

# Oxford Houses in Hawaii



This report contains a profile of the growing network of Oxford Houses in Hawaii using survey data from the fall of 2018. Since the first Oxford House opened in the state in 1989, over 12,000 recovering individuals have helped themselves stay clean and sober without relapse by living in the network of Oxford Houses in Hawaii. Since 1989, the state has funded a start-up revolving loan fund and the provision of technical development support by Oxford House, Inc. More recently, the state has increased the development support.



The picture at the left shows Hawaii Oxford House – Paloma, which has room for ten residents and has been in continued operation since February 1, 1995. Since it began, Oxford House–Paloma has served 504 recovering individuals and only 92 of them have been expelled because of relapse.

Oxford House – Paloma is located at 425 Maluniu Avenue, Kailua, HI 96734. It is but one of 30 Oxford Houses in the state – 26 for men and 4 for women or women with children.

This report provides a review of the Hawaii Oxford Houses and their residents.

## About Oxford House, Inc.

Oxford House, Inc. [OHI] is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 2,500 individual Oxford Houses. Its central office is at 1010 Wayne Avenue, Suite 300, Silver Spring, Maryland 20910.

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

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

Oxford Houses work because they: (1) have no time limit for how long a resident can live in an Oxford House; (2) follow a democratic system of operation; (3) utilize self-support to pay all the household expenses; and (4) adhere to the absolute requirement that any resident who returns to using alcohol or drugs must be immediately expelled. Oxford House provides the missing elements needed by most alcoholics and drug addicts to develop behavior to assure total long-term recovery. It provides the time, peer support and structured living environment necessary for long-term behavior change to take hold.

Individuals living in an Oxford House learn or relearn values and responsible behavior and, slowly but surely, they develop long-term behavior to assure comfortable sobriety without relapse forever. Some individuals live in Oxford Houses a few months; others for many years. By using participatory democracy and self-support, alcoholics, drug addicts and those with co-occurring mental illness develop long-term recovery. With long-term recovery, each becomes a productive citizen and stays out of trouble.

After 44 years of steady growth and successful recovery outcomes, Oxford House™ has been proven to work and is a very cost-effective way to support long-term recovery without relapse. There are 30 Oxford Houses [262 beds] in Hawaii and more than 2,600 Oxford Houses nationwide.

Oxford House has been listed as a best practice on the National Registry of Evidence-based Programs and Practices. [NREPP] and was singled out as an effective tool for long-term recovery without relapse in the 2016 U.S. Surgeon General's report: "Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health."

This 2019 evaluation of the Hawaii network of Oxford Houses provides a snapshot of the Oxford Houses in the state. Overall, the network of Oxford Houses in Hawaii is working very well.

Silver Spring, Maryland  
May 18, 2019

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## INTRODUCTION

Oxford Houses are well established in Hawaii and working well. The Hawaii Network of Oxford Houses has now grown from a handful of Oxford Houses into a strong statewide network of houses. It can be expected to continue and grow. The state has provided funding to increase the number of outreach workers. With added outreach workers and with the coordinated support with state behavioral health groups, the rate of expansion in the Hawaii network of Oxford Houses should substantially increase.

This report focuses primarily on the results of a survey of Oxford House residents that was conducted at the end of 2018. Additional data for the report comes from monthly outreach worker reports. To provide context for the reader, this report begins with a brief overview of the Oxford House system of operations used by each Oxford House.



This is the first profile report of Oxford Houses in Hawaii prepared by Oxford House, Inc. [OHI] since 2005. Other state network reports in this profile series have been published since 1990 and most – including the 2005 Hawaii Report – are available on the Oxford House website: [www.oxfordhouse.org](http://www.oxfordhouse.org) under “Publications/Evaluations/State.”

## BACKGROUND ON THE OXFORD HOUSE SYSTEM OF OPERATIONS

Oxford House is a concept and system of operation for recovering alcoholics, drug addicts and those with co-occurring mental illness to live together in an environment supportive of long-term recovery. Started in 1975, Oxford Houses have provided safe places for recovering individuals to become comfortable enough in sobriety to avoid relapse. Since it began, more than 500,000 individuals seeking recovery have lived in an Oxford House. Most have stayed clean and sober without relapse.

Oxford House has long encouraged researchers to study Oxford House and more than 180 academic research articles about Oxford House have been published in peer-reviewed journals. While the anonymity espoused by the 12-step programs originally discouraged recovery research, Oxford House welcomed research and the first independent survey of Oxford House residents was done in 1987. The results showed the value of the program and formed the basis for Congressional support for the Oxford House model. A list of many of the research reports is available at the Oxford House website: [www.oxfordhouse.org](http://www.oxfordhouse.org) at “About Us/Resources.”

Oxford Houses provide recovering individuals with the disciplined, supportive living environment that they need to learn behavior changes to develop sobriety comfortable enough to avoid relapse. Oxford House, Inc. (OHI) provides charters to groups of recovering individuals who wish to start an Oxford House. There are no time limits on Oxford House residency so long as a resident abides by the charter conditions.

## The Oxford House Charter

Each individual Oxford House is chartered by Oxford House, Inc. [OHI]. The chartering procedure is a two-step process: (1) the issuance of a temporary charter, and [2] once the requirements of the temporary charter are met, the issuance of a permanent charter. This process becomes the foundation for the continuing operation of each Oxford House.<sup>1</sup> The charter has three conditions that the group must meet in order to call itself an Oxford House™:

- The group must be democratically self-run,
- The group must be financially self-supporting, and
- The group must immediately expel any resident who returns to using alcohol or drugs.

These three basic requirements: democracy, self-support and absolute sobriety, along with open-ended residency lie at the heart of what makes an Oxford House work. The system is spelled out in more detail in the Oxford House Manual<sup>©</sup>. A copy of the House manual is available on the website at [www.oxfordhouse.org](http://www.oxfordhouse.org).

