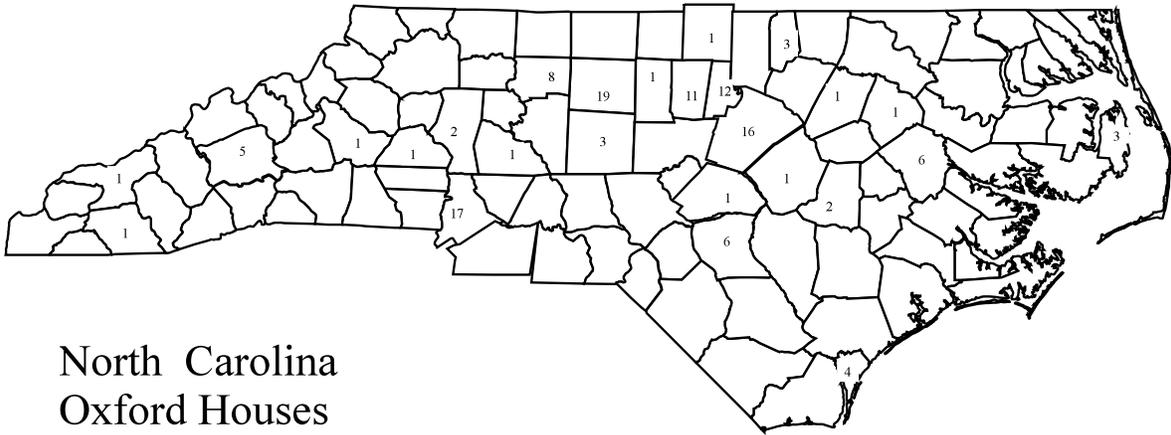


# Oxford House Profile Series 2008

## Oxford Houses in North Carolina And The People Who Live in Them



North Carolina  
Oxford Houses

Number indicates number of houses in county

## North Carolina and Oxford House

*A Partnership Reaching Throughout the State*

Oxford House World Services  
1010 Wayne Avenue, Suite 300  
Silver Spring, Maryland 20910  
[www.oxfordhouse.org](http://www.oxfordhouse.org)

## About Oxford House, Inc.

Oxford House, Inc. is the thirty-four-year-old Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 1,300 individual Oxford Houses. Its central office is located 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 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. The average number of residents per house is about eight with a range per house of six to sixteen.

Oxford House works because it has: (1) no time limit on how long a resident can live in an Oxford House, (2) follows a democratic system of operation, (3) utilizes self-support to pay all the household expenses, and (4) adheres 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 abstinence. 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, responsible behavior, and slowly but surely develop long-term behavior to assure comfortable sobriety – forever. Some individuals live in Oxford Houses a few months, others for many years. Together, these individuals develop each Oxford House into a place where residents can learn to live a responsible life without the use of alcohol and drugs.

More than 1,300 individual Oxford Houses follow the three goals of Oxford House - Recovery, Responsibility and Replication – year after year. 2008 represents another successful year. The Oxford House goal, however, is to establish enough houses for every alcoholic and drug addict to have the opportunity to achieve recovery without relapse.

The following report looks at the successful network of 130 Oxford Houses in the State of North Carolina.

Silver Spring, Maryland

January 2009

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\* Resident or Alumni member [By-laws require that one-quarter of board be residents or alumni members of Oxford Houses].

\*\* Victor Fritz took office January 2009 and is an ex-officio member of the board.

## The 2008 Profile Of North Carolina Oxford Houses And Residents

The World Services Office of Oxford House collects data monthly from each Oxford House with respect to applications, admissions, expulsions for cause and voluntary departures. Resident profiles are obtained using the confidential survey questionnaire designed by the late William Spillane, Ph. D. in his 1988 Evaluation of Oxford Houses. This produces data that can be compared on a year-by-year basis. The house figures below are current as of December 31, 2008. Resident profiles are derived from state surveys conducted fall 2008.

Number of Women's Houses:	<b>33</b>	Number of Women Residents:	<b>244</b>
Number of Houses For Men:	<b>96</b>	Number of Men Residents:	<b>714</b>
State Network of Houses:	<b>129</b>	Total Number of Residents:	<b>958</b>
Average Age:	<b>40.1 Years</b>	Age Range	<b>18 – 68 Years</b>
Cost Per Person Per Week [average]: [Range \$90 - \$135]	<b>\$100</b>	Rent Per Group Per Month [average]: [Range \$900 - \$3,500]	<b>\$1,350</b>
Percent Military Veterans	<b>18%</b>	Average Years of Education	<b>12.56</b>
Residents Working 10/30/08:	<b>83.6%</b>	Average Monthly Earnings:	<b>\$1,484</b>
Percent Addicted To Drugs or Drugs and Alcohol:	<b>71.8%</b>	Percent Addicted to Only Alcohol:	<b>28.2%</b>
Race –		Marital Status –	
White;	<b>50.1%</b>	Never Married	<b>46.4%</b>
Black;	<b>47.3%</b>	Separated	<b>13.9%</b>
Other	<b>2.6%</b>	Divorced	<b>30.5%</b>
		Married	<b>6.4%</b>
		Widowed	<b>2.8%</b>
Prior Homelessness:	<b>73.1%</b>	Average Length of Homelessness:	<b>6 Mos.</b>
Prior Jail:	<b>81.3%</b>	Average Jail Time:	<b>17.9 Mos.</b>
Average AA or NA Meetings Attended Per Week:	<b>5.2</b>	Percent Going To weekly Counseling plus AA or NA:	<b>34.3%</b>
Average Length of Sobriety of House Residents:	<b>16 Mos.</b>	Residents Expelled Because of Relapse:	<b>21%</b>
Average Length of Stay In An Oxford House:	<b>9.1 Mos.</b>	Average Number of Applicants For Each Vacant Bed:	<b>+4.0</b>

### ***Oxford House World Services***

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## Development of North Carolina Oxford Houses

The 129 Oxford Houses in the State of North Carolina provide 958 beds for individuals recovering from alcoholism and drug addiction to gain the time, peer support and discipline needed to achieve sobriety comfortable enough to avoid relapse. Each Oxford House is a rented single family home in a good neighborhood and was started with a start-up loan of \$4,000 from the North Carolina Recovery Home Start-up Revolving Loan. Once established the residents of each house not only repay the start-up loan but pay all on-going household expenses.

Three characteristics stand out in any evaluation of Oxford House: [1] low cost, [2] effective replication, and [3] good outcomes. The Oxford House model provides a blueprint to realize each of these characteristics but it begins with a good partnership between Oxford House, Inc. and the state. In North Carolina, the partnership has been a strong one for nearly 20 years.

### Low Cost

When Oxford House first began in 1990 in North Carolina, the legislature was considering the establishment of a single halfway house that had a huge capital investment cost and involved operating costs of nearly a million dollars a year. The traditional halfway house would have had about 15 recovery beds and probably would have limited stays to three to six months. Eight years earlier a study by the National Institute on Alcohol Abuse and Alcoholism [NIAAA] of 273 halfway houses around the country showed an annual cost of about \$23,000 per recovery bed.<sup>1</sup> The NC legislature opted to utilize Oxford House development rather than building a single halfway house in an effort to fill a need facing most recovering alcoholics and drug addicts in the state. That decision has led to a statewide network of 129 Oxford Houses providing over 950 recovery beds. A comparable number of recovery beds based on the traditional halfway house model would cost the state about \$46,000,000 a year. Funding of OHI to establish and monitor the NC statewide network of Oxford Houses is about \$300,000 a year – less than 1% of the cost for comparable recovery beds using a traditional halfway house model.<sup>2</sup>

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<sup>1</sup> Taking inflation into account, the \$23,000 per bed cost in 1982 dollars is about \$49,000 in 2007 dollars.

<sup>2</sup> \$46,000,000 times .0065 = \$299,000 or .65% of the cost of an equal number of traditional halfway house beds.

The reason the taxpayer cost is so low is that the residents of each Oxford House operate it themselves and pay all household expenses including rental payments to the landlord. This represents a substantial cost but to residents – but not to taxpayers. For example, in 2008, North Carolina Oxford House residents used their own fund to pay household expenses of about \$4,981,600. Each of the residents pays an equal share of household expenses [usually rent to the landlord, start-up loan repayment, cable TV, utilities and household staples]. In 2008, in North Carolina, that equal share of weekly household expenses averaged \$100 a week with a range of \$75 to \$130 per week.

### Effective Replication

Each individual Oxford House is a rented home and is chartered by Oxford House, Inc. The chartering procedure is a simple two-step process: (1) the issuance of a temporary charter, and [2] the issuance of a permanent charter, once the requirements of the temporary charter is met. Both the temporary and permanent charters have three simple conditions that the group requesting a charter must meet in order to call itself an Oxford House™. Usually a new house is able to demonstrate it understands the system of operation sufficiently to receive a permanent charter within a period of about six months. The three conditions of both the conditional and permanent charter are as follows:

- 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 – lie at the heart of what makes an Oxford House work. 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 house themselves rather than paying employees to “look after them.” That is the practical aspect. But also, in managing the operation of their house, the residents gain self-esteem, accountability and civic virtue.

The requirement of self-support also has both practical and therapeutic value. As noted above the North Carolina Oxford House resident pays

an average of \$100.00 a week into their group household account as their equal share of household expenses. More importantly, when the residents of an individual house pay their monthly bills each resident in the group gains the satisfaction of having behaved responsibly. This is new behavior for the recovering addict.

