujillo Laura N. Griffith	Director Office of Behavioral Health, Louisiana Associate Director Illinois Department of Human Services Division of Alcoholism and Substance Abuse Contract Manager, State of Washington Community Services/Treatment Manager, Wyoming
Moderator:	Riley Regan	Former State Director Cofounder of NASADAD

Each state and the District of Columbia have a single agency that is responsible for administering funds from the federal block grants to combat alcoholism, drug addiction and mental illness. These agencies also get state funding and sometimes other grant funding. This panel is a “big picture” panel with experienced state directors and program managers looking at where the money comes from, how it is used and how well it meets the needs of their respective jurisdictions. The purpose of the panel is to help everyone to understand present funding streams and the adequacy of funding for states to meet the needs imposed by alcoholism, drug addiction and mental illness. In addition the panel will discuss what changes, if any, they foresee as a result of the new federal health insurance laws including use of Medicaid and parity for mental illness and substance abuse under private health insurance plans. Specifically, how well does the status quo integrate treatment for those who are homeless and/or in the criminal justice system [drug courts/prison re-entry/parole/probation and how could that change in the new health insurance environment..

Drug Courts and Incarceration Alternatives

Regent Room

10:45 AM – 12:15 PM

Panelists:	Samantha Lyons TBA	Drug Court Administrator, Montgomery Cty Md. Illinois TASC
	George Kent Jackson Longan	New Jersey Oxford House Outreach Worker Oklahoma Oxford House Outreach Worker
Moderator:	Joe Chavez	Oxford House Outreach Worker Hawaii

The panel will focus on the “big picture” value of drug courts and other alternative to trial, conviction and incarceration. The growth of drug courts – from the 12 that existed in 1994 to the more than 2,300 today – have also spilled over to other behavioral health problem areas with another 1,191 problem-solving courts (mental health courts, community courts, reentry courts, DWI courts, etc.) in operation in all 50 states and U.S. territories. NADCP has forever changed the face of the justice system. Samantha Lyons, who manages a drug court program in Montgomery County, Maryland, utilizes Oxford Houses as a way to increase the odds of successful sobriety. When coupled with Oxford House living, the special court clients with alcoholism and/or drug addiction greatly increase the chances that they can stay clean and sober and stay out of trouble.

The TASC program in certain parts of the country has likewise provide viable alternatives to traditional criminal justice actions against those whose addiction in part or in whole contributed to the commission of crime. One of the most successful TASC programs is the one in Illinois. Mike, Joe and Jackson work with Drug Court clients in their respective states.

Veterans, Recovery and Oxford House

State Room

10:45 AM – 12:15 PM

Panelists:	Fran Bassett	Program Manger Group Home Supportive Living Environment Illinois DHS/DASA
	Darrin M. Aase, Rich Christenson Leon Venable	Center for Community Research, DePaul University Oxford House Outreach Pennsylvania DePaul Recruiter and Housing Establisher Veteran and Outreach DC and Maryland
	Dennis E. Donovan	New Jersey Dept of Human Resources DAS
Moderator	Dr. Ken Hoffman	OHI Board Member

Almost 20 percent of the residents within the network of nearly 1,400 Oxford Houses throughout the country are veterans. Most are vets from the Vietnam era. An increasing number of veterans are from the recent Iraq and Afghanistan wars.

From the stories of vets living in Oxford Houses, it is clear that many find Oxford House living a way to get comfortable enough in sobriety to avoid relapse – even though they have often been through treatment many time before and often have co-occurring problems to the substance abuse such as PTSD. The panel will set forth the scope and extent of the problem facing veterans and discuss ways to improve access to Oxford House living for those who could benefit from it.

Fran Bassett manages the Group Home Supportive Living Environment for Illinois DHS/DASA. Included among her duties is management of the contract between the agency and Leon Venable’s group establishing Oxford Houses in the state. Darrin M. Aase is a DePaul Research working under Dr. Leonard Jason and has a paper in press on veterans in Oxford Houses. Rich Christenson is a vet and an Oxford House outreach worker in Pennsylvania. Leon Venable manages the outreach in Illinois. Dennis Donovan serves on the NJ Governor’s Council on Alcoholism and Drug Addiction on the Veteran’s and Military Families Committee.

Dr. Hoffman currently is Clinical Director for Mental Health Services at the Department of State and serves on the Board for Oxford House, Inc. He served 23 years as a medical officer in the US Army, retiring in 2004 as a Colonel and as the addiction medicine consultant to the Army Surgeon General. His last assignments were as staff Medical Director for a federal interagency Military and Veterans Health Coordinating Board and Medical Director for TRICARE Management Activity Population Health Improvement.

Oxford House - Celebrating 35 Years

Importance of Research on Recovery

Crystal Room

10:45 AM – 12:15 PM

Panelists:	John Majer, Ph.D. Ronald Harvey Brad Olson, Ph. D. Marty Walker Jocelyn Droege	Daley College and Consultant to DePaul Center for Community Development DePaul Research Center Year in Bulgaria Consultant to DePaul Center for Community Development Oxford House Outreach, Louisiana DePaul University
Moderator	Leonard Jason, Ph.D.	Director, DePaul University for Community Research

DePaul University under the leadership of Lenny Jason has been a leading research team working with recovering individuals to learn behavioral patterns associated with recovery from alcoholism and drug addiction. For nearly twenty years the DePaul research group has been in the forefront of applied behavior research involving Oxford House residents and others in recovery. More than 125 peer-reviewed articles have been published documenting their findings. The purpose of this panel is to discuss the importance of good research to identify best practices and to discover the efficacy of self-help.

Saturday: Second Breakout Panels

1. Establishing Oxford Houses Abroad
2. Getting Jobs Early in Recovery
3. Review of Women's Conference
4. Ethics for Workers in the Field
5. Starting a New Oxford House

Establishing Oxford Houses Abroad

Regent Room

8:15 AM – 9:30 AM

Panelists	Byron Merriweather Ronald Harvey Tony Brown Elias Kinoti Myrna Brown	Oxford House Outreach to Ghana DePaul Research Center Year in Bulgaria United Kingdom DePaul Research Center from Kenya Oxford House Alum establish Australia Houses
Moderator	Kathleen Gibson	COO Oxford House, Inc.

Oxford House has successfully expanded to Canada, Australia and Ghana. Interest has been expressed to have Oxford Houses in a number of other countries including Bulgaria, Kenya and England. This panel presents individuals who have worked to export the values of the Oxford House model to other nations. From Myrna Brown's early work in Australia to Ron Harvey's exploration of Bulgaria, it is clear that the need for Oxford Houses is worldwide. It is also clear that many countries will find the self-run, self-support aspect of the Oxford House movement an approach unfamiliar to their culture or governance. Nevertheless, the practice of democratic decision-making and mutual support is one that works even in places where individual rights and governance are but distance dreams.

Getting Jobs Early in Recovery

State Room

8:15 AM – 9:30 AM

Panelists	Kurtis Taylor Quinetta Rowley Womack, LAC Ann Doolin Anna Mable Jones	Oxford House Outreach NC Executive Director of Workforce Development, LA NC Council and Partnership with NC Vocational Rehab Outreach Worker Maryland/DC
Moderator:	Jackson Longan	Outreach, Oklahoma

Early in recovery individuals often lack employment – particularly if the individual just prior to treatment had been homeless or incarcerated. Because Oxford Houses are self-supported, every individual has to pay an equal share of household expenses. This means that most will have to quickly get a job in order to pay their way in an Oxford House. Within the recovery community in particular and the community at large, there are many organizations and individuals who help each other find employment. Most state or local government agencies generally have some sort of program to help individuals who want to work to find work. This panel looks at the resources available – both formal and informal – for the newly recovering individual to find employment. A particularly interesting new program involves the working relationship between the NC Council and Alcoholism and Drug Dependence with the state vocational rehabilitation agency. Reaching out to both governmental and private resources can become a tradition within a geographic area. Establishment of long-term relationships with employers, churches, vocational rehabilitation groups as well as the recovery community take time to build but once established these relationships pay big dividends.

Making Chapters More Effective

Crystal Room

8:15 AM – 9:30 AM

Panelists:	Paul Stevens Mike Zalusky Judy Maxwell Robin Breckenridge	Oxford House Outreach Worker – Virginia Oxford House Outreach Worker – New Jersey Oxford House Outreach Worker- Washington Oxford House Outreach Worker- Louisiana
Moderator	John Fox	Oxford House Outreach Supervisor- NJ, WVA, NC

As a self-run, self-supported recovery home concept, Oxford House residents and alumni recognize that the reputation and effectiveness of Oxford Houses and Oxford House, as a whole, depends upon checks and balances to assure that every house adheres to its charter. This panel will look at the ways and means Oxford House utilizes to assure that all houses stay on track. Chapters, State Associations, outreach workers and Oxford House World Services are some of the tools that keep houses on track. Workshops and the utilization of the web resources are also important tools for assuring good quality. This experienced panel will discuss how to start a chapter and State Association and their importance to Oxford Houses. It will also discuss how the new Internet technology permits data collection and analysis to become economically feasible and simple to achieve.