### *Democracy*

The requirement that the group be democratically self-run has both a practical and therapeutic value. The residents in an Oxford House save money by managing their houses themselves rather than paying employees to “look after them.” That is the practical aspect. But, more importantly,



in managing the operations of their house, the residents gain self-esteem and the civic virtues of tolerance, responsibility and accountability. Each House elects five house officers with terms limited to no more than six months at a time. Each resident has an equal voice in all House operations. Weekly business meetings are held and regular or special meetings may also take up the acceptance of new residents and the expulsion of any resident who relapses. The fact that residents must apply for residency in an Oxford House and be voted in by the existing members is important; it is a mark of acceptance – like getting voted into a

fraternity or country club. Residents become involved in the running of the House, take leadership positions and begin to find that recovery is habit-forming. In the picture above, women in a Colorado Oxford House are shown at a recent House meeting.

### *Self-Support*

The requirement of self-support also has both practical and therapeutic value. The Hawaii Oxford House residents pay an average of \$132 a week into their group household account as their equal share of household expenses. The range of weekly equal household share of expenses is from \$95 to \$145. More importantly, when the residents of an individual house pay their monthly bills, each resident in the group gains the satisfaction of having behaved

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<sup>1</sup> 5 of the 30 Oxford Houses in Hawaii have achieved permanent charter status. The remainder is in the process of qualifying.

responsibly. This is new behavior for the recovering addict and a confidence builder that is integral to the mastery of comfortable sobriety. The self-run feature keeps costs low and avoids the need to impose residency time limits. This is particularly important since individuals differ in the amount of time they need to achieve lasting, long-term recovery.

### *Absolute Sobriety*

The charter requirement that any resident who relapses must be immediately expelled underscores that the primary purpose of the house is to gain sobriety without relapse. A zero-tolerance policy tends to keep most residents abstinent since they don't want to face expulsion. Over time, this translates into long-term recovery without relapse. Also, voting new residents into the house is sobriety-enhancing. The older house members want to set a good example for the new residents and, in doing so, reinforce their own sobriety.



### **Oxford House - Pualu**

45-328 Pualu Street  
Kaneohe, HI 96744

10 W • Established January 5, 2017

### *Open-Ended Residency*

The individual Oxford House becomes a safe haven for continuous sobriety. Because there is no time limit on how long a resident can live in an Oxford House, each individual can stay as long as it takes to become comfortable with sobriety without relapse. Experience has shown that sobriety – like addiction – is habit forming. While the average time of living in a Hawaii Oxford House was 8.4 months, the mean was 4 months. One resident has lived in a Hawaii Oxford House for 96 months [8 years]. Because every individual in recovery becomes comfortable in recovery at a different pace, this range for length of residency is not surprising. Fortunately, the Oxford House concept of groups renting – rather than owning – property permits easy expansion that enables open-ended residency and avoids arbitrary residency time limits.

### *Fun and Socialization*

Oxford House residents know that it would be hard to stay clean and sober without fellowship and fun. Oxford Houses provide these elements through workshops, training sessions, barbecues, bowling leagues and participation in picnics. Oxford House residents work together and have fun together. Annually, a group of Oxford House residents and alumni from Hawaii participate in the annual Oxford House World Convention. Above is a picture of



Hawaii Oxford House residents and alumni at the 2018 convention in Kansas City and many from the state plan to attend the 2019 convention in Washington, D.C. over Labor Day weekend.

## 2018 Oxford House Profile Hawaii Oxford House Resident Survey Results

| The resident profile was derived from confidential responses to surveys taken in the October/November 2018<br>171 of the 210 residents then living in Hawaii Oxford Houses participated for a response rate of 82% |                                      |  |                                       |
|--|--------------------------------------|--|---------------------------------------|
| Total Number of Oxford House residents who responded:  | <b>171</b>                           | <b>Average Age:</b>  | <b>45.5 Years</b>                     |
| Male   | <b>141</b>                           | <b>Median Age</b>  | <b>45.7 Years</b>                     |
| Female   | <b>24</b>                            | <b>Youngest</b>  | <b>19 Years</b>                       |
|  |                                      | <b>Oldest</b>  | <b>81 Years</b>                       |
| Number of Men's Houses:<br>[November 1, 2018]  | <b>26</b>                            | Number of Male Residents:  | <b>226</b>                            |
| Number of Women's Houses:<br>[November 1, 2018]  | <b>4</b>                             | Number of Female Residents:  | <b>36</b>                             |
| Total Houses<br>[April 1, 2019]  | <b>30</b>                            | Total Beds   | <b>262</b>                            |
| Cost Per Person Per Week for Rent [range \$95 to \$169]  | <b>\$132</b>                         | Rent Per Group Per Month [average]: [range \$1,500-\$5,370)        | <b>\$2,841</b>                        |
| Percent Military Veterans  | <b>14.0%</b>                         | Average Years of Education   | <b>11.8 years</b>                     |
| Residents Working 8/15/2018  | <b>69.9%</b>                         | Average Monthly Earnings:  | <b>\$1,598</b>                        |
| Percent Addicted To Drugs or Alcohol & Drugs:  | <b>55.3%</b>                         | Percent Addicted to Alcohol only:                                  | <b>44.7%</b>                          |
| Race –   |                                      | Marital Status –   |                                       |
| Pacific Islander   | <b>34%</b>                           | Never Married  | <b>55%</b>                            |
| White  | <b>30%</b>                           | Separated  | <b>6%</b>                             |
| Hispanic   | <b>6%</b>                            | Divorced   | <b>29%</b>                            |
| Black  | <b>7%</b>                            | Married  | <b>6%</b>                             |
| Nat American   | <b>2%</b>                            | Widowed  | <b>4%</b>                             |
| Asian  | <b>17%</b>                           |  |                                       |
| Other  | <b>4%</b>                            |  |                                       |
| Prior Homelessness:  | <b>67%</b>                           | Average Time Homeless:   | <b>10.9 Months</b>                    |
| Prior Jail:  | <b>81%</b>                           | Average Jail Time:   | <b>12.5 Months</b><br>[Median 2 Mos.] |
| Average AA or NA Meetings Attended Per Week:   | <b>5.3</b>                           | Percent Going To weekly Counseling <i>in addition to</i> AA or NA: | <b>59%</b>                            |
| Average Length of Sobriety of House Residents:   | <b>7.6 Months</b><br>[Median 9 Mos.] | Residents Expelled Per Month Because of Relapse:                   | <b>5.7%</b>                           |
| Average Length of Stay in an Oxford House:   | <b>8.4 Months</b>                    | Average Number of Applicants for Each Vacant Bed:                  | <b>+4.0</b>                           |
| The number of Oxford Houses in Hawaii increased from 25 houses in December 2017 to a total of 30 houses as of April 1, 2019.   |                                      |  |                                       |

