

OXFORD HOUSE™ AND SOUTH CAROLINA

*A Comprehensive Survey Report on the Network of South
Carolina Oxford Houses and their Residents*



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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.
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2015 South Carolina Oxford House Survey Results

This table presents the results of a confidential survey given to all the residents living in South Carolina Oxford Houses in January 2016. Responses were received from 128 of the 194 individuals then in residence, yielding a response rate of 66 percent.			
Total residents who completed the survey: [66% of residents]	128	Average Age of residents: (Range 18 – 72)	41.4 Years
Number of Men in survey:	88	Number of Women in survey:	40
Men's Houses	22	Men's Recovery Beds	150
Women's Houses	12	Women's Beds	81
Women with Children Houses	3	Women & Children Recovery Beds	22
Range of Cost Person/Week for Rent	\$100-125	Range of Rent Per Group Per Month	\$1,400-\$2,200
Monthly Earnings— Average \$1,359 Less than \$1000 41% Between \$1000 and \$1500 23% Between \$1500 and \$2000 21% More than \$2000 14%		Years of Education Reported— Average 12.8 years Less than 12 13% High School (12) 47% Some college or degree (12+) 40%	
Residents Employed:	69%	Percent Military Veterans:	13%
Race— White 83% Hispanic 2% Black 14% Other 1%		Marital Status – Single 53% Separated 6% Divorced 32% Married 7%	
Prior Homelessness:	55%	Median Time Homeless:	60 Days
Prior Jail: Median: 5.0 Mos. Average: 24.5 Mos.	78%	Jail Time Distribution— No Jail Time 22% Up to one week 27% Between one week and one year 33% Between one year and five years 8% Over five years 10%	
Percent going to AA or NA	97%	Average Number AA or NA Meetings Attended Per Week:	5.1
Percent Going To Counseling <i>in addition to</i> AA or NA (weekly):	42%	First Time Getting Sober 22% Previously Tried to Get Sober 78%	
Residents Expelled During 2014 Because of Relapse:	26.9%	Number of Applicants For Each Vacant Bed:	2.52
Addicted only to alcohol 52% Addicted to both drugs and alcohol 48%		Average Length of Sobriety Less than 6 months 53% Between 6 and 12 months 19% Between 12 and 24 months 12% More than 24 months 16%	17 months

OXFORD HOUSE™ AND SOUTH CAROLINA: OVERVIEW

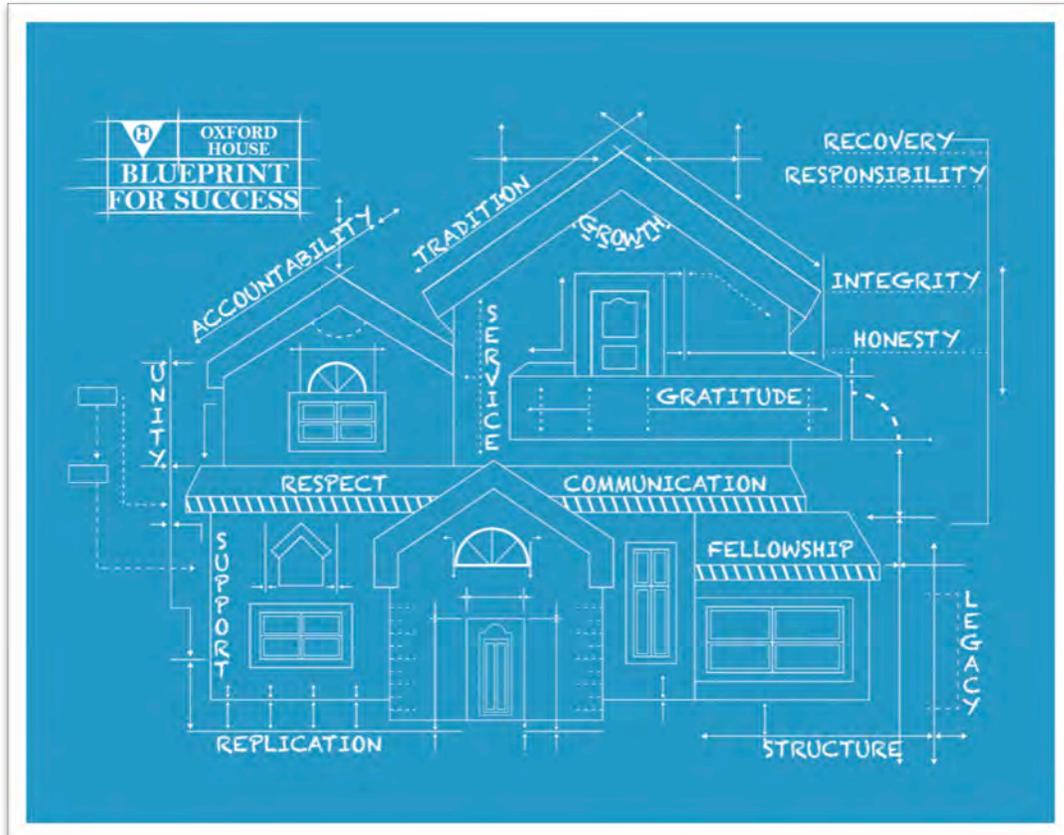
Oxford House has had a productive contractual working relationship with the state of South Carolina since April of 2013 through the recovery home provision of the federal 1988 Anti-Drug Abuse Act [42 USC 300x-25]. This state action has produced a network of 34 Oxford Houses in 20 cities in South Carolina providing over 250 beds for alcoholics, drug addicts and those with co-occurring mental illness.

The Oxford House program allows Oxford House residents to gain the time, peer support and discipline they need to change behavior sufficiently to avoid returning to addiction. The federal government lists Oxford House as a best practice on the National Registry of Evidence-based Programs and Practices (NREPP), based on research sponsored by NIDA and NIAAA. This designation is due in large part to the willingness of Oxford House to conduct its own research and to encourage independent academic research on the Oxford House program.

This report takes a comprehensive look at the Oxford House program and how it works, reviews the characteristics of South Carolina Oxford House residents, highlights special programs, and concludes with a discussion of the program's prospects and challenges in South Carolina.

THE OXFORD HOUSE 'BLUEPRINT FOR SUCCESS'

The "Oxford House Blueprint for Success" pictured below enumerates values and characteristics that are recognized as essential for Oxford Houses.



