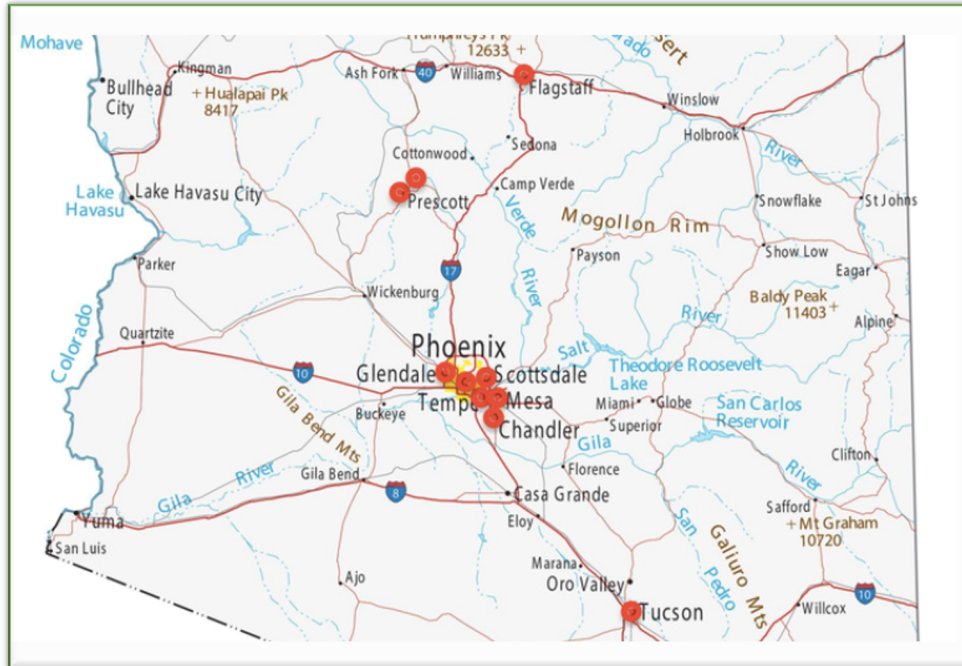


Oxford House Profile Series – 2020

Arizona Network of Oxford Houses



October 2020

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

Telephone: 301.587.2916
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About Oxford House, Inc. [OHI]

OHI is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 2,900 individual Oxford Houses. Its central office is at 1010 Wayne Avenue, Suite 300, Silver Spring, Maryland 20910.

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

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

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

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

The first Oxford House in Arizona opened July 1, 2019 and development has been remarkable as the result of a contract between the state and OHI. Today, there are 41 Oxford Houses in Arizona with 363 beds. This report is a profile of the statewide network of Oxford Houses based on a survey of residents in August 2020.

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

Silver Spring, Maryland
October 6, 2020

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The Arizona Oxford House Survey

In August 2020, 249 of the 254 Arizona Oxford House residents [97.7%] completed a detailed survey describing them and their recovery progress. The survey questions have been asked of Oxford House residents since 1988. The surveys provide an indication of who is being served by Oxford House™ and how Oxford House living is fueling their road to long-term recovery.

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

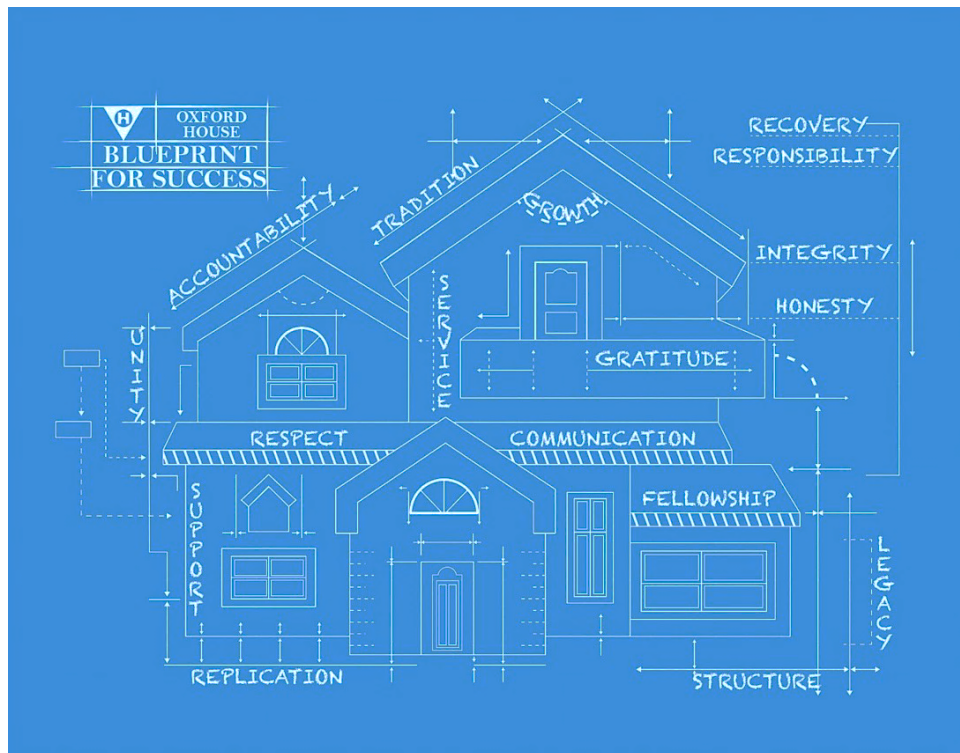
Part 1 – Profile of the Current Arizona Oxford House Population