Ethics for Workers in the Field

Moulin Rouge Room

8:15 AM – 9:30 AM

Panelists:	Wayne Kline Paula Harrington Michael Doolin MSW, LCSW, LCAS Justin Grochowsky Randy Ramirez	Director RAP - Oregon Alumnus and Outreach, North Carolina Behavioral Health Care Specialist, Eastern N. Carolina Outreach Worker, Wyoming Outreach Worker, Illinois
Moderator:	Jeff Hunt	Oxford House Outreach Worker – New Mexico

Working with recovering individuals is often a challenge for caseworkers and outreach workers who have a job to do but who must also avoid personal relationships that can harm the recovering individuals. The purpose of this panel is to discuss the common sense guidelines followed by the health care profession. The Oxford House outreach worker – whether a paid OHI employee or a house, chapter or state association officer has a special duty to avoid relationships or actions that hurt the good reputation of Oxford House. The panel discusses permissible and impermissible behavior by counselors and paid Oxford House employees. They will also discuss how to deal with diverse populations within an Oxford House and how to teach tolerance and appropriate behavior among residents in houses and chapters.

Ethical standards are part of the tradition of the 12-Step programs with their discouragement of “13th Stepping” and the panel will look at that tradition as applied to the professionalism of the field. It will also examine the safeguards that keep outreach workers in the Oxford House field detached enough to assure that individual houses and chapters are in fact self-run – which research shows makes a big contribution toward the development of sobriety comfortable enough to avoid relapse.

Starting New Oxford Houses

Imperial Ballroom

8:15 AM – 9:30 AM

Panelists:	Bill Breckenridge Victor Fitz Clyde Mclemore Kelly Crowder Daniel Fuchs Terri Martin Marty Walker	Oxford House Outreach Worker, West Virginia Oxford House Alumnus, Kansas Oxford House Alumnus, Illinois Oxford House Outreach Worker, Virginia Oxford House Outreach Worker, Wyoming Oxford Houses of Texas Oxford House Outreach, Louisiana
Moderator:	Gino Pugliese	Oxford House Supervisor, WA, OK, WY

The basic system of operations for the individual Oxford House is the true building block for the entire network of Oxford Houses. From that basic concept and system of operations developed 35 years ago comes the excellent outcome that has produced more than 1,450 Oxford Houses. Having acknowledge that it is important to realize that each house is unique and its success depends upon the adherence of the first group of residents to the traditions and system of operation set forth in the Oxford House Manual. This panel includes individuals who have had experience in developing Oxford Houses in new and existing Oxford House territories. It will look at the nuts and bolts of Oxford House develop from finding a suitable house, recruiting suitable residents and training them to follow the proven system of operation.

Saturday: Third Breakout Session

1. Ex-Offenders and Staying Clean Sober and Crime-Free
2. Housing Act Discrimination
3. Review of Women's Conference
4. Recovery-oriented System of Care
5. Impact of Deployment Stress and the Power of Resilience

Ex-Offenders and Staying Clean Sober and Crime-Free**State Ballroom**

Panelists:	Chris Beasley Lisa Walt Carolyn Ellis TBA TBA	DePaul University DePaul University DePaul Recruiter and OH resident TASC - Illinois TASC - Illinois	9:45 AM – 11:00 AM
Moderator	Leonard Jason, Ph.D Steve Shapiro	Director DePaul University Community Research Center CSAT/SAMHSA	

This panel looks at depth into how ex-offenders perform in an Oxford House setting. Existing research data suggest that ex-offenders do well in Oxford Houses. The DePaul researchers have a lot of research on ex-offenders in Oxford House. The existing data will be discussed and areas needing more research will be identified. The group has also utilized national data collected as part of the NIDA and NIAAA sponsored research. Steve Shapiro has been very active with Winners Circle programs and the TASC folks can provide first hand material on how such programs reduce recidivism.

A substantial percentage of Oxford House residents have served jail time. The average length of jail time is 1 year, 1 month, and research shows that most will stay clean and sober without relapse.

Residents Who Have Served Jail Time [Percent]

State	MO	WA	NE	PA	TX	KS	SC	CT	VA	NC	NJ	MD	DC	LA	HI
% Jail Time	70	81	83	81	74	78	88	74	73	80	80	72	58	74	89

Housing Act Discrimination**Crystal Room**

Panelists:	Greg Heafner Riley Regan Steve Polin	Practicing Attorney, Chapel Hill, North Carolina Counselor and Former State Director. Practicing Attorney, Washington, D. C.	9:45 AM – 11:00 AM
Moderator:	Troy Manns	Oxford House Outreach Worker – North Carolina	

Beginning with national expansion in 1989, Oxford House faced Not-In-My-Back-Yard [NIMBY] problems almost everywhere it went. Steve Polin and Greg Heafner are lawyers who are Oxford House alums and are involved in a number of cases protecting Oxford House rights under the Federal Fair Housing Act. Riley Regan, former state director in NJ and NH now has a private practice counseling recovery. He has been an expert witness in a number of court cases demonstrating the therapeutic value of Oxford House living to bring about sobriety comfortable enough to avoid relapse.

The panel will discuss the various kinds of discrimination attempted by local governments to keep Oxford Houses out of certain areas or to treat Oxford House rentals different from rentals to biological families. The panel will provide an overview of the law and explain how civil rights under the law can be protected.

Oxford House - Celebrating 35 Years

Review of Women's Conference

Moulin Rouge

Panelists:	Judy Maxwell Myrna Brown Paula Harrington Terri Martin	Oxford House Outreach Worker – Washington State Oxford House Alumnus, WA State – Outreach Worker (retired) Oxford House Alumnus, OH Peer Mentor Oxford House Alumnus - Texas
Moderator:	Stacie Anderson	Oxford House Outreach Worker – Washington

For the 11th year, women alumni and residents of Oxford Houses meet the day before the opening of the Oxford House World Convention for a six-hour pre-convention conference to discuss issue related to Oxford Houses for women and women with children. This year the meeting is likely to include about 150 women. Not only does the Women's Conference provide an opportunity to discuss substantive issues involving recovery in general and recovery among women in particular but it also looks at the variety or problems facing Oxford Houses for women and women and children. This panel will share the work of the Women's Conference with the convention as a whole.

The number of Oxford Houses for women has now reached 353 houses, with 2,736 recovery beds. Eighty-one of the houses (with 644 recovery beds) are for women with children. Society has placed different responsibilities on women with children than on similarly situated men. The Women's Conference looks at the unique problems facing houses for women and women with children within the context of the successful Oxford House program, and examines the specific benefits afforded by Oxford House living.

Recovery Oriented Systems of Care

Regent Room

Panelists:	Anne Doolin Kurtis Taylor Steve Shapiro TBA Leon Venable	Executive Director NC Alcohol/Drug Council of North Carolina Alumnus and Outreach, North Carolina Public Health Advisor U. S. Dept. of Health and Human Services TASC person DePaul recruiter and Illinois Outreach
Moderator:	George Kent	Oxford House Outreach Worker – New Jersey

Recovery-oriented systems of care shift the question from, “How do we get the client into treatment?” to “How do we support the process of recovery within the person’s environment?” —H. Westley Clark MD, JD, CAS, FASM

From the time Oxford House started in 1975 through the end of the 20th Century almost everyone recognized that alcoholism and/or drug addiction are diseases but until the last few years almost everyone talked in terms of intervention and treatment as if those two events would fix the problem. Today, the field of alcoholism and/or drug addiction treatment has begun to think and behave in “recovery oriented systems of care.” The quote from Dr. Clark sums up the big difference. The article in the convention materials [Oxford House – The Model] from the April 2009 issue of *Counselor: The Magazine for Addiction Professionals*, by William White and Paul Molloy, points out how Oxford House has demonstrated the importance of creating an environment where sobriety becomes comfortable enough for the recovering individual to avoid relapse.

This panel discusses the changed thinking in the field and shows how Oxford House fits into a recovery-oriented system of care. Clearly the availability of Oxford House living has the effect of improving the environment for many who are in early recovery from alcoholism and/or drug addiction. Early DePaul research seems to indicate that it can also provide the added supported needed for the individual with dual diagnosis to stop drinking and using illegal drugs while taking appropriate prescribed medication as directed.