The satisfaction that comes from the group paying bills strengthens the cohesiveness of the group as a whole and increases the value of individual sobriety. This is particularly true because each resident in each Oxford House knows firsthand that the success or failure of the individual house depends upon following the disciplined democratic system of operation that is a basic tenant of every Oxford House – including paying household bills on time.

### **Good Outcomes**

The National Institute on Alcoholism and Alcohol Abuse [NIAAA] and the National Institute of Drug Addiction [NIDA] have funded a number of studies of Oxford Houses. Those agencies provided funding to DePaul University in Chicago to conduct a number of national studies related to the efficacy of Oxford House.<sup>3</sup>

The studies consisted of a number of specific small-scale studies and two major studies. One of the small-scale studies examined optimism, abstinence self-efficacy and self-mastery of two groups of individuals in early recovery experience. One group lived in an Oxford House and attended 12-Step self-help recovery meetings. The other group also went to 12-step self-help recovery meetings but did not live in an Oxford House. Both groups were interviewed to determine basic history [demographic and treatment history] and individuals completed surveys related to the cognitive resources of optimism, abstinence, self-efficacy and self-mastery. The authors concluded their study as follows:

Overall findings suggest that cognitive resources facilitate substance abusers' recovery and that the Oxford House model provides recovering substance abusers with an environment that provides greater support in their development of cognitive resourcefulness for ongoing abstinence.<sup>4</sup>

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<sup>3</sup> Thirteen of the DePaul specific studies have been published in book form: *Creating Communities for Addiction Recovery: The Oxford House Model*, edited by Leonard A. Jason, Joseph R. Ferrari, Margaret I. Davis, Bradley D. Olson, The Hayworth Press, New York, 2006

<sup>4</sup> John M. Majer, Leonard A. Jason, Bradley D. Olson, *Optimism, Abstinence Self-Efficacy, and Self-Mastery – A*

In a major study financed by the National Institute on Drug Abuse [NIDA], the DePaul researchers followed 897 Oxford House residents living in 219 Oxford House around the country [including a number of houses in North Carolina] for a period of 27 months to determine how many stayed clean and sober without relapse.<sup>5</sup> Their findings were that after 27 months a remarkable 87% had stayed clean and sober for the entire period of time.

In another study funded by the National Institute on Alcoholism and Alcohol Abuse [NIAAA], the DePaul researchers randomly selected one-half of a group of 150 recovering individuals leaving treatment in Illinois to enter an Oxford House and compared their outcomes over a two-year period with a control group whose members lived wherever their normal habitant was following treatment. On its face, the findings were also remarkable – 65% of the Oxford House group stayed clean and sober without relapse for the two-year period and only 31% of the control group had the same outcome. The result probably would have been worse for the control group had not 8 [10%] of its members voluntarily found an Oxford House to live in since all 8 who did stayed clean and sober.

### **Relapse Rate in NC Oxford Houses**

The relapse rate for residents in North Carolina Oxford Houses in 2007 was 4.3% higher than the 20 percent rate found in the major NIDA sponsored study by DePaul. Former Senator Jim Broyhill, after reading the 2007 North Carolina Oxford House evaluation, asked two questions: [1] why did a higher percentage of NC Oxford House residents relapse than the national average, and [2] how many of those who had relapsed subsequently got sober and returned to live in an Oxford House. Both are good questions.

The answer to the first question is that over a number of years, we would expect some fluctuation in the relapse numbers but it is significant that, even with such variations, outcomes from Oxford House living is at least five times better than any other program or

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*Comparative Analysis of Cognitive Resources, Assessment*, Volume 11, No.1, March 2004, 57-63 at P. 62.

<sup>5</sup> To be in this study the individual had to be an existing resident of an Oxford House but was followed for the full 27-month period even after he or she moved out of an Oxford House. The self-reporting of the resident every three months was cross-checked by getting confirmation from a friend designated by the subject at the beginning of the study.



**Oxford House – Oakridge**  
301 Oakridge  
Cary, NC 27511  
9 Men • Established October 1996

expected outcome.<sup>6</sup> The 2008 relapse rate of 21% among NC Oxford House residents is closer to the national Oxford House average. Both 2007 and 2008 relapse statistics among Oxford House residents in North Carolina are about one-fourth the relapse norm [80%] among recovering individuals leaving treatment. It should also be noted that almost all relapses involve individuals who have spent less than six months in an Oxford House. This is consistent with the findings of the DePaul University research team in their various studies. See Table 9 for a breakdown of turnover during 2008 and how much of turnover was caused by relapse.

The answer to Senator Broyhill's second question about whether individuals expelled for relapse subsequently return to the same or another Oxford House is still unanswered because we only recently began collecting such data. However, anecdotal evidence suggests that between a third and a half do reapply and are admitted into an Oxford House. We are now tracking these data and plan to follow the sobriety of this group of residents to determine if "the second time around" is more successful than the first.

The analysis of these data will be available in the next evaluation report of North Carolina Oxford Houses for 2009 that will be published in the first quarter of 2010.

When the individual who relapses seeks admission to the same or another Oxford House

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<sup>6</sup> R.J. Goldsmith, *The Essential Features of Alcohol and Drug Treatment*, *Psychiatric Annals*, 22, pp. 419-424 1992 [found six- months after traditional halfway house stay 10.9% of male residents maintained sobriety and only 9.5% of females]

when and if sobriety is regained the admission process is the same as it is for any other applicant. The members of the house consider all the facts, interview the applicant and vote on acceptance of the applicant. If 80% of existing house members agree, the applicant is accepted. The new tracking of this group of individuals will quantify both the percentage that reapply and their success at maintaining sobriety.

### **Current Profile of North Carolina Oxford House Residents**

Each year Oxford House, Inc. requests that each of the residents in North Carolina Oxford Houses voluntarily complete a confidential questionnaire that has been used since 1987. The data from the questionnaire provides the basis for Oxford House World Services to develop a profile of Oxford House residents and evaluate how well Oxford Houses are doing.

In summer and fall of 2008, 510 [69.4%] of the of 735 men and women then living in the network of Oxford Houses throughout North Carolina completed a questionnaire that elicited information about their background and efforts to recover from alcoholism and drug addiction.<sup>7</sup> The survey questionnaire was one that has consistently been used by Oxford House since 1987. The data obtained from the surveys provides a snapshot of those living in North Carolina Oxford Houses during the survey period. The resident profile is almost identical year after year.

Each year, the self-reported background and addiction history of each resident reflect a consistent pattern. This is not surprising. Addictive behavior has long destroyed individuals, families and communities. The new element introduced by Oxford House living is the fact that past behavior does not have to be a prologue to the future.

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<sup>7</sup> 17 new Oxford Houses were established in North Carolina during CY 2008. Of those 12 were established after the survey period began and no residents from the new houses are included in the survey. The 5 houses established in the first three months of 2009 are not included. For the period there was an average of 735 individuals living in North Carolina Oxford Houses and 510 of those residents [69.4%] completed the survey questionnaires. All of those answers are included in the statistical profile analysis contained in this report.

The statistical 2008 profile of North Carolina Oxford House residents shows:

The percentage of women in the survey is about the same as the percentage of recovery beds available for women in the North Carolina network of houses – 26.9% versus 25.5%. Likewise, the percentage of men in the survey is about the same as the number of recovery beds for men in the state – 73.1% versus 74.5%.

**Table 1**  
Gender

Male	73.1%
Female	26.9%

**Table 2**  
Race

White	50.1
Black	47.3
Hispanic	00.8
Asian	00.6
Native Am	01.2

The racial breakdown of North Carolina according to the 2000 U.S. Census was 70.2% White; 21.4% Black; 1.4% Asian; 1.2% Native American; and 4.7% Hispanic. As Table 2 shows, the racial composition of North Carolina Oxford House

residents has a higher percentage of Blacks than the state as a whole.

Both gender and race follow the pattern of treatment within the state – including treatment that is provided as part of incarceration. Oxford House makes certain that all segments of the community have an opportunity to get into an Oxford House.

The racial breakdown differences in the state as a whole, and the racial breakdown within the North Carolina Oxford Houses will diminish as word of Oxford House spreads and as more houses are established. There are already sections within the state where shifts in racial composition within Oxford House now more closely reflect the population of those regions.

It can be anticipated that as the network of Oxford Houses in the state grows it will continue to have a population with a racial breakdown that closely reflects the population as a whole.<sup>8</sup> Alcoholism and drug addiction know no racial, economic or educational boundaries.

**Table - 3**  
Age Range

Age	2008 Count	2008 Percent
18-22	19	3.8
23-27	27	5.4
28-32	56	11.2
33-37	63	12.7
38-42	92	18.5
43-47	125	25.1
48-52	78	15.7
53-57	23	4.6
58-62	13	2.6
63-67	2	0.4
Total	502	100

The average age of the residents is 40.8 years old. The average age of women [39.1 years] is a little more than 2 years younger than the average age of men [41.5]. While the average age of residents is 40.8 years, the distribution ranges from 18 to 64.<sup>9</sup>

### Veterans

Military veterans make up 18% [N 172] of the North Carolina Oxford House population compared to 13% of the North Carolina population overall who are military veterans. The veteran population in Oxford House as of November 2008 includes at least six men who are veterans of the Iraq war. The veterans function very well in the self-run, self-supported living environment of an Oxford House and provide leadership in part because of their military training and belief in the value of democratic decision-making as a core value of civilian life in America. In a conversation about how Oxford Houses work one vet remarked: "Hell, this is what we fight for. In the good old USA people are free to help themselves. We prove it in Oxford House every day."