Part 2 – How Oxford Houses Work

Part 3 – Research and Oxford House

Part 4 – Directory of Arizona Oxford Houses

Oxford House Blueprint for Success



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

2020 Arizona Oxford House Survey Results

The table presents the results of a confidential survey given to all the residents living in Arizona Oxford Houses in August 2020. The survey response rate is 98% (249 of 254). Asterisked data below is from statistics maintained monthly by Oxford House, Inc. for FY 2020 [July 1, 2019 – June 30, 2020].

Total Number of Oxford House residents who completed the survey: [98% of residents]	249	Average Age of residents: (Range 19 – 64: Median 32)	34.4 Years
Number of Men in survey:	167	Number of Women in survey:	82
Average Weekly Cost Per Person for household expenses [Range \$120 to \$180]	\$150	Rent Per Group Per Month Average: (Range \$1,650-\$6,000 per month)	\$2,750
Percent Military Veterans:	6.4%	Average Years of Education (Median 12; 76.7% HS graduate; 8% College graduate)	12.1
Residents Employed 8/15/2020:	77.1%	Average Monthly Earnings: [Median \$2,000]	\$2,056
Addicted to only Alcohol:	31%	Addicted to Alcohol and other Drugs: (Opioids 65.1%; MAT 44.1%)	69%
Race–		Marital Status –	
White	71.1%	Never Married	64.3%
Black	4.4%	Separated	6.8%
Native American	4.8%	Divorced	22.9%
Hispanic	16.5%	Married	4.0%
Other	2.8%	Widowed	2.0%
Prior Homelessness:	78.3%	Median Time Homeless: [Median Times 2]	6.0 Mos.
Prior Jail:	85.5%	Average Jail Time: Median Jail Time:	20 Mos. 6 Mos.
Percent going to AA or NA	98%	Average Number AA or NA Meetings Attended Per Week:	4
Percent Going to Counseling <i>in addition to</i> AA or NA (weekly):	49.4%	Average Length of Sobriety of House Residents:	11.1 Mos.
*Residents Expelled During FY 2020 Because of Relapse:	22.2%	*Average Number of Applicants For Each Vacant Bed:	4+
*Average Stay in an Oxford House:	9 Mos.	*New Houses started in FY 2020 [16 more have been added in FY 2021]	25

Number of Arizona Oxford Houses and Beds as of September 20, 2020

*Number of Men’s Houses:	26	*Number of Men’s Recovery Beds:	230
*Number of Women’s Houses:	15	*Number of Women’s Beds:	133
*Total Number Arizona Oxford Houses:	41	*Total Number of Oxford House Beds:	363

Background

Twenty-three of the 41 Arizona Oxford House were established during FY 2020 (July 1, 2019 –June 30, 2020]. Fourteen of the remaining 18 Arizona Oxford Houses were established during the last three months and four have been rented and will start receiving residents on October 1, 2020. The Arizona Network of Oxford Houses is young but, as shown in this profile, it is robust. In August of this year, 249 of a total of 254 Arizona Oxford House residents (97.7%) completed a survey used by Oxford House, Inc. (OHI) the national umbrella organization providing basic data about their addiction and recovery process.

OHI began a development contract with Arizona July 1, 2019. In a short period of roughly 20 months a network of 41 Oxford Houses has been established in the state. Covid-19 has slowed the expansion of new Oxford House but in spite of the pandemic an additional 16 houses were started between July 1, 2020 and October 1, 2020.