## HAWAII OXFORD HOUSE RESIDENT PROFILE

### Number of Oxford Houses in Hawaii

The first Oxford House in Hawaii opened in 1990 and expansion has continued on a slow but steady basis. State funds have supported paid outreach workers in the state and the maintenance of a start-up revolving loan fund for new houses. This began a process that has produced a strong network of self-run, self-supported Oxford Houses throughout the state.

The table below shows the increase in the number of Oxford Houses operating in the state over the past few years.<sup>2</sup>

Table 1  
Recent Oxford House Growth in Hawaii

| Year                       | 2018 | 2019 |
|----------------------------|------|------|
| <b>Total Oxford Houses</b> | 25   | 30   |
| <b>Recovery Beds</b>       | 182  | 226  |

There are now 30 Oxford Houses in the state – 4 for women and 26 for men. Together, the houses provide 262 recovery beds – 36 for women and 226 for men.

### Age, Race and Marital Status

Table 2  
Average Age of Residents

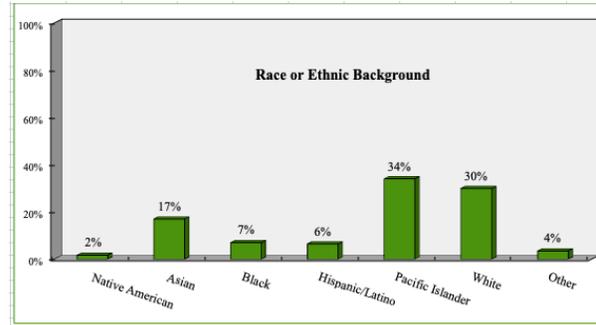
| Gender        | Mean Age 2018 | Number |
|---------------|---------------|--------|
| <b>Male</b>   | 45.9          | 137    |
| <b>Female</b> | 39.5          | 34     |
| <b>Both</b>   | 45.5          | 171    |

The age of those residing in the Hawaii Houses averaged 45.5 years (median 45.7 years). Male respondents were a little more than 6.4 years older on average than the women in the survey. The youngest resident is 18 and the oldest is 81 – both are males.

<sup>2</sup> The 2019 figures are as of the end of first quarter of 2019. The other figures are as of the end of the year noted.

The Hawaii network of Oxford Houses has an ethnic and racial diversity close to the overall diversity of the state. The following chart illustrates the diversity of the Oxford House residents.

Graph 1



Not only are the residents in Hawaii Oxford Houses from diverse backgrounds but that diversity closely mirrors the diversity of the overall state population.

Table 3  
Racial Diversity

[Comparison of HI 2010 Census Data Adjusted through 2018 and OH Survey Population]

| Race                    | 2018 US Census [Estimate] | HI Oxford Houses 2018 [self reported] |
|-------------------------|---------------------------|---------------------------------------|
| <b>White [alone]</b>    | 25.7%                     | 30%                                   |
| <b>Black</b>            | 2.2%                      | 7%                                    |
| <b>Native American</b>  | .4%                       | 2%                                    |
| <b>Asian</b>            | 37.8%                     | 17%                                   |
| <b>Hispanic</b>         | 10.5%                     | 6%                                    |
| <b>Pacific Islander</b> | 10.2%                     | 34%                                   |
| <b>Other</b>            | 13.2%                     | 4%                                    |

The racial composition of Oxford House residents in Hawaii is not statistically different from the diversity of population within the state in general even though it does have a slightly higher percentage of White alone, Black and Pacific Islander. The only ‘under-represented’ is the lower percentage of Asians than the percentage of Asians shown in the Census data for the state. This outcome may or may not reflect the diversity of those in primary treatment within the state. The TEDS [SAMHA’s Treatment Episode Data Set for CY 2015] shows 69% for a combined

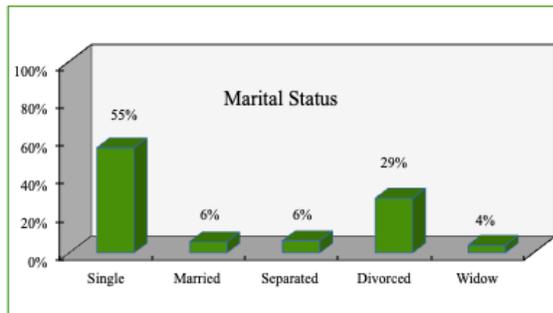
‘Asian/Pacific Islander’ category but it does not differentiate between the two categories.

Table 4  
**Marital Status**

| Marital State | Percent |
|---------------|---------|
| Never Married | 55%     |
| Married       | 6%      |
| Separated     | 6%      |
| Divorced      | 29%     |
| Widowed       | 4%      |

Most of residents had never married [55%]. If they had married, they were currently either separated [6%] or divorced [29%]. Only 6% are still married, which is twice the national average in Oxford Houses. This status is typical for alcoholics and drug addicts in recovery. Addiction causes havoc on relationships and Oxford House profile data in all states break down into similar categories.

Graph 2



### Treatment Episodes

Most of the residents have cycled in and out of treatment. About 60% of the Hawaii respondents had been through residential treatment three or more times. More than a quarter of the residents had been through residential treatment four times or more. More than 10% had been through treatment eight times or more. The typical treatment outcome is relapse – except for most of those who get into an Oxford House. These data are similar to those found in other state resident surveys.