The veterans are a little over seven years older on average than the non-veterans [46.0 years versus 38.9 years].<sup>10</sup>

<sup>8</sup> The population of Washington State is 6.4 million and the population of North Carolina is 8.8 million. There are 202 Oxford House in Washington State or about one house for every 33,683 population and 129 Oxford Houses in North Carolina. To have same number of houses per capita North Carolina would need 261 Oxford Houses or 132 additional houses.

<sup>9</sup> There are several older individuals [one age 72] living in the North Carolina Oxford Houses but were not picked up in the survey.

<sup>10</sup> The Iraq veterans were not included in the survey because they came into the houses after the survey. As they and more come into houses the average veteran age is likely to drop.



Worth Bolton, MSW Clinical Instructor, UNC Chapel Hill, a veteran himself and leader in treatment of veterans with addiction or dual diagnosis was a featured speaker at the North Carolina Oxford House state convention at the North Raleigh Hilton Hotel. More than 300 alumni and residents of North Carolina Oxford Houses attended. To reach more veterans Oxford House residents visit VA rehabs and actively seek out newly recovering veterans to apply to Oxford House.

### Education Attainment of Residents

The average length of schooling of the North Carolina Oxford House residents is 12.56 years. The range of education is from completion of grade seven to college and post-graduate work. While 17.6% of the North Carolina Oxford House residents have not completed high school, 82% have. Of the high school graduates, 38% have education beyond high school and 10% of that group has graduated from a 4-year college. Some of the residents who had not graduated from High School obtain GEDs, vocational training and other education and training while living in an Oxford House. The low cost and supportive living environment of an Oxford House provide a good opportunity for returning to school.

There is no statistically significant difference in education level when compared to race, age or gender except Whites [12.9 years] have slightly more education than Blacks [12.3 years] and both Blacks and Whites have more educational attainment than Hispanics [10.6 years]. Men [12.5 years] have slightly less educational attainment than women [12.9 years].

Military veterans [13.3 years] have more education on average than the non-veterans [12.4]. The disparity between educational attainment for veterans and non-veterans has slightly increased over the last decade among Oxford House residents nationally. This may be because of additional veteran educational benefits or a difference in average age. The following table in the shows the educational attainment diversity among the survey sample.

**Table - 4**  
Last Year of Formal Education

Last Year	Count	Percent
7	4	00.8
8	12	02.4
9	17	03.4
10	33	06.6
11	36	07.2
12	209	41.6
13	46	09.2
14	74	14.7
15	19	03.8
16	37	07.4
17	6	01.2
18	3	00.6
19	3	00.6
20	2	00.4
21	0	00.0
22	1	00.2
Total	502	100.0%

In America, education and economic wellbeing often result in class differences – even though as a country the United States promotes an egalitarian philosophy. Alcoholism and drug addiction are egalitarian and Oxford Houses in North Carolina reflect the ideal mix of well-educated and under-educated, rich and poor, and individuals of different races and religious backgrounds.

There is no significant relationship between any educational level or racial group and length of sobriety. Unsurprisingly, Oxford Houses allow individuals to gain solid sobriety irrespective of racial, educational or income differences. The overall average level of education is 12.56 years but as discussed above, there are only slight differences between various cohorts.

### Prior Treatment

Most of the residents in an Oxford House have been through residential treatment more than once. This is not surprising given what is know about alcoholism and drug addiction. Ludwig found that only one in ten of treated individuals are clean and sober eighteen months after treatment<sup>11</sup>, and Vaillant found that over a lifetime only 20% of alcoholics achieve sobriety

<sup>11</sup> Arnold M. Ludwig, M.D., *Understanding the Alcoholics Mind*, Oxford University Press, New York 1988, p. 5

without relapse.<sup>1</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].

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>2</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>3</sup> Intervention, detoxification and education [about the nature of addiction and motivation to change behavior] is not difficult but alone these three steps can seldom produce recovery without relapse. Long-term behavior change requires the availability of a reasonable opportunity to become comfortable with abstinent behavior.

Unfortunately, the norm for alcoholism and drug addiction treatment is that recovery is at best sporadic. Relapse is generally the expected outcome and is confirmed by the data in Table 5. This is consistent with broadly based knowledge about recovery but Oxford House living suggest that relapse may be as much a defect in treatment protocol as in the nature of the disease.

**Table - 5**

Prior Times in Residential Treatment

Times	Count	Percent
Zero	71	14.6
One	154	31.8
Two	115	23.7
3-5	110	22.7
6-10	27	5.6
More than 10	8	1.6

<sup>1</sup> George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, Massachusetts, 1995

<sup>2</sup> Vernon E. Johnson, *I'll Quit Tomorrow* (Harper and Row, San Francisco, 3<sup>rd</sup> edition, 1980) [First published in 1967.]

<sup>3</sup> R.J. Goldsmith, *The Essential Features of Alcohol and Drug Treatment*, *Psychiatric Annals*, 22, pp. 419-424, 1992.

Many episodes of recovery are followed by recidivism into active drinking of alcohol and/or drug use. It is not unusual to find most individuals in formal treatment are not in treatment for the first time. The national TEDS report for 2006 shows that less than 40% of all patients in treatment were in treatment for the first time. More than 10% had been in treatment five or more previous times. Therefore, it is not surprising to learn that most residents of Oxford House have been through residential treatment more than once before entering an Oxford House.

Prior residential treatment followed by relapse underscores the fact that behavior change – the only cure for alcoholism and drug addiction – is not easy. It takes time, motivation and a supportive peer living environment to develop comfortable sobriety without relapse.

The concept underlying self-run, self-supported Oxford recovery Houses is the same as the one underlying Alcoholics Anonymous and Narcotics Anonymous – addicted individuals can help themselves by helping each other abstain from alcohol and drug use one day at a time for a long enough time to permit a new set of values to be substituted for the values of a lifestyle in which alcohol and drugs were used. Two findings from the North Carolina Oxford House studies – expulsion rate and length of stay – show that Oxford Houses are providing the time, motivation and supportive peer environment for residents to develop sobriety without relapse. The Oxford House charter requires the immediate expulsion of any resident who returns to using alcohol or drugs.

During 2008, 1,537 were admitted to Oxford Houses in North Carolina. During the same time period 724 left on a voluntary basis and had stayed clean and sober. However, 529 had been asked to leave because they had returned to using alcohol and/or drugs – about a 21% relapse rate. This compares to a 24% relapse rate among residents of NC Oxford Houses during 2007. [See earlier discussion of relapse rate at page 3 of this report and Table 9.]



**Oxford House – Mayridge**  
 215 Mayridge Drive  
 Charlotte, NC 28215  
 8 Women • Established Oct. 2006

The improved relapse rate is a little higher than the 13% relapse rate that the DePaul Study found in its national study of 897 individuals living in 219 houses around the country but that survey was a sample of individuals already living in an Oxford House at the time they were randomly selected. On the other hand, the actual North Carolina relapse rate of 21% for 2008 is a lower than the 35% relapse rate found in the DePaul survey involving 150 individuals just getting out of treatment and significantly lower than the 77% relapse rate for the control group in that study.<sup>15</sup>

The greatest difference between the DePaul studies and this evaluation is that this study covers all NC Oxford House residents not just a sample. Every month the Oxford House outreach team in North Carolina collects the actual figures for intake, voluntary exits and involuntary exits. The minute an individual enters an Oxford House he or she – without qualification – is part of the sobriety count. It is not uncommon for institutions involved in treatment to qualify recovery statistics by limiting computation to “those who complete the program.” Even with cherry picking cases to include in recovery computations few if any treatment programs approach the outcome rates of Oxford House in achieving recovery without relapse.

About half the residents in North Carolina Oxford Houses have lived in the houses for six months or less. About 70% have lived in an

<sup>15</sup> The control group of 75 individuals consisted of individuals getting out of treatment who returned to their normal living situation rather than going directly to an Oxford House.

Oxford House for less than one year and, 85% for less than eighteen months.

**Table - 6**  
**Current Sobriety in Months**

Months	Count	Percentage
1-5	244	49.6
6-10	75	15.2
11-15	57	11.6
16-20	28	5.7
21-25	27	5.5
26-30	10	2.0
31-35	20	4.1
36-40	1	.2
41-45	1	.2
Over 45	8	1.6
Total	471	95.7

The average length of sobriety among North Carolina Oxford House residents is 16 months, which is a good start toward mastering life-long sobriety. The average length of sobriety in the 2007 evaluation was 13.9. The fact that the average sobriety is a little over 2 months longer in this report probably results from the program Oxford House World Services initiated targeting re-entry from incarceration.<sup>16</sup> About one-half have six months or less of sobriety and half have more than six months. The range of sobriety is from 1 month to more than 10 years.

There is no time limit on length of stay in an Oxford House. Residents stay until they feel comfortable with sobriety and confident that they can move without risking relapse. It should also be noted that some of the individuals coming into an Oxford House have already accumulated some sobriety from either incarceration or residential treatment – including over 7 percent coming from a traditional halfway house and 6 percent directly from serving a jail term averaging a little over one year. The head start on sobriety of these individuals coupled with the 15 percent who have lived in a house for more than 18 months accounts for the average sobriety of 16 months. Table 6 shows the breakdown of sobriety making the sixteen-month average. About 4% have more than 4 years clean and sober without relapse, which ratifies the fact that living in an Oxford House is open-ended provided sobriety

<sup>16</sup> See “Targeted Re-entry Program” later in this evaluation report.

is maintained and the equal share of household expenses is kept current.

