

Oxford House Profile Series – 2020

Indiana Network of Oxford Houses



August 2020

Oxford House, Inc.
1010 Wayne Avenue, Suite 300
Silver Spring, Maryland 20910

Telephone: 301.587.2916
Website: www.oxfordhouse.org

About Oxford House, Inc.

Oxford House, Inc. is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 2,900 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 recover from alcoholism, drug addiction or co-occurring mental illness. They also learned that Oxford House™ provided the living environment that could help them become comfortable enough with recovery 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. The average number of residents per house is about 8 with a range per house of 6 to 16.

Oxford Houses work because they have no time limit on how long a resident can live in an Oxford House™ and because they all adhere to the charter conditions that require that: [1] the group must be democratically self-run following the policies and procedures of the Oxford House Manual®; [2] the group must be financially self-supporting; and [3] the group must immediately expel any resident who returns to using alcohol or illicit drugs.

Oxford House™ charters are provided free to groups of 6 or more recovering individuals of the same gender starting an Oxford House™. Oxford Houses provide the time, peer support and structured living environment necessary for long-term behavior change to take hold.

Oxford House™ has only been in Indiana for a little over a year and a half. The first Oxford House in the state – Oxford House-Kai – did not start until December 2018. That 7-man House has already served more than 30 individuals. Today, there are 43 Oxford Houses in Indiana. This report is a profile of the statewide network of Oxford Houses based on a survey of residents in March 2020.

Oxford House™ was the only recovery-housing program listed on the 2011 federal National Registry of Evidence-based Programs and Practices [NREPP]. Oxford House™ was also singled out in the 2016 Surgeon General's Report "Facing Addiction in America." Moreover, more than 200 DePaul University studies since 1992 have confirmed the value of Oxford House™ in fostering long-term recovery.

Silver Spring, Maryland
August 30, 2020

BOARD MEMBERS

Jerry Conlon, Chairman
Former Executive, CNW Railway
Park Ridge, IL 60068

William C. Paley*
William C. Paley Foundation
Washington, DC 20036

Stuart Gitlow, M.D.
Former President ASAM
Woonsocket, RI 02895

Judy O'Hara
Attorney, District of Columbia
Washington, DC 20036

Col. Kenneth Hoffman, M.D.
Retired US Army
Rockville, MD 20850

J. Paul Molloy*
Chief Executive Officer
Silver Spring, MD 20910

James McClain*
Retired, United States Postal Service
Temple Hills, MD 20748

Thomas O'Hara
Former Executive, Prudential Securities
McLean VA 22102

Janice E. Jordan
Retired,
Commonwealth of Virginia BHDS
Glen Allen, VA 23060

Robert L. DuPont, M.D.
President
Institute for Behavior and Health
Rockville, MD 20852

William Newman
Attorney, District of Columbia
Washington, DC 20005

Stephanie Curry*
World Council Chairperson
Grandview, MO 64030

J. Paul Molloy*, CEO
Kathleen Gibson*, COO
Leann Tyler* Director of Finance

*Alumnus

The Indiana Oxford House Survey

In March 2020, 217 of 229 residents then in the Indiana Oxford Houses [94.8%] completed a detailed survey describing them and their recovery progress. The survey questions have been asked of Oxford House residents since 1988. The surveys provide an indication of who is being served by Oxford House™ and how Oxford House living is fueling their road to long-term recovery.

This report presents the results of the survey and describes how Oxford Houses fit into the continuum of care that many professionals believe is essential for long-term recovery from alcoholism, drug addiction and co-occurring mental illness. In 2011, Oxford House™ was listed as a best practice on the federal government’s National Registry of Evidence-based Program and Practices [NREPP] maintained by SAMHSA. In 2016, the then-Surgeon General, in his report, “Facing Addiction”, singled out Oxford House™ as a model for recovery homes. The current Surgeon General reiterated that conclusion when he spoke at the 2019 Oxford House World Convention in Washington, DC.¹

Part 1 – Profile of the Current Indiana Oxford House Population

Part 2 – How Oxford Houses Work

Part 3 – Research and Oxford House

Part 4 – List of Indiana Oxford Houses

The Oxford House Blueprint for Success



¹ Videos of the convention are available on the Oxford House website at www.oxfordhouse.org.

2020 Indiana Oxford House Survey Results

The table presents the results of a confidential survey given to all the residents living in Indiana Oxford Houses in March 2020. Responses were received from 217 of the 229 individuals then in residence, yielding a response rate of 94.8 percent.

Total Number of Oxford House residents who completed the survey: [94.8% of residents]	217	Average Age of residents: (Range 19 – 65: Median 33)	34.2 Years
Number of Men in survey:	119	Number of Women in survey:	98
Average Weekly Cost Per Person for household expenses [Range \$110 to \$140]	\$125	Rent Per Group Per Month Average: (Range \$785-\$3000 per month)	\$2,150
Percent Military Veterans:	9.2%	Average Years of Education (Median 12)	12.1
Residents Employed 3/30/2020:	76%	Average Monthly Earnings: [Median \$1,300]	\$1,689
Addicted to only Alcohol:	26%	Addicted to Alcohol and other Drugs: (Opioids 73.7%; MAT 42.7%)	74%
Race–		Marital Status –	
White	89.4%	Never Married	59.4%
Black	3.3%	Separated	5.6%
Native American	1.8%	Divorced	29.0%
Hispanic	3.7%	Married	5.5%
Other	1.8%	Widowed	.5%
Prior Homelessness:	75.6%	Median Time Homeless: [Median Times 2]	5.0 Mos.
Prior Jail:	88.9%	Average Jail Time: Median Jail Time:	23 Mos. 11 Mos.
Percent going to AA or NA	98%	Average Number AA or NA Meetings Attended Per Week:	5
Percent Going To Counseling <i>in addition to</i> AA or NA (weekly):	49.3%	Average Length of Sobriety of House Residents:	11.1 Mos.
Residents Expelled During FY 2020 Because of Relapse:	23.2%	Average Number of Applicants For Each Vacant Bed:	4+
Average Length of Stay In An Oxford House:	9 Mos.	New Houses started in FY 2020	17

Number of Indiana Oxford Houses and Beds as of August 20, 2020

Number of Men’s Houses:	26	Number of Men’s Recovery Beds:	197
Number of Women’s Houses:	17	Number of Women’s Beds:	124
Total Number of Indiana Oxford Houses:	43	Total Number of Beds:	321

Background

Indiana began supporting the development of self-run, self-supported Oxford Houses in 2018. Quickly, a strong statewide network of 43 Oxford Houses has spread throughout the state.