Impact of Deployment Stress and the Power of Resilience

Imperial Ballroom

Panelists: Pamela Woll, MA,
Ken Hoffman, MD
Moderator: Joe Chavez

CADP for the Great Lakes Addiction Technology Transfer Center
Psychiatrist and Board of OHI
Veteran and Oxford House Outreach, HI

Pamela Woll is the author of book *Finding Balance After the War Zone: Considerations in the Treatment of Post-Deployment Stress*. She is one of the nation's leading experts in dealing with co-occurring stress effects from trauma. Her findings related to effective treatment include: Effective responses to the needs of veterans with post-employment stress effects include a consistent approach that: [a] Integrates trauma-informed SUD and mental health care [b] Maintains and supports a strength-based, recovery-based, consumer-centered, culturally competent, veteran-competent, and safe approach toward treatment [c] Begins with knowledge of the military culture and Service Members' experience [d] Respects each veteran's right to set goals and choose treatment approaches [e] Makes full accommodation for the range of injuries and disabilities, including learning assistance for people whose head injuries have caused cognitive challenges. Dr. Ken Hoffman is a retired Army doctor who has dealt with addiction and trauma both in active duty and private practice and as part of public health. Joe Chavez is a long-time Oxford House outreach worker who is a veteran and deals with hundreds of recovering individuals utilizing the network of Oxford Houses in Hawaii. This presentation will shed the latest behavior treatment findings for a significant number of Oxford House residents with co-occurring disorders.

Saturday: Fourth Breakout Session

1. Medications in Oxford House
2. Re-Entry from Prison
3. Keeping Oxford House Data Up-To-Date
4. Diverse Ethnic Houses
5. PTSD and Co-occurring Problems

Medications in Oxford Houses

Moulin Rouge

Panelists: Riley Regan
Wayne Kline
Kelly Crowder
Robin Breckenridge, RN
Moderator: George Kent

Therapist and Former State Director
Director of RAP - OR
Oxford House Outreach Worker, Virginia
Oxford House Outreach Worker, Louisiana
Oxford House Outreach Worker, New Jersey

About 47% of Oxford House residents attend weekly counseling in addition to AA/NA meetings. Many also may have dual diagnosis and require medication to function without resorting to the use of alcohol and/or addictive drugs. Since prescription medication can also be addictive, it is often difficult to sort out permissible medication that is not a threat to others in the clean and sober living environment of an Oxford House. This panel will discuss the ways and means of walking a practical line between maintaining an alcohol and drug-free living environment while recognizing the need for some individuals to use medication.

Examples of psychiatric problems requiring medication include bi-polar disorder and other diseases. The panel will attempt to sort out the criteria for determining what medications are acceptable and how any acceptable medication should be handled in a house in order to minimize the chance that someone other than the intended user takes it or that the user misuses the medication.

Re-Entry from Prison

State Room

Panelists: Steve Shapiro
Kurtis Taylor
Daniel Fuchs
Steve Polin
Moderator: Marty Walker

11:15 AM – 12:20 PM
CSAT
Outreach Worker - NC
Outreach Worker - WY
Criminal Defense Attorney - DC
Outreach Worker - LA

About 2.2 million individuals are incarcerated in the United States, with about 700,000 being released each year. More than half have an alcohol and/or drug addiction problem. The fact that they do not stay clean and sober after release from incarceration contributes to a recidivism rate of over 60 percent within a year after release. Oxford House and many others have instituted various outreach programs to help individuals returning to society following jail or prison time. About 80 percent of the 10,000 Oxford House residents at any one time have served jail or prison time. Most have been incarcerated several times with an average length of incarceration of about a year.

This panel will discuss the problem and the outreach of Oxford House as it attempts to alleviate the recidivism problem. In particular, the importance of recovering individuals having a "safe" place to live after leaving jail or prison can make a big difference. The members of this panel know firsthand what happens to individuals in recovery who leave jail or prison. The Oxford House members of the panel can explain the mechanics of being accepted to an Oxford House under the circumstances of leaving incarceration.

Keeping Oxford House Data Up-To-Date

Imperial Ballroom

11:15 AM – 12:20 PM

Panelists:	David L Paul Stevens	Chief of Information Technology, Oxford House, Inc. Outreach Virginia
Moderator:	Joe Chavez	Oxford House Outreach supervisor for Hawaii

The success of Oxford House over the last 34 years has come about in large part because of the organization's openness to examination of data related to recovery. Even though few were open about their own personal recovery, in 1975, the men who started the first Oxford House were open about who relapsed and who stayed clean and sober. In 1987 the small cluster of 13 Oxford Houses welcomed study of all their data about recovery and relapse. Bill Spillaine tracked down residents and former residents and reported that 80 percent of those who entered Oxford House between 1975 and 1987 had stayed clean and sober.

This re-enforced the practice of encouraging open data collection about recovery within Oxford House. As the Oxford House movement expanded around the country, the men and women of Oxford House invited research. Over 100 peer-reviewed papers have been published showing the effect Oxford House living has on recovery without relapse.

As technology has improved, and as Oxford House World Services has help expand the number of Oxford House from 18 in 1989 to over 1,400 today, data about Oxford House is more important ever. Modern technology permits each Oxford House to report significant events as they happen. This breakout session explains how the secretary of each house should sign into the Oxford House website each week to report data that can have a significant impact on the future growth of the network of Oxford Houses. For example, David and Joe will explain how easy it is to report applications and departures on a weekly basis in addition to showing how many vacancies houses have. For the newcomer to recovery, the accurate vacancy data can mean the difference between having a safe place to live and going back to the street to use. For old-timers in recovery, accurate data can help build a national network of self-run, self-supported Oxford House and support long-term recovery.

Diverse Ethnic Houses

Crystal Room

11:15 AM – 12:20 PM

Panelists:	Mike Doolin MSW, LCSW, LCAS Randy Ramirez Richard Contreras, Ph.D. Josefina Alvarez, Ph.D. Leon Venable Noe Gonzalez	Behavioral Health Care Specialist, Eastern N. C Outreach Worker, Illinois DePaul Latino Research Team Consultant DePaul Research Team Illinois Outreach Coordinator San Antonio Oxford Houses
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This panel will examine ways and means for Oxford House to reach out to underserved populations – particularly with respect to groups for which English is not their primary language. The Oxford House Manual, for example, has been published in Spanish for a number of years but very little demand exists. What sorts of things can be done to reach out to underserved groups?

PTSD and Other Co-occurring Problems

Regent Room

11:15 AM – 12:20 PM

Panelists:	Ken Hoffman, MD Leonard Jason, Ph.D. John Majer, Ph. D. Brad Olson, Ph. D. Joe Chavez	Psychiatrist and Board of OHI Director DePaul Community Research Consultant DePaul Research Projects Consultant DePaul Research Projects Veteran and Oxford House Outreach Worker – HI
Moderator:	Pamela Woll	Great Lakes ATTC

This panel is a continuation of the early panel concerning the impact of deployment stress and the power of resilience. Each of the panelist and moderator know first-hand the problems of co-occurring disorders. How much do these increase the difficulty for recovery? Does the peer-support of Oxford House living increase the chances that a person can become comfortable enough in sobriety not only to avoid alcohol and addictive drugs but can they take corrective medication in the right way? These are problems faced by many residents of Oxford Houses every day. Pamela Woll will direct the panel of experts in ways that will enlighten the folks in Oxford House as to how to deal with fellow residents undergoing the stress of a co-occurring illness.

Traditionally the convention committee has asked individuals to write their own personal stories of addiction and recovery. This year it asked individuals to tell the story of their house. The following are a few of those stories. Let us know what you think for next year's convention. A good sampling of how stories used to be is included in Joe Chavez's new book "I'll Second the Motion." His book reprints thirty of the stories from prior years. It is a great book and if you do not buy one at the convention, remember it is available on Amazon Enjoy the stories and enjoy the convention..

OXFORD HOUSE – ESSEN

Hi, my name is Eric Heber, and I have been a resident of Oxford House - Essen since April 24, 2008. My sobriety date is March 24, 2008. I am currently the Housing Services Chairman for the state of Louisiana and comptroller for my house.

I guess before I tell you about my time in Oxford House - Essen, I should tell you how I got there. I was actually in an Oxford House before, in New Orleans, before coming back to Baton Rouge. My stay at Oxford House - Crescent City was brief and I left in full relapse. I was not ready to do whatever it took to stay sober and the result was nil.

My journey to the Oxford House (OH) started in November of 2007, while I was in Fontainbleau Treatment Center in Mandeville, LA. Marty Walker, who is an outreach worker for LA, did a presentation about OH and what it had to offer. I thought it was an awesome concept. I am all about running the show and in my mind; I thought OH could use me more than I could use it. I actually thought that!

I came into the Crescent City house in early December and managed to stay clean for four months before I planned out my relapse and went through with it. In just three days, I found myself in a rundown motel on Canal Street, broke and bewildered, once again wondering how I had gotten there. The guilt and shame I felt drove me back to Baton Rouge. I didn't even have the five dollars it costs to take the LA Swift bus from New Orleans to Baton Rouge, so I bummed it from someone on the streets. This was nothing new to me since my addiction had left me homeless before – panhandling money from strangers to get high.

In March, I talked to the last person who would talk to me and managed to talk her into letting me stay with her until I could get into detox. My ex-wife, Jackie, was very leery of me. My addict behavior had driven her to divorcing me six months before. After an hour of that desperate pleading so many of us have done before, she reluctantly agreed to let me stay one night. I don't know if it was love or pity that she had for me, but at that point but I didn't care. I knew I was going to a safe place. That night I managed to find a bed at LHRO and was ready to take another shot at recovery.