Having a development contract with OHI is an important factor in facilitating the development and expansion of a network of self-run, self-supported Oxford Houses. Specifically, such a development contract provides funding to permit OHI to provide trained and supervised outreach personnel to serve as resource persons to teach Oxford House residents and

the local recovery community about the Oxford House concept and system of operation. The current Oxford House outreach team is pictured above. The funding also supports the administration of start-up loans from a revolving loan fund.

The box at the right enumerates the skills of each OHI outreach worker key to development of statewide networks of self-run, self-support Oxford Houses. As clusters of individual houses spring up throughout a state, each outreach worker is made available to specific regions within a state. For example, in the State of Washington, where Oxford House development is 30 years old, there are 343 Oxford Houses and 14 outreach workers. That is about one outreach worker for every 24 individual houses. At this point in Arizona there are now 16 outreach workers and 41 Oxford Houses; about one outreach worker for every 2.5 houses. This is not unusual when statewide development is starting. Eventually, the ratio of outreach worker to number of houses will become much different. For example, in Washington State, there is one outreach worker for approximately 25 Oxford Houses. Experience has shown that if a state continues development of Oxford Houses over time, the ratio of outreach workers to houses will become more like the ratio in Washington State or other states with long-term development.

The outreach worker is trained by Oxford House Inc. for the following tasks:

- ◆ Finding a suitable house to rent
- ◆ Getting a charter from OHI
- ◆ Getting an FEIN number from IRS
- ◆ Recruiting initial residents
- ◆ Teaching residents how to operate house
- ◆ Building mutually supportive chapters
- ◆ Balancing supply of houses to demand
- ◆ Developing linkages to providers
- ◆ Developing employment linkages
- ◆ Documenting success/failure

The four early Arizona Oxford Houses pictured below provide a solid foundation for developing a strong network of Oxford Houses throughout the state. Two of the houses are for men and two are for women.



Oxford House - Sonoran
 2229 W. Aster Drive
 Phoenix, AZ 85029
 8 W • Established July 1, 2019



Oxford House - Sentinel
 450 S. Rosemont Blvd
 Tucson, AZ 85711
 10 M • Established July 15, 2019



Oxford House - Diamondback
 1904 W Oregon Ave
 Phoenix, AZ 85015
 7 M • Established July 15, 2019



Oxford House - Prescott Valley
 4321 Plainsman Way
 Prescott Valley, AZ 86314
 9W • Established August 1, 2019

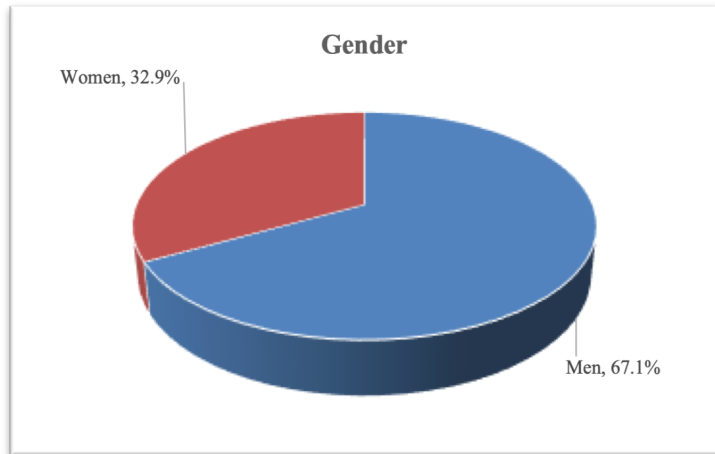
These are all ordinary single-family houses that are being used to provide groups of individuals recovering from addiction the opportunity to gain the peer recovery support they need to become comfortable enough in recovery to avoid relapse. Each home started with a ‘conditional’ charter granted by OHI and all four completed the requirements needed to be granted a ‘permanent’ charter. Both charter versions have the same three requirements: (1) the group must be democratically self-run following the Oxford House system of operations, (2) the group must be financially self-supporting, and (3) the group must agree to immediately expel any resident who returns to drinking alcohol or using illicit drugs. The transition between a conditional charter and a permanent charter is used for the new residents to demonstrate that they understand the egalitarian system of responsible democratic operation.

Part 1 – Profile of the Current Arizona Oxford House Population

This section discusses the results of the August 2020 survey. All the Arizona Oxford Houses existing in August participated and the resident participation rate was an outstanding 98%. Specifically, 249 of the 254 [97.7%] Arizona Oxford House residents completed the survey.

Gender

As of October 2020, there are 15 women’s Oxford Houses in the state and 26 men’s houses for a total network of 41 Oxford Houses in the state.