The long repeated “truism” that relapse is part of the disease of alcoholism and drug addiction too often becomes a self-fulfilling prophecy. In Oxford House the zero tolerance principle serves as a deterrent to relapse and over time a resident become comfortable enough in sobriety to avoid relapse.

Table 5 compares treatment frequency among residents in Hawaii and four other states.

Table 5  
**Percent of Prior Treatment Tries**

| No. of Sobriety Tries in Residential Treatment | HI  | CO  | TX  | NC  | WA  |
|--|-----|-----|-----|-----|-----|
| One time                                       | 14% | 13% | 24% | 18% | 22% |
| Twice  | 26% | 17% | 19% | 20% | 23% |
| Three to Five                                  | 38% | 43% | 32% | 44% | 33% |
| Six to Ten                                     | 16% | 23% | 14% | 11% | 13% |
| More than Ten                                  | 6%  | 5%  | 12% | 6%  | 8%  |

Most Oxford House residents have been through residential treatment more than once. This is not surprising given what is known about alcoholism and drug addiction. Ludwig found that only one in ten of treated individuals are clean<sup>3</sup> and sober eighteen months after treatment, and Vaillant found that over a lifetime only 20% of alcoholics achieve sobriety without relapse.<sup>4</sup> The general outcome of treatment for drug addiction is equally dismal. A study of treatment outcome for cocaine addiction found 13% stayed clean without relapse. [RAND 1995]

The cycling of individuals in and out of treatment has always been a problem. Prior to 1960, a majority of the recycling involved institutionalization in asylums. Today, jail or prison often serves the same purpose.

National data compiled by the federal

<sup>3</sup> Arnold Ludwig, MD *Understanding the Alcoholic's Mind*, Oxford University Press, New York, 1988.

<sup>4</sup> George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, Massachusetts, 1995.

government of those in formal treatment in any given year show that fewer than 40% of those in treatment are there for the first time. To better understand the value of Oxford House living, it is worth considering the basics of treatment of alcoholics and drug addicts.

Vernon E. Johnson described the standard four phases of treatment for alcoholism and drug addiction four decades ago:

- ◆ Intervention
- ◆ Detoxification
- ◆ Education, and
- ◆ Long-term behavior change to assure sobriety without relapse.<sup>5</sup>

Long-term behavior change is the most difficult to achieve because behavior change – always difficult – becomes nearly impossible if the individual returns to a living environment identical or similar to where he or she was living as an active alcoholic or drug addict.<sup>6</sup> Intervention, detoxification and education alone can seldom produce recovery without relapse. Long-term behavior change requires the availability of a reasonable opportunity to become comfortable with abstinent behavior. It takes time, motivation and a supportive peer living environment to develop sobriety comfortable enough to avoid relapse. Oxford Houses provide this opportunity because of their low cost and lack of time limits.

### Expulsion Rates and Length of Stay

Two findings from the Hawaii Oxford House survey and outreach worker reports – expulsion rate and length of stay – show that Oxford Houses are providing the time, motivation and supportive peer environment

<sup>5</sup> Vernon E. Johnson, *I'll Quit Tomorrow* (Harper and Row, San Francisco, 3rd edition, 1980) [1st published in 1967.]

<sup>6</sup> R.J. Goldsmith, *The Essential Features of Alcohol and Drug Treatment*, *Psychiatric Annals*, 22, pp. 419-424, 1992.

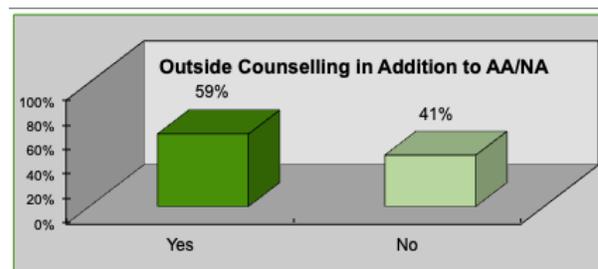
for residents to develop sobriety without relapse. The Oxford House charter requires the immediate expulsion of any resident who resumes using alcohol or drugs. The monthly relapse expulsion rate in Hawaii Houses is 5.7%. The Hawaii survey respondents reported a significant amount of sobriety – an average of 13.4 months.<sup>7</sup> About half of the residents have been in an Oxford House about six months with the other half having lived in a house more than six months with a median of 9 months. Length of sobriety is longer than residency because some sobriety is gained before Oxford House admission – through formal treatment and particularly through incarceration.

### 12-Step Meeting Attendance

In Hawaii, Oxford House residents go to an average of 5.3 formal AA/NA meetings each week with only three individuals in the survey [2%] not going to such meetings. All the meetings are normal 12-step meeting held in the community – meetings are not held in Oxford Houses. This expands socialization beyond the individual living situation.

### Outside Counseling

Graph 3



Counseling is used by 59% of the respondents at least once a week in addition to AA/NA meeting attendance and on average Hawaii Oxford House residents attend 5.3 12-Step meetings a week. This is slightly more meeting per week than the national average

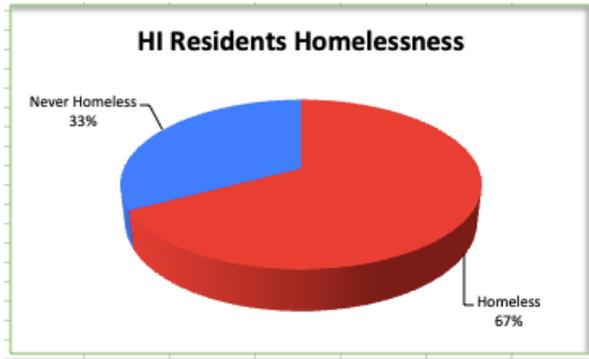
<sup>7</sup> Often sobriety began in jail or a halfway house.

Oxford House residents [4.6] but much more than the usual 12-Step participant [2].

### Homelessness

A majority of the Hawaii survey respondents indicated that they had been homeless.

Graph 4  
Homelessness



Prior homelessness has been experienced by 67% of the Hawaii Oxford House residents. On average they have been homeless an average of 2.1 times and the average total length of homelessness has been 10.9 months. There is also overlap between those who had been homeless and those who had served jail time. About half of those who had jail time had also been homeless at some point during their addiction but significantly more individuals have experienced jail time.