During March of this year, Indiana Oxford House residents completed a detailed survey about their addiction and Oxford House living. The survey was completed by 217 of the 229 residents [95%]. The survey provides a snapshot of the persons living in the statewide network of Oxford Houses in Indiana. The four houses shown below have all been operating for more than one year and provide the foundation for today's network of 43 Indiana Oxford Houses.



Oxford House - Kai
4060 Tarry Lane
Greenwood, IN 46142
7 M • Established December 1, 2018



Oxford House - Emyla
631 North Lafayette Blvd.
South Bend, IN 46601
11 M • Established February 1, 2019



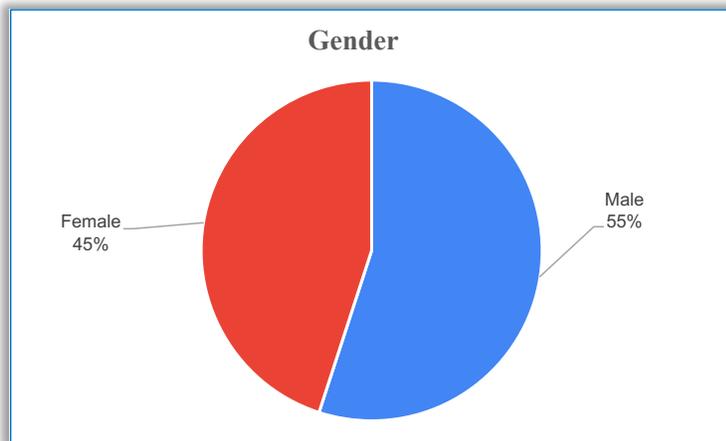
Oxford House - Ace
7211 East 65th St.
Indianapolis, IN 46256
7 W • Established October 15, 2019



Oxford House - Indy
5126 East 76th Street Ct.
Indianapolis, IN 46205
8 W • Established January 6, 2019

These are all ordinary single-family houses that are being used for the extraordinary purpose of providing groups of individuals recovering from addiction the opportunity to gain the peer recovery support they need to become comfortable enough in recovery to avoid relapse.

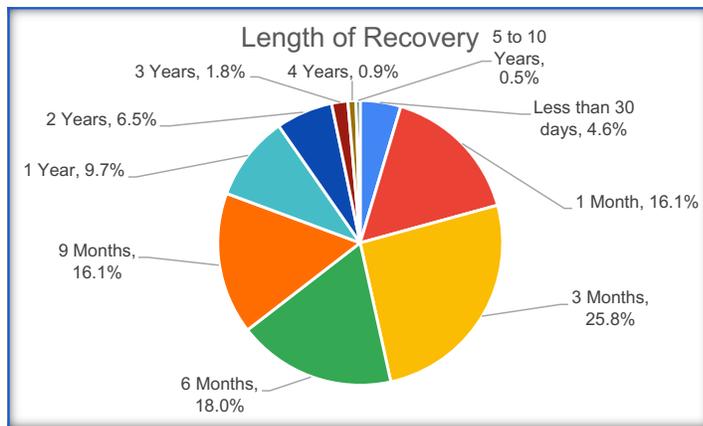
Part 1 – Profile of the Current Indiana Oxford House Population



When the residents were surveyed in March 2020, 217 of the then 229 [95%] Indiana Oxford House residents completed the survey. All the existing houses participated; 55% of the participants were men and 45% were women. As of August 2020, Indiana has 17 women's Oxford Houses in the state and 26 men's houses for a total network of 43 Oxford Houses in the state.

The Oxford Houses have bed space in the state for 179 men and 83 women [total beds 321]. Of the 17 Oxford Houses for women, four take women with children. Of the 26 Houses for men, one takes children. During FY 2020 [July 1, 2019 – June 30, 2020], the statewide network of Oxford Houses served 1,013 individuals. Of the individuals living in Indiana Oxford Houses in FY 2020, 236 [23.5%] were expelled because of relapse. (*For more discussion of relapse, see the section on treatment history on the next page.*)

Length of Recovery



Within each Oxford House there are differences in how long residents have been in recovery. Partly because there is no time limit on residency within an Oxford House, individuals are able to stay as long as they want, provided they do not drink alcohol or use illicit drugs. The absence of a residency time limit contributes greatly to the overall success rate of Oxford House living. Every individual is different, and

some adapt to the behavior change needed for long-term recovery quickly; others take years to become comfortable in the behavior needed to assure long-term recovery.

The current length of sobriety does not necessarily mean that an individual's total time of recovery falls within the timeframe of living in an Oxford House. Some individuals may have some length of sobriety before moving into a house. For example, the survey shows that 6.5% of the respondents have 2 years or more of sobriety. Some may have picked up sober time in prison before coming into an Oxford House. The various lengths of recovery time allow "new-comers" to learn the value of long-term recovery from the "old-timers" in recovery. They also learn that their own stay in an Oxford House does not have to be limited.

Treatment History

The federal government maintains the Treatment Episode Data Set [TEDS], which identifies the prior treatment characteristics for the one in seven individuals who actually gets treatment.² The TEDS data shows that, on average, those in treatment have had a little more than three previous treatment episodes. A remarkable 15% of those in treatment have been in treatment five times or more. Fewer than 25% are in treatment for the first time.

The prior treatment episodes for the Oxford House population also shows repeated times in formal treatment, usually followed by relapse. As a matter of fact, many professionals in the field proclaim relapse to be part of the disease. Oxford House™ from its beginning has emphasized that relapse does not have to be the norm. The Oxford House™ emphasis is on recovery without relapse.

Table 1
Times in Treatment Prior to Living in Oxford House
 (Percent by selected states: 2019-20)

No. of Times in Formal Treatment	VA %	OK %	TX %	NC %	WV %	IN %
One	16.1	25.6	23.9	18.2	22.3	18.9
Two	24.2	23.5	18.8	20.0	18.9	24.8
Three to Five	41.9	27.4	31.9	44.1	27.7	49.7
Six to Ten	12.9	16.7	13.8	10.9	16.8	4.6
More than Ten	04.8	6.8	11.6	06.3	14.3	2.0

Almost a quarter [23.5%] of the individuals living in Indiana Oxford Houses during FY 2020 were asked to leave because of relapse; the majority of residents did not relapse. Oxford House does not track individuals after they stop living in an Oxford House, but studies suggest that the system of operations and the open-ended residency policy enables the development of long-term recovery. A National Institute of Drug Abuse [NIDA] - financed study by DePaul University [Grant # DA 13231] followed 897 residents living in 219 Oxford Houses across the country for 27 months. The DePaul researchers found that only 13% returned to using alcohol or illicit drugs.³ The DePaul study took place in 2007 – a number of years before the current opioid epidemic.