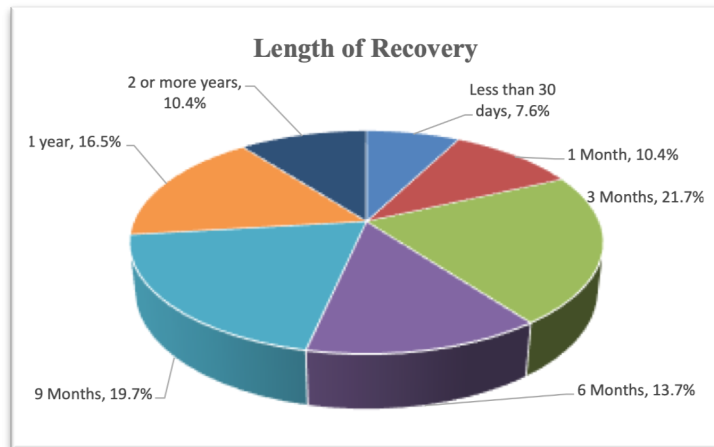
All the existing houses participated in the survey; 67% of the participants were men and 33% were women.

The Oxford House bed space in the state is 230 for men and 133 for women [total beds 363]. Of the 15 Oxford Houses for women, 7 take women with children. Of the 26 Houses for men, none yet take

children but we expect that to change as development continues.

Distribution of Length of Recovery Within Houses

Within each Oxford House there are differences in lengths of residents’ sobriety. Partly because there is no time limit on residency within an Oxford House, individuals are able to stay as long as they want, provided they do not drink alcohol or use illicit drugs.



This time factor contributes greatly to the overall success rate of Oxford House living because every individual is different. Some adapt to the behavior change needed for long-term recovery quickly; others take years to become comfortable enough in behavior needed to assure long-term recovery.

The current length of sobriety does not necessarily mean that an individual’s total time of recovery falls within the time frame of living in an Oxford House. Some individuals may have some length of sobriety before moving into a house. For example, the survey shows that 10% of the respondents have 2 years or more of sobriety. Some may have picked up sober time in prison before coming into an Oxford House. The various lengths of recovery time allow “new-comers” to learn the value of long-term recovery from the “old-timers” in recovery. They also learn that their own stay in Oxford House does not have to be limited.

Treatment History

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

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

The table below shows the number of prior formal treatment tries for Oxford House residents in Arizona and in selected other states.

Table 1
Percent of Prior Treatment Tries

No. of Sobriety Tries in Formal Treatment	VA	OK	TX	NC	WV	IN	CO	AZ
One	16.1	25.6	23.9	18.2	22.3	18.9	15.5	15.3
Two	24.2	23.5	18.8	20.0	18.9	24.8	26.4	24.5
Three to Five	41.9	27.4	31.9	44.1	27.7	49.7	43.2	34.1
Six to Ten	12.9	16.7	13.8	10.9	16.8	4.6	10.1	18.0
More than Ten	04.8	6.8	11.6	06.3	14.3	2.0	4.8	8.1

Relapse

During FY 2020 (July 1, 2019 through June 30, 2020), 119 of the 541 individuals living in Arizona Oxford Houses were expelled because of relapse (22.1%).

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

While 65.1% of the surveyed Arizona Oxford House residents abused opioids, not all are using medically-assisted treatment [MAT]. As a matter of fact, only 44.1% are in medically-assisted treatment. For most of those, the medicine is buprenorphine although a couple are on methadone. In a recent article in *ALCOHOLISM TREATMENT QUARTERLY*, John Majer, PhD,

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

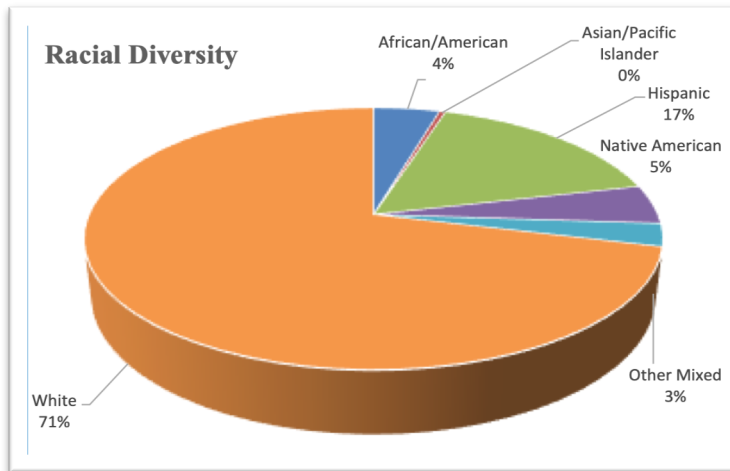
³ Addictive Behaviors 32 (2007) 803-818

Leonard Jason, PhD and others found that “Oxford Houses provide valuable social support that helps persons utilizing MATs in their recovery.”⁴

Because prior opioid users are in the Oxford House population, each Oxford House group teaches its residents about the use of Narcan. The survey did not inquire as to whether or not opioid overdoses had occurred to residents during the past year. However, Oxford House outreach personnel train house residents to have and be able to use Narcan.

