

Oxford House 2004 Profile Series

Recovery • Responsibility • Replication



June 2004

District of Columbia Oxford House Resident Profile

Oxford House World Services

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Oxford House™

Recovery • Responsibility • Replication

The 3-R's for Addicts to Regain Freedom

Recovery: The process by which addicted individuals become free of addiction for the rest of their life.

Responsibility: The means by which an individual gradually assumes control over his or her lifestyle so that choices can be consistently made to avoid the use of alcohol or drugs.

Replication: The means through which addicted individuals living in an Oxford House™ share their newfound lifestyle of living in a supportive, alcohol and drug-free environment with other individuals wanting comfortable sobriety by starting new Oxford Houses to give other recovering individuals a real opportunity to achieve recovery without relapse.

| | | |
|---|---|---|
| <p>Oxford House - Bellevue Terrace 2934 Bellevue Terrace, NW Washington, DC 20016 (202) 965-3110 12 Men Feb 1988</p> | <p>Oxford House – Garrison* 4312 Garrison Street, NW Washington, DC 20016 (202) 364-2549 10 Men Mar 1980</p> | <p>Oxford House - North Hampton* 3765 Northampton Street, NW Washington, DC 20015 (202) 237-0991 13 Men Apr 1977</p> |
| <p>Oxford House – Brownstone* 1228 M St NW Washington, DC 20001 (202) 393-1352 16 Men Jan 2000</p> | <p>Oxford House - Good Hope* 1616 Good Hope Road Washington, DC 20030 (202) 610-4608 9 Men Feb 2003</p> | <p>Oxford House - R Street* 71 R Street, NW Washington, DC 20001 (202) 462-7192 8 Men Sep 1990</p> |
| <p>Oxford House – Delafield* 1319 Delafield Place, NW Washington, DC 20011 (202) 723-3726 6 Men Jul 1988</p> | <p>Oxford House – Kalorama* 1318 Delafield Place, NW Washington, DC 20011 (202) 723-1710 8 Men May 1986</p> | <p>Oxford House - Second Street* 5219 2nd Street, N.W. Washington, DC 20011 (202) 726-2425 6 Men Mar 1992</p> |
| <p>Oxford House – Fernway* 1387 Locust Road, NW Washington, DC 20012 (202) 829-2643 8 Women Jun 1994</p> | <p>Oxford House - Lincoln Park 1363 Maryland Avenue, NE Washington, DC 20002 (202) 399-3195 8 Men April 1993</p> | <p>Oxford House-Tenley 4335 Wisconsin St. NW Washington, DC 20016 Tel (202) 362-2588 14 M Sep 2003</p> |
| <p>Oxford House-Fourth Street* 4310 4th Street NW Washington, DC 20011 (202) 723-1263 7 Women Oct 2003</p> | <p>Oxford House – Nineteenth St. 1238 Harvard Street, NW Washington, DC 20009 (202) 387-1564 9 Men Mar 1982</p> | |

*Residents participated in survey. Participation rate is 83% of residents surveyed. Relapse rate among all DC houses was less than 5% for 2003. This is lower than national average of 19% found by Oxford House, Inc. 1991-1995 or 33% tentatively found by 2000-2004 DePaul University study that is still underway. The low relapse rate in DC is in large part because turnover is so low. More than 50% of residents have resided in an Oxford House for an average of two years..

Visit the Web site at www.oxfordhouse.org

Oxford House in The Nation's Capital

Today, there are 14 Oxford Houses [2 for women, 12 for men] within the city limits of Washington, D.C. providing 134 beds for recovering alcoholics and drug addicts to help themselves by helping each other. There are 119 beds for recovering men and 15 beds for recovering women. It has been 29 years since the first Oxford House started in the District – shortly after the successful establishment of the first Oxford House in neighboring Silver Spring, Maryland in 1975.

History

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

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

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

Shortly after Dr. Mac Donald's visit to Oxford House-Northampton, the late Edward Madigan (R. Ill) added an amendment to the Anti-Drug Abuse Act of 1988 (§2036 of PL 100-690) to require jurisdictions receiving federal block grant funds for alcoholism and drug addiction to establish such funds.

