

Oxford House Profile Series 2018



Oxford Houses in New Mexico *and* The People Who Live in Them

This report is an evaluation of the network of Oxford Houses in the State of New Mexico – the state-sponsored program that has enabled more than 500 recovering individuals to help themselves stay clean and sober without relapse. Oxford House, Inc. is a 501(c)(3) nonprofit umbrella organization dedicated to helping recovering individuals achieve comfortable, long-term sobriety without relapse.

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

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About Oxford House, Inc.

Oxford House, Inc. is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 2,000 individual Oxford Houses. Its central office is at 1010 Wayne Avenue, Suite 300, Silver Spring, Maryland 20910. The New Mexico network of Oxford Houses currently has 17 houses with 127 beds.

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

The Oxford House Manual® is the basic blueprint that provides the organization and structure that permit groups of recovering individuals to successfully live together in a supportive environment. All Oxford Houses are rented ordinary single-family houses in good neighborhoods. There are Oxford Houses for men and Oxford Houses for women but there are no co-ed houses. The average number of residents per house nationally is about eight with a range per house of six to sixteen. The average number of residents per Oxford House in New Mexico is 7.4.

Oxford Houses work because they: (1) have no time limit for how long a resident can live in an Oxford House, (2) follow a democratic system of operation, (3) utilize self-support to pay all the household expenses, and (4) adhere to the absolute requirement that any resident who returns to using alcohol or drugs must be immediately expelled. Oxford House provides the missing elements needed by most alcoholics and drug addicts to develop behavior to assure total 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. By using participatory democracy and self-support, alcoholics, drug addicts and those with co-occurring mental illness develop long-term recovery.

After 43 years of steady growth and successful recovery outcomes, Oxford House™ is the most cost-effective way to support long-term recovery from alcoholism, drug addiction and co-occurring mental illness. The 17 Oxford Houses in New Mexico confirm its effectiveness and this evaluation should motivate everyone to establish more Oxford Houses in the state.

Oxford House™, listed as a best practice on the National Registry of Evidence-based Practices and Procedures. [NREPP] was singled out by the Surgeon General in his 2016 report *Facing Addiction* as an effective model for improving treatment outcome.

Silver Spring, Maryland
January 25, 2018

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2017 Oxford House Profile New Mexico Oxford House Fall Survey Results

The resident profile derived from 75 confidential responses submitted by residents of New Mexico Oxford Houses is representative of the Oxford Houses in the state.
77 % of the residents at the time completed the survey.

Total Number of Oxford Houses:	17	Total Number of Recovery Beds	127
Number of Women's Houses:	7	Number of Female Recovery Beds:	53
Number of Men's Houses:	10	Number of Male Recovery Beds:	74
Equal Expense Per Person Per Week [Range \$80 to \$150]	\$110	Rent Per Group Per Month [average]: [range \$1,225-\$2,300]	\$1,550
Average Age:	39 Yrs.	Current length of sobriety	14.1 mos.
Percent Military Veterans	8%	Average Years of Education	12.6 yrs.
Residents Working Oct/Nov 2017	81.3%	Average Monthly Earnings:	\$1,322
Percent Addicted To Both Alcohol & Drugs:	50%	Percent Addicted Only to Alcohol:	50%
Race –		Marital Status –	
White	61.3%	Never Married	67.1%
Black	1.3%	Separated	4.1%
Hispanic	22.7%	Divorced	20.5%
Native American	12.0%	Married	4.1%
Other	2.7%	Widowed	4.1%
Prior Homelessness:	65.3%	Average Time Homeless:	11.3 Mos.
Prior Jail:	76.7%	Average Jail Time:	11.9Mos.
Average AA or NA Meetings Attended Per Week:	3.1 Times	Median Jail Time	3 Mos.
Percent Going To weekly Counseling <i>in addition to</i> AA or NA:	48%	Residents Expelled Because of Relapse:	19.9%
Average Length of Stay In An Oxford House:	7.7 Mos.	Average Number of Applicants For Each Vacant Bed:	2.4

OXFORD HOUSES IN NEW MEXICO

Oxford House™ is a concept and system of operation for self-run, self-supported recovery houses for recovering alcoholics and drug addicts that began in Silver Spring, Maryland in 1975. Today, there more than 2,300 Oxford Houses throughout the country and 17 of those Oxford Houses are located in New Mexico. Eleven of the houses in New Mexico are for men and six of the houses are for women or women with children.