In the morning, I arrived at detox with only a few changes of clothes and some change my ex-wife had given me. I had been here just five months prior and was thankful to be in better shape this time. Last time, I had been homeless for two months and hadn't taken a bath or had a decent meal for a couple of weeks before going there. My stay this time was short, only three days, and the time had come to decide what my next step would be. I had been to all the rehabs in Baton Rouge and a few outside of it and none would take me. Finally, one of the guys there said he was going to the Salvation Army. That was good enough for me. The "Sally" was more like a work camp than anything but they fed me and gave me a place to stay until I figured out what the hell I was going to do.

I kept in touch with my ex and we had talked about me going back to an OH and where some were in Baton Rouge. She had become friends with a guy at a coffee shop who was open about living in an OH and the connection was made. After a month at the Sally, I was ready to interview with the Essen house, thanks to Cookie. Obviously, this was his nickname and he was very openly gay. I had never been friends with, let alone

lived with, a very openly gay man before and, honestly, I wasn't too keen about it, but that didn't matter at this point. I wanted in so badly, I was willing to accept a ninety day probation period and was grateful to be accepted in. I had managed to hustle up a couple hundred bucks while at the Sally and Jackie lent me the rest in order for me to afford to move in and have enough money for food and bus fare.

After moving in my two bags of clothes, and not much else, I was faced with the task of getting a job in a city with horrible public transportation. The nearest bus stop was almost a half mile away and it was getting into the warmer months. So, for the first week I would get up before dawn and start my walk before it got too hot. I would stay gone all day going to any business I could find on the bus route to ask for a job. When I got home at night, my roommate, Steve, would take me to meetings with him. Steve had been sober for awhile, 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. Finally, I managed to get a job at Wal-Mart as a janitor for a little more than minimum wage, but I didn't care. It was just a relief to finally be making some money.

After my first month at Essen, the guys decided to go ahead and let me off probation due to the progress I had made. I was glad because at this point my ex and I had been talking and spending more time together. I had gotten to know Cookie and Mark pretty well at this point as well, and had gone to them at certain times when I was struggling. Just having someone to talk to at those moments was what I needed to get through. I was surprised by how I had gotten to where I didn't even see Cookie as a gay man anymore but just as another friend who was there to support me. That's one of the many things I've learned here, tolerance for other peoples differences. Mutual respect is another thing. Even if I don't really like you, I have respect for you. That's what OH is about. You don't have to like each other, but you do have to have respect for them.

I got a sponsor, which is something I've done before but never really used, and shortly after he offered me a job. I still have that job, which is something else I'd never done before. Other than the business I owned for eight years, I'd never been able to keep a job for very long. Soon after, a friend of mine gave me his old work truck. It was an old Ford with 250,000 miles and three different colors, but I didn't care. I was mobile and could start fellowshipping more and I got to help new guys in the house get to meetings. I was grateful to do for them what Steve had done for me.

The hardest thing that I had to learn was principles over personalities. Guys that I had come to like would relapse and we would have to kick them out. That's the worst, to know exactly how they feel and not be able to do anything for them. Some would cry when we caught them using and beg to stay because they had nowhere 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 as a whole comes before any one member. Sometimes, I would have to confront a member because of his behavior and that's not easy either. Confronting people about their behavior has taught me to be able to offer constructive criticism and help them change that behavior that is not conducive to recovery. I didn't know it then, but it was teaching me how to be a sponsor.

The longest sobriety I ever had was six months, and I had now surpassed it. I finally made a year sober. I was pretty active in the Baton Rouge Chapter and was asked to be the Chapter President. Everything was great. I was sponsoring people, doing loads of service work, Jackie and I were doing well, and my life was full of the promises of AA. I had been helping one of the new guys in the house and he became like my little brother, when one day he confessed to me that he was smoking pot. I can't tell you how hard it was for me to inform the rest of the house about this and we asked him to leave.

At the next house meeting, I made a motion that we hold a bed for him for thirty days and he be admitted back in. We had interviewed someone else that night, but the motion passed with two people disagreeing because that meant the interviewee would have to find another house. Things were pretty heated that night, but I was so determined to help this kid, that I didn't care if we turned a new guy away.

The next night, Housing Services was called over, and I was targeted by one of the alumni for eviction. The basis for my eviction was the fifth tradition of OH. The argument was that my actions had detrimentally affected

OH as a whole. Apparently the treatment center, where our interview had come from, was upset with our decision. Thankfully, it didn't pass, but I was asked to step down as Chapter President and was put back on contract for thirty days. So as to not lose our good name, I also had to go to the treatment center, where our interviewee came from, and explain to the discharge coordinator what happened. We also decided that our interviewee would be admitted ASAP. Needless to say, that was the worst experience I've had in OH. I was embarrassed and my pride was hurt because being Chapter President meant a lot to me. I was very close to relapse, but my housemates got me through it.

For the next month, I was like a ghost around the house. I was afraid to do anything that would be deemed disruptive behavior. I was also working through the resentment that I had for particular alum as well as a member in my house who had called Housing Services. Things had gotten worse in the Chapter as well. The alumni and Housing Services were frequently going to houses kicking people out for behavior and putting people on contract arbitrarily. No vote was needed by the house. They just basically did what they wanted to do.

Finally, one night I came home to find a guy from another house on our porch saying that he was told by Housing Services that he was going to live in our house and someone from our house had to move to his. I was stunned! We hadn't voted this guy in, and – as per the third tradition of OH –, no one at our house had been asked to leave by the members. I told the guy to go home and proceeded to tell my house members about this. We learned that an emergency meeting was called by Housing Services at his house, not his house members, and their paperwork was not in order for their books. A decision was made that all the house members would be separated and moved into other houses, and senior members from around the Chapter would move in.

All of us were opposed to this decision by Housing Services, and we all started pouring through the OH manuals to find out what Housing Services could and couldn't do. We were hosting the next Chapter meeting, and we began to prepare our "manifesto" against the alumni and Housing Services of our Chapter. We contacted the house in question, and told them not to do anything and make sure all of them would be at the Chapter meeting in a few days. As far as the other houses in the chapter, we contacted only a few people we knew we could trust and told them what we had learned. We were afraid that Housing Services would find out what we were up to and come and try to evict us for it. It's crazy to think about it but that's how it was back then. The day of the meeting came and we read the "manifesto," which basically quoted the OH manual, and informed everyone that what was going on was wrong. People spoke up on both sides, and in the end things were put right and Housing Services and alumni were limited to an advisory role. After the meeting, the alum who had wanted me evicted came up to me and told me he would be stepping back from his involvement in the Chapter and I said I think that's a good idea.

For two years, our Chapter saw no growth while this mess was going on. Housing Services was so focused on micromanaging houses that most of them couldn't see that if we follow the founding principles of self governance, then all would be well. The whole reason the first OH was started was because there were too many rules at the halfway house they were at, and addicts always buck when you try to tell them what to do. With a basic foundation of accountability, upon which each house is based, they will succeed. It's been proven by the hundreds of OH around the world. Don't use, pay your share and don't mess with anyone else, and you can stay as long as you want. In the ten months following that meeting, we have opened three new houses and Housing Services is rarely called to a house, and when they are, they only offer suggestions and the problem is resolved by the members.

Today, I'm so grateful for all the good times, and some bad, that I've had while at the Essen OH. It has taught me so many lessons on how to live life and how to be a real friend. I am now a supervisor at my job with keys to the office and all the vehicles! They even gave me a company credit card. That's crazy for a dope fiend like me. The interviewee, Tommy, has since become one of my closest friends, and we even have purchased two houses together, that are now Oxford Houses. Jackie and I are planning to buy a house together soon and our relationship is better than it's ever been. I have friends in OH all over the state and am preparing to make more at the 2010 Annual World Convention in Chicago next month.

I've been trying to get clean for the last five years. I've lost a business, a marriage, house, vehicles, friends, and my sanity for awhile. Three years ago, I even had an overdose and suffered a heart attack, but I still couldn't stop using. OH has given me the support and purpose I needed to make it this far. I will soon be moving on, but will continue to be involved, as an alumnus, and will always be grateful for what my stay here has done for my life.

My Oxford House Story - Mike Zalusky

After surrendering to my disease and asking God for help, it was suggested to me by the detox staff at King County, WA Recovery Center that I apply to an Oxford House. Being willing to do whatever it takes to stay clean and sober, I agreed vigorously, even though I had no idea what an Oxford House was and what it meant to live in one.

I left detox and moved back in with my sister, promising her that I would "look into" these Oxford Houses. I called Oxford House-Lynnwood, and set up an interview. My sponsor took me to that interview, and I remember the guys, all from various trades, and most definitely a bunch of personalities that were nothing alike, sitting there analyzing me, or so I thought. One guy, Steve K, was a painter and he looked rough around the edges and I thought for sure he hated me from the get-go; the others seemed nice enough and the interview, I thought, went well. It turns out that they did not accept me and only told me that the 80% required to vote someone in was not met. They did, however, suggest that I call other Oxford Houses and set up interviews with them. Dejected yet not deterred, I called up Oxford House-Lloyd in Mountlake Terrace, WA and set up an interview. I took the bus as far as I could, and after becoming lost, I called the house. Mike, the current House Treasurer, came and picked me up and took me to the House. Long story short, they accepted me and I was to move in as soon as I had the required amount of \$500. I worked and saved so I could get into this house and I moved in on June 30, 2002.