Growth

From its modest beginnings in the Washington, DC area, Oxford House has spread to 41 states. By the summer of 2004 there were 1,087 rented houses in more than 200 cities and towns. In addition, there are 26 Oxford Houses in Alberta, Canada and 5 Oxford Houses in Australia.

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

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

The Oxford House Charter

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

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

Oxford House, Inc. has the sole authority to issue charters to group of six or more recovering individuals who want to establish an Oxford House. This procedure, along with the standard operating system developed by the men and women of Oxford House™ over its 29-year history, is essential to assure the quality of each Oxford House™.

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



Oxford House-Northampton

3765 Northampton Street, NW
Washington, DC 20015

A recovery home for men established April 1977
Tel. 202-237-0989

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

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

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

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

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

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

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

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

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

Education and Outreach

Teaching the Oxford House system of operation is fundamental to Oxford House success. The Oxford House World Council - made up of leaders elected by houses and Oxford House alumni – focuses on the development of policy, workshops and mutual support among individual houses to provide on-going teaching of the Oxford House system of operation. The Oxford House World Services Office – the professional staff operating under the direction of the Oxford House, Inc. – provides service to all Oxford House entities – houses, chapters, state associations and the annual Oxford House World Convention. It also is the official connection of Oxford House with government agencies, treatment providers, courts, the press and the recovery community as a whole.

Oxford House outreach workers trained by Oxford House World Service or housing committees of chapters of existing Oxford Houses are best able to start new Oxford Houses. The cost of finding a house to rent, suitable residents to live in the house and training the new residents the system of operations averages about \$30,000 a house. Once a house is established the residents equally share all household expenses. This self-support feature of Oxford House makes the program very cost-effective. The 14 Oxford Houses in the District of Columbia amply illustrate this point. Oxford House-Northampton [13 men] has been in continual existence since April 1977. Oxford House-Garrison [10 men] has been in existence since March 1980. As a matter of fact, ten of the fourteen houses are over ten years old.

Self-Help – Heart of Oxford House

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

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

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

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

President

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

Secretary

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

Treasurer

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

Comptroller

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

Coordinator

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

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

Profile of DC Oxford House Residents June 2004

In June 2004, the 82% of residents in the District of Columbia Oxford Houses surveyed completed a questionnaire used by Oxford House, Inc. since 1987.

Average Age

Oxford House residents in the District had an average age of 45.3 years old. The following table shows the age distribution among residents.

| Frequency Distribution for AGE | | | |
|--------------------------------|--------------|-----------|---------------|
| From (≥) | To (<) | Count | Percent |
| 26.00 | 31.00 | 3 | 4.11 |
| 31.00 | 36.00 | 4 | 5.48 |
| 36.00 | 41.00 | 13 | 17.81 |
| 41.00 | 46.00 | 14 | 19.18 |
| 46.00 | 51.00 | 20 | 27.40 |
| 51.00 | 56.00 | 12 | 16.44 |
| 56.00 | 61.00 | 4 | 5.48 |
| 61.00 | 66.00 | 3 | 4.11 |
| | Total | 73 | 100.00 |

This average age is more than ten years older than expected based upon surveys conducted in various states. This fact, combined with the fact that a minimum five applicants to live in Oxford House are being rejected each week because there is no vacancy within the District's network of Oxford Houses shows the need for many more houses.

Past Sobriety Efforts

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

| Distribution for SOBRIETY TRIES* | | |
|----------------------------------|-----------|---------------|
| | Count | Percent |
| FIRST | 15 | 21.13 |
| TWICE | 17 | 23.94 |
| TIMES 3-5 | 22 | 30.99 |
| MORE THAN 5 | 13 | 18.31 |
| MORE THAN 10 | 4 | 5.63 |
| Total | 71 | 100.00 |

*Residential treatment

Fifty-four percent of the residents had been through residential treatment three or more times. Almost a quarter of the individuals had been through residential treatment more than five times. However, once in Oxford House both the first time treatment residents and the chronic relapsers have stayed clean

and sober without relapse. Since sobriety is habit forming, it safe to project that most Oxford House residents in DC have successfully achieved long-term sobriety.