### Jail Time

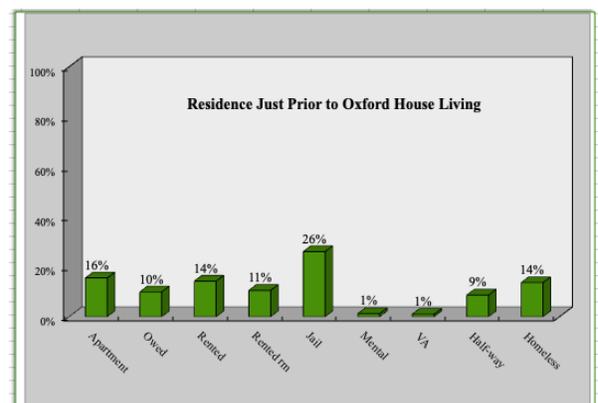
Almost every Hawaii Oxford House resident [78%] had some jail time prior Oxford House living. Put another way, all but 22 percent of the Hawaii Oxford House residents had served some jail time prior to acceptance into an Oxford House. The average number of arrests leading to jail time is 4.6 and the average length of jail time was a little over a year [372 days]. The range of jail time goes from a few days to 12 years. About 10% of residents came into an Oxford House directly from jail or prison.

Oxford House opens access to an alternative to relapse by providing the peer support, alcohol and drug-free living environment, disciplined democratic governance and open-ended residency. Everyone takes different lengths of time to master behavior change and in Oxford House a resident who stays clean and sober and pays an equal share of household expenses can stay as long as it takes to master sobriety. This change in living environment is particularly important for those leaving incarceration.

### Last Prior Residence

As shown in Graph 4 below, about 26% of residents came to Oxford House immediately following jail. Another 34% came directly from homelessness, a rented room, a halfway house or a mental hospital. The likelihood that those individuals would have been able to develop sobriety comfortable enough to avoid relapse without living in an Oxford House is remote. All of those categories reflect a non-stable living environment unlikely to provide the time, peer support or structure needed for long-term behavior change. On the other hand, more than 80% of those individuals who do live in an Oxford House will be able to develop sobriety comfortable enough to avoid relapse. Oxford House living significantly increases the odds of successful long-term recovery.

Graph 5  
Immediate Prior Residence of HI Residents



## Military Service

Nationally, about 18% of the Oxford House residents are military veterans even though existing Oxford Houses have limited outreach to VA hospitals and other places where vets are likely to congregate. The percentage of veterans in the Hawaii Oxford Houses is a little less – 14% – probably less than it should be. As the Hawaii Oxford House development program expands, greater efforts should be made to let VA hospitals and treatment facilities know about the value of Oxford House living.

Veterans do well in the Oxford House environment. In 2011, DePaul University and the DePaul Community Research Center examined a subset of veterans living in Oxford Houses throughout the country. They found:

Abstinence rates for the veteran subsample were high. Additionally, results suggested that participants experienced a reduction in anxiety and depression over time.<sup>8</sup>

The common bond of past addiction and hoped-for recovery provides common ground for development of sobriety comfortable enough to avoid relapse. The degree of comfort includes development of habits that may require regular use of medication for psychiatric disorders [co-occurring mental illness] and behavior patterns that reduce periodic flashbacks associated with PTSD. In effect, the housemates of the veteran with co-occurring mental illness are able to provide the tolerance and peer support for comfortable sobriety that also reduces the stress in living with PTSD that can often exacerbate the problem. Slowly but surely, the individual

<sup>8</sup> James R. Millar, Darrin M. Aase, and Leonard A. Jason, DePaul University Center for Community Research, Joseph R. Ferrari, DePaul University, Department of Psychology, VETERANS RESIDING IN SELF-GOVERNED RECOVERY HOMES FOR SUBSTANCE ABUSE: SOCIODEMOGRAPHIC AND PSYCHIATRIC CHARACTERISTICS, *Psychiatric Rehabilitation Journal* 2011, Volume 35, No. 2, 141–144.

with a co-occurring mental illness is able to develop behavior that minimizes the symptoms that can lead to dysfunction. The diversity of the Oxford House population and the disciplined democratic self-rule and self-support of an Oxford House provides a smooth transition for integration into society at large.

This ease of transition works for both those afflicted solely with addiction or with addiction plus an underlying psychiatric disorder including many forms of PTSD.

Oxford House would welcome the support of the VA. Oxford Houses have been shown to be very valuable to veterans in recovery.

## Education

As with every other characteristic, the egalitarian nature of alcoholism and drug addiction cuts across the least and most education individuals in society. The educational level reached among Hawaii Oxford House residents ranges from 3 years to 20 years. Average level of educational is 11.8 years with a median level of 12 years.



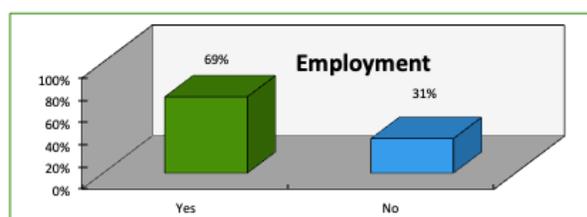
Residents at a Oxford House – Puali House Meeting

There is no relationship between educational level and the mastery of sobriety. Sobriety comfortable enough to avoid relapse is related

to length of sobriety and the building of habits that focus on the value of not using any alcohol or other addictive drugs. The foundation for good habit-building is not using alcohol or other addictive drugs a day at a time. The days accumulate and, with the passage of time, habits are formed to develop sobriety that is comfortable enough to avoid relapse.

### Employment

Graph 6



Most individuals living in an Oxford House get a job so that they can pay their equal share of household expenses [Averaging about \$130 a week]. Of those who participated in the survey, 69.9% of the residents had employment, with the remainder [29.1%] between jobs, looking for work or receiving retirement or unemployment benefits.