While 73.7% of the surveyed Indiana Oxford House residents had abused opioids, only 42.7% are using medically assisted treatment [MAT]. For most of those, the medicine is buprenorphine, although several are on methadone. In a recent article in *ALCOHOLISM TREATMENT QUARTERLY*, John Majer, PhD, Leonard Jason, PhD and others found that “Oxford Houses provide valuable social support that helps persons utilizing MATs in their recovery.”⁴

Because prior opioid users are in the Oxford House population, each Oxford House group teaches its residents about the use of Narcan. The survey did not inquire as to whether or not opioid overdoses had occurred to residents during the past year. However, Oxford House outreach personnel train house residents to have and to be able to use Narcan. In the event an opioid overdose happens, the individual is hopefully ‘saved’ and then expelled from the House.

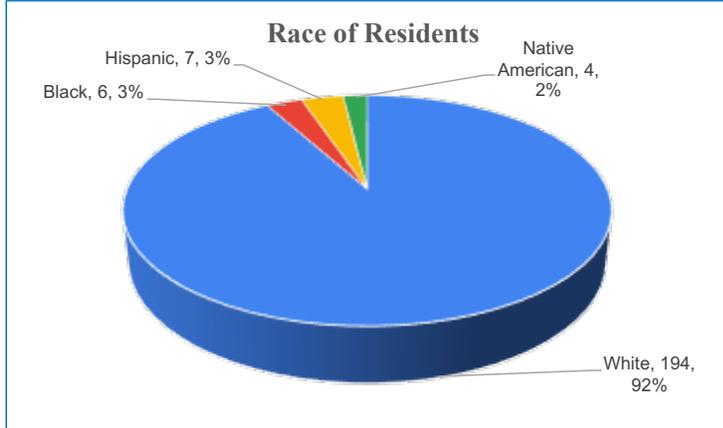
² There are about 25 million alcoholics, drug addicts and those with co-occurring mental illness. Of that number, fewer than 1.7 million get formal treatment each year. TEDS data includes information from the annual pool of those in treatment.

³ Addictive Behaviors 32 (2007) 803-818

⁴ ALCOHOLISM TREATMENT QUARTERLY, 2020, VOL. 38, NO. 2, 199–214
<https://doi.org/10.1080/07347324.2019.1678445>

Racial Diversity

The egalitarian nature of alcoholism and drug addiction cuts across all racial and ethnic groups of individuals. The graph below reflects the diversity of the Indiana Oxford House population.

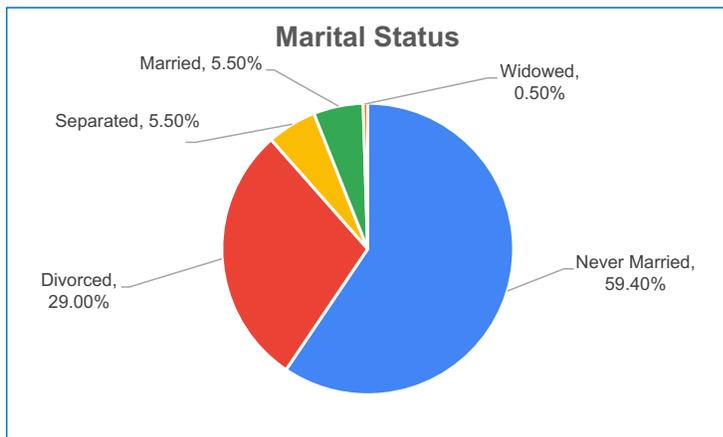


This diversity is reflected in the individual houses throughout the state. African Americans are under-represented currently but, as development continues, Oxford Houses will become located in places more likely to attract residents from all ethnic and racial groups within the state. Already there are clusters of houses

throughout the state so expansion into other areas of the state can be undertaken effectively.

Marital Status

Well over half of the Indiana Oxford House residents [59.4%] have never been married. Addiction wreaks havoc with relationships and over thirty percent who had been married are



divorced or separated by the time they arrive at an Oxford House. The graph at the left shows the marital status of the residents in the Indiana network of Oxford Houses. This finding tracks the marital status of residents in the national network of Oxford Houses. However, the “never married” category is about 5% higher for Indiana residents and this factor is probably related to the fact that residents in Indiana Oxford Houses are quite a bit younger than

Oxford House residents in other states. [See below.]

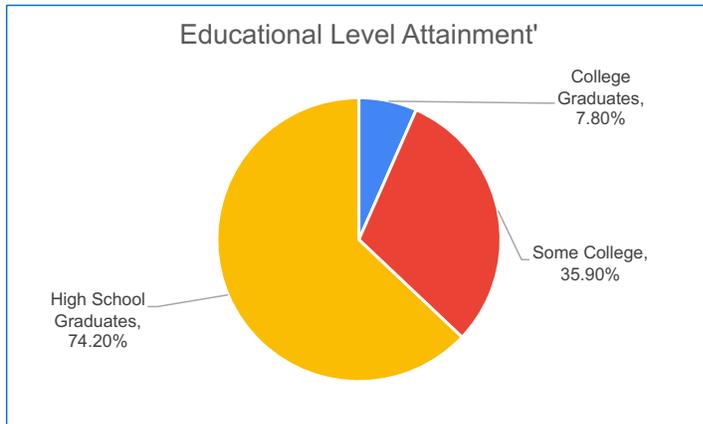
Age of Residents

The average age of residents in Indiana Oxford Houses is 35.3. The ages range from 18 to 63. The median age is 34, which is about 5 years younger than the national average median age. There seem to be two reasons for the younger average and median ages: [1] the opioid epidemic has adversely affected younger individuals and [2] the recent development of Indiana Oxford Houses means that there are fewer “old-timers” in the statewide network of Oxford Houses.

Indiana Oxford Houses have a lower percentage of veterans [9.2%] than do networks of Houses nationally [18%]. This may be because the overall age of residents is younger. Nevertheless, OHI will increase its outreach to veterans because the need is great.

Education

The diversity of the Oxford House population is also demonstrated by the variation in educational attainment among the residents. The highest level of formal education among the Indiana Oxford House residents ranges from the 2nd grade to college graduation.