Oxford House-Kalorama

1318 Delafield Place, NW
Washington, DC 20011

Homelessness and Incarceration

Oxford House residents in DC have recycled through detox and residential treatment, and most have been homeless and served time in jail. Specifically, 75% of the residents reported homelessness averaging 732 days – about two years. The average number of times the residents have been homeless is 1.9 times. This is a slightly fewer times homeless than nearby states but the percent homeless and duration of homelessness is slightly higher. The table below compares the homeless experience of DC, Maryland, Virginia and North Carolina residents based on a survey questionnaire completed in June 2004.

Homeless Data

| Jurisdiction | DC | MD | VA | NC |
|----------------|-----|-----|-----|-----|
| % Homeless | 75% | 73% | 60% | 70% |
| Times Homeless | 1.9 | 2.3 | 2.4 | 2.3 |
| Days Homeless | 732 | 289 | 423 | 274 |

Moreover, 58% of the Oxford House residents in the DC houses have served jail time with an average length of jail time of 765 days – a little over two years. . The days in jail shown in the table below for Maryland is 500 days less if the 20% of the residents who served more than 10 years are excluded.

Incarceration Data

| Jurisdiction | DC | MD | VA | NC |
|---------------|-----|------|-----|-----|
| % Jail Time | 58% | 72% | 73% | 77% |
| Times in Jail | 2.2 | 3.4 | 4.2 | 3.7 |
| Days in Jail | 766 | 1303 | 524 | 542 |

Other Marginal Living Conditions

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

Frequency Distribution for LAST LIVED

| | Count | Percent |
|----------------|-----------|---------------|
| APARTMENT | 21 | 28.77 |
| OWNED HOUSE | 11 | 15.07 |
| RENTED HOUSE | 9 | 12.33 |
| RENTED ROOM | 11 | 15.07 |
| JAIL | 2 | 2.74 |
| VA HOSPITAL | 1 | 1.37 |
| HALF-WAY HOUSE | 7 | 9.59 |
| HOMELESS | 11 | 15.07 |
| Total | 73 | 100.00 |

Marginal living conditions [rented room down table through homeless] affected 44% of the residents. Going back to such living conditions following treatment for these individuals would almost guarantee relapse. The prior residence of DC Oxford House residents breaks down in a way that is similar to prior residence of Oxford House residents in nearby jurisdictions.

Living Arrangement Before Oxford House [%]

| Prior Residence | DC | MD | VA | NC |
|-----------------|------|------|------|------|
| Apartment | 28.8 | 28.4 | 22.8 | 22.6 |
| Owned House | 15.1 | 11.8 | 11.0 | 12.7 |
| Rented House | 12.3 | 17.3 | 13.4 | 19.5 |
| Rented Room | 15.1 | 11.8 | 19.7 | 14.1 |
| Jail | 02.7 | 03.9 | 04.7 | 04.0 |
| Mental Hospital | – | – | 03.2 | 01.0 |
| VA Hospital | 01.4 | 01.6 | 05.5 | 00.3 |
| Halfway House | 09.6 | 07.1 | 01.6 | 09.9 |
| Homeless | 15.1 | 18.1 | 18.1 | 16.0 |

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

Family Status

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

Marital Status of Residents [%]

| Jurisdiction > | DC | MD | VA | NC |
|----------------|------|------|------|------|
| Single | 54.3 | 48.6 | 52.7 | 42.3 |
| Married | 03.9 | 11.4 | 02.7 | 07.3 |
| Separated | 19.4 | 18.6 | 18.7 | 17.9 |
| Divorced | 21.7 | 21.4 | 25.3 | 31.7 |
| Widowed | 01.0 | 00.0 | 01.0 | 00.8 |

Separated and *divorced* exceeded 40% of residents in each of the four jurisdictions.

Employment and Income

When the newly recovering alcoholic and/or drug addict is accepted into an Oxford House he or she is expected to get a job. In June 2004, 96% of the residents in DC Oxford Houses were employed. The table below shows that DC led the employment records of those in surrounding states. A few were between jobs or in receipt of retirement or disability benefits.