The first week I moved in, a bunch of people came over on a Sunday, and were all sitting out on the patio talking and going over some stuff I knew nothing about. I asked Oid Mattox, then the House President, what that was all about, and he told me that Oxford House has Chapter Meetings once a month where a group of Houses in a certain area meet to go over how all the Houses are doing and see if any of them need help. I filed that away as something I might look into.

The second week I lived in the house, we were going over the bills at our weekly House Meeting and saw that the phone and electric bills were not being paid, yet we had already written checks for them and sent them out according to the House Treasurer, Mike, the guy who picked me up for the interview. I was a little weary of this but I had to have faith that these guys knew what they were talking about and the right thing was being done. Turns out, the Treasurer not only didn't pay the bills, he owed the House EES and stole all the money in our checking account – \$931.00 was gone! And so was he!!!!!! He moved out in the middle of the night and no one was the wiser!

Well now, this was a shock to me and the rest of the House and I was really scared that we would lose the House and all of us would be homeless. Oid told me that all would be well; we just had to have faith, follow the process and move forward. Oh, and then he appointed me the House Treasurer!!!! Having seen the 60 Minutes video, I related to the girl who had no checking account and stole checks and they voted her in as House Treasurer!! Now, at age 39, I was getting a crash course in finance management and was taught how to keep a ledger and an account of the House finances and before I knew it, I was actually doing an okay job of it! All of us grew a little closer the day that guy stole our money, being that I found that not only was I scared, but so were the rest of the

guys. We all just had faith that all would be well, and knowing that we were not alone in this (remember that Chapter I mentioned earlier?) we would have the help we needed to get past it, learn from it so it never happened again, and become that much stronger of a House.

Being appointed the House Treasurer, I learned everything I could about being the best one there is and read every bit of information I could get on the position and its responsibilities. Then, I read the responsibilities for ALL the House Officer positions and said that if I am going to live in an Oxford House, I am going to be as informed as I can be so there is no more wrongdoing by anyone. HA HA!! How grandiose of me, right?

Now mind you, I had only lived in the House six months, and I had a full time job, my AA meetings and my “me” time. I turned some of my “me time” into “Oxford time” because I saw what this House could be and wanted to be a part of making it be that House.

Oid Mattox, my mentor for Oxford information, invited me to one of these Chapter Meetings I heard so much about. I just happened to sit at a desk that day, and the Secretary never showed up, so they made me the Chapter Secretary since I was “in the right place at the right time.” HA HA!! I took the Office and then learned all I could about the position so I could, you guessed it, be the best Secretary there could be! Now, I saw that not only was there a House Manual, but a Chapter Manual as well. I read it cover to cover and said if I can be of any service to anyone, I would be grateful to step up.

By this time, I had been in the House about a year and was now House President and the guys in the House came and went with the exception of Oid and this guy Dennis. They both had a great dedication to their recovery and Oxford House and I soaked in everything I could from them to make myself a better House mate and a better person. I would be remiss if I didn’t mention my roommate at this time; his name was JR and he was a character to say the least!! He too, had a dedication to Oxford House that mirrored mine.

The House ran smoothly except for, unfortunately, the occasional relapse, which, just like it says in the Oxford House Manual, is one of the toughest things to happen in an Oxford House. I have had to personally ask for an emergency House Meeting to address this issue and it was rough and sad to see someone have to leave because of drinking and/or drug use. One thing it did teach me that I take with me every time this happens is that I too am that close to my next drink or drug if I choose to not do the right thing. It keeps me green as they say in the rooms and I am grateful to God and Oxford House for giving me that gift.

It came time for people in the Chapter to ask who would be interested in going to the Annual Oxford House Convention in Washington DC in 2003. Having missed the one that was in Seattle in 2002 because I was yet to live in an Oxford House but heard about it after I moved in, I was interested in seeing what this was all about. And being the Chapter Secretary now, I was asked to go along with Rob, the current Chapter Chair to the convention. At this time, I was in awe of Paul Molloy and what he created, but was still fuzzy about the bigger picture of Oxford. I agreed to go and then, to my surprise, that painter guy from Rob’s House said he wanted to go, Remember? The guy I thought hated me? I was intimidated to say the least, but came later to find out that he was and is a very caring guy who would do all he could to help a drunk or drug addict in need, and for that matter, anyone who needed help could find it in him. His name was Steve. We all attended that Convention, and I was absolutely blown away by all the people of Oxford House from across the country and from Australia, Canada and other places as well. To meet Paul Molloy in person and hear him talk about his passion for Oxford House gave me that same passion I carry today. But, I digress.....

Coming back from Washington, DC I had a new-found desire to put all my service work into Oxford House because I would be helping people help themselves while helping me to keep drink and drug-free another day.

I learned in Oxford House-Lloyd that we are all in this together and we cannot do it alone. The democracy of the House saves the House from itself and what would happen if only one person was in charge. For everyone to

have one vote and be an equal member is vital to the existence of Oxford House and to be able to give back to the organization is a blessing I am thankful for every day.

My Oxford House, the Lloyd House, was sold to make way for condos in 2004 and I moved to another Oxford House in Everett, WA to live there until Oxford House hired me in 2005 to go to New Jersey and become an Outreach Worker, another blessing I can only thank God for!!!

If it wasn't for Oxford House-Lloyd, with all its assets and faults, I would surely have gone back to my same old places, same old things, and would no doubt, be dead by now. Oxford House saved my life and I am filled with joy every time I see someone come into an Oxford House because I know that if they too, do the next right thing, they will be able to learn how to live alcohol and drug free for the rest of their lives and they DO! 80% of 'em!!!! God Bless!!!!

Mike R Zalusky

THE OLDEST OXFORD HOUSE IN THE WORLD!!

Oxford House – Northampton is the oldest existing Oxford House. It opened in 1977. This house has and continues to have a major impact on the community. This house is Northampton House, situated just south of Chevy Chase Circle, Washington DC.



NORTHAMPTON HOUSE (APPROX 1977)



NORTHAMPTON HOUSE (2009)

The house itself is almost a historic landmark. It is actually one of the first few houses erected in Chevy Chase, DC, built in 1907 by the Harold E. Doyle Company. The house itself is registered as having an "Italian Renaissance" design, designed by A.M. Schneider. It features chapel ceilings and exposed beams overlaid with chestnut.

This house played a major role in the community between 1910 and 1930. The Chevy Chase Citizen's Association was practically formed in the house, and some of the earliest meetings were held there. When the library across the street had no funding, the citizens of the community formed the Chevy Chase School and Library Association in the house. Funding was raised and provided until government funding was reestablished. Only 3 families have lived at this address in its 100-year history, and they all helped shape the community in large ways, and the house itself has become a fixture in the community.

In 1977, it continued on having an impact on the community by becoming an Oxford House and helping those within our community struggling with addiction and recovery. It was one of the first 3 houses in the nation to receive a charter from Oxford, and continues to hold it entering its 33rd year of service. For over 3 decades it has

helped hundreds of people that suffered from addiction become sober, and stable, and they moved on to a happy and fulfilling life as a result of Oxford House living. It is currently the oldest Oxford House in existence.

Jason K. and Oxford House-Terrebonne

My name is Jason K. and I am an alcoholic. Through the grace of an understanding and forgiving God I have not drank or used drugs since July 27th, 2009. I have never been this sober or this happy. But it took a little while to get to this place of serenity, tolerance and love of others.

I don't believe my childhood to be too extremely important in how my life turned out. There are plenty of non-alcoholics who had a much worse childhood experience than I, and they dealt with those issues and moved on with their life. So I quit trying to find external reasons for my internal problems. That hasn't always been the case though.

I was forced to look at the error of my ways for the first time in July of 2003 in a treatment center in Lafayette, La. Giving in to the ultimatums of my dad and wife, I entered a twenty-eight day program. Upon completion it was recommended by staff that I move into an Oxford House, which I did reluctantly. At this point in my disease I felt it necessary to quit using prescription medications because of the consequences, but did not see the negative effects of alcohol, and had many reservations about quitting. I was never the type to take any one else's suggestions, because I thought I was so incredibly smart. If I just change this or quit that everything will surely work itself out. How wrong I was. I quit the pain killers and alcohol for a while and continued to lie, cheat, steal, and abuse people. I was especially abusive to those closest to me.

Looking back I was a totally unlovable creature completely incapable of giving anything. I was a constant drain on anyone I came into contact with. When my family saw me drive up they would hide the purses and get ready for financial, emotional, and sometimes physical trauma. This was in so "dry" ety. I was stark raving sober because I couldn't feel that sense of ease and comfort that I just knew would come by taking a few drinks or pills. My solution was gone and I wasn't going to find a god, and I surely wasn't going to admit anything to another human being.