The range of educational attainment level among residents serves as a reminder of the egalitarian nature of alcoholism, drug addiction and co-occurring mental illness. The median educational attainment level is 12 years, as is the average. Since a little more than 25% of the residents have not graduated from high school, the state and OHI should make certain that all the Oxford Houses in the state have up-to-date information about how to obtain a GED. On the other

hand, 7.8% have a four-year college degree and 35.9% have had some education beyond high school. It is possible to build into the recovery culture within Oxford House an understanding that early recovery can be a good time to improve educational attainment.

In some states, community colleges and universities welcome Oxford House residents and the residents take advantage of their open-ended residency in an Oxford House to gain further education. The University of North Carolina at Chapel Hill has two Oxford Houses dedicated to students and there are 17 other Oxford Houses in Chapel Hill where some students live. When the Covid-19 pandemic passes, OHI will reach out to community colleges and universities in the state to share how some schools are using Oxford Houses to support recovery among students.

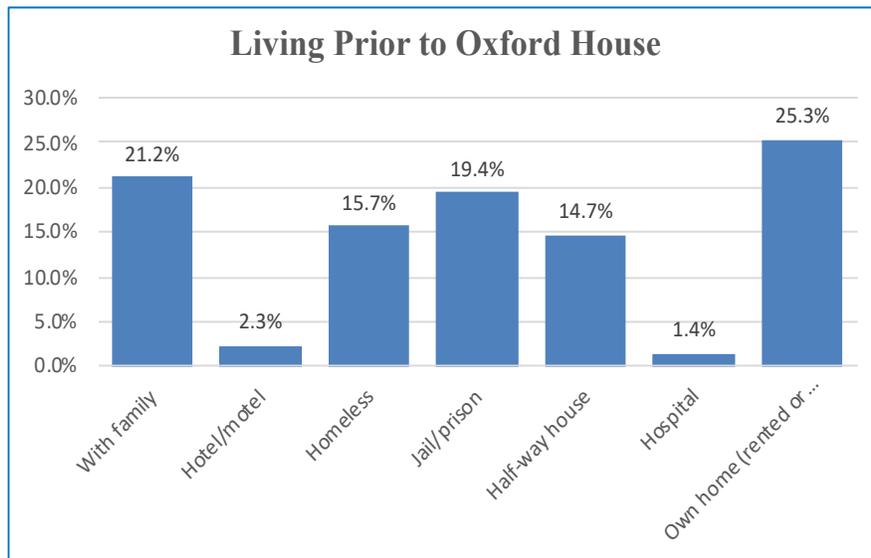
Employment

The survey of residents took place in March 2020. The national shutdown because of the pandemic had recently begun. At the same time, 76% of respondents were employed. The average monthly income – from both employment and other sources – was \$1,788, a little more than the June 2019 national average of \$1,695. The median income was \$1,600.

Since the equal expense share cost of living in an Oxford House averages \$125 per week [range \$110-\$140] in Indiana, the income per person is more than adequate. The equal expense share covers all household expenses except for a resident's food. The largest household expense is the rent the group pays the landlord, which in Indiana averages \$1,370 a month with a range from \$1,000 to \$2,700 a month.

Prior Living Situation

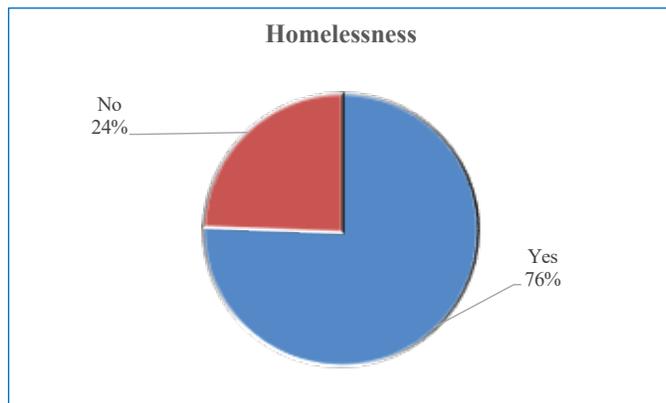
Almost all residents of Oxford House are enjoying a significant improvement in living arrangements over what they had before moving into an Oxford House.



Nearly half [49.8%] of the individuals who moved into an Indiana Oxford House were previously living in what can best be described as marginal living situations – homeless, jail or halfway house. The 21.2% “living with family” could be added to the marginal living situation in most cases. In all cases, the prior living situation failed to get or keep the individuals on the path to recovery. If it had, they would not have applied to and been accepted to move into an Oxford House.

Homelessness

When we look at the survey responses in more detail, past homelessness and incarceration stand out. Homelessness was experienced at least twice by 75.6% of all respondents and was for a median length of time of 5 months.



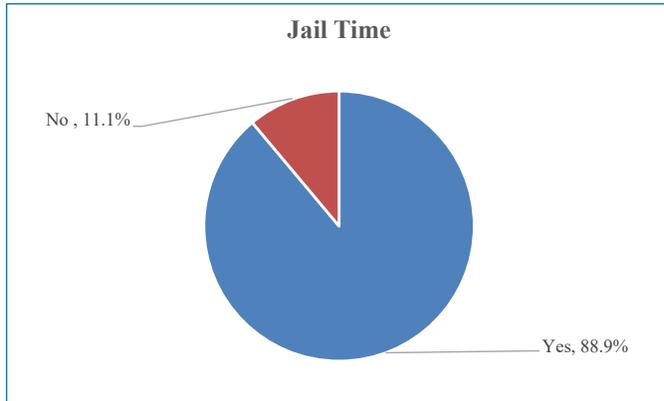
When an addict goes through detoxification and returns to homelessness, the chance that he or she will stay clean and sober is very unlikely. For the person who has been homeless who moves into an Oxford House, the difference is great. Among other things, in an Oxford House a person has a safe place to live rather than in a crowded homeless shelter or on the streets. A person also has his or her own

key to a real house in a real neighborhood. For many, that fact alone provides a sense of self-esteem and pride.

The fact that the Oxford House provides a safe, clean and comfortable living environment is in and of itself a big incentive to continue on the path of recovery. To stay in that place to live requires not taking a drink of alcohol or using an illicit drug because such action would result in immediate expulsion. Postponing taking a drink of alcohol or using an illicit drug becomes a small price to pay for staying in an Oxford House. Soon, days become weeks, and weeks, months and recovery becomes a valuable habit. The Oxford House resident then has substantially increased the odds that long-term recovery without relapse is likely.