Employment of Oxford House Residents

| Jurisdiction | DC | MD | VA | NC |
|--------------|-----|-----|-----|-----|
| Employed (%) | 96% | 92% | 83% | 82% |

In June 2004, residents in the respective states were earning more than enough to pay their individual equal share of household expenses and rent to the landlord. The average share is \$89.50 a week – \$387 a month. Average monthly income substantially exceeds that amount.

Monthly Income of Oxford House Residents

| Jurisdiction | DC | MD | VA | NC |
|--------------|--------|--------|--------|--------|
| Income | \$1705 | \$1716 | \$1238 | \$1309 |

Diversity

Since it began in 1975 Oxford House has never had a racial or ethnic disruption problem. This is in part because of the nature of alcoholism and drug addiction creates a common ground that supplants bias that might otherwise exist. The egalitarian nature of alcoholism and drug addiction is reflected in the racial make-up of Oxford House residents.

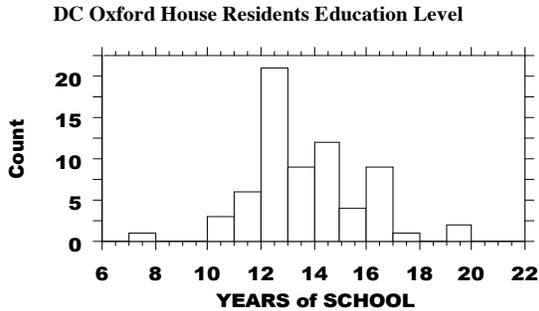
| Race | DC 2000 Census | DC Oxford | MD 2000 Census | MD Oxford | VA 2000 Census | VA Oxford |
|----------|----------------------|--------------|----------------------|--------------|----------------------|--------------|
| White | 30.8% | 21% | 64.0% | 27% | 72.3% | 43% |
| Black | 60.0% | 75% | 27.9% | 71% | 19.6% | 54% |
| Hispanic | 7.9% | – | 4.3% | – | 4.7% | 01% |
| Other | 9.2% | 04% | 8.1% | 02% | 8.1% | 02% |

Note: Hispanic overlaps with White, Black and Other

The table above shows how three jurisdictions compare on diversity with respect to house residents and census data. All three jurisdictions tend to under-represent Whites. Experience in other parts of the country shows that with more houses such differences diminish as supply and demand balance.

Education

Within DC Oxford Houses about 10% have not graduated from High School but 17% have graduated from college. Spread is indicated below:



The Oxford House residents in the District of Columbia have an average level of school attainment higher than their peers in nearby jurisdictions.

Average Education of Oxford House Residents

| Jurisdiction | DC | MD | VA | NC |
|-----------------|------|------|------|------|
| Years of School | 13.2 | 12.7 | 12.4 | 12.5 |

Many residents have gained additional education while living in Oxford House. Several have graduated from UDC and many have gained a GED. Together they have the highest average education level for Oxford House residents in any jurisdiction.



Oxford House-Garrison

4312 Garrison Street, NW
Washington, DC 20016

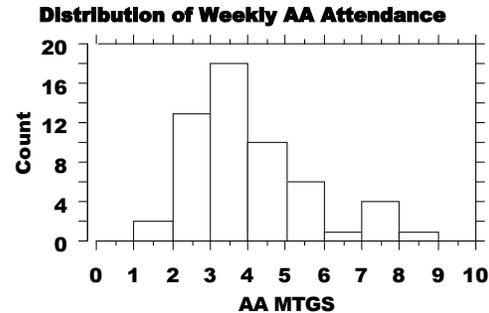
A recovery home for men established March 1980
Men – Tel. 202-364-2549

12-Step Meetings

The average length of sobriety of 42.3 months is not an accident. Residents of DC Oxford Houses go to an average of 4.4 AA or NA 12-Step meetings each

week. This compares to the average of 2 meetings a week among the average AA or NA member.

The graph below shows the distribution for number of 12-Step AA meeting attended each week.