Racial Diversity

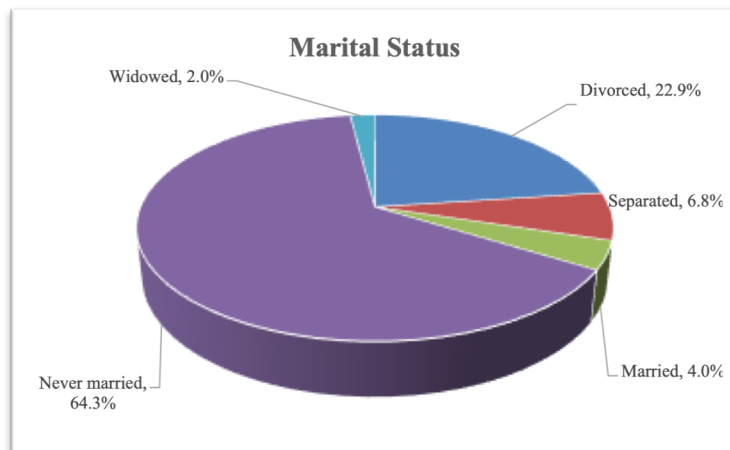
The egalitarian nature of alcoholism and drug addiction cuts across all racial and ethnic groups of individuals. The graph below reflects the diversity of the Arizona Oxford House population.



The diversity is reflected in the individual houses throughout the state. Whites are a little under-represented (71% v. 82.6%) relative to population in the state. As development continues, Oxford Houses will become located in places more likely to attract residents from all ethnic and racial groups. Because of the egalitarian nature of addiction, over time the diversity of those in Arizona Oxford Houses will parallel US Census data.

Marital Status

Well over half of the residents in Arizona Oxford House residents [64.3%] have never been married. Moreover, addiction wreaks havoc with relationships and over thirty percent who had been married are divorced or separated by the time they arrive at an Oxford House.



The graph at the left illustrates the distribution of marital status among the residents in the Arizona network of Oxford Houses. This finding tracks the marital status of residents in the national network of Oxford Houses. However, the “never married” category is about 6% higher for Arizona residents and this factor is probably related to the fact that residents in

Arizona Oxford Houses are quite a bit younger than Oxford House residents in other states. [See next section.]

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

Age of Residents

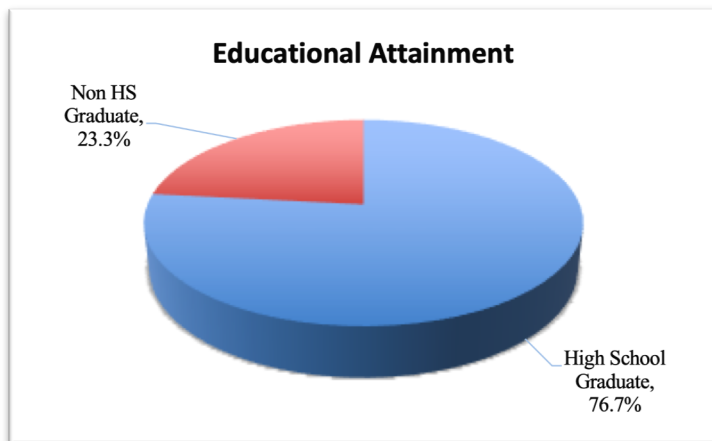
The average age of residents in Arizona Oxford Houses is 34.5. The ages range from 19 to 64. The median age is 32, which is about 5 years younger than the national median age. There seem to be two reasons for the younger average and median ages: [1] the opioid epidemic has adversely affected younger individuals and [2] the recent development of Arizona Oxford Houses means that there are fewer “old-timers” in the statewide network of Oxford Houses.

Arizona Oxford Houses have a lower percentage of veterans [6.4%] than do networks of Houses nationally [18%]. This may be because the overall age of residents is younger. Nevertheless, OHI will increase its outreach to veterans because the need is great.

Education

The diversity of the Oxford House population is also demonstrated by the variation in educational attainment among the residents. The highest level of formal education among the Arizona Oxford House residents ranges from the 4th grade to college graduates.