Jail Time

The vast majority [90%] of Indiana Oxford House residents have served jail or prison time. The median time of incarceration was 9 months, with an average of 19 months. The length of incarceration is from a few days to well over ten years. Most have been introduced to recovery programs while in jail or prison. In the 12-Step programs, there is a saying that addicts in recovery need to avoid the places, people and things associated with their addictive use. That is easier said than done but, for individuals leaving jail or prison, Oxford House becomes a feasible way to avoid old associates and old neighborhoods. Nearly 20 percent of the residents came directly from jail or prison into an Oxford House.



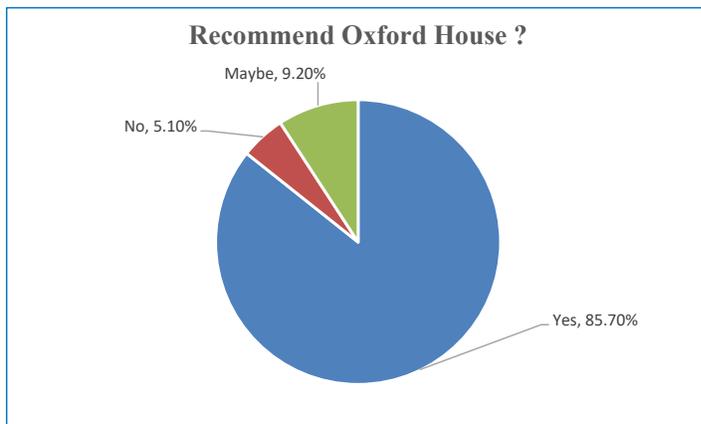
the residents came directly from jail or prison into an Oxford House.

12-Step Meetings and Counselling

Living in an Oxford House provides 24/7 peer recovery support and the living environment encourages attending a lot of 12-Step meetings outside of the house. The respondents indicated that the average number of such meetings they attend each week is 5. That number is more than twice the number that a person not living in an Oxford House attends. AA tries to estimate the number of AA meetings members attend each week and has found that it is slightly more than two meetings a week.

In addition to attending lots of AA/NA meetings, 49.3% of respondents to the survey indicated they attended weekly counselling sessions with a therapist. Many of these individuals were participants in medically-assisted treatment programs. As indicated previously, 42% of those who are addicted to opioids are using MAT.

Importance of Oxford House Living to Recovery

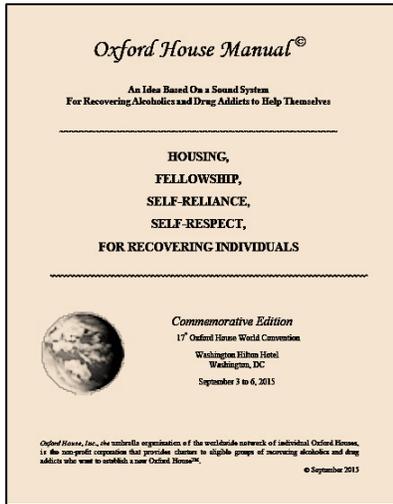


Respondents to the survey were asked two questions to measure their personal satisfaction with Oxford House: [1] how important is it to your own recovery, and [2] would you recommend it to others? Fewer than 6% would not recommend Oxford House to others. However, 98% felt it was very important to their own recovery. It should be noted that ten respondents who would not recommend Oxford House to others

had each been in Oxford House less than one month. Only one individual with more than one month's residency would not recommend Oxford House to others.

Part 2 – How Oxford Houses Work

Each Oxford House™ is self-run and self-supported. Within the Oxford House™ community, it is often remarked that “The inmates run the asylum.” They do. Such participatory democracy



not only is cost-efficient, but it also provides the foundation for personal change. Each resident rises to the occasion whether it is by voting on acceptance of a new resident, expelling a resident who relapses, carrying out the duties of being a house officer, or simply voting on an issue at a weekly House business meeting. All of the processes and procedures are set forth in the Oxford House Manual® and related materials.⁵ With the mutual support and supervision that individual Oxford Houses provide for each other through chapters and statewide associations, uniformity and quality control is assured. In Indiana, one can visit an Oxford House in Greenwood, Indianapolis, South Bend, Clarksville or anywhere else in the state and immediately recognize that the particular recovery group within each house is following the same set of procedures and protocols. Oxford House, Inc. has

not only provided a full set of operational manuals but also has taken the time to teach the group the basic procedures that enable a recovery group to function well. Visiting any one of the more than 2,900 Oxford Houses throughout the country provides the same affirmation.

Each weekly House business meeting illustrates participatory democracy and pragmatic problem-solving in action. Each meeting opens with a reading of one of the nine Oxford House Traditions. This underscores the purpose of Oxford House and sets the tone for the entire meeting. The House President calls the meeting to Order and asks the Secretary to read the minutes of the last business meeting. The minutes are then either accepted by majority vote or amended based on a motion to amend followed by majority vote. Robert’s Rules of Order dictates parliamentary procedures. The Treasurer reports on the balance of the group’s checking account; the Comptroller reports on whether every resident is up to date in paying an equal share of household expenses; and the Chore Coordinator reports on how well the residents have adhered to the chore list during the previous week. The group then considers new business, which may range from a personality issue within the house or plans for a social event such as a picnic or bowling. Since each office is term limited to six-months every resident is likely to serve in one or more of the offices.

Oxford House Officers

- President
- Secretary
- Treasurer
- Comptroller
- Chore Coordinator

Just as many large families have get-togethers to share each other’s company and knowledge, Oxford Houses do too. The officers of each individual house get together once a month at a Chapter meeting. Those meetings also follow disciplined procedures and elect officers. They also stage events to enjoy getting together in non-drinking, non-using “fun” activities. During the pandemic most of these get-togethers are via Zoom.