Dr. George E. Vaillant, in his book *The Natural History of Alcoholism*, states the obvious goal in the treatment of alcoholism [or drug addiction] when he states that, "The treatment of alcoholism should be directed toward altering an ingrained habit of maladaptive use of alcohol. ..." He goes on to spell out the four components of treatment, which can achieve that goal:

- (1) offering the patient a non-chemical substitute dependency for alcohol,
- (2) reminding him ritually that even one drink can lead to pain and relapse,
- (3) repairing the social and medical damage that he has experienced, and
- (4) restoring self-esteem.<sup>17</sup>

Vaillant also points out that providing all four components at once is not easy by analyzing and comparing the various components that go into the transformation from addiction to recovery without relapse.

Disulfiram [Antabuse] and similar compounds that produce illness if alcohol is ingested are reminders not to drink, but they take away a cherished addiction without providing anything in return: they provide the second component but ignore the first. Prolonged hospitalization provides the first three components but ignores the fourth and eventually the first. Hospital patienthood destroys self-esteem, and when hospitalization ceases the patient loses his substitute dependency. Tranquilizing drugs provide the first component but ignore the other three. For example, providing the anxious alcoholic with tranquilizers will give temporary relief of anxiety but may also facilitate the chain of conditioned responses that lead to picking up a drink at the next point of crisis. Over the long term, providing alcoholics with pills only reinforces their illusion that relief of distress is pharmacological, not human.<sup>18</sup>

Vaillant does note "self-help groups, of which Alcoholics Anonymous is one model, offer the simplest way of providing the alcoholic with all four components referred to above."<sup>19</sup> The same principle applies to Oxford House. It

<sup>17</sup> George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, 1995, p. 300.

<sup>18</sup> Id. 301.

<sup>19</sup> Id. 301.

provides the benefits of prolonged hospitalization without the destruction of self-esteem. In fact, self-esteem is restored through the exercise of responsibility, helping others, re-socialization, and constructive pride in maintaining an alcohol and drug-free living environment without dependency upon any outside authority or helper.

The NIAAA and NIDA sponsored DePaul University studies of Oxford House confirm that the Oxford House self-help model is effective in providing the time and peer support in an alcohol and drug-free living environment to assure long-term sobriety without relapse. All the NC survey data shows that the Oxford Houses in North Carolina are producing long-term sobriety with minimal relapse. The data also confirm that the residents in the houses have backgrounds reflecting the severity of their addiction. That background includes homelessness, jail time, hospitalization and current marital status.

More than a third [45%] of Oxford House residents had been married but are now separated or divorced. Most believe addiction was the primary reason they are no longer married. Only 5% of the individuals in North Carolina Oxford Houses are still married. Experience has shown that once an individual has accumulated a year or more of continuous sobriety, resumption of the marriage may occur. The Kurtis T. story printed as part of the 2007 Evaluation of NC Oxford Houses [downloadable from the website] is one of many examples where marital restoration has occurred.

The cost of addiction is high. The following table showing marital status reflects one of those costs.

**Table 7**  
**Marital Status**

Status	Count	Percent
Single	238	46.7
Married	27	05.3
Separated	72	14.2
Divorced	157	30.8
Widowed	15	3.0
TOTAL	509	100.0%

The nature of alcoholism and drug addiction is that the disease progresses from bad to worse. The alcoholic and drug addict use alcohol or their drug of choice compulsively. Studies sponsored by the National Institute of Drug

Abuse [NIDA] have demonstrated that the brains of alcoholics and drug addicts undergo change. For the alcoholic and drug addict tolerance of alcohol and/or drugs increases – up to a point. Recovering alcoholics nearly all tell of time periods during their drinking when they could “drink everyone under the table” and still function well but later only a little alcohol use impaired behavior. The non-alcoholic and non-drug addict would quickly realize that the use of alcohol or drugs was unwise and stops. The alcoholic or drug addict, however, craves more of the substance that left such a pleasant memory. Human beings are built to forget pain and remember pleasure. This trait causes the alcoholic and drug addict to continue active addiction unless there is intervention followed by successful behavior modification.



**Oxford House – Viewmont**  
 326 25<sup>th</sup> Avenue NW  
 Hickory, NC 28601  
 Established December 1, 2008  
 Home for Nine Women in Recovery

Forced intervention is often brought about by the criminal justice system. The uncontrolled behavior brought about when the alcoholic or drug addict is intoxicated and the compulsive behavior associated with seeking another drink of alcohol or drug fix may also bring about criminal behavior.

The profile of North Carolina Oxford House residents shows indicia of forced intervention. Most residents [79.5%] have served time in jail. The average total length of time served in jail is about 17.5 months. Usually the individual who has jail time accumulated the jail time as the result of several periods of incarceration. In other words, the alcoholic and drug addict has chronic recidivism. Unless a behavior of constant sobriety is developed, most alcoholics and drug addicts will continue a cycle of incarceration, followed by release, followed by relapse, followed by arrest, conviction and

incarceration repeating the cycle over and over until death.

In an effort to avoid the revolving door of criminal behavior, drug courts attempt to correct the underlying problem of alcoholism and/or drug addiction early in the criminal process. An increasing number of Oxford House residents are participants in the North Carolina Drug Court System.<sup>20</sup>

The premise behind drug courts is that the drug addict or alcoholic can be motivated to seriously attempt treatment if the leverage of possible conviction and jail time is used to encourage treatment. Judges are recognizing that where the addict in treatment lives has an important bearing on the effectiveness of treatment. Unfortunately, access to Oxford House living is limited both by the availability of housing and coordination between drug courts and available vacancies in existing housing. Nevertheless, more than a hundred NC drug court clients have utilized Oxford House living to gain long-term sobriety and more than five-dozen are in the houses at any one time.

North Carolina Oxford Houses from the beginning of development in 1990 have been established throughout the state. Without outreach workers, any house development would probably have been centered almost exclusively in Charlotte and Raleigh. Initially two, and for the last four years three, full-time and several part-time trained outreach workers have been available to rent new houses, recruit initial residents and to teach them the standard Oxford House system of operation throughout the state. Without hands-on technical assistance it is unlikely that the existing network of houses could have been established. Conversely, resources to provide more trained outreach workers could greatly expand the existing network of Oxford Houses and better coordinate utilization of the houses by newly recovering individual getting out of treatment or jail or under the supervision of a drug court.

The alternative to Oxford House living can be seen by looking at where North Carolina Oxford House residents lived just prior to the treatment that led them to Oxford House. While only a little over 15% of the current Oxford House residents were homeless immediately preceding entry into an Oxford House, more than 73.1%

<sup>20</sup> At any given time, there are between 40 to 120 residents in North Carolina Oxford Houses who are participants in drug courts. The Drug Courts that utilize Oxford Houses the most are in Raleigh, Charlotte and Greensboro.

had experienced homelessness during their addiction. The average length of such homelessness was about 6 months [185 days].

The importance of living environment cannot be overemphasized. Within the street drug culture, it is not unusual to have dealers give away “free samples” for the purpose of getting a drug addict back into the market. While liquor, wine or beer stores rarely, if ever, give away free samples many of their customers will offer a free drink and pressure to “just have one” is commonplace in many social settings. Putting the newly recovering alcoholic or drug addict into these settings invites relapse. It is not by chance that those in 12-Step programs often remind each other to “avoid people, places and things” that were part of the former addictive behavior.

Halfway house residents, homeless individuals and those reentering society from jail or prison are unlikely to automatically end up in alcohol and drug-free living environments. The profile data from the residents in North Carolina Oxford Houses confirms this by showing where individuals lived just prior to entering treatment or an Oxford House.

The following table shows the place of residence immediately preceding acceptance into a North Carolina Oxford House. Notice that nearly half [43%] had marginal housing security before Oxford House, e.g., rented room, institution or homeless.

Table 8  
Prior Residence of NC Oxford House Residents

Place	Count	Percent
Apartment	132	27.4
Owned Home	67	13.9
Rented Home	93	19.3
Rented Room	93	10.2
Jail	25	5.2
Mental Hospital	3	0.6
VA Hospital	2	.04
Halfway House	34	7.1
Homeless	76	15.8
TOTAL	490	100

If one classifies marginal living conditions as a rented room, jail, mental hospital, halfway house and homelessness, 43% of Oxford House residents were in marginal living conditions just prior to admission to an Oxford House. Common sense suggests that even the highly

motivated individual is unlikely to succeed in developing comfortable sobriety while living at the margin. When the living condition just prior to Oxford House admission is coupled with the data showing that 73% of all Oxford House residents have experienced homelessness averaging nearly 6 months, the role living conditions play in being able to master behavior change to assure life-long sobriety is beyond doubt.<sup>21</sup>

### Income

Most North Carolina Oxford House residents have a job. [84%] Their average monthly income is \$1,484, which is more than enough to pay an equal share of Oxford House average household expenses of \$100 a week.<sup>22</sup>

The income disparity between women and men was significant with men averaging about \$300 a month more income than women. The employment rate was 92% of the 534 Oxford House residents surveyed. As in any employment situation, individuals move in and out of employment and among employers.