The range of educational attainment level among residents serves as a reminder of the egalitarian nature of alcoholism, drug addiction and co-occurring mental illness. Median educational attainment level is 13



years, but the average attainment level is 12.8. About 23% of the residents have not graduated from high school; 76.7% have high school diplomas. Also, 41% have had some education beyond high school and 8% have a college degree. Often, Oxford House provides an opportunity for an individual to resume college courses because of the supportive and low-cost living environment.

In some states, community colleges and universities welcome Oxford House residents and the residents take advantage of their open-ended residency in an Oxford House to gain further education. For example, the University of North Carolina at Chapel Hill has two Oxford Houses dedicated to students and there are 17 other Oxford Houses in Chapel Hill where some students live.

When the Covid-19 pandemic passes, OHI will reach out to community colleges and universities in the state to share how some schools are using Oxford Houses to support recovery among students. Many communities within Arizona have educational institutions that could afford those in recovery to improve their educational attainment.

Employment

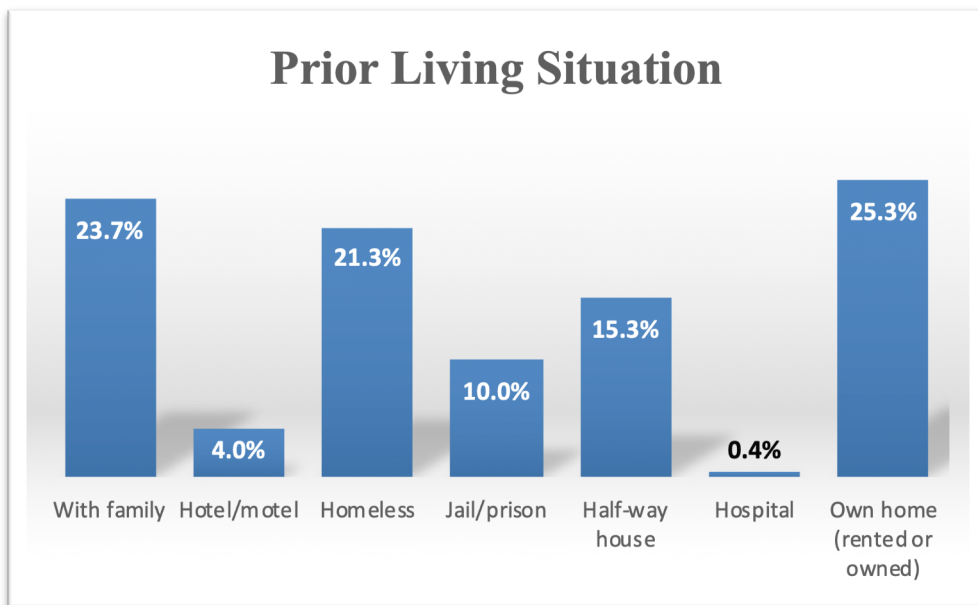
The survey of residents took place in August 2020. The national shutdown because of the pandemic had become well entrenched. Surprisingly, 77.1% of respondents were employed. The average monthly income – from both employment and other sources – was \$2,055, quite a bit more than the June 2019 national average of \$1,695. The median income is \$2,000.

Since the equal expense share cost of living in an Oxford House averages \$155 per week [range \$120-\$180] in Arizona, the income per person is more than adequate. The equal expense share covers all household expenses except for a resident’s food. The largest household expense is the rent the group pays the landlord, which in Arizona averages \$3,201 a month with a range from \$1,650 to \$6,000 a month.

Employment is the primary way that residents are able to pay their equal share of household expenses necessary for each Oxford House to operate. A few have income from retirement or some other source, but most do not. The equal share of household expenses not only pays the landlord and other expenses but some of the money paid the landlord returns to the state or local government through property taxes. More significantly, all the employed residents contribute substantial amounts to the federal government as a result of FICA payroll taxes. The FICA tax is 14.65% of wages [employee plus employer share]. The combined FICA taxes generated by employment of Arizona Oxford House residents will be a minimum of \$1,311,406 for FY 2021 based on the current average salary and existing number of beds.⁵ This is a considerable amount under any circumstances but particularly since many of these recovering individuals were not employed prior to getting into an Oxford House.