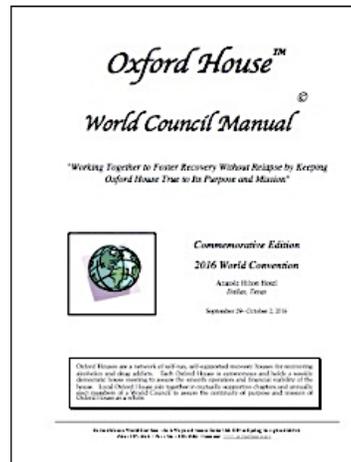
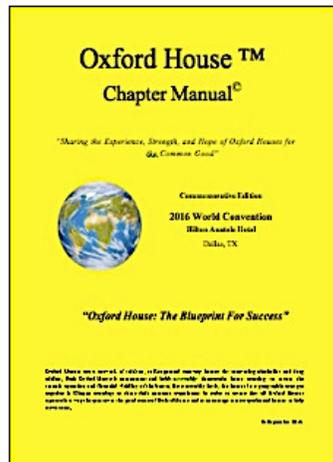
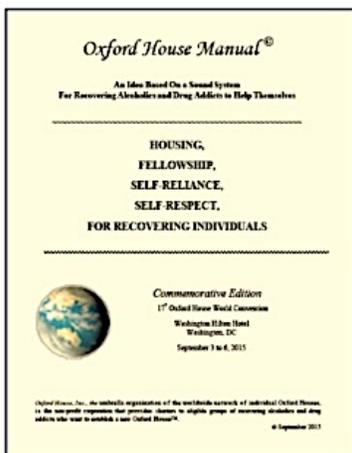
⁵ Oxford House is organized from the bottom-up. In addition to the basic Oxford House Manual® there is an Oxford House Chapter Manual®, an Oxford House World Council Manual® and an Oxford House State Association Manual®. Along with a growing number of standardized forms these manuals provide a definitive blueprint for each Oxford House to uniformly follow processes and procedures that reflect the successful formula that makes Oxford House™ the only best practice listed on the National Registry of Evidence-base Programs and Practices.



The group pictured at the left is a group of individuals opening the Oxford House for women with children in Indianapolis at the end of August 2019. The house was up and running within one week and has continued day after day ever since then. It serves 8 women and at any given time one or two of the women will have her children living with her. There are four women with children's houses in the state and one men with children's house. In most cases the children would have been put in foster care but

for the fact that they can live in an Oxford House with their parent. It is up to residents in a house to decide if their home is one that will accept children and, where they have decided to do, so, it has worked well.

Key Manuals To Keep Oxford Houses On Track



Common to all Oxford Houses is participatory democracy and pragmatic problem-solving, whether it involves personality problems or a broken dishwasher. If there is a problem, the group faces it and comes up with ways to resolve it. Each resident has an equal vote and pays an equal share of household expenses. Stigma associated with recovery from addiction is discouraged but stigma with respect to active addiction is not discouraged. A return to active addiction results in immediate expulsion from an Oxford House. The reason for this is that active addiction almost always results in bad behavior that adversely affects the individual and his or her family and community.

As suggested by the picture above of three basic Oxford House Manuals, expanding to meet the need has required organization of chapters, conventions, training sessions, state associations and periodic conventions in order for houses to monitor the performance of each other. The charter conditions are simple, but they require everyone's support to help keep the model on track.



Not everyone masters the new behavior necessary to stay away from using alcohol or other addictive drugs at the same pace. Some quickly adapt and some take a lifetime. The Oxford House concept is based on easy expansion of a supply of beds – simply rent another house – rather than arbitrarily limiting the time of residency of one individual in order to make room for another. When a particular house is staying full, stable and operating well, renting another house is a better way than imposing a time limit on residency in order to make room for the newcomer.

The “expanding to meet the need” is something that began 45 years ago in the first Oxford House. The beds were full. Newcomers to recovery applied and needed a place to live that would support their road to recovery. The men in the first Oxford House pooled their resources after just three months of existence and rented a second house. That spirit of expanding to meet the need has followed the Oxford House model across Indiana and the 48 other states.



Before the current pandemic Indiana Oxford House residents from around the state met for a state convention to discuss ways to further expand the number of Oxford Houses throughout the state. They posed for the picture at the left. Since all the houses are rented – not owned – it becomes relatively easy to expand. Since each house is democratically run by the residents themselves, they quickly become invested in assuring the success of Oxford House development.

When a new house is opening, residents from other houses pitch in to help get the new house ready for occupancy. The picture at the right shows a “move-in” work team getting a new house organized to welcome its first residents.

All of the Oxford Houses in the state belong to chapters. A chapter is a local cluster of Oxford Houses designed to provide mutual assistance among its members. It elects chapter officers from among the officers of the individual houses making up a chapter. Chapters also organize fun events from picnics to sports





and the monthly chapter meeting usually provides a common meal. Nothing like good food to attract a crowd! During the pandemic chapters meet via zoom.



The group pictured at the right is doing what Oxford House residents often do – training each other about the system of operation that allows participatory democracy to provide every resident with an opportunity to make each house a

success for recovery. Few people entering an Oxford House picture themselves as leaders, but the system of operation soon has them acting as leaders and gaining confidence that recovery without relapse is not only possible but the probable outcome of Oxford House living. Most residents are elected to one of the five offices in each house and learn and carry out specific duties to enable the group to operate smoothly.

The picture below is the Indiana Oxford House softball team last summer. They are waiting for the pandemic to subside to permit their second year of action.



Part 3 – Research and Oxford House

OHI relies on internal and third-party research to understand better not only the recovery process but also, more specifically, the role Oxford Houses can play in making long-term recovery without relapse the norm rather than the exception. The independent third-party research began in 1987 when Bill Spillaine, Ph.D., started teaching at Catholic University after he retired from NIDA. Dr. Spillaine asked to review the outcome records of individuals who had lived in an Oxford House from its beginning in 1975 through 1987. Everyone living in all 13 Oxford Houses at that time agreed to cooperate with him. Dr. Spillaine tracked down more

than 1,200 former Oxford House residents to learn how many had stayed clean and sober. When he came to the leaders of Oxford House and reported that 80% had stayed clean and sober without relapse, the leaders asked, “What are we doing wrong to have 20% relapse rate?” Dr. Spillaine explained that the normal rate of sobriety without relapse was less than 20% and that the Oxford House resident outcome was exceptionally good.

Spillaine’s report led Congress to include a provision in the 1988 Anti-Drug Abuse Act [§2036 of PL 100-690, codified at 42 USC 300x-25] to encourage states to promote Oxford House development. That small start-up loan provision became the catalyst that helped Oxford House grow from 13 houses in the Washington, DC area to a national network of more than 2,900 houses.

Independent third-party research about Oxford House took off following a 1991 CBS “60 Minutes” segment about Oxford House. Dr. Leonard Jason, head of the DePaul University Community Research Center saw the program and immediately became interested in researching how Oxford Houses worked. His organization has now published more than 200 peer-reviewed articles and studies about Oxford House and its effect on recovery from addiction. One of his studies followed 897 residents in 219 Oxford Houses across the country and found that, over a 27-month period, only 13% had returned to active addiction.⁶

Research has been key to concluding that Oxford House™ can enable individuals to achieve long-term recovery without relapse. Because ‘recovery without relapse’ is the desired norm, not the exception, every Oxford House resident tries to accept responsibility for being a productive member of his or her Oxford House and also learn to have fun without the use of alcohol or drugs. By developing a new lifestyle, individuals gain confidence that life with using alcohol or illicit drugs is possible. That confidence carries over whenever a resident moves out of an Oxford House clean and sober. It has also produced general acceptance in the addiction treatment field that Oxford House living is an effective path to long-term recovery.