### Comfortable Recovery

Equally important in terms of learning life-long sobriety is that 30.8% of the residents are motivated to find time to attend weekly counseling sessions in addition to attendance at 12-Step self-help meetings.

The attendance at 12-Step self-help meetings – Alcoholics Anonymous or Narcotics Anonymous – is important to bring about long-term behavior change but is not required as a condition for living in an Oxford House. Experience – gained over Oxford House’s quarter century of operation – has shown that voluntary rather than mandatory 12-Step meeting attendance works. Among North Carolina Oxford House residents, the average number of 12-Step meetings attended each week is 5.2. This is more than twice the number of 12-Step meeting attended by the average AA or NA member. It is the “thing to do” among Oxford House residents because it reflects the common ground –recovery – that ties the residents of the house together. In many ways, going to AA or NA meetings

<sup>21</sup> It is interesting to note that the average length of homelessness in 2006 was 9 months or 50% higher than in the current (2008) data.

<sup>22</sup> The monthly income is for summer 2006 was \$1,324 or \$160 less than 2008.

becomes a low cost social thing for members of the house to do each evening. It also is part of the process the recovering individual goes through in making the transition from addictive use to comfortable sobriety without relapse.

What this shows is that the Oxford House system of operation [democratically self-run, financially self-supported with emphasis on absolute sobriety] motivates residents to take advantage of tools designed by and for addicts to change behavior. Coupled with the absence of a time limit for living in an Oxford House, these tools produce recovery without relapse. As shown in Table 6 above, about 60% of Oxford House residents have over 6 months sobriety and the average length of sobriety among Oxford House residents in North Carolina is a little more than 16 months.

### Resident Satisfaction

The standard questionnaire used for obtaining data to profile Oxford House residents asks two questions to elicit the opinion of Oxford House residents about the value of Oxford House living:

[1] Would you recommend Oxford House to other alcoholics or drug addicts early in recovery?" and

[2] How important has Oxford House been to your sobriety?

More than 96% would recommend an Oxford House and 93% found Oxford House "very important" to their sobriety. Only 1% found it not to be significant while 6% found it to be "moderately" or "somewhat important."

The bottom line is that nearly 80% of the North Carolina Oxford House residents are staying clean and sober. Looking ahead it is important to recognize that Oxford Houses in North Carolina have helped more than 10,000 individuals transform their life from addiction to sobriety. In the process the system of operation used in each self-help Oxford House has taught responsible civic behavior. It has done so at practically no cost to the taxpayers or society at large.

Each year the North Carolina Oxford House residents have paid the bulk of the costs involved in maintaining and expanding the statewide network of Oxford Houses. For example, the 129 Oxford Houses in the state as of January 2009 will pay \$4,981,600 for household expenses during the year. That

amount covers rent for each of the 129 houses, household supplies, and utility bills.<sup>23</sup> This expenditure by the recovering individuals themselves compares well to the \$250,000 a year paid by the state to partially support the three outreach workers in the state and supervision by the Oxford House, Inc. central services office. The residents are paying about 17 times as much as the taxpayers and more importantly avoiding additional costs like homelessness or incarceration.

Moreover, the working residents have an aggregate income of more than \$17,060,064 a year. In the FICA tax alone, over \$2.4 million will be paid to Social Security and Medicare. Consider the costs that would have been involved if jail were the alternative to Oxford House living. The data shows about 80% of the Oxford House residents in the state had jail time. If 80% of the 1,816 residents who did not relapse were not in Oxford House and in incarceration the cost to taxpayers would have been over \$33 million a year.

### Effectiveness and Turnover Among Residents

The measure of any program to help individuals recovering from alcoholism and/or drug addiction has to be whether or not the program helps the recovering person to stay clean and sober. As pointed out in this report and the numerous studies by independent researchers sponsored by NIDA and NIAAA, most Oxford House residents stay clean and sober. They use the time and peer support inherent in the Oxford House to become comfortable enough with total abstinence to avoid relapse into addiction.



#### Oxford House – Henderson

169 Burrell Avenue  
Henderson, NC 27536  
10 Men • Established November 1994

<sup>23</sup> The 958 individuals living in the NC Oxford Houses pay an average of \$100 per week as their equal share of household expenses.

This outcome is just the opposite of the normal outcome experienced by individuals who have been treated for addiction but without the benefit of following such treatment with residency in an Oxford House. Normal outcome tends to be sobriety followed by relapse and subsequent treatment over and over again.

This recycling in and out of addictive use is so prevalent that “relapse is part of the disease” is prominently featured in the litany of addiction treatment. However, a growing number of addiction professionals and recovery advocates are asking whether relapse is an inherent quality of addiction or it is the product of a design flaw in how addiction is treated and managed, or, more specifically, treated and not managed. It has been suggested that relapse rates might decline precipitously if individuals who initiate recovery within the context of addiction treatment were afforded access to sustained monitoring, recovery support services and a post-treatment environment that is supportive of recovery maintenance.

William L. White, MA, Senior Research Consultant at Chestnut Health Systems, recently wrote that while many suggest that “relapse is part of the disease”, it may be that relapse reflects a defect in the treatment protocol.<sup>24</sup> He reasoning takes into account the fact that when Oxford House is available as a continuum of care after primary treatment relapse is the exception rather than the norm. The DePaul Studies and Table 9, showing turnover in NC Oxford Houses in 2008, supports White’s thesis.

**Table 9**  
Turnover During 2008

Month	Applications	Admissions	Number Leaving House		
			Voluntary	Relapse	Other
Jan.	151	102	39	40	13
Feb.	186	127	50	40	16
Mar.	220	155	53	58	25
Apr.	158	117	59	49	22
May	167	115	57	32	22
Jun.	195	132	55	41	23
Jul.	185	115	71	49	20
Aug.	211	155	72	38	32
Sep.	197	148	72	49	20
Oct.	190	136	52	43	22
Nov.	172	103	62	41	24
Dec.	183	132	82	49	21
TOTAL	2215	1537	724	529	260

As shown in Table 9 above, the proof is in the turnover during the course of 2008 by the residents of Oxford Houses in the State of North Carolina. Overall 2,496 recovering individuals lived in one of the North Carolina Oxford Houses

<sup>24</sup> Oxford Houses: Support for Recovery without Relapse, Vol.10 No2, *Counselor The Magazine for Addiction Professionals*, Published April 1, 2009.

during 2008. Of those 529 relapsed for a relapse rate of only 21.2%. Some of the “relapsed” individuals will get clean and sober again and because they tried Oxford House they may return. More significantly, most of the residents who did not relapse will stay in Oxford House until they become comfortable enough in sobriety to avoid relapse.

The relapse rate of 21.2 percent is still higher than the 13 percent reported by the DePaul University researchers in the major NIDA sponsored study.<sup>25</sup> Nevertheless, almost 80 percent of the residents living in North Carolina Oxford Houses during 2008 did not relapse. Overall during the course of the year 2,496 individuals lived in the North Carolina Oxford Houses. Those who moved out voluntarily [724] had stayed an average of about one year. Those who relapsed and were expelled [529] stayed an average of less than three months. The relapse rate in North Carolina Oxford House was about 4 percent lower than the year before and continued to reflect sobriety without relapse over four times better than any other method or program of recovery from addiction.

Not only does Oxford House living produce comfortable sobriety without relapse for most individual residents, but also the residents and alumni of Oxford Houses have willingly provided the proof that Oxford House living corrects an inherent defect in the historic treatment protocol for addiction to alcohol and/or drugs. Even before Congress passed §2036 of PL 100-690 – the group recovery homes provision of the 1988 Anti-Drug Abuse Act, the men and women in Oxford House had created a laboratory for scientific research.<sup>26</sup>

PL 100-690 served as a catalyst to expand the small network of 13 individual Oxford Houses to a national network of 1,328 houses throughout the country including the strong statewide network of 129 Oxford Houses in North Carolina. More than 250,000 individuals have lived in one or more of the individual Oxford Houses since the first one established in Silver Spring, Maryland in 1975. It is estimated that between 67 and 87 percent of those individuals achieved

<sup>25</sup> Jason, L.A., Olson, B.D., Ferrari, J.R. & Lo Sasso, A.T. (2006) Communal housing settings enhance substance abuse recovery. *American Journal of Public Health* 91, 1727-1729.

<sup>26</sup> The 1987 by William Spillaine, Catholic University of America tracked down the 1,280 individuals who had lived in the small cluster of Oxford Houses around the Nation’s Capital and found that 80 percent had maintained sobriety for years following Oxford House living.

sobriety comfortable enough to avoid relapse.

Throughout expansion the men and women in Oxford Houses have voluntarily participated in third-party research to learn the underlying principles and practices that enables Oxford House to produce such remarkable outcomes. Nearly 100 scientific, third-party research articles have been published documenting the findings of the researchers. The DePaul University researchers alone have published numerous articles in peer-reviewed journals and two books.<sup>27</sup> The State of North Carolina has learned first hand that Oxford Houses greatly reduce the recycling of recovering individuals between periods of recovery and recidivism or relapse. It has expanded the contract between Oxford House World Services to include more outreach workers and the targeting of particular groups of those entering recovery.

### **Targeted Re-entry Project**

During 2008 in North Carolina, Oxford House World Services undertook a number of special projects. For example, it continued the special program to provide peer support for recovering individuals returning to society from incarceration. This population is targeted in Wake County because of a small grant from the county and the evidence that individuals reentering society from prison do much better with reentry transition via Oxford House living.