This Blueprint for Success was embossed on the tote bag that contained the handouts at the recent Oxford House World Convention. It immediately caught the attention of one of the keynote speakers at the convention, Westley H. Clark, M.D., the retired Director of the federal Center on Substance Abuse Treatment (CSAT). In his keynote address to the convention, Dr. Clark said:

It amazes me that Oxford House is not promoted by more states. The promise of the Oxford House system of recovery proves that all is not lost. Thousands are carving fortune out of misfortune. Oxford House is not just a place to live. It is a place to re-invent life. It is a total addiction recovery system for achieving a comfortable, productive life. It embodies the *blueprint for success* in recovery and life in general.¹

More than a thousand residents and alumni of Oxford Houses attended the national convention in Washington, D.C., in September 2015. South Carolina Oxford House residents were well represented at the convention. The picture below shows some of the men and women from South Carolina in attendance. Each were there as part of their personal gratitude for having had the opportunity to live in one of the 34 South Carolina Oxford Houses. This report is dedicated to the current residents, past residents and those who will follow in their footsteps.



A group of Oxford House residents and alumni from South Carolina at the 17th Annual Oxford House National Convention in the Washington Hilton Hotel, Washington, DC over Labor Day weekend 2015.

¹ Dr. Clark's full address can be viewed by clicking on the link at the home page of Oxford House, Inc. at www.oxfordhouse.org to the First General Session.

HOW THE OXFORD HOUSE PROGRAM WORKS

Oxford House is forty years old. From its beginning, Oxford House has [1] kept its focus on recovery from alcoholism, drug addiction and co-occurring mental illness; [2] emphasized self-determination and self-governance, and [3] relied on expansion to avoid arbitrary time limits on residency while meeting the need for recovery beds.

Focus on Recovery

The focus on recovery starts with the charter conditions applied to each individual Oxford House. Each house must meet the following conditions:

1. The House must be democratically self-run following the process and procedures of the Oxford House Manual[®],
2. The House must be financially self-supporting, and
3. The residents must expel any resident who returns to using alcohol or illicit drugs.

From the level of the individual house to the nonprofit national umbrella organization, Oxford House avoids ownership of real property or accumulation of wealth – a policy that began forty years ago. When the first Oxford House started in 1975, a then well-known therapeutic community – Synanon – was falling apart because of fights among members over money and wealth accumulation. All Oxford Houses are rented by the individual Oxford House group, which also takes responsibility for paying the rent and managing the house. To enable the organization to succeed, Oxford House has relied upon a disciplined, effective system of operations primarily run and financially supported by recovering residents themselves.

The charter underscores the focus on recovery by requiring immediate expulsion of any resident returning to the use of alcohol or illicit drugs. Organization of individual houses into mutually supportive chapters, workshops and continuing education about the nature of addiction and the best practices for assuring recovery are hallmarks of Oxford House's 40-year history. Both within each individual Oxford House and throughout the entire organization, recovery is the focus.

Self-Governance

Emphasis on self-governance is important because it enables each individual to develop behavior change that engenders sobriety comfortable enough to assure long-term recovery without relapse. Each individual has an equal voice and responsibility for running the household and paying the bills. As the residents exercise their rights and responsibilities within the house, self-confidence in sobriety is enhanced. Because there is no manager or authority figure in an Oxford House, the residents elect officers from among the residents and impose term limits. An Oxford House resident's sobriety is dependent on his or her own behavior as a house member, not by relying on an institutional authority figure. Each house has five elected officers: President, Secretary, Treasurer, Comptroller and Chore Coordinator.

**Term Limited to Six Months
Five Officers:**

- President
- Secretary
- Treasurer
- Comptroller
- Chore Coordinator

The officers are term-limited to six months in a particular office. As a result, residents will serve in one or more offices during residency. Each officer has specific duties and must report to the entire house membership at the weekly house meeting. House officers are elected by their housemates and are accountable to them. This egalitarian nature of Oxford House membership

avoids the typical “we versus them” problems. Too often in an institutional setting, including in a traditional halfway house or managed recovery home, recovering individuals bond through resentment directed against those in authority. Such bonding diverts a resident from healing or taking positive steps toward developing behavior that discourages a return to addictive use.

Responsible behavior and sobriety become habit-forming. However, since each individual is unique, it takes different lengths of time for an addict to develop sobriety and responsibility that is comfortable enough to avoid relapse. Forty years ago the men living in the traditional halfway house that became the first Oxford House observed that the arbitrary time limit of six months residency did not work. In one three month period, eleven men had been required to leave because their six-month time limit was up. Ten of the eleven returned to drinking and using drugs within thirty days. Based upon their observation and self-interest, the first thing the founders of Oxford House did was to eliminate the residency time limit.

Expansion

There are two components necessary for effective expansion of Oxford Houses – the availability of small start-up loans and the availability of technical assistance to teach new residents the time-tested system of operations. Enactment of the federal 1988 Anti-Drug Abuse Act served as a catalyst for the expansion of Oxford House from a small cluster of thirteen houses in the DC area

Sample Development Costs	
6 Recovery Homes	
Revolving Start-Up Loan Fund @ \$6,000:	\$ 36,000
Two Trained and Supervised Field Workers	160,000
10% G&A [overhead]	<u>16,000</u>
TOTAL	\$ 212,000
24 Recovery Homes	
Revolving Start-Up Loan Fund @ \$6,000:	\$ 144,000
Eight Trained and Supervised Field Workers	640,000
10% G&A [overhead]	<u>64,000</u>
TOTAL	\$ 848,000
100 Recovery Homes	
Revolving Start-Up Loan Fund @ \$6,000:	\$ 600,000
Thirty Trained and Supervised Field Workers	2,400,000
10% G&A [overhead]	<u>240,000</u>
TOTAL	\$ 3,240,000

into a national network of Oxford Houses of nearly 2,000 houses.² While there are now Oxford Houses in 43 states, more than half the houses are located in seven states. OHI, the umbrella, 501(c)(3) organization for all Oxford Houses, manages the start-up loan funds and technical assistance in many states, including the seven states having the most Oxford Houses. The table at the left estimates costs for various numbers of Oxford Houses in states just starting the development of a network of Oxford Houses. To reflect actual current rental costs, the chart at the left uses \$6,000 as a

start-up loan rather than the \$4,000 loan cap used in South Carolina and other states to comply with 42 USC 300x-25.³

SOUTH CAROLINA OXFORD HOUSES AND THEIR RESIDENTS

In South Carolina, as of March 2016, there are 34 Oxford Houses, each of which is a member of one of 5 mutually supportive chapters. Officers from each of the houses get together in a monthly chapter meeting to learn from each other and share the experiences of their various

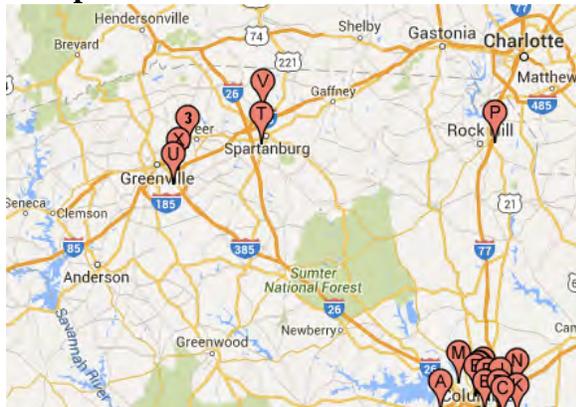
² 42 USC 300X-25.