The average monthly income of Hawaii Oxford House residents is \$1,598. The range of incomes is from a few hundred to \$5,000 a month. Compared to the 2005 Hawaii profile of Oxford House residents, the inflation-adjusted resident monthly income would have been \$1,328. In other words, Oxford House resident income in Hawaii has exceeded inflation by \$270 a month compared to 14 years ago.

When considering monthly income, keep in mind that the average weekly equal share of household expenses per resident today is \$132 a week, up only \$40 nominally more than it was in 2005<sup>9</sup>. The equal share of household

<sup>9</sup> The consumer price index [inflation] between 2005 and 2019 would have increased the weekly equal share of

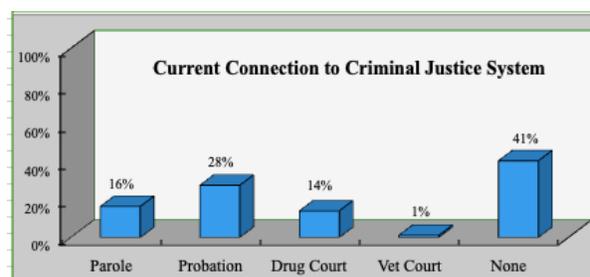
expenses covers all the living costs for the resident except food, which is provided by each resident.

### Connection With Criminal Justice System

It is the nature of addiction to alcohol and illicit drugs that many afflicted individuals become connected to the criminal justice system. For example, among the Hawaii Oxford House residents, 26% came into an Oxford House directly from jail or prison. About 80% had, at sometime during their active addiction, spent time in the correctional system.

About 15% of the residents are referred to the Hawaii network of Oxford Houses by a court. Such referrals depend upon the individual being accepted into a particular house by the residents of that house.<sup>10</sup> In Hawaii Oxford Houses, a number of residents are carrying out both the duties of being an Oxford House resident and the duties required by the criminal justice system. Some are still in drug or veterans court programs. Some are on parole or probation.

Graph 7



expenses to \$113 or in adjusted dollars only \$19 a week more. On the other hand, the monthly average income increased to \$1,598 or \$270 a month more than Hawaii Oxford House residents received in 2005.

<sup>10</sup> All Oxford Houses are autonomous and self-run and self-supported. A court referral places the responsibility upon the applicant to apply but the residents of the house have absolute discretion whether or not to accept the applicant. It requires an 80% affirmative vote to be admitted to an Oxford House. Sometimes an applicant will have to apply to a number of Oxford Houses in an area in order to satisfy the court's request that he or she move into an Oxford House.

When a resident in an Oxford House moves in because a judge has request he or she do so, it is the individual’s responsibility to comply with the behavior required by the court. The other residents of an Oxford House have no obligation to assure that the incoming resident meets any requirements apart from Oxford House requirements. In other words, residents having obligations to the court have personal responsibility to meet those obligations.

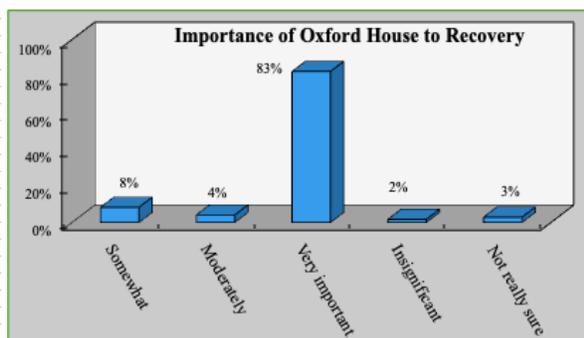
### How Residents View Oxford House

The test of Oxford House viability comes from looking at the continuation and growth of the network of Oxford Houses in any area. The fact that the number of Oxford Houses in Hawaii continues to expand is one piece of evidence that they are effectively serving individuals in recovery from alcoholism, drug addiction and co-occurring mental illness.

Another piece of evidence comes from asking residents two relevent questions: [1] How important is Oxford House living to your sobriety and [2] would you recommend Oxford House living to someone else.

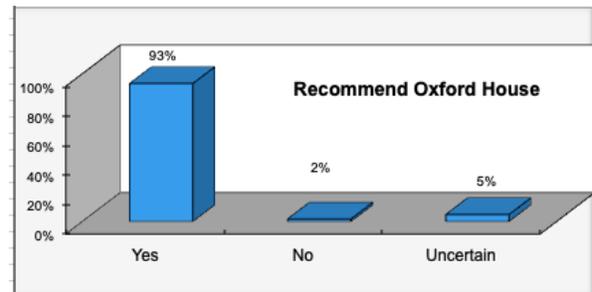
The scale used ranged from ‘moderate’ to ‘insignificant’ with ‘not quite sure’ and ‘very’ included in the middle of the list. The vast majority [86.9%] found Oxford House living ‘very important’ to their sobriety. The remaining found Oxford House living ‘somewhat’ important to their recovery.

Graph 8



Another indicator of how well a network of Oxford Houses is doing relates to whether or not the residents would recommend living in an Oxford House to a friend.

Graph 9



The vast majority of Hawaii Oxford House residents would recommend living in an Oxford House to a friend [93%]. While 2% would not another 5% were unsure. This endorsement from those already living in an Oxford House underscores the fact that most found Oxford House living very important to their recovery. Interestingly, the three individuals who did not recommend living in an Oxford House had all been residents for less than a month. Only one of the eight individuals who were ‘uncertain’ had lived in an Oxford House for more than one month.

Since there is no arbitrary time limit with respect to how long an individual can live in an Oxford House, perhaps the best indicator of approval comes from the average length of residency. As noted earlier, one resident had lived in an Oxford House eight years. A number of other residents had lived years rather than months in an Oxford House. While the average length of stay is 8.4 months, the mean length of stay was only 4 months which indicates about half of the residents are relatively ‘new’ residents.