Prior Living Situation

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

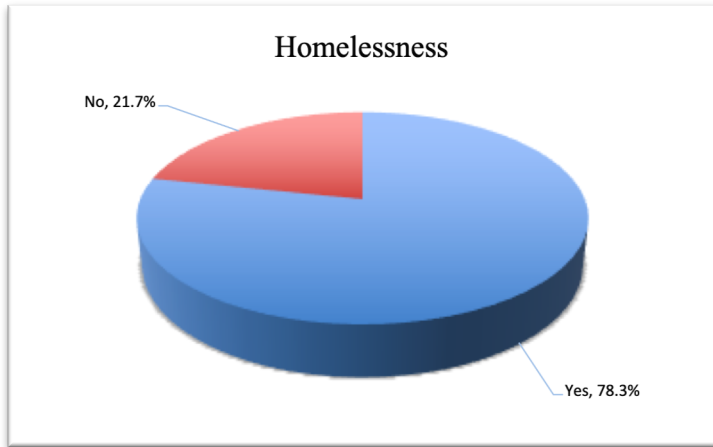


More than half [53%] of the individuals who moved into Arizona Oxford House were previously living in what can best be described as marginal living situations – homeless, jail, a motel, hospital or halfway house. The 23.7% “living with family” could be added to the marginal living situation in most cases. In all cases, their prior living arrangements failed to get or keep the individuals on the path to recovery; otherwise they would not have applied to and been accepted to move into an Oxford House.

⁵ The FICA tax generated in FY 2020 was dependent on the size of the Arizona network of Oxford Houses during the 12-month period. However, the average monthly income derived from the survey should remain constant or increase during FY 2021. Therefore, it is used in computation along with the number of beds as of September 2020.

Homelessness

When we look at the survey responses in more detail, past homelessness and incarceration stand out. Just over 78.3% of all respondents had experienced homelessness at least twice and for a



median length of time of 6 months. When an addict goes through detoxification and returns to homelessness, the chance that he or she will stay clean and sober is very unlikely. For the person who has been homeless to move into an Oxford House, the difference is great. Among other things, in an Oxford House, a person has a safe place to live rather than in a crowded homeless shelter or on the streets. A person also has his or her own key to a real house in a real

neighborhood. For many, that fact alone provides a sense of self-esteem and pride.

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

Jail Time

The vast majority [82.7%] of Arizona Oxford House residents have served jail or prison time. The median time of incarceration was 6 months with an average of 20 months. The length of incarceration is from a few days to



over seven years. Most have been introduced to recovery programs while in jail or prison. In the 12-Step programs there is a saying that addicts in recovery need to avoid the people, places, and things associated with their addictive use. That is easier said than done but, for individuals leaving jail or prison, Oxford House becomes a feasible way to avoid the old associates and old neighborhoods.

TREATMENT CENTERS USED	#
A Better Today Recovery Services	1
America's Rehab Campuses	9
Amity Foundation	1
Ascend Recovery	3
Aurora Recovery Center	1
Banyan Treatment Center	1
Bel Aire Recovery Center	1
Bella Monte Recovery Center	1
Buds Transitional Living	1
Calvary Healing Center	3
Came to Pass Recovery	2
Caron Foundation	1
Casa De Vida	5
Chalet Living and Rehab Center	3
Chestnut Health Systems	1
Chicanos por la Causa	1
Clean Adventures	1
Community Bridges, Inc. (CBI)	29
Community Medical Services	1
Compass Recovery Centers	2
COPE Community Services, Inc.	1
David Lawrence Center	1
Decision Point Center	2
Destiny Sober Living	2
Ebony House, Inc.	1
Embark Recovery	2
Emerald Isle Health & Recovery	1
Exodus Recovery Inc.	2
Fresh Start Recovery	1
Gateway Foundation	1
Granite Mountain Behavioral Healthcare	17
Hillside Recovery Center	4
Hope by the Sea	1
JFK ADATC	1
Keystone Center	1
Life Well	1
Maverick House	4
Mirror, Inc.	2
Muse Treatment	1
Navy Medical Center Portsmouth- SARP	2
New Day Recovery	1
No Bars Recovery	1
Northern Arizona Center for Addiction (NACA)	1
Oasis Behavioral health	1
Ocean Hills Recovery	2
Paramount Recovery Services	2
Pasadena Recovery Center	1
Patina Wellness Center	3
Pronghorn	1
Quail Run Behavioral Health	1
Recovery in Motion	1
Recovery in the Pines	2
Reflections Recovery Center	2
River Source	4
Royal Life Centers	7
Salvation Army ARC	3
Serenity Lane	1
Silver Sands Recovery	4
Sobriety Matters/Positive Recovery Center	1
Solutions	1
Southwest Behavioral Health	1
Spero Sober Living	1
Springboard	2
St. Gregory's Retreat Center	1
Step Denver	1
Teen Challenge	1
The Crossroads, Inc.	31
The Dom (VA)	1
The Haven	2
TLC Rehab	1
Turtle Creek Recovery	1
Twelve Oaks recovery	1
Unhooked Recovery	5
United Community Center (UCC)	1
Valley Hope Atchison	1
Valley Hospital	1
Valley of Hope Chandler	1
Viewpoint Dual Recovery	1
West Yavapai Guidance Clinic	10
Whitton House	1
Wilderness Rehab	1