³ PL 100-690, the 1988 Anti-Drug Abuse Act capped the start-up loan at \$4,000. It has not been changed since originally enacted. In South Carolina and other states with development programs, the inflation effect is overcome by collecting money from the initial residents to make up the difference between the loan cap and the amount needed to rent a new house and buy beds. Other furniture for the new house is usually available via donations from friends and families once the house starts.

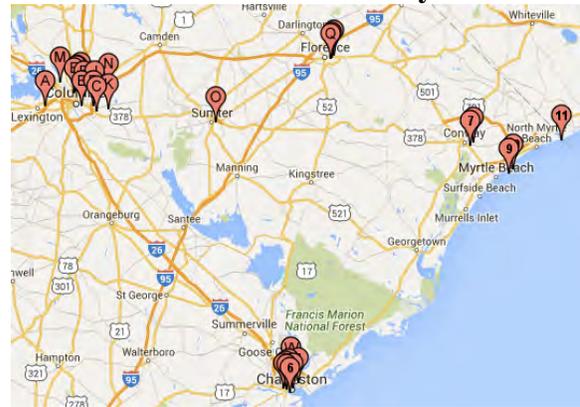
houses. They also monitor each other to assure that each house is following the time-tested procedures of the Oxford House Manual© and meeting the conditions of their charter. The chapter officers also take part in the State Association that ties all the houses together within the state. South Carolina Oxford Houses will hold its first state retreat April 8-10, 2016 at Myrtle Beach State Park. The focus will be on “Unity, Responsibility and Fun in Recovery.”

The following maps show the location of each South Carolina Oxford House⁴:

Upstate and Midlands Houses



Midlands and Low Country Houses



Oxford House serves every region in South Carolina. Within each region, however, many areas would be served better if there were additional Oxford Houses.

Addiction of Residents and Overdose Education

This survey of residents shows 52% of the residents in South Carolina Oxford Houses are primarily alcoholics. However, 48% are addicted to both alcohol and other drugs, including opioids such as heroin. Addiction and the behavior change leading to long-term recovery provide a common bond among all Oxford House residents. However, education about both alcoholism and other drug addiction is essential for development of comfortable sobriety. Relapses by alcoholics are relatively easy to detect. Relapses into other drug use are often more difficult to detect.



Oxford House - Conestee
303 Fairmont Drive
8 Men • Established 10/01/13

At the most recent Oxford House World Convention held in Washington, DC including numerous South Carolina residents and alumni, particular emphasis was placed on learning about opioid addiction such as heroin overdoses and how to utilize naloxone in the event of any opioid overdose. Today, every Oxford House in the state of South Carolina has access to information on how to detect and provide emergency treatment for a heroin or other opioid overdose. Having such knowledge and access to naloxone can literally save a life in an emergency where an individual has overdosed on an opioid – usually heroin. Since all the residents in Oxford

⁴ These maps were generated from our website, at www.oxfordhouse.org. The website contains an interactive map that displays the location of local Oxford Houses, or local Oxford Houses with vacancies.

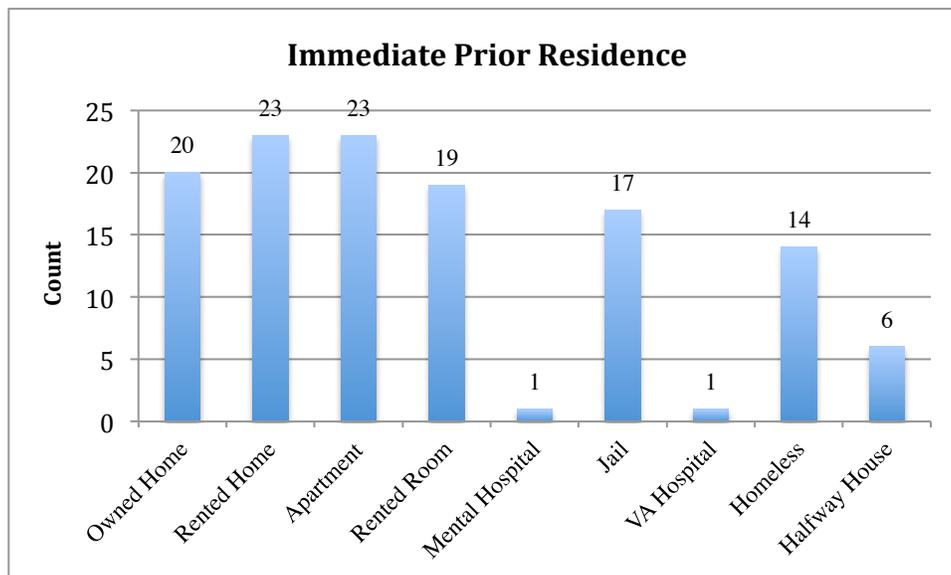
Houses are in recovery from addiction, they represent a population that can understand the consequences of drug overdose. Likewise they can understand the need to administer an antidote correctly and promptly for it to be effective. It can make the difference between life and death.

Prior Residency and Support for Behavior Change

Treatment of alcoholism, drug addiction and co-occurring mental illness always requires behavior change even if such treatment involves the use of medications. The admonition used by the various twelve-step programs that the addict must “change people, places and things” is the commonsense code for overall behavior change. As Dr. Clark stated in his address to the recent national convention: “Oxford House is not just a place to live. It is also a way to gain whatever length of time an individual needs to become comfortable enough with new behavior to avoid a return to the old behavior of destructive addiction.” As long as a resident abstains from using alcohol or illicit drugs and pays an equal share of household expenses, he or she can live in an Oxford House forever. The equal share of household expenses in South Carolina houses ranges from \$100 to \$125 a week, with an average of \$115 a week.

Figure 1 below shows where South Carolina Oxford House residents lived just prior to moving into an Oxford House:

Figure 1



Almost half [47%] had marginal living conditions – homelessness, mental hospital, jail, VA hospital, halfway house or a rented room [58 out of 124 responding]. The others appear to have had more stable living environments – apartment, owned home or rented home – but even those living situations probably were fraught with the bad experiences and habits closely associated with addictive behavior. Oxford Houses provide a better place to live for anyone new in recovery and, even more important, Oxford Houses engender the behavior change necessary.

Oxford Houses provide the newcomer with an environment specifically designed to foster new behavior. Both the expectations and system of operations of each Oxford House provide practical tools to master whatever behavior change is needed. This outcome expectation is based upon

both a 40-year history and independent third-party research. Simply stated, most individuals who move into an Oxford House will stay clean and sober and become comfortable enough in sobriety to avoid relapse. Socialization with others in the same boat strengthens the newcomer's desire to become comfortable enough in recovery to avoid reversion and setback to addiction.