This went on for a little over a year until the pain was too great. So I decided to fill the emptiness inside first with the comfort of a woman, whom I'm sorry to say I abused, then with liquor and pills. Things had to get really bad before they would get any better. I lost my apartment, girlfriend, and vehicle. I had already lost my wife, son, job, and respect of my family. I didn't think things could get much worse. I ended up living at an AA clubhouse and would regularly steal money from them. I had multiple brushes with the law; for the last of which I earned seven felonies. The outcome of all of this was my finally being able to see that I don't know if I can control myself if I put anything in my body that will alter my perceptions of reality. But I tried to prove this wrong for about five or six years as a chronic relapser, in and out of the rooms of Alcoholics Anonymous.

My parole was finally revoked and I had to go away for a while. My calls home weren't answered and I was finally alone with myself which was what I had been trying to get for years. I found out that was not what I wanted at all. I wanted so much to love and be loved, but I may have finally pushed every one away one too many times. I continued to get loaded in prison whenever I could and was finally sent to solitary confinement. While there my re-entry counselor made a visit to see me and cared about me when I didn't even care about myself. She told me that this cell that I was in would be the sad reality of the rest of my life if I didn't change my ways. I remembered all of those genuinely happy people in AA from years past. Although I wouldn't allow

the program to help me, it had worked for them, and a seed had been planted. So she helped me get involved with AA in prison and get on a list to go to the Assissi Bridge House in Houma, La. I got out of prison sober in December of 2009, finally willing to take suggestions. I was finally letting God take me where I needed to go. I finally believed that I didn't have to run the show. I stayed in this secondary treatment facility for four months going to meetings, working the steps with a sponsor, and building a support group.

The next logical transition for me was an Oxford House, so I applied at one. I was accepted into the Terrebonne house in April of 2010. There were only two people living here at the time and nearly the whole house had relapsed just weeks before. I was voted in as President about a week after arriving. I put all my efforts into living a spiritual program of action, finding a job, and taking every effort to ensure I was living in a healthy environment. We began to get people into the house and got to see relapse and diseased behavior. I had been so sick for so long that identifying the untreated alcoholism that manifests itself in crazy behaviors wasn't too hard to spot in others. There were growing pains and I kept in close contact with a caring outreach worker.

Finally we have our house near capacity with people who wanted to be here and are willing to do what it takes to remain sober. Each of us holds the others accountable for our actions and constructive criticism is encouraged. I don't intentionally hurt anyone, but also don't feel bad about hurting someone's feelings if what I say could save their life. Because that's what this thing did for me, saved my life. Oxford house has given me an environment that I can be comfortable in and stay accountable to others who are working for the same thing I am. Our chapter has and still is experiencing rough spots and it is really difficult for me not to interfere with the operations of other houses. I want everyone in sobriety to have the peace that I have finally found, just like I want every house to have the brotherly bond that our house has.

Is our house perfect? Of course not. Do we still have problems? Absolutely. It's the way that we deal with those problems that has to be totally different from the way we would have handled those things in the past. If I am still cursing people out and wanting to fight at the slightest disturbance or when things don't go Jason's way I need to look at myself and my brothers force me to do just that. We don't hesitate to put people on behavioral contracts and stay interested in their lives. The serenity of our home is at stake and that is not taken lightly. We are encouraged to stay separated from any and all drama, and if that's not possible, to never bring it home with us. An alcoholic like me had to change every negative aspect of my life. I have to make an active attempt to change every negative character defect of my personality, and my brothers help me with that.

Since my recovery began in Houma I found a job that paid minimum wage and I rode my bike to and from work every day. It was really a humbling experience for a person who thought his internal unease could be fixed by his outside appearance and other people's perception of his social status. I found another job by good recommendation of the first one. For a guy who consistently was late and who stole from every single job I had ever held, this was a small miracle. I now have a boss who understands my obligations to AA and the Oxford House.

The relationships in my life are slowly being restored and I have gained more trust from family than I thought would have been possible after even ten years of sobriety. I was blessed with an affordable deal on a pick-up truck, and use it to go to work, take people to meetings, and go back home to Lafayette to continue my amends to family. The friends I have made in such a short period of time are countless and I have never been able to be a good friend to anyone until now. I am finally capable of loving and being loved. I can't take credit for much of this because it is only through the grace of God, that an alcoholic like me has been given another chance at this thing called life. It is my experience that we must pass this life restoring experience on in order to keep it. It is not a selfish program contrary to what I may have heard in a treatment center.

The book tells me that selfishness is the root of my problems. Am I putting others before Jason today, and what is my relationship with the God who forgives me and restored me from the obsession of the mind? Am I forgiving others the way I pray for God to forgive me? Am I expecting the promises of the big book, but not living in all three sides of the triangle? I have to humble myself daily by realizing God has a plan for me and what I want usually has not the slightest thing to do with it. I stay grateful for the things that happen in my daily life even if I don't quite understand them. Gratitude is action, and I need to take action today to ensure I will be sober until I wake up tomorrow.

OXFORD HOUSE CONSTITUTION

Albuquerque, New Mexico

Oxford House Constitution, the first house in New Mexico, opened in May of 2010. Funding for the house came from a generous donation from the Stadel family, a New Mexico family that lost two sons to the disease. Jeff Hunt, an Oklahoma Outreach Coordinator, was transferred in February, 2010 in the hope of opening perhaps as many as three houses and, if there was a sufficient interest from the state of New Mexico, perhaps a state contract would result.

The early going was tough. No one had heard of Oxford House. In the Albuquerque market, rental houses having more than three bedrooms were few and far between. Another important OH factor, parking, proved difficult. Even larger homes tended to have extremely small lots, and therefore parking was seldom sufficient for more than three cars. The first landlord willing to rent to us was a real estate agent with her own rental properties. She investigated us, and assured Jeff that she would find suitable rentals or rent one of her own houses to us. Jeff left for Outreach training in March sure that he would have a house to rent. When he got back, the agent would not respond to his e-mail messages or answer her phone.

The next potential landlord was a woman in the program who was looking to downsize after a divorce. She was not intending to move before start of the next school year, but was excited about helping us get started in Albuquerque. A rental rate was negotiated and she asked for a week to convince her daughter to move prematurely. The daughter could not be moved and the house would not be available for three more months.

The next house was a large 3- bedroom house that could be converted to a 4-bedroom house. The landlord asked for a premium price and was putting together costs for converting the dining room to a bedroom. His contractor was out of town, so time dragged on. After 3 1/2 weeks a breakfast appointment was set to sign the leases. Our lease was signed by an Oxford House Chapter Chair from Oklahoma. This was fully understood and agreed upon beforehand but the landlord suddenly refused to sign unless Jeff or an Oxford House, Inc. officer signed the lease as a guarantor. The deal was off. Desperate, 2 1/2 months after hitting town, Jeff called every real estate person he had met. One mentioned a lawyer who had been having problems with a renter. He was called, the house looked at that very day, and a rental rate was agreed upon. Oxford House Constitution was formally established two weeks later.

It took awhile for the house to fill. But eventually a guy from treatment moved in. Two weeks later he did a presentation at his treatment center with Jeff. When the clients heard what he had to say about living in the Oxford House the house quickly filled. It is a seven-man house. Everyone who became a member came in without a job because of the struggling economy, but the house was in the black its second month and all members are feeling like pioneers, ready to make sure Oxford House grows to its potential in NM. To that end, the house is hosting an open house every Thursday morning. Treatment providers, city officials, legislators and all who are concerned with addiction are coming and are excited about what we are doing. Oxford House Kirtland opened three months after Constitution House and is quickly filling. The dedication for Oxford House Constitution is scheduled for September 11, 2010. The funding family is coming as well as others. A barbecue is planned for the day and anyone interested in Oxford House is invited to come, tour the house, and have a meal with the residents.

Oxford House Arrowwood – Raleigh NC

Oxford House Arrowwood opened November 17th, 1997. The house has a capacity to house nine men. The initial members learned the system quickly and enforced the guidelines, especially those pertaining to paying EES. As a result, the house became financially stable and was known for throwing the best cookouts in Raleigh, NC.

One day, the City of Raleigh posted a sign in the front yard stating that the house would have to be shut down. We found out that we were less than a block away from another house that was zoned for group-living. The City ordinance stated that anything zoned for group-living must be at least 400 yards away from any other residence zoned for group-living. So, we had to move. We were very disappointed, because the house we were in was a ‘perfect’ Oxford House. We contacted one of our friendly landlords and he found and bought another house within a month so that we could move on time. The house is not as nice as the original and the neighborhood is not as nice, but the atmosphere of recovery remains intact. Hundreds of men have found comfortable sobriety in this house.

Oxford House Arrowwood may no longer be the house for cookouts, but the house always stands ready to give a helping hand to others in need.