Oxford House began a new targeted program under an agreement with Wake County. Specifically, the targeted program trains and uses a group of trained peer advocates to mentor recovering individuals reentering society from prison. In 2008, ten peer advocates successfully helped 71 individuals to become members of one of the fifteen Oxford House in Wake County – 42 men and 29 women having an average age of 35. This new program holds out the promise of being able to be replicated throughout the country to mitigate the fact that 2.2 million are in prison in the country with between 60% to 80% who should be in recovery from addiction to alcohol and/or drugs. The Wake County model is being favorably looked at by both the federal government and numerous

<sup>27</sup> Jason, L.A., Olson, B.D., Ferrari, Davis, M. I., & Olson, B.D. (2006) *Creating Communities for addiction recovery: The Oxford House Model*, Binghamton, N.Y.; Haworth Press.

Jason, L.A., Olson, B.D., Foli, K.J. (2008) *Rescued Lives: The Oxford Approach to Substance Abuse*, Philadelphia, PA : Routledge Press, Taylor & Francis Group.

states as a method for reducing the high rate of recidivism following re-entry to society following incarceration. Relapse among recovering individuals following incarceration is almost a guarantee for criminal activity, arrest and a return to jail or prison.

The peer advocate role is one in which alumni or residents in Oxford Houses are trained about how to motivate and assist individuals in prison in recovery plus to get a job and stay out of trouble. The training involves learning all the community support that is available from remedial education to job placement. However, the significant difference between Oxford House peer support and any other mentoring system for offenders re-entering society is that recovery in general and Oxford House living in particular is at the heart of the mentoring. Among other benefits that come from that focus is the fact that the ex-offender is given an array of recovery peer support. The surrogate family provided in Oxford House becomes a support not only to gain comfortable sobriety but to also value civic responsibility – including the avoidance of criminal behavior.



**Oxford House – Homestead**  
324 Scarlet Drive  
Chapel Hill, NC 27517  
7 M • Established 4/1/99

To implement the peer advocacy programs, Oxford House World Services developed a training curriculum for the program and a Peer Advocacy Manual. The initial training was a full day of instruction. Every month all ten peer advocates get together to share their experiences and build upon successes and hopefully learn from failed efforts.

The importance of the Peer Advocacy Program cannot be overstated because so many in the prison population are there either directly or indirectly because of drug addiction and/or

alcoholism. As long as either of those maladies continue, it is almost certain that recidivism to crime will follow release from prison within a year. Of the 71 ex-offenders re-entering society through the Peer Advocacy Program only one has committed a crime and been returned to prison. All of the rest have become successful members of an Oxford House and are well on their way to sobriety comfortable enough to avoid relapse.

### Expansion of Targeted Areas

Experience has shown that to establish new Oxford Houses and to organize local and statewide networks of existing houses the use of trained supervised outreach workers is essential. The 2007 Oxford House Annual Report, downloadable from the Oxford House website: [www.oxfordhouse.org](http://www.oxfordhouse.org) under "About Us/Finances," contains a discussion about the effectiveness of such outreach. North Carolina has utilized this asset since 1990. In doing so it has permitted the development of linkages to encourage that those who can benefit from living in an Oxford House are sought out and encouraged to take advantage of the recovery support available from Oxford House living. As discussed above, this outreach has now extended to recovering alcoholics and/or drug addicts reentering society from incarceration. However, many underserved groups remain. For example, military veterans often can benefit from living in an Oxford House.

Even though over 18 percent of the NC Oxford House population at any one time is made up of military veterans, many vets simply fall through the cracks. This population continues to grow. During 2008, fifteen veterans who made it into a North Carolina Oxford House are veterans of the Iraq and/or Afganestan wars. The utilization of additional outreach worker will help reach this overlooked population. As this report is being written, Oxford House World Services is taking a fresh look at how to work more effectively to reach those veterans who can benefit from Oxford House living. Nationally nearly 20 percent of Oxford House residents are already veterans but as individuals return from the current wars the need for supportive recovery living will increase.

While the Department of Veterans Affairs has many services to assist veterans with addiction or psychiatric problems, it – like the treatment field in general – lacks sufficient recovery

housing to provide an opportunity for individuals to become comfortable enough in sobriety to avoid relapse. Recent studies by the DePaul University research group show that residents living in an Oxford House with comorbidity [dual diagnosis] also do well. This means that even recovering veterans with PTSD can benefit from the self-run, self-supported mutually supportive Oxford House living environment.

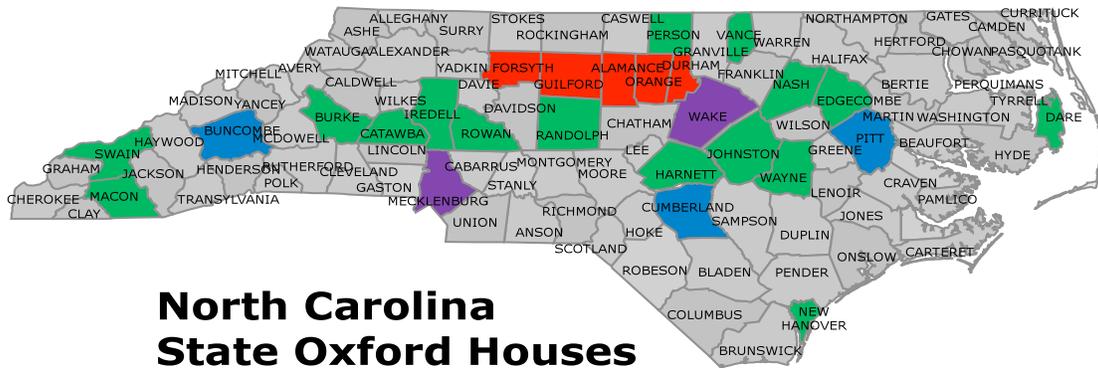
By mid-2009, Oxford House hopes that recovering veterans in North Carolina can be provided a better opportunity to live in an Oxford House. This will require affirmative outreach and the co-operation of the many veteran organizations in the state. Such cooperation can be as simple as helping to find suitable houses for rent and once new groups rent such houses to help them get settled. Most veterans groups and church groups have members who will donate pots and pans, dishes, linens, and usable furniture. Above all, such groups can encourage their neighbors to be tolerant of the self-help steps recovering individuals are taking to increase their odds of staying clean and sober by renting a decent house and living together in an alcohol and drug-free environment.

History has demonstrated in North Carolina – and throughout the country – that Oxford Houses work and the residents are good neighbors. For the most part the only "cost" to the rest of society is tolerance. Experience has shown that when fraternal groups and religious groups become involve in welcoming recovering individuals who help themselves stay clean and sober community tolerance becomes widespread. Everyone benefits when large groups of recovering individuals are transformed from troublesome addicts to productive citizens.



For those interested in learning more about the development of Oxford Houses in the State of North Carolina a copy of the **2007 North Carolina Evaluation** can be downloaded from the website: [www.oxfordhouse.org](http://www.oxfordhouse.org) by clicking "Publications/Evaluations/States" and then click on "2007" following "North Carolina" for the pdf download.

# Concentration of Statewide NC Network of Oxford Houses



Total of Houses As Of 2-1-09 -- 130  
 Men's Houses: 97 -- Women's Houses: 33

Legend	
	Zero
	1-5
	5-10
	10-15
	15-20
	20-25
	25-30

Oxford Houses are geographically distributed across the State of North Carolina, but many areas of the state are underserved. Recent expansion into Hickory and Stateville brings badly needed recovery opportunities to citizens in those areas. The general area of Charlotte has Oxford Houses but, based on population, many more houses should be there.

Outer Banks was an area developed during the last year. Wilmington continues to have a shortage of quality Oxford Recovery Homes because of the city's litigation involving zoning. This is unfortunate because lower quality recovery homes have moved in to fill the void. It is anticipated that when the litigation is resolved – hopefully in favor of the Oxford House position – that city can be better served by a robust network of Oxford Houses. Each week Oxford House World Services receives calls from the recovery community in Wilmington to open more houses. This cannot be done under the current city restrictive zoning.

The map of North Carolina on the cover shows the number of Oxford Houses in each county.