The mechanics of democratically operating an Oxford House helps the individual resident to gain confidence and comfort in new behavior. He or she has equal participation and an equal vote at the weekly business meeting deciding issues affecting the household. He or she is likely to be elected to an office within the ruling structure of the house. He or she has to make a decision on acceptance of new members and expulsion of those who relapse. He or she shares in the satisfaction of successful house management from the paying of bills to the resolution of personality conflicts with the house. This takes place within the context of becoming comfortable enough with sobriety to avoid relapse. One academic study found that an Oxford House resident gains 'self-efficacy in abstinence' and 'self-mastery' – faster than those in a control group going to 12-step meetings but not living in an Oxford House.⁵ AA and NA meetings provide focus on recovery for an hour. Some refer to Oxford House as "AA/NA in a house - 24/7." There is always someone around to talk to about whatever is bothering a newcomer or an old-timer. A well-functioning family is how most Oxford House groups are best characterized.

Recovery and Relapse in South Carolina Oxford Houses

During the twelve months of 2015, 814 individuals resided at some point in the South Carolina network of Oxford Houses.⁶ Most stayed clean and sober. However, 26.9% [219 residents]



Oxford House – Hope Avenue
3037 Hope Avenue
Columbia SC, 29203
6 Women- Established 10/19/2015

were not successful and were expelled by their peers because of relapse. Most of those who relapsed did so during their first two months of residency. It is likely that many of those who relapsed will get back into recovery and will reapply to live in one of the Oxford Houses in the state. The relapse data, while better than the results shown in any other study of long term recovery, is higher than the 13% relapse rate DePaul University researchers found in their longitudinal study of 890 individuals living in 219 Oxford House nationally in 2006-2007.⁷ Two reasons likely explain the difference.

First, the DePaul researchers were following selected residents of 219 Oxford Houses rather than following every single individual who moved into an Oxford House. If a person agreed to

participate in such a study in the first place, that person probably had a high motivation to stay clean and sober to begin with. South Carolina Oxford House Activity Reports count every

⁵ John Majer, Ph.D. Leonard Jason, Ph.D. and Bradley Olson, Ph.D., *Assessment*, Volume 11, No. 1, March 2004 57-63

⁶ *Source*: Monthly Outreach Reports to OHI.

⁷ Leonard Jason, Ph.D. *et al.*, *Addictive Behaviors* 32 [2007] 803-818.

resident, a 100% participation rate, and yet 73 out of 100 stayed clean and sober. In South Carolina Oxford Houses, recovery without relapse is the norm.

Second, South Carolina Oxford House residents are relatively new to their sobriety. Over half [53%] of residents have under six months sober time, and almost three of every four [72%] have under one year of sober time. Most respondents [59%] had tried to get sober more than 3 times in the past. As South Carolina Oxford Houses have expanded, they have been particularly successful in meeting the needs of newcomers to sobriety. Reaching out to newcomers is of great importance because the newcomer is at the greatest risk of relapse.



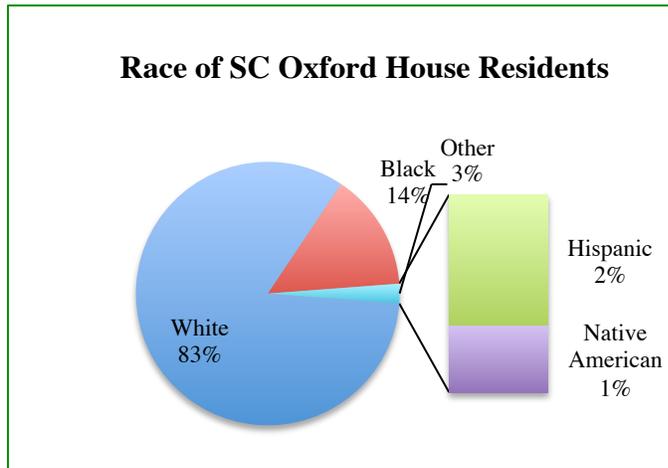
Oxford House-West Palmetto
820 W. Palmetto, Florence, SC, 29501
Women with Children, 7 Beds
Established 2/15/16

South Carolina Oxford Houses have a strong core base of residents with long-term sobriety. The average length of sobriety is over one year [17 months]. A substantial portion [28%] of residents have over one year of sober time, and those members with two, five or ten years of sober time provide the peer support that helps newer members adjust to early sobriety. At the same time, newer members help the “old timers” to stay sober too. Newer members, with their recent experience and fresh memories of the consequences of their drinking and using, provide a safe but potent reminder of how things used to be, before sobriety and Oxford House living.

Racial Composition of South Carolina Oxford House Residents

Oxford House residents come from a cross-section of South Carolina residents, reflecting the egalitarian nature of addiction. The graph below shows the racial diversity of residents.

Figure 2



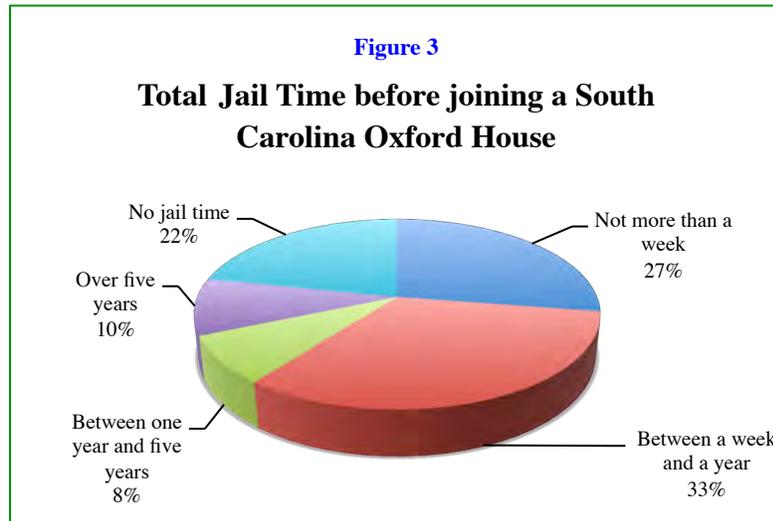
The survey respondents were 83% White, 2% Hispanic; 14% Black; and 1% were Native American. The 2010 United States Census shows the overall racial make-up of all residents in the state of South Carolina to be about 66% White, 28% Black and 6% Other.

Alcoholism and drug addiction are egalitarian diseases. Irrespective of race, education, economic status or any other criterion, a relatively equal percentage of those who use alcohol or other addictive drugs will become

addicted. Once addicted, only a few will master long-term recovery and Oxford House provides that environment for all across the racial spectrum.