The distribution of residents attending NA meetings is similar. While recovering drug addicts tend to go to both AA and NA meetings, recovering alcoholics tend to go only to AA meetings.

Over a third [35%] go to weekly counseling sessions in addition to 12-Step meetings. This level of dedication strengthens recovery for them and helps others as well. The continuing high participation in both the 12-Step meetings and weekly counseling is a direct result of the peer group living together in an Oxford House. The common bond of former addiction and current recovery serves as a catalyst for house members to go to 12-Step meetings as a sort of common recreation or social event. In addition, the clear rule that any resident who relapses will be immediately expelled puts a premium on learning to live without the use of alcohol or addictive drugs. All members of the group home are able to watch the progress of each other in achieving comfortable sobriety and it generates behavior patterns aimed at achieving the comfort with abstinence necessary to avoid relapse.

12-Step Meetings Attended Each Week

| Jurisdiction | DC | MD | VA | NC |
|--------------|-----|-----|-----|-----|
| AA | 2.3 | 1.9 | 2.8 | 2.7 |
| NA | 2.1 | 2.4 | 2.7 | 3.1 |
| Combined | 4.4 | 4.3 | 5.5 | 5.8 |

Periodic surveys by AA and NA show that the average member of each group attends about two meetings a week. Notice above that every jurisdiction goes to more than twice as many meetings each week. Meeting going becomes almost an every day event.

Drug Addiction

Unlike 1975, when ten of the thirteen residents of the first Oxford House in Silver Spring were alcoholics, today most residents of Oxford Houses are addicted to crack, cocaine, heroin and other drugs in addition to alcohol. Because it is so difficult for newcomers to get into District of Columbia Oxford Houses, the percentage of drug addicts is a little lower than in surrounding jurisdictions.

Percentage of Drug Addicts

| Jurisdiction | DC | MD | VA | NC |
|--------------|-----|-----|-----|-----|
| Percent | 66% | 81% | 70% | 71% |

Recovery Without Relapse

Whether addicted to alcohol and/or drugs or alcohol only, residents of Oxford House achieve long-term comfortable sobriety. The average current sobriety of residents in DC Oxford House is 42.3 months – a little more than three and a half years. This is the biggest difference from the situation facing the men who started the first Oxford House in 1975. They lived in Alpha I, a halfway house in Silver Spring, Maryland. Because the taxpayers financed the halfway house, it was important to turn over the 13 recovery beds on a regular basis. There was a six-month time limit and during one three month period just before Oxford House took over the facility twelve men had been required to leave because their time limit was up. Eleven of the twelve men relapsed within 30 days of leaving Alpha I. This experience helped the original Oxford House residents to make certain that the new Oxford House had no time limit.

The lack of a time limit permits residents to become comfortable enough in sobriety to avoid relapse. Dr. George E. Vaillant, in his book *The Natural History of Alcoholism*, states the obvious goal in the treatment of alcoholism or drug addiction, “The treatment of alcoholism should be directed toward altering an ingrained habit of maladaptive use of alcohol...” He goes on to spell out the four components of treatment that can achieve that goal:

- ◆ Offering the patient a non-chemical substitute dependency for alcohol,
- ◆ Reminding him [or her] that even one drink can lead to pain and relapse,
- ◆ Repairing the social and medical damage that he [or she] has experienced, and
- ◆ Restoring self-esteem.¹

¹ George E. Vaillant, *The Natural History of Alcoholism*, Harvard University Press, Cambridge, 1983, p. 300.

Oxford House provides every one of these components and its open-ended residency policy takes into account that each individual is different. Some quickly become comfortable with a life style centered on avoidance of any alcohol or addictive drug use. Others require more time to overcome the “ingrained habit of maladaptive use of alcohol” and drugs referred to by Dr. Vaillant.