The oldest Oxford House™ in New Mexico is Oxford House – Constitution, a house for seven men [pictured below], that was established in Albuquerque May 1, 2010. Now nearly eight years old, the house has served more than 115 men recovering from alcoholism or illicit drug addiction. About 100 of those men stayed clean and sober.



The establishment of Oxford House – Constitution was the result of a gift made to Oxford House, Inc. – the national umbrella non-profit organization for all Oxford Houses. Dr. Bruce Stadel, a retired federal employee in the Washington, D.C. area provided the gift with the condition that Oxford Houses be started in New Mexico. He and his former wife, Carol Kane, had lost two sons in the prime of their lives to drug addiction. Oxford House – Constitution was founded in memory of their sons.

Jeff Hunt, an Oxford House alumnus from Oklahoma, was hired by Oxford House, Inc. [OHI], the nonprofit national umbrella organization. to travel to New Mexico to begin statewide development of a network of Oxford Houses. He did his work well. Until his retirement last year, Jeff had helped to start the network's 17 Oxford Houses. OHI also hired an alumna of Oxford House to help open women's Oxford Houses.



Carol Kane and Dr. Bruce Stadel presenting the plaque honoring their sons to Oxford House-Constitution in 2010.

Sixteen of the seventeen New Mexico Oxford Houses are located in Albuquerque. A house for men is located in Santa Fe. Distribution of Oxford Houses throughout New Mexico has been slow because only one outreach worker has been funded. Clearly, there are places other than Santa Fe and Albuquerque in New Mexico that need Oxford Houses. The time, peer support and safe living environment provided by Oxford House living makes a big difference. Additional outreach work can help develop a truly statewide network of New Mexico Oxford Houses.

Survey of NM Oxford House Residents

Since 1988, Oxford House™ has invited researchers to study the recovery process that takes place within the Oxford House living environment. In addition to third-party research, OHI has continued to conduct an annual survey of those living in Oxford Houses. This profile information tells a lot about who is being served and their length of sobriety. Such internal resident surveys also provide OHI with the data needed to compare residents of Oxford Houses in one state with those in other states. Surveys on a statewide basis are conducted once a year using a rolling monthly schedule. New Mexico residents were surveyed in November 2017.

Seventy-five NM Oxford House residents [77% of residents then living in NM Oxford Houses] participated in the standard profile survey.¹ The information in this report reflects the results of that survey.

Age

The average and median age of the residents in New Mexico Oxford Houses is 39 years old. The range of age goes from 18 through 65. The average age of men and women in Oxford Houses is almost identical: 39.95 for women and 39.01 for men. Women ranged in age from 20 to 65 and men ranged in age from 18 to age 61. Nationally, the average age of Oxford House residents is 37.2 with a range from 18 to 76.

Opioid Use

About half of the residents have addictively used opioids [48.6%].

¹ While there are 127 Oxford House beds in the state, there were 28 vacancies at the time the survey was conducted. [75/99=.77]

While alcoholism afflicts all the residents of New Mexico Oxford Houses, most residents are addicted to drugs in addition to alcohol. It is estimated that fewer than 50% of the residents are addicted only to alcohol.

Marital Status

Most of the New Mexico Oxford House residents [67.1%] have never been married. Only 4.1% are currently married while 24.6% are separated or divorced. Three of the residents [4.1%] who completed the survey are widowed.

Racial and Ethnic Status

Most of the residents in New Mexico Oxford Houses are White [61.3%]. There was only one Black resident who completed the survey. Those who identified themselves as Hispanic constituted 22.7% of the respondents and 12% indicated their race was Native American. Two individuals indicate “Other” as their race.

Employment

Since each resident of an Oxford House each pay an equal share of all household expenses, employment or some other source of income is necessary for the self-support aspect of Oxford Houses to function. At the time of the survey [November 2017] 81.3% of the residents were gainfully employed. Four of the individuals not employed received retirement or disability income and ten of the respondents were between jobs. It should be noted that whenever an individual is “between jobs” the other individuals help the individual to find work. The motivation for this is that every resident pays an equal share of household expenses [average in NM is \$110 a week] and that requires each resident to have an income source.