Prior Incarceration of Residents in South Carolina Oxford Houses

Once addicted, an individual’s life or behavior tends to become chaotic. The chaos often leads to arrest, conviction and incarceration. Of the 127 South Carolina Oxford House residents responding, 99 [78%] have done jail or prison time at some point. The median length of jail time among South Carolina Oxford House residents is 150 days. Usually, arrests and time in prison and jail reflects cycling in and out of trouble related to behavior associated with the individual’s addiction.

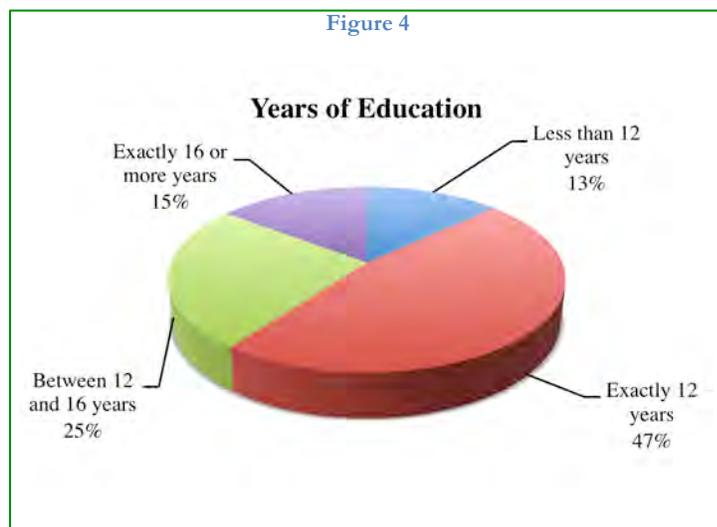


Among South Carolina survey participants self-reporting, the average number of arrests is 5.6 times. As shown previously in Figure 1, 47% of the residents in

South Carolina Oxford Houses came into an Oxford House from very marginal living situations – homelessness, rented room, jail or a halfway house. Oxford House staff has experience in working to assist the transition of inmates to being productive citizens.

Education Levels in South Carolina Oxford Houses

Oxford House residents in the South Carolina survey had an average of 12.8 years of education. Some of the residents, however, had only minimal education while others had gone much further in their education. The chart at left shows the level of education of residents: less than 12 years of education (13%); 16 or more years (15%); most have either 12 years of education (47%) or between 12 and 16 years (25%). In total, 87% of South Carolina Oxford House residents have 12 or more years of education.



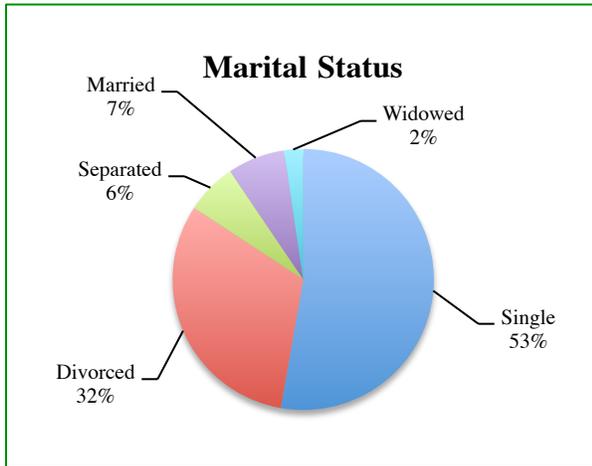
Recovery from addiction is, as Dr. Westley Clark noted at the Oxford House national convention, a reinvention of one’s life. Part of the reinvention can include becoming

better equipped for career and employment. Getting a job to pay the small equal share of household expenses is part of the solution. Also more education and getting comfortable with sobriety without relapse can go hand in hand. To the extent Oxford House development is promoted by the state and Oxford House partnership, many more current and future recovering individuals can benefit from it.

Marital Status of Residents

Alcoholism, drug addiction and co-occurring mental illness take a big toll on individual's relationships – including marital status. In the

Figure 5



South Carolina Oxford House survey, most residents have never been married [53%]. Of those who had been married, 38% were either separated or divorced. Only 7% were still married. This is consistent with the profile of Oxford House residents nationally.

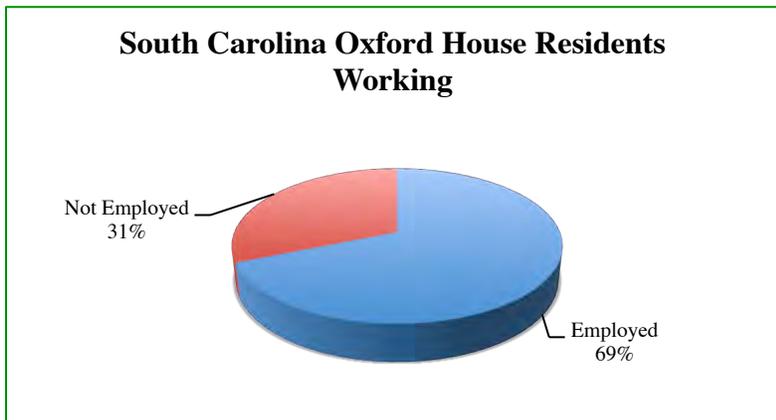
Prior treatment, incarceration and arrest histories were not significantly different among the individuals based on marital status. There is also no significant difference on marital status based on gender.

It is also clear that untreated alcoholism, drug addiction and co-occurring mental illness seemed to be a significant reason that 38% of the residents fell within the separated or divorce category.

Employment and Earnings

Among the 125 participants responding, 86 [69%] responded that they are employed, and 39 [31%] responded that they are not employed. Of those “not employed” about half had lived in the Oxford House less than 30 days and half were either older and on Social Security or other retirement or divorced and getting their equal share of household expenses from family or former spouse. All were looking for employment.

Figure 6

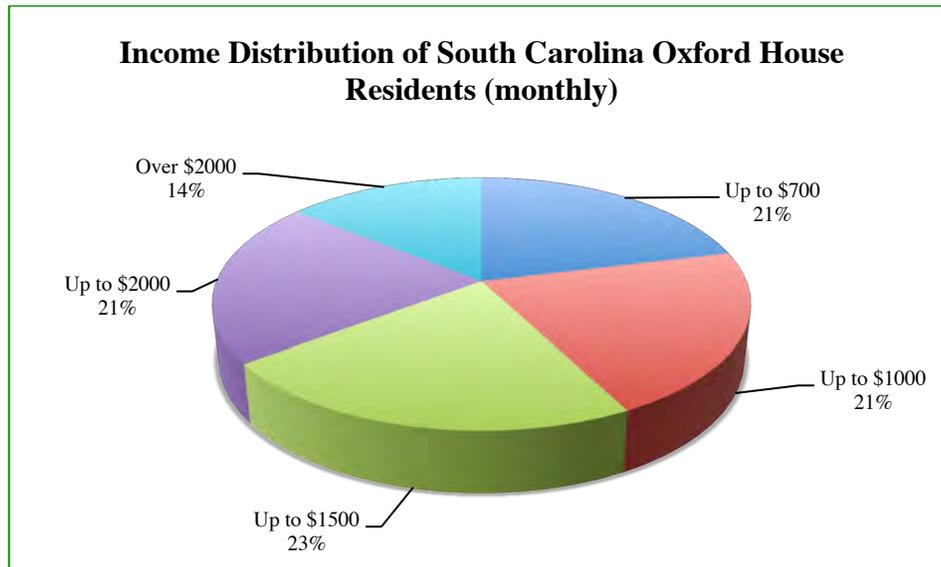


Most residents of Oxford Houses have [or will quickly get] a job. The average income of all the residents of South Carolina Oxford Houses is \$1,359 per month. This figure includes people not employed, but who may have other income such as Social Security. Of those who are employed, the average monthly income is \$1,404.