Average Length of Sobriety

| Jurisdiction | DC | MD | VA | NC | SUM |
|---------------|------|------|------|------|-------|
| No. Surveyed | 73 | 133 | 139 | 440 | 785 |
| Mean (Months) | 42.3 | 26.7 | 16.4 | 13.3 | 18.8* |

*Weighted average for the 4 jurisdictions

Ten percent of the residents in DC Oxford Houses have over ten years of sobriety and have resided in an Oxford House for more than ten years. The good news is that they are staying clean and sober and provide a good example and knowledge base for the newcomers in the DC Network of Oxford Houses. The bad news is that the lack of expansion means that fewer newcomers are getting a chance to live in an Oxford House.

Lack of Capacity

When one looks at length of sobriety only 15% of the 133 beds [20] in DC Oxford Houses are filled with persons having less than 8 months sobriety. Half the Oxford House residents in the District [64] have two years clean and sober. On the positive side of the equation, this is a wonderful base from which to expand the number of Oxford Houses. On the negative side of the equation, more than five individuals apply for DC Oxford House admission each week and find only a “no vacancy” sign.

The demand for Oxford House living is measured in the profile by asking residents how important they believe Oxford House living is to their own sobriety. The existing residents believe Oxford House is important to their recovery.

Distribution for IMPORTANCE of OXFORD House

| | Count | Percent |
|------------------------|-------|---------|
| SOMEWHAT | 6 | 8.22 |
| MODERATELY | 5 | 6.85 |
| VERY | 60 | 82.19 |
| INSIGNIFICANT | 1 | 1.37 |
| NOT REALLY SURE | 1 | 1.37 |
| Total | 73 | 100.00 |

They freely share this belief with others in recovery at AA and NA meetings and in counseling sessions.

Moreover, nearly all of the Oxford House residents in the survey [98.6%] would recommend living in an Oxford House to others in recovery.

Distribution for RECOMMEND OXFORD

| | Count | Percent |
|------------------|-----------|---------------|
| YES | 72 | 98.63 |
| UNCERTAIN | 1 | 1.37 |
| Total | 73 | 100.00 |

The theory behind the Oxford House concept is that demand and supply are balanced by simply renting another house when there are more individuals seeking admission than there are beds available. Unfortunately, practice and theory do not automatically mesh. Without the use of trained outreach workers expansion in the number of houses is unlikely. It takes trained outreach workers to provide the technical know-how and self-confidence to rent additional houses to increase the supply of recovery beds.

Good Houses in Good Neighborhoods

There are lots of reasons why Oxford Houses work well but included among those reasons is the fact that houses can be rented in good neighborhoods. This is not an accidental occurrence.

Solving Legal Barriers

Since all of the residents in an Oxford House™ are recovering alcoholics and drug addicts, they fall within the protections afforded by the Federal Fair Housing Act, 42 U.S.C. §3604 (f) (3)(B). Under that law, it is illegal for a local jurisdiction to discriminate against “handicapped” or disabled individuals in the application of laws related to housing.

Neither Oxford House, Inc. nor any individual Oxford House™ owns real estate. Every Oxford House™ is rented from an ordinary landlord at a fair market value rate. For example, Oxford House-Fernway [opposite column] was rented in June 1994 to house eight women as an Oxford House.

In September 2003, the year before Oxford House-Fernway was rented, Oxford House, Inc. along with the U.S. Department of Justice brought an action in Federal District Court against the District of Columbia because it was restricting groups of recovering individuals from renting houses in parts of the District zoned for residential use. In August 1995, a Consent Order was entered in Federal District Court whereby Oxford House, Inc. and the District of Columbia



Oxford House-Fernway

1387 Locust Road, NW
Washington, DC 20012

A recovery home for women established June 1994
Tel.202-829-2643

agreed that up to 15 recovering individuals could rent a single family house within an area zoned for single family residents without violating the zoning laws of the District of Columbia. This “reasonable accommodation” by the District was accepted by the US Justice Department and the Federal District Court. It formalized the practice of Oxford House, Inc. of requiring that good houses be rented in good neighborhoods. From the standpoint of individuals in recovery from alcoholism and drug addiction being able to reside in good neighborhoods is to have the opportunity to become comfortable enough with sobriety to avoid relapse forever. Oxford House™, alone among recovery group homes, has the legal right to rent a good house in a good neighborhood.