Oxford House-Keizer Salem, Oregon

My name is Robin B. I moved into the Keizer Oxford house in Salem, Oregon on August 8, 2000. I still remember going to my interview on the 21st and was the 7th member, making the house full. It cost each member \$250 a month plus an initial \$50 sobriety deposit to move in, I was voted in and moved in the next day for I had to find a bed to sleep on. My boyfriend at the time had his own apartment and so I stayed with him.

I was not real sure about this house. It was dirty and the carpet needed cleaning and no one in the house had more than 60 days clean. I was 10 months clean at the time. I moved in and then found out that we could not have men at the house – they could pick us up and drop us off and that was it. I was concerned about the way the house was running so I made some calls to other houses in the area and was told: do something about it. Everyone was behind on rent except one girl - Lisa -and myself. We voted in two more girls so now we had nine girls in the house and we made rent that next month.

I was not sure how to fix everything so I started reading about Oxford House and became aware that we had a Chapter and a State Association that we could call for help so I did. I got hold of a guy in Portland named Mike M. who was the state Outreach Worker. He came and talked with us and I remember sitting in a house meeting until 3:00 am working on problems, UAs and back rent. It ended up that at the end of the meeting there were four of us left. The others were either using or had to move out because of unpaid rent.

So we started work on filling the house. I got new carpet donated to the house and Bill, my boyfriend, came over and put it in for us. We finally got the house full again. We had a pretty good house although one girl would come and go and that went on for a while, and my friend Lisa got loaded and I had to tell her she had to go. Having to see Lisa go was hard because we had been through a lot together.

From the phone calls we were getting, we saw a need for more women’s houses and for a women’s and children’s house so we filled our house with nine women again and opened up Oxford House Friendship where I ended up, moving in with 3 other girls from the Keizer House.

It was hard leaving Keizer because we had all become very close -- sisters in recovery. Lisa made it back and I got a call from the girls at the Keizer house about one of the girls who had been caught stealing. They asked me to come over to the house so I did; we asked her about it and she said yes and the house voted her out. I took her to the motel in Salem; she was a mother of three kids who lived with her parents. She was still sober when I dropped her off. The next day I got a call from the Salem Police asking me if I could come to the motel — my number had been left on the night stand and the girl had hanged herself. Two of the girls went with me and we were all a wreck, crying and thinking what could we have done differently. We identified her and then had an emergency chapter meeting. Our chapter in Salem showed up for the funeral, paid for the flowers, and gave her parents \$1,000 to help with the kids or whatever they needed it for. At least she was clean when she died; I have never really figured this one out other than she didn't want to go back to using drugs. Eight of us women from the two houses stayed real close through this situation. It was one of the hardest things that I had ever gone through in Oxford House.

There are four of us still clean today who lived in the Keizer house. We still talk today and are friends and we all hold each other accountable and we all believe in the “grow or go” concept because that is what the Keizer house was about: RECOVERY. – Thanks , Robin B.

**Oxford House Millbrook
Raleigh, NC**

My name is Kathleen G. and I moved into Oxford House Millbrook in April of 1994. I remember driving up to the house the first time. It was a really beautiful home on two acres of land right in a busy suburb of Raleigh, NC. Looking at that house from the long winding driveway I had no idea how my life would change. I did know this was somewhere I could live. I always had this vision of a halfway house in a run-down area of town. Before me was definitely a home.

Oxford House Millbrook opened in 1993 by Pam L. and, until 1998, it was the same beautiful house in the middle of the trees. Many women found their refuge there. The house had a huge stone fireplace where we would gather and talk about all the many recovery issues that were going on. The kitchen was where we congregated the most having business meetings and solving the world's problems or at least our own. So many good cooks came through those doors. Off the back of the house was a large screened-in porch which became the gathering place all spring and summer. It had huge comfortable furniture that came from the military donation program. Every Saturday night the recovery community would gather after meeting time and the grill would be fired up. Card games and basketball match ups on the court were going on well into the late night. Folks enjoyed those Saturday nights so much that they still talk about them 18 years later.

Eventually the house and land were sold to a catering business. Oxford House Millbrook became Oxford House Northills. The house has changed location several times since but when I am there I still feel the tradition and love I felt the first time I walked in. My gratitude for the Oxford House Model and especially the women who voted me in that April is unfathomable. Today I still am part of the Oxford House family by heading up operations with the World Service Office. – In Loving Service, – Kathleen G.

Oxford House Salt Lake

On May 20, 1992 I moved into Oxford House-Salt Lake after a lengthy stay in a treatment program. The house was a four bedroom, two bath house. The exterior of the house was painted an awful green but who was I to

complain; it was my first time ever living a life free of drugs and alcohol. I didn't have a lot of options for housing and I could live with the green paint.

I did not have a car and relied on public transportation. Fortunately the house was "half a block from the bus stop." That's what the house president told me – although factually true, it was misleading as the bus only ran a couple hours in the early morning and stopped at 4:30 p.m. The next nearest bus stop was over a two mile walk – something I learned after waiting for nearly an hour for a bus that wasn't going to show up for nearly 12 hours.

My roommates were a collection of recovering misfits all living together under the banner of Oxford House. We participated in the day to day running of a clean and sober house using the principles of democracy; one man one vote.

The house had its ups and downs; we were all learning both how to be sober and how to run an Oxford House. We brought in new people as old ones left. We did our part for the local community of Oxford Houses by hosting several of the local Chapter Meetings and we participated in Oxford House community fundraisers.

Then we were given the sad news that a female house in town was struggling and our lease was not going to be renewed. The conventional wisdom is to convert the struggling female house into a male house and close the Salt Lake house. With that thought, the men from Oxford House Salt Lake began to move into the former women's house and Oxford House Salt Lake begat Oxford House Lusitana.

*Here are some of the famous and infamous residents from Oxford House Salt Lake: Dory T., Chris P., Kelly P., and Joe C.

Oxford House Lusitana

Oxford House Lusitana opened as a men's house on June 1, 1993. This was a three bedroom, two bath and den condominium. We were so excited to be in a condominium. For many of us it was the first time we had ever lived in such a nice and secure building. Our first order of business was to purchase a dining room table. This was one of the all-time great purchases in the history of Oxford House. Well, maybe not that spectacular but it was a round table with eight chairs. This was perfect for our purposes as it insured we all had equal seating at the table for our House Meetings. We had some great times in this house. We also learned many things about life and recovery. For example we joyfully ran the air conditioner our first month living there. The following month when we received the electric bill we were stunned at the amount. We then implemented several rules for running the air conditioning.

The house was centrally located near downtown Honolulu and this made our house very popular as a site for hosting Oxford House meetings. We complied with all meeting requests and we even hosted parties where we invited the females from the other houses to share a meal and enjoy the fellowship of recovery. The location also ensured that we seldom had a vacancy and when we did it was usually quickly filled. Our level of participation in the chapter grew and Oxford House Lusitana now had the Oxford House Chapter Secretary, Treasurer and President all in the same house. This is the first time in Hawaii that the chapter officers all resided in the same house. We planned dances and workshops and even held a fundraiser to purchase a VCR for the house.

One night at about 2:00 a.m. we had some real excitement when the ceiling in one of the bedrooms began to leak water. We called the building manager, who called the police, who called the fire department. They arrived separately and viewed the water coming down the walls. One by one they determined it was not a broken pipe. Everyone in the house woke up with all the commotion. A fireman suggested we check with the neighbor upstairs. Three of us followed a police officer and fireman to the door of the condo directly above us. A young

man of about 20-something opened the door, looking as shocked as most people would look when at 2:00 a.m. a policeman is knocking on the door. The policeman explained the situation and the fireman said he would need to inspect the unit. Then from behind the door emerged an older man. He had white hair and a white beard and by all accounts he looked liked what Santa Claus must look like without a shirt. The fireman was allowed to enter the unit but we were not. The policeman was called inside and he sent us back to our own unit. About ten minutes later we heard the policeman, fireman and building manager all chuckling in the hallway outside our door. We were dying of curiosity so by majority vote I was voted to asked them what the problem was. When I opened our door they immediately stopped laughing. I asked what happened. The fireman looked me in the eye and said. "They broke the water bed". Chalk one up to romance; we all had a good laugh and went back to bed. Many of us worked and participated in our recovery program. Unfortunately, not everyone in the house was committed to recovery and we had to expel several people. We always adhered to the principles of Oxford House and when we received notice our lease was not going to be renewed, we learned a lot about ourselves and about teamwork and then Oxford House Lusitana begat Oxford House Iwalani.

Some notables from Oxford House Lusitana: Brian (Yoshi) Y., Harold H., Kash K., Marty W., and James M. Then: Oxford House Iwalani begat Oxford House Campbell Ave which begat Oxford House Palama which beget Oxford House Maluhia.