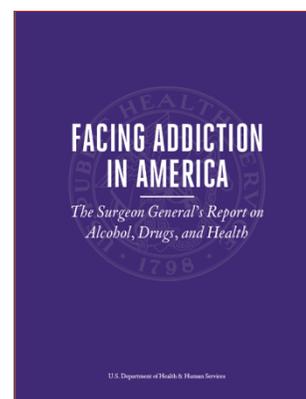
While research on AA has been limited by the role of anonymity in recovery, the willingness of Oxford Houses to open their doors to academic research gives us an opportunity to see recovery from addiction in action.

Dr. Jeffery Roth, M.D.
Editor, *Journal of Groups in Addiction and Recovery*
July 2010

The November 2016 US Surgeon General’s Report, “*Facing Addiction In America*,” singled out Oxford House™ as a key program in the continuum of successful treatment for addiction. The Report summarized the evidence-based treatment outcomes as follows:

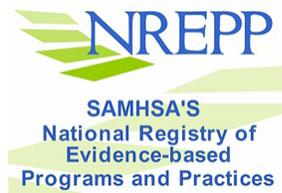
Outcomes:

- An 87 percent abstinence rate at the end of a 2-year period living in an Oxford House, four to five times greater than typical outcomes following detoxification and treatment.
- Comparisons between a group living in Oxford House and going to AA/NA versus a similar group that only goes to AA/NA show that the group living in an Oxford House had higher and more positive rates of self-efficacy and self-mastery.
- In a comparison study between Oxford House residents and a group that was assigned usual aftercare services, the Oxford House group had significantly lower substance use (31.3 percent vs. 64.8 percent), higher monthly income (\$989 vs. \$440), and lower incarceration rates (3 percent vs. 9 percent).



⁶ Addictive Behaviors 32 (2007) 803-818

The Oxford House program was listed as a best practice on the National Registry of Evidence-based Programs and Practices [NREPP] in 2011. The NREPP was a searchable online registry of mental health and substance abuse interventions that had been reviewed and rated by independent reviewers. The purpose of the registry was to assist the public in identifying scientifically-based approaches to preventing and treating mental and/or substance use disorders that could be readily disseminated to the field. The Oxford House Model is the only recovery house concept and system of operation listed on the NREPP.



The annual Oxford House National Convention has become a place where experts in the field of addiction present their most recent findings about the nature of alcoholism, drug addiction and the process of long-term recovery. Every Director of the federal Office of Drug Control Policy has been a speaker at the convention as have other leaders in the field of alcohol and drug addiction. While Covid-19 caused the cancellation of the 2020 Convention, the 2021 Convention is on track to take place.

At the Oxford House 2019 Convention, the first General Session included the following speakers: Dr. William Compton, Deputy Director of NIDA; Dr. Westley Clark, former 20-year Director of CSAT; Dr. Stuart Gitlow, former President ASAM; Dr. Jerome Adams, current Surgeon General, Dr. Joshua Sharfstein, head of Bloomberg Health Initiative at Johns Hopkins, and Professor John Kelly, Ph.D. of Harvard. A video of the session is available on the Oxford House website: www.oxfordhouse.org.

Dr. John Kelly emphasized that alcoholism and illicit drug addiction are chronic diseases and require measurement over time. He used five-point criteria for measuring the predictability of long-term successful recovery: Quality of Life; Happiness; Recovery Capital; Self-Esteem and Psychological Distress. At the five-year point following the start of recovery, life becomes balanced and continues to get even better. The Oxford House model is particularly well suited to help those new in recovery to make it to and beyond the initial five years.

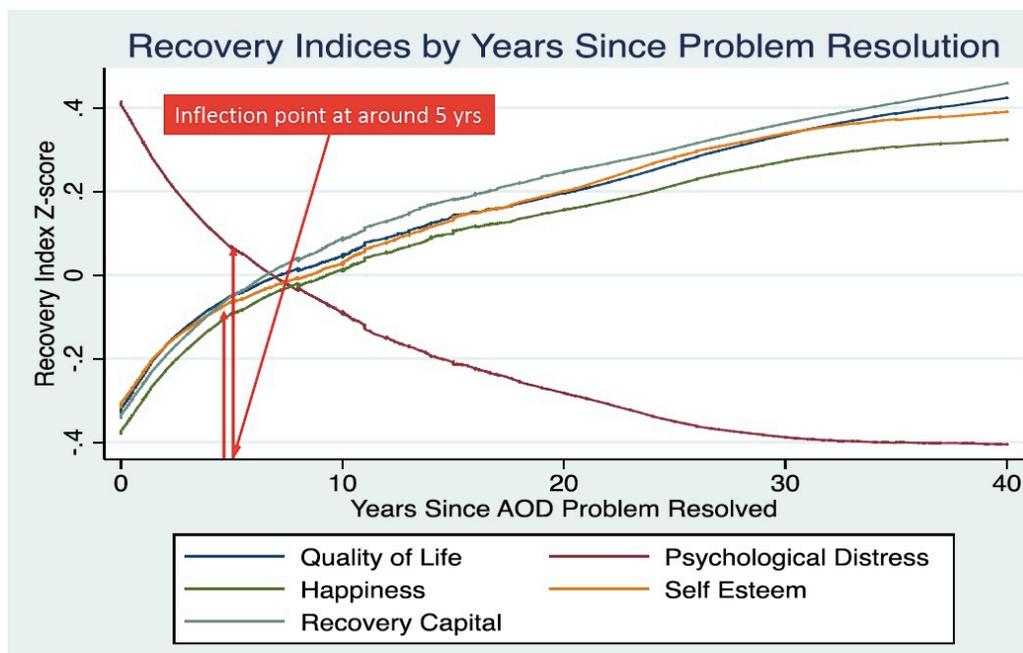


Chart prepared by Dr. John Kelly for his presentation at the Oxford House Convention

The on-going research underscores that there are many paths to recovery. However, basic to any sure path of recovery is the need to recognize that every individual has unique characteristics that require time and a lot of support to bring about change. Dr. Kelly's five-factor criteria for successful recovery provides the metrics for measuring an individual's progress toward an increase in quality of life, happiness, recovery capital and self-esteem while having a decrease in psychological distress.