# Directory of Oxford Houses

Oxford House - Asheboro  
1000 S. Church Street  
Asheboro, NC 27203-6345  
(336) 625-3752  
8M *Established: Oct 02*

Oxford House - Cox  
968 S. Cox Street  
Asheboro, NC 27203-6466  
(336) 633-3993  
7W *Established: Aug 05*

Oxford House - Main Street  
617-5 South Main Street  
Asheboro, NC 27203-6449  
336-625-5059  
6M *Established: Mar 06*

Oxford House - Church Street  
95 Church Street  
Asheville, NC 28801-3623  
(828) 258-1560  
9W *Established: Mar 91*

Oxford House - Euclid  
163 Euclid Boulevard  
Asheville, NC 28806-4538  
(828) 350-0720  
6M *Established: Feb 03*

Oxford House - Asheville  
16 Michigan Avenue  
Asheville, NC 28806-4109  
(828) 350-1745  
7M *Established: Jul 91*

Oxford House - Wyoming  
72 Wyoming Road  
Asheville, NC 28803-2431  
(828) 254-1001  
8W *Established: Dec 03*

Oxford House - Round Top  
9 Round Top Road  
Asheville, NC 28803-1912  
828-274-1375  
7M *Established: Mar 05*

Oxford House - Carrboro  
1200 W. Main Street  
Carrboro, NC 27510-1555  
(919) 370-4327  
8M *Established: Jul 96*

Oxford House - Oakridge  
301 Oakridge  
Cary, NC 27511-4515  
(919) 468-9306  
9M *Established: Oct 96*

Oxford House - Homestead  
324 Scarlet Drive  
Chapel Hill, NC 27517-5516  
(919) 370-4263  
7M *Established: Apr 99*

Oxford House - Carolina Avenue  
110 Carolina Ave  
Chapel Hill, NC 27514-3200  
(919) 370-4380  
7W *Established: Feb 02*

Oxford House - Daley  
2219 Daley Road  
Chapel Hill, NC 27514-5125  
(919) 370-3193  
9M *Established: Dec 06*

Oxford House - Franklin Street  
132 Windsor Circle  
Chapel Hill, NC 27516-1206  
(919) 370-3518  
7W *Established: Jan 04*

Oxford House - Kings Mill Road  
702 Kings Mill Road  
Chapel Hill, NC 27517-4918  
(919) 370-3021  
7M *Established: Feb 04*

Oxford House - Willow  
1307 Willow Drive  
Chapel Hill, NC 27516-3030  
(919) 370-7548  
8M *Established: Sep 06*

Oxford House - Morgan Creek  
328 Azalea Drive  
Chapel Hill, NC 27517-8105  
919-240-4313  
10M *Established: Sep 07*

Oxford House - Cedar Hills  
134 Cedar Hills Circle  
Chapel Hill, NC 27514-1624  
919-370-3350  
8W *Established: Dec 07*

Oxford House - Swann  
141 Vintage Drive  
Chapel Hill, NC 27516  
919-537-8483  
6W *Established: Sep 08*

Oxford House - Christopher Road  
634 Christopher Road  
Chapel Hill, NC 27514-5614  
(919) 537-8785  
8M *Established: Dec 08*

Oxford House - Dinglewood  
301 Blackthorne Lane  
Charlotte, NC 28209-2603  
(704) 332-8311  
6M *Established: Sep 96*

Oxford House - Piedmont  
712 Jackson Street  
Charlotte, NC 29204-2057  
(980) 233-8863  
6M *Established: Nov 95*

Oxford House - Stillwell Oaks  
114 Stilwell Oaks Circle  
Charlotte, NC 28212-8471  
(704) 910-2857  
7M *Established: Jun 01*

Oxford House - Wyanoke  
220 Wyanoke Avenue  
Charlotte, NC 28205-6143  
(704) 817-7338  
7M *Established: Sep 98*

Oxford House - Bluff Wood Cove  
7021 Bluff Wood Cove  
Charlotte, NC 28212-5819  
(704) 972-8497  
6M *Established: May 91*

Oxford House - Fieldbrook  
309 Fieldbrook Place  
Charlotte, NC 28209-2245  
(704) 405-7907  
6M *Established: Aug 98*

Oxford House - Idlebrook  
6111 Idelbrook Drive  
Charlotte, NC 28212-4728  
(704) 719-1144  
7M *Established: Dec 91*

Oxford House - Carriage  
4708 Carriage Drive Circle  
Charlotte, NC 28205-4922  
(704) 532-9022  
6M *Established: Mar 03*

Oxford House - Shamrock  
6915 Idlewild Road  
Charlotte, NC 28212-5726  
(704) 344-1525  
7W *Established: Oct 00*

Oxford House - Folkston Drive  
4219 Folkston Drive  
Charlotte, NC 28205-4110  
(704) 568-2007  
6M *Established: Jun 04*

Oxford House - Havenwood  
3811 Havenwood Drive  
Charlotte, NC 28205-4728  
(704) 719-1936  
7M *Established: Apr 05*

Oxford House - Sudbury  
4301 Sudbury Road  
Charlotte, NC 28205-4825  
704-910-0898  
7W *Established: Apr 05*

Oxford House - Spray  
5304 Rock Spray Court  
Charlotte, NC 28215-4162  
(704) 719-4290  
6M *Established: Jan 06*

Oxford House - Cedarwild  
2701 Cedarwild Rd  
Charlotte, NC 28212-6435  
(704) 719-4518  
8M *Established: Feb 06*

Oxford House - Mayridge  
6215 Mayridge Drive  
Charlotte, NC 28215-1877  
(704) 537-8700  
7W *Established: Oct 06*

Oxford House - Ilford  
5617 Ilford Street  
Charlotte, NC 28215-2412  
(704) 531-1458  
7M *Established: Jul 07*

Oxford House - Idlewild  
7140 Idlewild Rd  
Charlotte, NC 28212  
704-817-7314  
7W *Established: Aug 08*

Oxford House - Dunn  
600 South Fayetteville Avenue  
Dunn, NC 28334-5718  
(919) 292-3059  
8M *Established: Aug 99*

Oxford House - Driver  
3013 Oxford Drive  
Durham, NC 27707-3840  
(919) 767-4919  
9M *Established: Jul 91*

Oxford House - Durham  
203 Pekoe Street  
Durham, NC 27707-3111  
(919) 425-1929  
9M *Established: Apr 93*

Oxford House - Peace Street  
313 East Trinity Street  
Durham, NC 27701-1946  
(919) 381-6647  
9M *Established: Jul 98*

Oxford House - Shirley Street  
2510 Shirley Street  
Durham, NC 27705-3892  
(919) 768-0308  
11M *Established: Mar 97*

Oxford House - Stadium  
630 W. Club Blvd.  
Durham, NC 27701-1262  
(919) 767-0081  
7W *Established: Jun 00*

Oxford House - Triangle  
5218 Revere Road  
Durham, NC 27713-2507  
(919) 767-5956  
7W *Established: May 98*



Oxford House - Guess Road  
3519 Guess Road  
Durham, NC 27705-2109  
(919) 765-5481  
8M Established: Sep 05

Oxford House - Cypress Road  
5307 Cypress Road  
Fayetteville, NC 28304-2305  
(910) 433-9123  
6W Established: Jan 07

Oxford House - Morehead  
909 C Morehead Avenue  
Greensboro, NC 27403-2797  
(336) 370-0900  
8M Established: Jun 96

Oxford House - Evans44  
112 West 12th Street  
Greenville, NC 27834-4128  
252-558-0241  
7W Established: Oct 02

Oxford House - Amhurst Road  
6420 Amhurst Road  
Durham, NC 27713-9749  
(919) 237-3401  
8WC Established: Aug 07

Oxford House - Vista II  
209 Dryman Road  
Franklin, NC 28734-5101  
(828) 369-6261  
8W Established: Aug 06

Oxford House - Onslow  
2015 Pine Bluff Street  
Greensboro, NC 27403-3226  
(336) 632-0901  
7M Established: Apr 93

Oxford House - Greenville  
2521 S. Memorial Drive  
Greenville, NC 27834-5020  
(252) 756-1616  
8M Established: Jun 96

Oxford House - Maynard  
412 E. Maynard Street  
Durham, NC 27704-3208  
919-294-6598  
6M Established: Jan 08

Oxford House - Garner  
117 Broughton Street  
Garner, NC 27529-2005  
(919) 329-0325  
8M Established: Jan 04

Oxford House - Walker  
909 A Morehead Avenue  
Greensboro, NC 27403-2797  
(336) 230-2128  
7M Established: Jun 97

Oxford House - Memorial Drive  
2519 S. Memorial Drive  
Greenville, NC 27834-5020  
(252) 439-8528  
6M Established: Feb 01

Oxford House - Gardenview  
8 Gardenview Place  
Durham, NC 27713-6673  
919-251-9831  
8W Established: Mar 08

Oxford House - Goldsboro  
1300 East Ash Street  
Goldsboro, NC 27530-5106  
(919) 538-8441  
10M Established: May 01

Oxford House - Azalea  
2600 Azalea Drive  
Greensboro, NC 27407-5918  
(336) 617-6032  
6W Established: Jul 03

Oxford House - Dellwood  
1428 Greenville Blvd SE  
Greenville, NC 27858-4623  
(252) 830-6700  
8M Established: Apr 05

Oxford House - Morreene Road  
518 Morreene Road  
Durham, NC 27705-2925  
919-616-3020  
10M Established: May 08

Oxford House - Mulberry  
1008 E. Walnut Street  
Goldsboro, NC 27530-5157  
(919) 735-1241  
6W Established: Aug 01

Oxford House - Harvard  
4203 Harvard Avenue  
Greensboro, NC 27407-1709  
336-852-4261  
8M Established: Jan 04

Oxford House - Eastwood  
1614 Greenville Blvd SE  
Greenville, NC 27858-4808  
(252) 413-0835  
8W Established: Jan 06

Oxford House - Spaulding  
103 Erie Street  
Durham, NC 27707-3101  
919-381-4931  
7M Established: Aug 08

Oxford House - Alamance  
109 Albright Avenue  
Graham, NC 27253-2701  
(336) 437-8212  
8M Established: Aug 00

Oxford House - Fleming  
5310 Tower Road  
Greensboro, NC 27410-5261  
(336) 852-7005  
7M Established: May 05

Oxford House - Glenwood II  
203 Glenwood Avenue  
Greenville, NC 27834-5635  
(252) 321-2029  
7M Established: Jan 07

Oxford House - Haymount  
902 Arsenal Avenue  
Fayetteville, NC 28305-5328  
(910) 778-8109  
6M Established: Jan 00

Oxford House - Aycocock  
1030 South Aycocock Street  
Greensboro, NC 27403-2904  
(336) 370-0070  
8M Established: Jul 01