Oxford House Uptown, New Orleans, Louisiana

July 1, 2004

Oxford House Uptown opened in New Orleans. It's a beautiful 4200 square foot home in the "river-bend" district, sharing the neighborhood with ancient oak trees and fabulous New Orleans architecture. The fourth Oxford House to open in New Orleans, the Uptown house was by far the most beautiful, and in a very desirable location. Close to historic street car access, and with AA meetings being within a four block radius, this nine-man house filled up within two weeks, and vacancies remained scarce. The residents took great pride in the house, keeping the grounds filled with flowers and the lawn immaculately manicured. The principles inside the house were taken seriously as well. Priorities were kept and bills were paid as soon as they came in, with a prudent reserve. In a matter of six months they had established a reserve of over \$2,000, which was put aside into a savings account. There were no shortage of prospective members, and all who lived there knew in their heart they were in a blessed place and appreciated the house in which they lived.

The landlord of the property seemed happy as well. This was his third property he had leased as an Oxford House in New Orleans. He owned two more, one located closer to mid-town, and one located three blocks from Lake Pontchartrain. He was always at the ready to buy more properties for Oxford House, and treated the residents in all three houses as family.

August 29, 2005

Everything changed. Hurricane Katrina visited the great city of New Orleans early in the morning, ripping half of the city's roofs off of all buildings and homes. It disabled all power, water, and communication services and also stranded residents on rooftops of hundreds of thousands of submerged homes. Military forces came in droves, taking over the city and evacuating those left behind. For the first time in U.S. history, an entire major city was completely vacated, and until further notice no resident was allowed within city limits until New Orleans was again deemed livable/salvagable by the authorities.

Oxford House "New Orleans", located 3 blocks from Lake Pontchartrain was completely destroyed by flood waters. Oxford House "Calhoun", located in "mid-city" was destroyed as well. Miraculously, Oxford House

"Uptown" was unscathed except for losing many of its ceramic roof tiles, which were thrown around for a 3 block radius by the wind gusts of the storm. Oxford House Uptown sat vacant, waiting for the return of residents.

November, 2005

Authorities announced that returning to New Orleans was not only allowed this month, but also encouraged. The power was "back on", and a great movement to rebuild, a spirit of investment and a love for what once was a beautiful city prevailed. Evacuees, though, were slow to return to the city. It is estimated that half of them had re-established lives and jobs in other parts of the country after not being allowed to return for months. Most of those moving back to New Orleans for the first two years were construction workers looking to enjoy the plentiful work available.

Meeting with the landlord, we were asked if we still wanted to keep the Uptown House as an Oxford House. The lease was up in seven months, and we knew finding residents would be difficult as at this time. AA meetings, though being held, consisted of between three to eight people, most of whom were rebuilding their own houses. Also, no treatment facilities within 100 miles were operating.

It would be difficult to commit to the responsibility of rebuilding the Uptown House with such sparse resources available. However, the spirit of rebuilding, coupled with the resilience and dedication to the Oxford House concept, and the chance to save the last existing Oxford House in New Orleans whole-heartedly prevailed. The landlord assured us that, after we re-established this house and filled it with residents, that we could renew the lease and enjoy the property for as long as we wish. With a handshake, we moved forward with what seemed at the time an impossible task – to save the Uptown House.

God was definitely on our side. Within two months, the Uptown house was at full capacity once more. The prudent reserve that was saved by the previous residents was used to pay the first months rent, and the slow trickle of those returning to New Orleans was just enough to provide residents for the following months. The house seemed to have made it through the darkness.....until.....

April, 2006

Oxford House Uptown received notice that the lease would not be renewed. The handshake from the landlord and the voiced promises were not enough to withstand the growing value of the property. The housing market could not keep up with the demand as residents poured back to the city, and we were informed that we needed to vacate at the expiration of the lease as the property was to be turned into condos and sold. Frustration and heartbreak were the mainstay for several days.

How were we to find a suitable property when there were hardly any homes left standing?

We went back to work! Day in and day out, we searched for a house to relocate to, driving down every street, searching the paper with fervor, networking with any and all contacts in and out of "the rooms", calling every realtor, talking with parents, sons, daughters, neighbors...and then....we found one!

A local treatment center no longer wanted a house it was leasing and gave us the phone number of the landlord. We signed a three year lease the next day! We had a home again!

We moved from our beloved location to our new house and all was well for the next three years. The house stayed full and the Uptown house helped a lot of people on the road to recovery during this time.

June, 2008

At the end of the lease, the landlord knew a good thing when he saw it, and unfortunately tried to raise the rent on the property by \$300 per month. Luckily during this time the construction business in New Orleans had boomed, and vacant properties abounded. We immediately found a nicer house in a better local for \$400 cheaper than we were paying at the second location! We rented a U-Haul and relocated in one day!

Oxford House Uptown is currently at its third location, and quite possibly its BEST location. We hosted a BBQ there during the Oxford House World Convention to celebrate the team spirit and "follow-through" shown by all the residents that have lived in the house, and that live there to this very day.

Sometimes it is difficult. Sometimes it can be quite frightening and unfamiliar....but Oxford House Uptown is a monument to the facts told to us in "the rooms"....that if you TRUST GOD, work together as a TEAM and do the footwork...it really does work out!

<i>Year</i>	<i>Convention Theme</i>	<i>City</i>
1999	If Not Us, Who?	Washington
2000	Recovery Not Relapse	Kansas City
2001	If Not Now, When?	Washington
2002	Changing the Culture of Recovery	Seattle
2003	Recovery, Responsibility, Replication	Washington
2004	Back to Basics	San Antonio
2005	Family, Fellowship, Freedom	Washington
2006	Oxford House Comes of Age	Wichita
2007	What If?	Washington
2008	Time for Recovery	New Orleans
2009	Together We Can	Washington
2010	Celebrating 35 Years	Chicago

Oxford House - Celebrating 35 Years

1975 - 2010

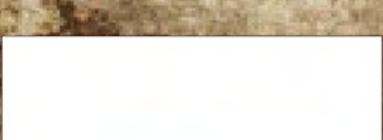
1975 ▲ 2010



The 12th Annual Oxford House World Convention

Chicago, Illinois - 2010

"Celebrating 35 years"



Good Houses in Good Neighborhood



Oxford House-Alamance, at the left, was established in September 2000 in Graham, NC. It provides home at any given time to eight recovering men many who had been homeless during their active addiction. Since established, more than 172 recovering men have lived in the house. Projecting the DePaul University study sponsored by NIAAA, more than 80 percent of the residents in this house have become clean and sober and will stay that way.

Creating an Effective National Recovery Network One House at a Time

National Oxford House Resident Profile¹

Number of Women's Houses:	354	No. of Women Residents:	2,735
Number of Houses For Men:	1,086	No. of Men Residents:	8,541
National Network of Houses:	1,440	Total Number of Residents:	11,276
Number of States with Houses:	46	Cities with Houses:	387
Cost Per Person Per Week:	\$100	Rent Per Group Per Month	\$1,380
Average Age	36.2 yrs	Percent Veterans	19%
Residents Working 3/15/10:	92%	Average Monthly Earnings:	\$1,520
Percent Addicted To Drugs or Drugs and Alcohol:	73%	Percent Addicted to Only Alcohol:	27%
Race --		Marital Status --	
White;	54%	Never Married	45%
Black;	42%	Separated	18%
Other	4%	Divorced	33%
		Married	4%
Prior Homelessness:	63%	Average Time Homeless:	6 Mos.
Prior Jail:	76%	Average Jail Time:	13 Mos.
Average AA or NA Meetings Per Week:	5.1	Percent Going To Outpatient Counseling	44%
Average Length of Sobriety of House Residents:	16.5 Mos.	Residents Expelled Because of Relapse:	19.4%
Average Length of Stay In An Oxford House: ²	10.1 Mos.	Average No. of Applicants For Each Vacant Bed:	7

Oxford House – Celebrating 35 Years

Giving individuals the time and peer support to become comfortable enough in sobriety to avoid relapse

2010 Oxford House Highlights

- **11,276 Number of Oxford Recovery Beds**
- **1,440 Number of Oxford Houses as of July 2010**
- **46 Number of States having Oxford House**
- **387 Number of towns or cities having Oxford Houses**
- **\$1,520 average monthly income of residents**
- **\$100 average weekly share of expenses paid by Oxford residents**
- **63% of Oxford House residents had been homeless for an average of 6 months**
- **73% addicted to drugs in addition of alcohol**
- **76% had done jail time connected to their addiction**
- **16.5 months average length of sobriety**
- **New Houses started CY 2008: 133; CY 2009: 135**
- **85 for Women; 183 Men**
- **Total 08/09 Added New Recovery Beds: 2,185; Men: 1,508 Women: 677**

¹ As of April 30, 2010 based on standard OHI survey and house reports.

² 10.8 months average excludes those who relapse – generally within the first 90 days.

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

Oxford House World Services
1010 Wayne Avenue, Suite 300
Silver Spring, Maryland 20910

www.oxfordhouse.org

Oxford House™

1975-2010

35 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 Houses Help Themselves
- Providing the Time, Living Environment and Support to Enable Alcoholics and Drug Addicts to Achieve Recovery Without Relapse
- Providing the Legal, Philosophical, and Scientific Framework for a Cost-effective, Worldwide Network of Supportive Recovery Housing.

Write or Call

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