Of the 85 survey respondents reporting their monthly income, 18 [21%] reported earning \$700 or less. Another 18 [21%] reported income from \$700 up to \$1,000. Nineteen respondents [23%] reported income between \$1,000 and \$1,500. Eighteen respondents [21%] reported income between \$1,500 and \$2,000. Another 12 respondents [14%] reported income over \$2,000.

The income distribution of South Carolina Oxford House residents is shown in figure 7 below.

Figure 7



Using the overall average income, the total income of South Carolina Oxford House residents is over \$4 million per year – a substantial addition to the economy of the state.

The state spends \$223,000 a year to develop and maintain the statewide network of South Carolina Oxford Houses.⁸ On the other hand the residents of the South Carolina Oxford Houses themselves pay landlords and utilities \$1,500,000 per year by paying their equal share of household expenses. On average, South Carolina Oxford House residents pay \$115 a week, with a range from \$100 to \$125 per week, depending on each house’s costs for rent and utilities.



Oxford House-Crescent Hill

1335 Victory Street
Columbia, SC 29204

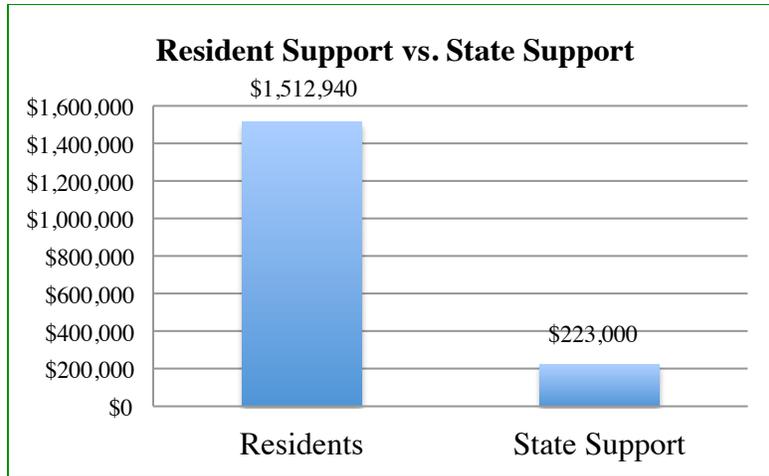
7 Men, Established 6/01/14

The self-support feature of Oxford House helps the taxpayers by providing a low cost opportunity for recovering individuals to stay clean and sober and helps the Oxford House residents by giving them an opportunity to take pride in the fact that they are paying their own way. On an individual basis this provides self-esteem associated with recovery. Overall the practice results in a direct benefit to society.

⁸ Oxford House, Inc. – the nonprofit umbrella organization – has a contract with the state alcohol and drug agency to provide and managed trained field employees to help find suitable houses to rent and to teach the residents of each house the time-tested Oxford House system of disciplined democratic operation.

The graph shown in Figure 8 below, illustrates the net benefit to the state’s economy as a result of the economic contribution made by individuals living in the network of South Carolina Oxford Houses.

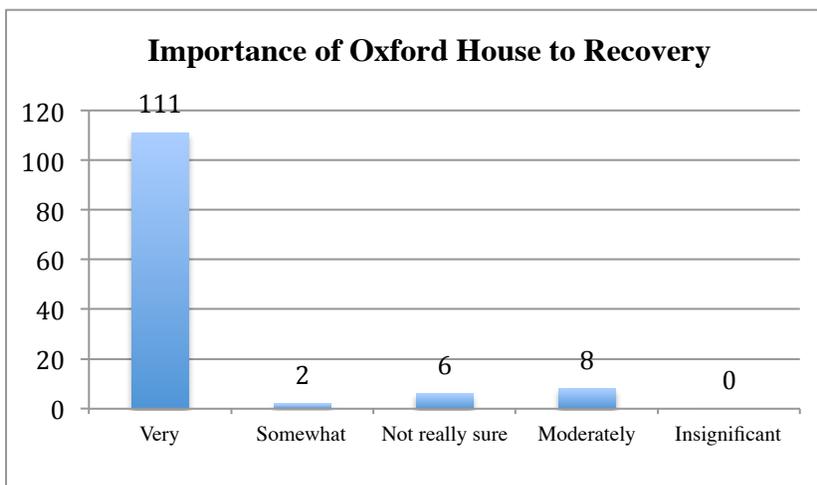
Figure 8



Oxford House residents are sometimes faced with expenditures beyond basic household expenses. During the last year, residents in South Carolina Oxford Houses have incurred expenditures over \$10,000 to address floods, a fire and to get rid of bedbugs. Bedbugs are pesky and are difficult to exterminate. Because many residents come from homeless or infested living conditions, they will bring bedbugs with them. Professional extermination can rid a house of bedbugs but then the house must be careful to keep them out. New residents are now required to make certain that all their possessions are put through high heat in a clothes dryer to make sure none of the unwanted bedbug passengers get into the house. While costly to the residents, the recent bedbug problem was eliminated and prevention actions will apply to future Oxford Houses.

Satisfaction Among Oxford House Residents in South Carolina

Figure 9



In the survey, residents were asked to evaluate their satisfaction with Oxford House living. 123 [96%] of the 128 residents in the survey would recommend Oxford House living to a close friend in recovery. Only 1 would not, and 4 were uncertain. Respondents were also asked to evaluate the importance of Oxford House living to their own recovery. The above figure shows the responses.

Almost everyone indicated that Oxford House living was very important to their own personal

recovery. Findings from this question have been consistent among Oxford House residents in every survey conducted in South Carolina and elsewhere across the country.