Oxford House - Spicewood  
1916 Oak Street  
Greensboro, NC 27403-2637  
(336) 617-4451  
8W Established: Jun 05

Oxford House - Henderson  
169 Burwell Avenue  
Henderson, NC 27536-4152  
(252) 430-8679  
10M Established: Nov 94

Oxford House - Raeford Road  
5111 Spruce Drive  
Fayetteville, NC 28304-2322  
(910) 424-9400  
6M Established: May 99

Oxford House - Fawn  
2208 Fawn Street  
Greensboro, NC 27403-3606  
(336) 547-6874  
8M Established: Oct 01

Oxford House - Vandalia  
1208 West Vandalia Road  
Greensboro, NC 27406-5607  
(336) 855-7868  
7M Established: Jun 05

Oxford House - Young  
263 Charles Street  
Henderson, NC 27536-4327  
(252) 572-4530  
7M Established: Jun 96

Oxford House - Spruce  
1705 Spruce Street  
Fayetteville, NC 28303-4129  
(910) 339-1481  
6M Established: Jan 95

Oxford House - Irving Park  
2602 Spring Garden Street  
Greensboro, NC 27403-2047  
(336) 854-3847  
8M Established: May 99

Oxford House - Westhaven  
2313 Westhaven Drive  
Greensboro, NC 28403-3647  
(336) 547-0778  
7W Established: Sep 06

Oxford House - Bianca  
1513 Oxford Road  
Henderson, NC 27536-4969  
(252) 492-7030  
8W Established: Jul 03

Oxford House - Stedman  
1605 Morganton Road  
Fayetteville, NC 28305-4737  
(910) 323-1273  
6M Established: Apr 93

Oxford House - Madre  
835 Glenwood Avenue  
Greensboro, NC 27403-2816  
336-275-7216  
7M Established: Jul 00

Oxford House - Repon  
3809 Repon Street  
Greensboro, NC 27407-5536  
(336) 547-6008  
7M Established: Mar 07

Oxford House - Viewmont  
326 25th Avenue NW  
Hickory, NC 28601-1248  
828-855-1016  
9W Established: Dec 08

Oxford House - Elder  
5214 Cypress Road  
Fayetteville, NC 28304-2302  
(910) 425-8221  
6M Established: Jan 03

Oxford House - Mendenhall  
909 B Morehead Avenue  
Greensboro, NC 27403-2797  
(336) 272-6674  
7M Established: Jun 98

Oxford House - Fontaine  
2511 Fontaine Rd  
Greensboro, NC 27407-4917  
336/ 547-9407  
7W Established: May 08

Oxford House - Hayworth  
1322 Westchester Avenue  
High Point, NC 27262-4564  
(336) 307-3259  
7W Established: Jun 93



Oxford House - Parkway  
225 East Parkway Avenue  
High Point, NC 27262-3119  
(336) 289-5132  
8M Established: Jan 07

Oxford House - Holly Drive  
6904 Holly Drive  
Raleigh, NC 27615-5209  
(919) 844-3543  
7W Established: Oct 97

Oxford House - Sunset  
1333 Hill Street  
Rocky Mount, NC 27801-6006  
(252) 407-7968  
6M Established: Apr 96

Oxford House - Lyndhurst  
2484 Lyndhurst Avenue  
Winston Salem, NC 27103-3513  
(336) 722-3366  
7M Established: Mar 01

Oxford House - High Point  
1504 Carolina Street  
High Point, NC 27265-3311  
336-307-2123  
8M Established: Feb 08

Oxford House - Lorimer  
901 Lorimer Road  
Raleigh, NC 27606-1433  
(919) 851-1756  
9M Established: Feb 92

Oxford House - Roxboro  
307 W. Gordon Street  
Roxboro, NC 27573-4920  
336-599-1721  
8M Established: Dec 08

Oxford House - Westmore  
2746 Westmore Court  
Winston Salem, NC 27103-4213  
(336) 765-2401  
6M Established: Mar 02

Oxford House - Soundside  
609 Kelly Court  
Kill Devil Hills, NC 27948-9331  
252-441-8874  
8M Established: Sep 07

Oxford House - North Hills  
220 Sawmill Road  
Raleigh, NC 27615-6149  
(919) 844-8311  
9W Established: Jan 93

Oxford House - Salisbury  
413A S. Institute Street  
Salisbury, NC 28144-4023  
(704) 212-2493  
8M Established: Apr 93

Oxford House - Biscayne  
310 Biscayne Street  
Winston Salem, NC 27104-3412  
(336) 724-4451  
6M Established: Mar 04

Oxford House - Ocean Acres  
305 W Ocean Acres Drive  
Kill Devil Hills, NC 27948-7994  
252-480-2378  
7M Established: Jan 08

Oxford House - Pinecrest  
3233 Pinecrest Drive  
Raleigh, NC 27609-7436  
(919) 876-9335  
9M Established: Feb 96

Oxford House - Smithfield  
602 East Church Street  
Smithfield, NC 27577-4512  
(919) 209-0042  
8M Established: Jan 00

Oxford House - Hemlock II  
1510 Cloverdale Ave  
Winston Salem, NC 27104-4325  
336-293-8398  
7M Established: Dec 05

Oxford House - Sea Breeze  
1807 Sunset Ave  
Kill Devil Hills, NC 27948-9353  
252-441-8671  
8W Established: Sep 08

Oxford House - Wimpleton  
1182 Wimpleton Drive  
Raleigh, NC 27609-4357  
(919) 781-6505  
6M Established: Oct 91

Oxford House - Statesville  
221 Brevard Street  
Statesville, NC 28677-4150  
704-380-2681  
7W Established: Feb 07

Oxford House - Kinghill  
3655 Kinghill Drive  
Winston Salem, NC 27104-4025  
(336) 725-5338  
6W Established: Dec 05

Oxford House - Morganton  
250 N. Anderson Street  
Morganton, NC 28655-3737  
(828) 437-2795  
6M Established: Dec 92

Oxford House - Firelight  
2600 Firelight Road  
Raleigh, NC 27610-5816  
(919) 834-8139  
9M Established: Jan 04

Oxford House - Bost  
683 N. Bost Street  
Statesville, NC 28677-3365  
704-380-4143  
8M Established: Aug 08

Oxford House - Brewer Road  
1906 Brewer Road  
Winston Salem, NC 27127-4935  
(336) 293-6068  
7M Established: Feb 07

Oxford House - Brinkley  
3705 Brinkley Road  
Raleigh, NC 27604-2567  
(919) 981-6523  
10M Established: Feb 03

Oxford House - North Raleigh  
5312 Dixon Drive  
Raleigh, NC 27609-4328  
(919) 784-8611  
9M Established: Feb 05

Oxford House - Cherokee  
88 Banjo Lane  
Whittier, NC 28789-7661  
(828) 497-5717  
6M Established: Sep 04

Oxford House - Shattalon  
5175 Shattalon Dr.  
Winston Salem, NC 27106-1800  
336-923-5098  
6M Established: Mar 08

Oxford House - Arrowwood  
604 Delany Drive  
Raleigh, NC 27610-1612  
(919) 838-9939  
9M Established: Nov 97

Oxford House - Mordecai  
1133 Marshall Street  
Raleigh, NC 27604-1308  
(919) 325-9753  
9M Established: Dec 05

Oxford House - Camden Circle  
3258 Camden Circle  
Wilmington, NC 28403-2612  
(910) 763-4487  
8M Established: Jul 94

Oxford House - Reynolda  
3851 Reynolda Road  
Winston Salem, NC 27106-1709  
336-923-5460  
7M Established: Aug 08

Oxford House - Brentwood  
3504 Utica Drive  
Raleigh, NC 27609-7426  
(919) 876-9260  
9W Established: Jan 92

Oxford House - Battle Ridge  
7208 Spanglers Spring Way  
Raleigh, NC 27610-5239  
(919) 326-8824  
4M Established: Feb 07

Oxford House - Covil House  
335 Lullwater Drive  
Wilmington, NC 28403-1529  
(910) 202-4113  
6M Established: Oct 96

Oxford House - Crosslink  
1025 Cross Link Road  
Raleigh, NC 27610-4840  
(919) 755-0603  
9M Established: Nov 94

Oxford House - Steeds Run  
6108 Steeds Run Drive  
Raleigh, NC 27616-5527  
919-803-1046  
8W Established: Nov 08

Oxford House - Keaton  
2308 Market Street  
Wilmington, NC 28403-1134  
(910) 763-9275  
8M Established: Jun 95

Oxford House - Hearth  
5104 Hearth Drive  
Raleigh, NC 27609-4724  
(919) 875-9656  
8M Established: Apr 97

Oxford House - Hammond  
519 Hammond Street  
Rocky Mount, NC 27804-5828  
252-557-2617  
8M Established: Jun 95

Oxford House - Smith Creek  
1131 N. Kerr Avenue  
Wilmington, NC 28405-2219  
(910) 792-6030  
8M Established: Jun 98



# Oxford House™

1975-2009

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

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

Write or Call

## **Oxford House World Services**

1010 Wayne Avenue, Suite 300  
Silver Spring, Maryland 20910

Telephone 301-587-2916  
Facsimile 301-589-0302

E-Mail [Info@oxfordhouse.org](mailto:Info@oxfordhouse.org)  
Web Site: [www.oxfordhouse.org](http://www.oxfordhouse.org)