It is becoming increasingly clear that the self-help aspects of the Oxford House model provide a common purpose and sturdy support in achieving a comfortable and life-long recovery.



Pictured above is Oxford House-Great Bear started in Ft. Wayne, IN for 6 women on May 27, 2020

The network of Oxford Houses in Indiana is young but it is strong and healthy and likely to significantly expand in the years to come.

Oxford Houses of Indiana Directory

Aurora

Aurora South
207 Pruyin Street
Aurora, IN 47001
8 / W
Oxford House since 4/15/2019

Elysium
718 Providence Way
Clarksville, IN 47129
812-318-4727
7 / M
Oxford House since 12/15/2019

Blue Beech
7116 Blue Beech Dr.
Fort Wayne, IN 46815
8 / M
Oxford House since 12/15/2019

Supernova
505 West Comwell St.
Aurora, IN 47001
812-318-4727
6 / WC
Oxford House since 9/1/2019

Evansville
JadeBrooke
238 South Barker Ave
Evansville, IN 47712
7 / M
Oxford House since 7/1/2019

Great Bear
7132 Great Bear Ct.
Fort Wayne, IN 46815
7 / W
Oxford House since 7/1/2020

Bloomington

Sage
730 S Curry Pike
Bloomington, IN 47403
812-822-2959
9 / M
Oxford House since 5/10/2019

Mana
3817 Lincoln Ave
Evansville, IN 47714
7 / M
Oxford House since 10/10/2019

Greendale
Finn
329 Ridge Avenue
Greendale, IN 47029
812-318-4727
8 / M
Oxford House since 6/1/2019

Maya
3514 East Park Lane
Bloomington, IN 47408
317-499-4710
8 / W
Oxford House since 5/27/2019

Kiyo
1033 S Burkhardt Rd
Evansville, IN 47715
812-318-8273
7 / W
Oxford House since 11/15/2019

Knox
1145 Ridge Ave.
Greendale, IN 47025
812-318-4727
8 / M
Oxford House since 4/1/2020

Eden-Coe
2737 S. Danlyn Rd
Bloomington, IN 47403
7 / M
Oxford House since 2/1/2020

Emory
305 S. Saint James Blvd
Evansville, IN 47714
812-318-8273
6 / M
Oxford House since 12/15/2019

Kai
4060 Tarry Lane
Greenwood, IN 46142
317-300-1501
7 / M
Oxford House since 12/6/2018

Libra
2600 E. Dekist St.
Bloomington, IN 47408
9 / M
Oxford House since 8/24/2020

Anew
6004 Berry Lane
Evansville, IN 47710
7 / WC
Oxford House since 7/1/2020

Indianapolis
Indy
5126 East 76th Street Ct.
Indianapolis, IN 46205
8 / W
Oxford House since 1/6/2019

Clarksville

Abbeywood
2424 Abbeywood Court
Clarksville, IN 47129
812-318-4727
7 / W
Oxford House since 2/1/2019

Fort Wayne
Galileo
3526 Summersworth Run
Fort Wayne, IN 46804
574-276-1247
7 / W
Oxford House since 4/15/2019

Minturn
1435 Minturn Lane
Indianapolis, IN 46260
8 / MC
Oxford House since 3/15/2019

Ebby
2246 Lombardy Drive
Clarksville, IN 47129
812-318-4727
8 / M
Oxford House since 8/1/2019

Monet
6236 Monarch Drive
Fort Wayne, IN 46815-7634
574-276-1247
8 / M
Oxford House since 8/1/2019

Buffalo Trail
511 Buffalo Trail Circle
Indianapolis, IN 46227
317-300-0364
8 / W
Oxford House since 3/20/2019

Heatherwood
1429 N. Bancroft St.
Indianapolis, IN 46201
502-655-1563
7 / M
Oxford House since 4/1/2019

Roundtree
6630 Roundtree Ct.
Indianapolis, IN 46214
502-655-1563
7 / M
Oxford House since 4/15/2019

Orenda
3820 Rookwood Ave
Indianapolis, IN 46208
8 / WC
Oxford House since 8/22/2019

Ace
7211 East 65th St.
Indianapolis, IN 46256
502-655-1563
7 / W
Oxford House since 10/15/2019

Impavid
833 Golf Lane
Indianapolis, IN 46260
502-655-1563
8 / M
Oxford House since 1/1/2020

Francisco
4305 N. College Ave
Indianapolis, IN 46205
9 / M
Oxford House since 4/1/2020

Manning
988 N. Campbell Ave.
Indianapolis, IN 46219
7 / M
Oxford House since 4/15/2020

Harambe
8312 Charter Oak Drive
Indianapolis, IN 46206
7 / M
Oxford House since 8/19/2019

Jeffersonville
Ophelia
2708 Crums Lane
Jeffersonville, IN 47130
812-318-4727
7 / WC
Oxford House since 11/1/2019

Lafayette
Wabi Sabi
2205 Iroquois Trail
Lafayette, IN 47909
765-269-7215
7 / W
Oxford House since 8/1/2019

Padawan
70 Newsom Lane
Lafayette, IN 47905
765-588-6593
7 / M
Oxford House since 11/1/2019

Eunoia
310 Vermont Dr.
Lafayette, IN 47905
574-276-4773
7 / M
Oxford House since 5/1/2020

Lawrenceburg
Naz
201 4th Street
Lawrenceburg, IN 47025
7 / W
Oxford House since 7/1/2020

Mishawaka
Virago
301 Eddgewater Dr.
Mishawaka, IN 46545
8 / W
Oxford House since 9/1/2019

New Albany
Mariposa
613 Roseview Terrace
New Albany, IN 47150
812-318-4727
7 / M
Oxford House since 3/1/2019

Irenic
2616 Pamela Dr.
New Albany, IN 47150
812-318-4727
8 / M
Oxford House since 4/1/2020

South Bend
Emyla
631 North Lafayette Blvd.
South Bend, IN 46601
9 / M
Oxford House since 2/1/2019

Liam
19525 Cleveland Rd
South Bend, IN 46637
7 / W
Oxford House since 1/1/2019

Council Oak
2312 Council Oak Drive
South Bend, IN 46628
7 / M
Oxford House since 3/26/2019

Indiana Network of Oxford Houses

43 Houses

321 Recovery Beds



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™

1975-2020

*45 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

Web Site: www.oxfordhouse.org