Jail Time

Nationally, about 77% of Oxford House residents have done jail time, averaging 13.4 months. In the survey of New Mexico Oxford House residents, 76.6% of residents had done jail time, averaging just less than 12 months [359 days]. The median time is 84 days and the range is from 1 day to 9 years.

The average number of times that the residents of New Mexico Oxford Houses had been arrested is 5.8. In most instances, alcohol and/or drug use was associated with the crime that precipitated the arrest.

Educational Level

Because alcoholism and drug addiction are egalitarian diseases, the educational attainment of those afflicted are within a broad range. Nationally the average educational attainment is 12.2 years with a range from a low of 3 years to a high of 19 years. The residents in the New Mexico Oxford Houses follow the same range [3-19 years] but the average of 12.6 is a little higher than the national average.

Current Sobriety

The residents in New Mexico Oxford Houses had an average of 14.1 months clean and sober time when interviewed in November. This compares with an average of 13.4 months for residents at the national level. The range of sobriety time for the New Mexico Oxford House residents was from one month to ten years.

Each Oxford House contains both 'newcomers' and 'old-timers' when it comes to length of sobriety. This provides benefits to both groups who are given an opportunity to share with each other their experiences and expectations.

Austin D. – New Mexico

I grew up in a drug-addicted/alcoholic household. I remember when I was really young, watching my dad snort lines of cocaine in the kitchen while I was eating my cereal and getting ready for school. I was anxious to grow up and be like him. I had every reason to believe that using and partying was a normal part of adult life.

Towards the end of my active addiction, I was living in a tent and begging for money on street corners. I was in and out of jail and constantly violating my probation. Every few months, a friend would overdose and die.

I spent 4 months in treatment. As I got closer to my graduation date, I knew that I needed to have a strong aftercare plan. My counselor recommended Oxford House.

The guys at the house were so friendly and supportive. One resident even helped get me a job on my first day out of rehab! After being homeless for so many years, I appreciated having my own bed and dresser. I felt like I had a safe space to keep my belongings and did not have to worry about my things being stolen.

I quickly became involved within my House and Chapter. I learned how to be responsible and accountable. I had forgery and fraud charges and yet my House made me the Treasurer. Despite my hesitation at first, it was a great way for me to build trust with myself. I started becoming very passionate about Oxford House because this program truly saved my life.

Today I work for Oxford House Inc. and I am so grateful for the opportunity that I have been given. I have the privilege of working for the organization that changed my life.

Today, Austin D. is an outreach worker in New Mexico helping to start additional Oxford Houses and helping existing Oxford Houses to stay on track.

Prior Homelessness

It is not unusual for recovering alcoholics and drug addicts to have experienced homelessness. Nationally 68% of all Oxford House residents had experience prior homelessness before moving into an Oxford House. The New Mexico survey of Oxford House residents showed that 65.3% had experienced homeless with an average length of homelessness of 11.3 months. As a matter of fact, 15% of residents had been homeless immediately prior to moving into an Oxford House.

Current Status

New Mexico Oxford House residents at the time of the survey had lived in their Oxford House for an average of 7.7 months. The range is one week to four years. The absence of residency time limits for those who stay clean and sober and pay their equal share of household expenses enables residents to stay until they are comfortable enough in their sobriety to venture out on their own.

The residents living in a New Mexico Oxford House attend an average of 3.07 12-Step recovery meetings each week. Also about half of the residents [48%] attend counseling sessions each week with a professional counselor. This practice of attending both 12-Step meetings and weekly outpatient counseling underscores recovery seriousness prevalent with Oxford House residents.

When asked how important the respondent believed Oxford House living was to their own sobriety, 94% indicated it was “very important” and only 1.3% found it to be “insignificant”. [Two individuals were unsure.] Another question that tests the value beliefs of Oxford House respondents is whether or not the interviewee would

recommend living in an Oxford House to a friend. Almost all [98%] would recommend living in an Oxford House to a friend; not one resident would not recommend living in an Oxford House and only two individuals were “unsure.”