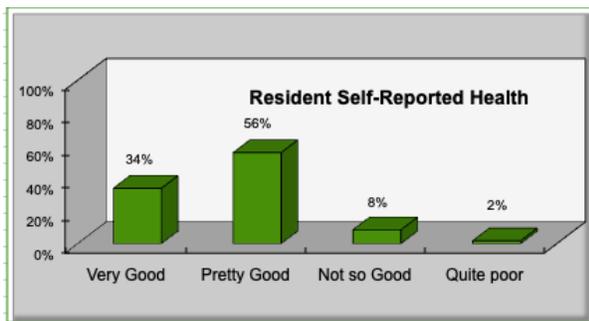
### Overall Resident Health

Each Oxford House in effect forms a family-like living environment where residents work together to become comfortable enough in

recovery to avoid relapse. Oxford House is not a medical or health care facility. However, survey participants were asked to evaluate their own level of health. The self-reported health of the respondents showed that 90% reported their health to be pretty good [56%] or very good [34%]. Only 8% [N.14] reported that their health was “not so good” and 2% [N.3] “quite poor”. All 17 were older individuals.

Graph 10

**Health Status**



**Where Residents Obtained Primary Treatment**

Hawaii Oxford House residents came to Oxford House from a wide variety of rehabilitation or treatment centers. See the list at the right along with the number of Oxford House residents who came from each program.

The residents in Hawaii Oxford Houses all fill out a standard application are interviewed and approved by the membership of the particular Oxford House. The table at the right shows the primary treatment places the residents attended before moving to an Oxford House. Some such as drug court referrals were in treatment at the time of admission. Others may have used only 12-step programs to get on the road to recovery. As indicated in the table some facilities are more prevalent than others.

The Hawaii network of Oxford Houses represents a good, low-cost way to assure that all in treatment can gain the peer support and

the time needed to master recovery without relapse.

| <i>Rehab Facility</i>           | <i>No.</i> |
|---------------------------------|------------|
| ACR Salvation Army              | 8          |
| ATF Salvation Army              | 13         |
| BISAC                           | 1          |
| Bridge/Laumaka                  | 1          |
| Care HI                         | 3          |
| CBIT                            | 1          |
| CCA Prison AZ                   | 1          |
| Drug Court                      | 10         |
| Glendale Adventist-CA           | 1          |
| Habilitat, Inc                  | 1          |
| Halawa Prison                   | 4          |
| Hale Imua Program               | 1          |
| HCI                             | 1          |
| Hina Mauka                      | 33         |
| Ho'omau ke Ola                  | 1          |
| Kashbox                         | 4          |
| LWFC-BRIDGE                     | 1          |
| Malama                          | 1          |
| MCC M20                         | 1          |
| Minnesota The Retreat           | 1          |
| New Leaf Recovery Cookville, TN | 1          |
| Po'ailani                       | 17         |
| Pocono Mountain Recovery Center | 1          |
| R-DAP in Prison                 | 2          |
| Queen's Out Patient             | 3          |
| Sand Island                     | 18         |
| Sheridan Federal Prison RDAP    | 1          |
| Treehouse                       | 1          |
| VA Spark Matsunaga              | 2          |
| Women in Need                   | 1          |

2019 Oxford House World Convention  
August 20 through September 1, 2019

Washington, DC Renasiance Hotel

# Oxford Houses of Hawaii Directory

## Alea

### Waimalu

98-087 Lii Ipo St. Apt 401B  
Aiea, HI 96701-5244  
808-957-0324  
7 / M  
*Oxford House since 10/1/2003*

## Ewa Beach

### Makalea

91-616 Makalea St #68  
Ewa Beach, HI 96706-5944  
808-957-0324  
8 / W  
*Oxford House since 4/15/2012*

## Honolulu

### Akone

1802 Akone Place  
Honolulu, HI 96819-2803  
808-762-7544  
10 / M  
*Oxford House since 10/5/2011*

### Hau Street

1814 Hau Street #101  
Honolulu, HI 96819-3253  
808-691-0777  
10 / M  
*Oxford House since 6/29/2011*

### Ho'ohau'oli

1625 Kam IV Road  
Honolulu, HI 96819-2680  
808-957-0324  
7 / M  
*Oxford House since 5/5/2010*

### Honolulu

1091 S. Beretania Street #B  
Honolulu, HI 96814  
808-688-6868  
10 / M  
*Oxford House since 6/1/2018*

### Kalani

1734 Kalani Street  
Honolulu, HI 96819  
808-686-6868  
8 / M  
*Oxford House since 11/15/2014*

### Kalihi

1021 Gulick Ave  
Honolulu, HI 96819  
808-366-8723  
8 / W  
*Oxford House since 1/16/2018*

### Kalihi Valley

1624 Violet Street Unit A  
Honolulu, HI 96819-3870  
808-842-1817  
10 / M  
*Oxford House since 8/1/2001*

### Kam IV

2479 Lakoloa Place  
Honolulu, HI 96819-2655  
808-845-2083  
6 / M  
*Oxford House since 6/1/2002*

### Kealoha

207 Kalihi Street  
Honolulu, HI 96819  
8 / M  
*Oxford House since 2/1/2016*

### Ku'oko'a

1814 Hau St Apt 201  
Honolulu, HI 96819-3253  
808-845-7172  
10 / M  
*Oxford House since 2/1/2012*

### Liholiho

1446 Liholoho Street  
Honolulu, HI 96822  
12 / M  
*Oxford House since 10/15/2018*

### Mahana

1802A Akone Place  
Honolulu, HI 96819-2803  
808-688-4349  
10 / M  
*Oxford House since 11/5/2011*