While 16 of 122 South Carolina Oxford House residents responding [13%] are military veterans, greater effort needs to be made by houses and chapters to reach out to Veterans Hospitals and rehabilitation facilities within the state to increase the number of veterans living in Oxford Houses. Experience has shown that veterans recovering from alcoholism, drug addiction and co-occurring mental illness do well in Oxford House living environment. Oxford House, Inc. is encouraged that so many veterans [15 of 16] residing in South Carolina Oxford House say that their Oxford House is *very important* to their sobriety, and Oxford House, Inc. continues to open new houses to make the opportunity for Oxford House living available to more.

There are three reasons that satisfaction is so high: [1] living in an Oxford House is by choice, not by requirement or mandate; [2] the system of operation in an Oxford House involves each individual in a egalitarian way; and [3] the success in mastering recovery both individually and for fellow Oxford House residents results in pride in both their individual accomplishments and the institution that fostered the recovery.

Gender of South Carolina Oxford House Residents

Responses to the 2015 South Carolina survey were received from 40 women and 88 men. As of March 2016, there were 103 recovery beds for women in South Carolina Oxford Houses and 150



Oxford House – Low Country
2008 Piper Dr., Charleston, SC, 75074
6 Men • Established 12/01/06

beds for men. The percentage of men in the South Carolina resident survey was 69% and was 31% for women – very close to the proportion of actual beds, which is 60% men and 40% women. One reason that the share of women in the survey is small compared to the share of women’s beds is the special focus on increasing the number of women’s houses and women with children’s houses in 2015.

The latest TEDS (Treatment Episode Data Set) data available [2012] shows that, of those who had treatment for substance abuse in South Carolina, 64.4% were male and 35.6% were female.

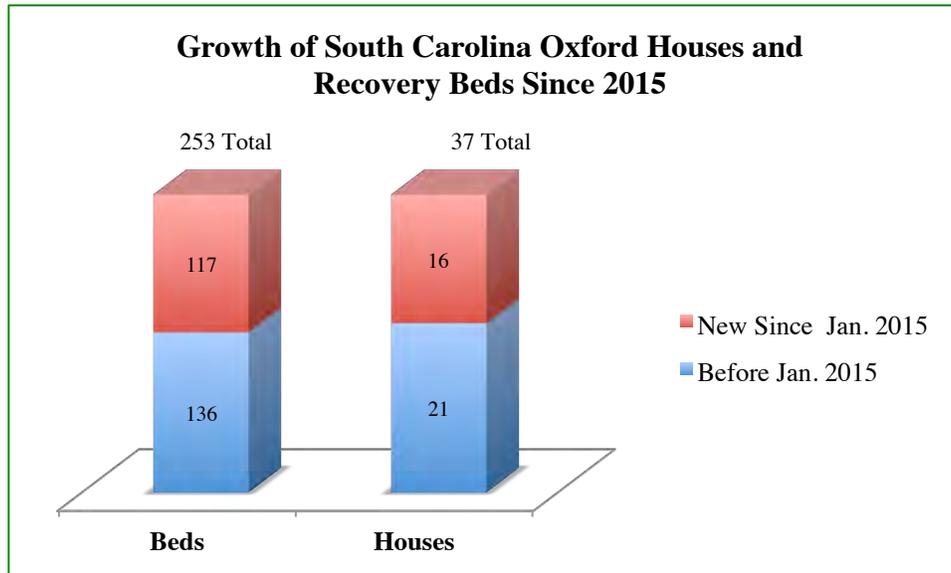
Many women leaving treatment have children at home and return home as soon as possible. Responding to this fact, in 2015, Oxford House of South Carolina opened three houses for women with children to permit these women to benefit from living in an Oxford House.

CONCLUSION – CHALLENGES AND PROSPECTS

The main and best conclusion is that many, many individuals have mastered recovery by living in the South Carolina network of Oxford Houses. The program works and will continue to work for current and future residents. The important sub-conclusion is that, in an important and impressive public-private partnership between the state of South Carolina and Oxford House, Inc., the growth of recovery housing for individuals successfully reaching and maintaining long term sobriety and productive citizenship has risen dramatically. This expansion has allowed

Oxford House to meet the needs of more South Carolina residents in recovery from addiction to alcohol or drugs. Still, more remains to be done. In 2015, South Carolina Oxford Houses received 2.52 applications for every vacancy. Figure 10 below shows in graphic fashion the impressive increase in housing, which translates into meaningful and authentic change for citizens of South Carolina in recovery, due to the collaboration between the state of South Carolina and Oxford House, Inc.

Figure 10



Challenges – Combatting Municipal Zoning, Discrimination and Intolerance

Unfortunately, there are situations that arise when zoning boards, homeowners’ associations and others engage in various forms of discrimination in the form of local requirements in order to limit the ability of those in recovery to obtain housing. These local requirements act as barriers to expanding the network of South Carolina Oxford Houses. Oxford House, Inc. (OHI) handles each one without causing local agencies or the state any additional workload or intervention. However, it is important to understand that these ‘not in my backyard’ (NIMBY) situations slow down the expansion of Oxford House within the state.

The Federal Fair Housing Act Amendments of 1988 [FHA] were specifically designed to protect handicapped individuals from being discriminated against when it came to living in places that help to alleviate their handicap conditions. In 1995, the United States Supreme Court accepted the case of the *City of Edmonds, WA v. Oxford House, Inc.*, 514 U.S. 725 (1995) specifically to resolve a misunderstanding of the protections afforded under the FHA. In that case, the Court found that ‘recovering’ alcoholics and drug addicts should be considered within the definition of ‘handicap’ and were thereby a protected class under the FHA. Throughout the country, most jurisdictions accept that the *City of Edmonds Case* means that groups of individuals recovering from alcoholism, drug addiction and co-occurring mental illness, who choose to live together to support their recovery, should be treated the same as an ordinary family and not be subject to zoning or safety requirements that don’t apply to ordinary families.

Prospects

Going forward, Oxford House will continue to support the maintenance and development of the thriving network of Oxford Houses in South Carolina. The network is strong, growing and the residents are committed to their own recovery and that of their fellow residents.

As mentioned at the outset, Oxford House is listed as a best practice on the federal government's National Registry of Evidence-based Programs and Practices (NREPP). This designation is due in large part to the willingness of Oxford House to examine its own program – as has been done in this report – and to permit academic third-party research on the Oxford House program. The Oxford House program offers many individuals the opportunity to develop long-term sobriety without relapse by living in an Oxford House.

Recovery from alcoholism, drug addiction and co-occurring mental illness without recidivism can become the norm for addiction treatment. While each individual in recovery has a unique path, there is a common thread that is clear – each individual is able to master long-term behavior change at a different pace. Few are able to transform their behavior overnight. Recovery without relapse for most individuals requires time, peer support and a living environment that encourages the development of the habit of recovery.