Getting to Oxford House

Getting into an Oxford House requires an 80% affirmative vote by the existing residents. Where one lived just prior to getting into an Oxford House is a good indicator for where one would be but for admission to an Oxford House.

About 60% of the New Mexico Oxford House residents came from marginal living situations, which would have made living without addictive behavior very difficult.² This finding is similar to surveys of Oxford House residents in other state. Oxford Houses provide stable living situations that include peer support and focus on behavior changes needed to assure long-term recovery without relapse.

The survey population had been through formal primary treatment centers at least twice before. Once in Oxford House most will be unlikely to continue cycling through treatment or incarceration. The survey respondents averaged 14 months of sobriety and had spent an average of 8 months in an Oxford House. More Oxford Houses in the state should substantially reduce the cycling of recovering individuals in and out of treatment. Recovery without relapse can and should be the norm.

² 14.6% had homeless just prior to moving in; 13.2% had been in jail or prison; 1.3% had been in a mental hospital and 10.6% had been in a halfway house. An additional 20% had been staying with a family member on a temporary basis.

Oxford Houses of New Mexico Directory

Candelaria

2800 Indiana St NE
Albuquerque, NM 87110-3426
505-433-4843
8 / W
Oxford House since 9/1/2012

Morris

2413 Elizabeth Street NE
Albuquerque, NM 87112-1563
505-717-1252
8 / M
Oxford House since 9/1/2011

Zia

113 Mateo Circle North
Santa Fe, NM 87505
505-557-6107
8 / W
Oxford House since 4/15/2017

Constitution

11013 Constitution Avenue NE
Albuquerque, NM 87112-5539
505-503-6632
7 / M
Oxford House since 5/1/2010

Mountain Vista

1309 Florida St NE
Albuquerque, NM 87110
9 / WC
Oxford House since 3/15/2018

Zimmerman

6105 Zimmerman Ave NE
Albuquerque, NM 87110-5924
505-433-2386
8 / M
Oxford House since 1/15/2014

Elizabeth

2207 Elizabeth St. NE
Albuquerque, NM 87112
505-219-3169
8 / M
Oxford House since 6/1/2014

Oasis Hills

12001 Golden Gate Ave NE
Albuquerque, NM 87111
505-296-3437
6 / M
Oxford House since 11/1/2017

Fair Heights

1400 Valencia Dr NE
Albuquerque, NM 87110
505-717-1793
8 / W
Oxford House since 7/1/2015

Pennsylvania

2712 Pennsylvania Street NE
Albuquerque, NM 87110-3642
505-200-2644
8 / M
Oxford House since 2/1/2012

New Mexico Oxford Houses

10 for Men

7 for Women

Beds: 127 for men

53 for women

Indian School

9600 Euclid Ave NE
Albuquerque, NM 87112-2946
505-508-3343
8 / M
Oxford House since 12/1/2012

Ponderosa

1608 Singletary Dr. NE
Albuquerque, NM 87112
7 / W
Oxford House since 12/1/2017

Juan Tabo

11412 Brussells Avenue NE
Albuquerque, NM 87111-5212
505-508-4868
7 / W
Oxford House since 2/15/2011

Snowheights

2113 June Street NE
Albuquerque, NM 87112-3241
505-508-3097
7 / M
Oxford House since 7/15/2011

Kirtland

8406 San Juan NE
Albuquerque, NM 87108-2426
505-266-0643
7 / M
Oxford House since 8/7/2010

Tahiti

3100 Tahiti S NE
Albuquerque, NM 87111
505-322-2989
7 / M
Oxford House since 8/8/2014

Oxford House, Inc.

1010 Wayne Ave. Ste 300

Silver Spring, MD 20910

Montgomery Park

6000 Woodford PL NE
Albuquerque, NM 87110-1232
(505) 503-1103
8 / W
Oxford House since 2/17/2013

Turquoise

633 Arizona Street SE
Albuquerque, NM 87108-3752
505-232-9515
7 / M
Oxford House since 5/1/2012

OXFORD HOUSE TRADITIONS

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

Oxford House™

1975-2018

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

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

Write or Call

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