### Maluhia

2996 Kalihi Street Unit A  
Honolulu, HI 96819-3018  
808-842-3560  
10 / M  
*Oxford House since 10/15/2006*

### Mana'olana

1625 Kam IV Road Unit A  
Honolulu, HI 96819-2680  
808-957-0324  
6 / M  
*Oxford House since 5/5/2010*

### Niu Valley

5580 Kalaniana'ole Hwy  
Honolulu, HI 96821  
808-688-6868  
10 / M  
*Oxford House since 8/1/2015*

### Noho Uka

2996 Kalihi St, Unit B  
Honolulu, HI 96819-3018  
808-842-4013  
8 / M  
*Oxford House since 10/15/2006*

### Piliwai Hale

2749 Piliwai Street  
Honolulu, HI 96819-2841  
808-842-9584  
6 / M  
*Oxford House since 3/31/2006*

### Uhu

2035 Uhu Street  
Honolulu, HI 96819  
808-688-6868  
10 / M  
*Oxford House since 9/1/2016*

### Wahine Noho Kula

1221 Ala Aupaka Pl  
Honolulu, HI 96818-2232  
808-957-0324  
10 / W  
*Oxford House since 12/31/2012*

## Kailua

### Coconut Grove

454 Oneawa St  
Kailua, HI 96734-2421  
808-263-1310  
10 / M  
*Oxford House since 11/15/2012*

### Paloma

425 Maluniu Avenue Apt A  
Kailua, HI 96734-2381  
808-263-3357  
10 / M  
*Oxford House since 2/1/1995*

### Paopua

531 Wanaao Road  
Kailua, HI 96734  
808-261-2784  
10 / M  
*Oxford House since 6/1/2014*

## Kaneohe

### Namoku

45-027 Namoku Street  
Kaneohe, HI 96744-5303  
808-235-2264  
8 / M  
*Oxford House since 2/1/2003*

### Puali

45-328 Puali Street  
Kaneohe, HI 96744  
808-366-8723  
10 / W  
*Oxford House since 1/1/2017*

## Walanae

### Makaha Two

84-1111 A2 Lahaina Street  
Waianae, HI 96792  
6 / M  
*Oxford House since 9/1/2017*

### Moekolu

86-220 Moekolu St  
Waianae, HI 96792  
808-688-6868  
10 / M  
*Oxford House since 3/15/2016*

## Waipahu

### Paiwa

94-325 Paiwa Street, #B  
Waipahu, HI 96797  
808-762-4634  
7 / M  
*Oxford House since 4/8/2019*

### Waikele

94-325 Paiwa St Apt C  
Waipahu, HI 96797  
808-762-4634  
7 / M  
*Oxford House since 4/8/2019*

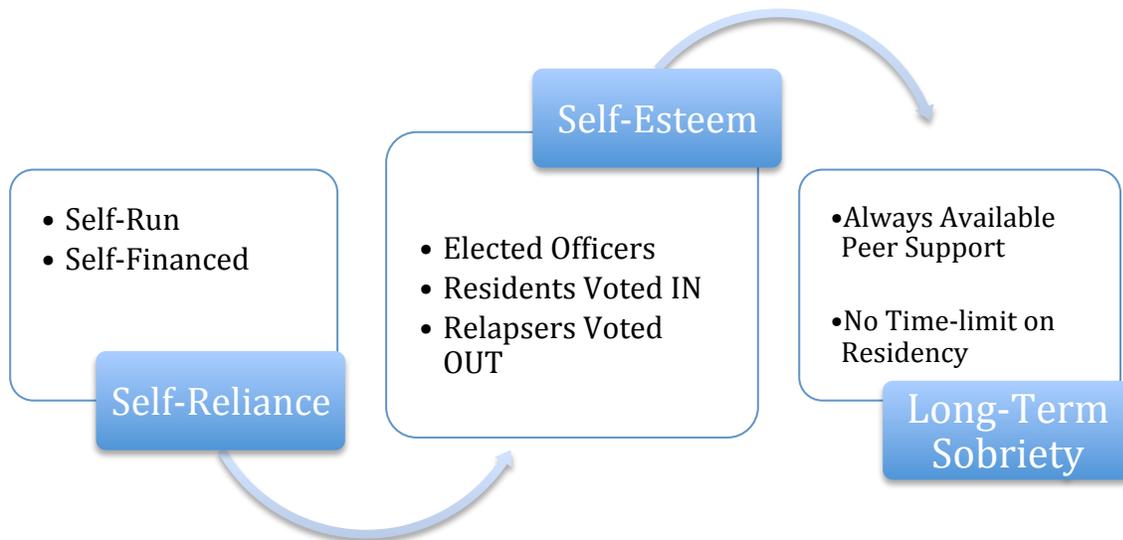
## Hawaii Network of Oxford Houses

26 for Men

4 for Women

# Oxford House™

Unique • Evidenced-based • Time-tested



## FACTS ABOUT ALCOHOLISM AND DRUG ADDICTION

- About 25 million Americans are primarily active alcoholics with another 8 million addicted to illicit drugs. (SAMHSA)
- 22.7 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2013 (8.6 percent of persons aged 18 or older). (SAMHSA)
- Of these, only 1.25 million – 6.2 percent of those who needed treatment – received it.
- Government reports show that alcohol and drug abuse is responsible for the admission of almost 1.5 million people to emergency rooms nationwide and drug addiction results in nearly half a trillion dollars’ economic loss annually or \$1,426 per American.
- For those receiving treatment, 60% had been in prior treatment an average of more than three times. [TEDS]

**Oxford Houses Provide a Low-Cost, Highly Effective Method of Reducing Recidivism**

## The Process of Recovery

Not everyone who drinks alcohol becomes an alcoholic. Not everyone who uses mood-altering drugs becomes a drug addict. But some do. Society has struggled with effective ways to help those who become addicted to change behavior because their addiction can cause harm to them, their families and society at large. There is no magic wand but there is a process that works.

- Intervention
- Detoxification [*Ending physical dependence*]
- Treatment [*Motivation and education*]
- Long-term Behavior Change [*Supportive Living Environment*]

The weak link in the process is society’s failure to support living environments that foster long-term behavior change. Most individuals relapse after the first three steps of the process – intervention, detoxification and treatment.

Significant evidence suggests that Oxford Houses provide the time, peer support and structured democratic process to make recovery without relapse the norm – not the exception.

## **OXFORD HOUSE TRADITIONS**

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

# Oxford House™

1975-2019

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

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

Write or Call

***Oxford House, Inc.***

1010 Wayne Avenue, Suite 300  
Silver Spring, Maryland 20910

Telephone 301-587-2916

Facsimile 301-589-0302

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

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