Oxford Houses provide such a living environment complete with 24/7 peer support and has open-ended residency for those who stay on track and pay their equal share of household expenses. It is a very cost-effective and practical solution that has been validated by a forty-year history and study of the recovery process. In South Carolina Oxford House – Wappoo Hall in Charleston has been in continuous operation since August 1, 1991. It houses seven men at a time and since it started it has provided a safe place to learn long-term recovery for more than 350 individuals. As Oxford House – Wappoo Hall celebrates its 25th Anniversary, it and the other 36 Oxford Houses in the South Carolina Network of Oxford Houses are on the verge of great expansion to greatly increase the odds of achieving long-term recovery to all South Carolinians seeking long-term recovery from alcoholism, drug addiction or co-occurring mental illness.



Oxford Houses of South Carolina Directory

Oxford House - Spartanburg

333 Marble Lane
Boiling Springs, SC 29316
864-541-8444

7 / M

Oxford House since Mar '15

Oxford House - Lighthouse

625 Wappoo Road
Charleston, SC 29407-5857
843-640-3788

7 / M

Oxford House since Feb '92

Oxford House - Stono Park

1717 Meyers Road
Charleston, SC 29407-6980
843-225-9109

7 / W

Oxford House since Jul '94

Oxford House - Wappoo Hall

2181 Wappoo Hall Road
Charleston, SC 29412-2058
843-212-5368

7 / M

Oxford House since Aug '91

Oxford House - Low Country

2008 Piper Dr
Charleston, SC 29407-6932
843-763-2011

6 / M

Oxford House since Dec '06

Oxford House - St. Margaret

773 Rutledge Ave
Charleston, SC 29403-3742
843-722-8575

6 / M

Oxford House since Jun '93

Oxford House - Hadash

3185 Accabee Rd
Charleston, SC 29405
843-640-3750

7 / M

Oxford House since Feb '15

Oxford House - West Ashley

12 Heathwood Dr
Charleston, SC 29407
843-779-0919

6 / W

Oxford House since May '15

Oxford House - St. Teresa

20 St. Teresa Dr.
Charleston, SC 29407
843-737-4222

8 / M

Oxford House since Apr '16

Oxford House - Carolina

2312 Locust Road
Columbia, SC 29223-3835
803-462-1431

8 / M

Oxford House since Feb '98

Oxford House - Dutch Square

2307 Hertford Drive
Columbia, SC 29210-6220
803-561-0262

6 / M

Oxford House since Jan '96

Oxford House - Summerlea

114 Summerlea Drive
Columbia, SC 29203-5532
803-661-6128

9 / M

Oxford House since Jul '96

Oxford House - Valley

2304 Hertford Drive
Columbia, SC 29210-6221
803-807-9134

5 / W

Oxford House since Aug '03

Oxford House - Broad River

1824 Cunningham Road
Columbia, SC 29210-6156
803-834-3190

7 / W

Oxford House since Oct '07

Oxford House - Crescent Hill

1335 Victory St.
Columbia, SC 29204
803-814-0486

7 / M

Oxford House since Jun '14

Oxford House - Celestial

1817 Neptune Drive
Columbia, SC 29209
803-814-1046

7 / M

Oxford House since Jun '14

Oxford House - Crane Creek

6517 Winyah Dr
Columbia, SC 29203
803.814.0992

7 / M

Oxford House since Jun '14

Oxford House - Sandel

204 Chippewa Drive
Columbia, SC 29210
803-764-0950

7 / W

Oxford House since Jun '14

Oxford House - Tiqvah

30 Rapids Ford Court
Columbia, SC 29063
803.851.0697

7 / WC

Oxford House since Aug '15

Oxford House - Hope Avenue

3037 Hope Avenue
Columbia, SC 29203
803.764.0059

6 / W

Oxford House since Oct '15

Oxford House - Spero

1639 South Beltline Blvd.
Columbia, SC 29205
803-764-7570

7 / M

Oxford House since Jan '16

Oxford House - Sea Mountain

1501 5th Avenue
Conway, SC 29526-4277
843-438-8521

7 / M

Oxford House since Mar '14

Oxford House - Watson

3105 Ray Lane
Conway, SC 29527
843-438-8085

6 / M

Oxford House since Aug '15

Oxford House - Florence

306 Sanborn St
Florence, SC 29501-2514
843-799-4871

8 / M

Oxford House since Nov '13

Oxford House - Momentum

1308 West Palmetto Street
Florence, SC 29501
843-799-0256
7 / W
Oxford House since Dec '14

Oxford House - West Palmetto

820 W. Palmetto St
Florence, SC 29501
843-407-7714
7 / WC
Oxford House since Feb '16

Oxford House - Conestee

303 Fairmont Drive
Greenville, SC 29605-2538
864-283-0339
8 / M
Oxford House since Oct '13

Oxford House - Parkins Mill

325 Parkins Mill Rd
Greenville, SC 29607
843-607-6981
8 / WC
Oxford House since Apr '16

Oxford House - Rama

208 Rama Lane
Lexington, SC 29072-2015
803-356-1809
7 / M
Oxford House since Jun '00

Oxford House - Little River East

3928 Little River Road
Myrtle Beach, SC 29577
843-808-9941
6 / W
Oxford House since Mar '15

Oxford House - Neshama

610 19th Ave N
Myrtle Beach, SC 29577
843.945.1540
6 / W
Oxford House since Oct '15

Oxford House - Cherry Grove

6209 Nixon St.
N. Myrtle Beach, SC 29582
843-427-4053
9 / M
Oxford House since Jan '16

Oxford House - Belle Ame

383 Pickens St
Rock Hill, SC 29730
803-329-6902
7 / W
Oxford House since Apr '16

Oxford House - Wayne Manor

109 W Forest Dr.
Spartanburg, SC 29301
864.541.7101
7 / W
Oxford House since May '15

Oxford House - Sumter

906 W. Liberty Street
Sumter, SC 29150-4731
803-778-2064
6 / M
Oxford House since Jul '95

Oxford House - Pebble Creek

428 Fairhaven Dr
Taylors, SC 29687-2831
864-248-0444
8 / M
Oxford House since Mar '01

Oxford House - Esperanza

616 Augusta St.
West Columbia, SC 29169
843-607-6981
8 / W
Oxford House since Apr '16

The Network of South Carolina Oxford Houses

As of April 4, 2016

37 houses --- 22 for Men
15 for Women

259 recovery beds:
158 for Men
101 for Women



Oxford House - Spartanburg

333 Marble Lane
Boiling Springs, SC 29316

Established March 1, 2015
7 Beds for Men



Oxford House - Momentum

1308 West Palmetto Street
Florence, SC 29501

Established December 23, 2014
7 Beds for Women



Oxford House - Celestial

1817 Neptune Drive
Columbia, SC 29209

Established June 2014
7 Beds for Men



Oxford House - Broad River

1824 Cunningham Road
Columbia, SC 29210-6156

Established October 2007
7 Beds for Women

Oxford House™

19751 2015

*40 Years of Organized Selfn 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

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