Zoning restrictions are not the only barrier to handicapped individuals living together. In *Wai v. Allstate Insurance Co*, 75 F. Supp. 2d 1 (D.D.C. 1999), two landlords who rented their homes to people with disabilities were denied standard landlord insurance in the District of Columbia and were directed to purchase costlier commercial insurance policies. The Court held that although insurance policies are not explicitly mentioned in the text of the FFHA, denial of homeowners’ insurance on the basis of disability violates §3604(f)(1), which declares it unlawful to “discriminate in the sale, or rental, or otherwise make unavailable or deny, a dwelling to any buyer or renter because of handicap.” The court held that denial of insurance coverage would make a dwelling unavailable to the persons with disability and the insurer had to make a reasonable accommodation. Oxford House was a party to the suit. The *Wai Case* and numerous other disputes with casualty insurance companies settled the fact that they are subject to the nondiscrimination provisions of both FFHA and ADA.

Lack of Necessary Growth

The lack of more growth in the number of Oxford Houses in the District of Columbia arises from the failure to utilize paid outreach workers to help recovering individuals rent suitable houses and establish Oxford Houses. Consequently, applicants to the existing 14 Oxford Houses in the District of Columbia are turned away every day because all the beds are full. The limited growth of Oxford Houses in DC is ironic because the original houses in DC are the foundation for the entire network of 1100 houses throughout the country.



Oxford House-Delafield

1319 Delafield Place, NW
Washington, DC 20011

A recovery home for men established July 1988
Men – Tel. 202-723-3726

Proposal

Since Oxford House began expansion in 1988, when there were only a total thirteen Oxford Houses – five of which were and are still in the District of Columbia – it has become clear that expansion requires the use of trained outreach workers. This lesson has been learned from experience gained by helping to implement the provision of the Anti-Drug Abuse Act of 1988 [§2036 of PL 100-690] that was based upon the success of Oxford House in DC and Montgomery County, Maryland from 1975 through 1987.

A proposal similar to other jurisdiction – totaling \$195,769 for twelve months – would permit Oxford

| District of Columbia 2004 Proposal | | | |
|--|----------|---------|-----------|
| | Base | Fringes | Total |
| Personnel | | | |
| Outreach #1 (OHI) | \$36,000 | \$9,000 | \$45,000 |
| Outreach #2 (OHI) | \$28,000 | \$7,000 | \$35,000 |
| Direct Supervision (OHI) | \$9,000 | \$2,250 | \$11,250 |
| New House Trainers [2 FTE] | \$12,000 | \$0 | \$12,000 |
| Total Personnel | | | \$103,250 |
| Expenses | | | |
| Travel OHI ground | \$12,000 | | \$12,000 |
| Training | \$9,000 | | \$9,000 |
| Telephone (OHI) | \$4,800 | | \$4,800 |
| Legal/Audit | \$7,500 | | \$7,500 |
| Per Diem | \$1,650 | | \$1,650 |
| WEB Page Development | \$3,000 | | \$3,000 |
| Printing, Postage etc | \$3,500 | | \$3,500 |
| | | | \$41,450 |
| Revolving Loan Fund | \$12,000 | | \$12,000 |
| Other Direct & G&A expenses | | | \$39,069 |
| TOTAL | | | \$195,769 |

House, Inc. to hire two full-time outreach workers and two part-time workers to enable the establishment of ten new Oxford Houses during the first year of implementation in the District of Columbia. The tasks the outreach worker performs are listed below.

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

Cost advantages to the District of Columbia exist because of the proximity of Oxford House World Services in Silver Spring. Supervision and training is “right next door.” In addition, the large network of nearly 100 Oxford Houses in Virginia and Maryland stand ready to help the DC Network of Oxford Houses to grow. There are 64 Oxford Houses in Virginia and 34 in Maryland.

Oxford House™

1975-2004

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

- ◆ 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

Oxford House World Services

1010 Wayne Avenue, Suite 400
Silver Spring, Maryland 20910

Telephone 301-587-2916

Facsimile 301-589-0302

E-Mail Info@oxfordhouse.org

Web Site: www.oxfordhouse.org