Last Formal Treatment Facility

Arizona Oxford House residents have come into Oxford House after a variety of formal treatment facilities. The list at the left illustrates the variety. Specifically, 86% of Arizona Oxford House residents indicated that they had previously gone through residential treatment. It is not unusual for alcoholics or drug addicts to have had repeated attempts at achieving continuous recovery. It is also likely that a person beginning recovery in prison becomes involved in 12-Step programs [AA or NA or both].

12-Step Meetings and Counselling

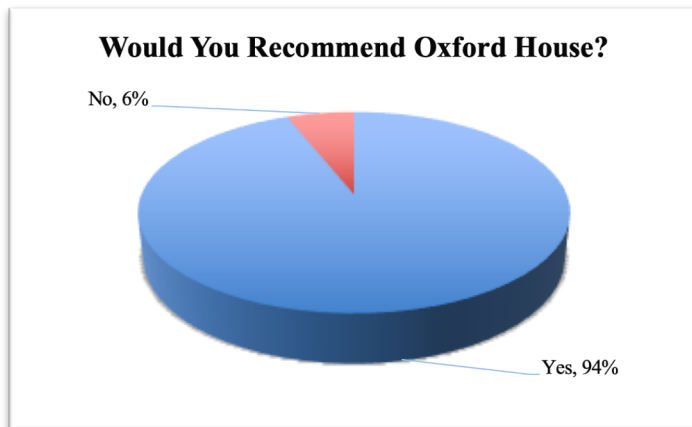
Living in an Oxford House provides 24/7 peer recovery support and the living environment encourages attending a lot of 12-Step meetings outside of the house. The respondents indicated that the median number of such meetings they attend each week is 4. The average number of 12-step meetings attended each week is 4.5 or over twice the number of weekly meetings the average AA/NA member attends. AA tries to estimate the number of AA meetings members attend each week and has found that it is slightly more than two a week.

In addition to attending lots of AA/NA meetings, 49% of respondents to the survey indicated they attended weekly counselling sessions with a therapist. Many of these individuals were participants in medically assisted treatment programs because as indicated above 44% of the 65% addicted to opioids are using MAT.

Within Oxford Houses it is not mandatory that a resident attend AA or NA meetings but almost all do. Since everyone in the House tends to go to such meetings, this reality places peer pressure on everyone to attend such meetings. It also becomes an economical way for residents to socialize. Going out to meetings becomes an good way to meet others.

Neither AA nor NA meetings are held within a house because Oxford Houses are not designed to have large groups of folks coming into the house. Each Oxford House is a home and residents appreciate that fact. It is also clear that by going out to 12-Step meetings good habits are learned that will help individuals stay in recovery once they move out of an Oxford House.

Importance of Oxford House Living to Recovery



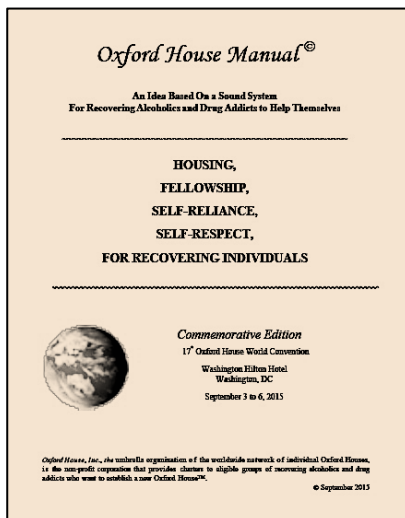
Respondents to the survey were asked two questions to measure their personal satisfaction with Oxford House: [1] How important is it to your own recovery, and [2] Would you recommend it to others? No one would not recommend Oxford House to others and 98% felt it was very important to their own recovery. The 6% who responded that they “might” recommend Oxford House living to others had all been residents for less than one month. All in the “maybe”

category indicated that living in an Oxford House was “very important” to their own recovery.

This positive approval of Oxford House living by residents tracks throughout the entire national network of 2,952 Oxford Houses. It is likely that an approval rating so high would be hard to find if the residents were in a managed halfway house or a managed recovery house. The common refrain within the community that “the inmates run the asylum” is an expression of pride and self-worth and strengthen the commitment to recovery without relapse.

Part 2 – How Oxford Houses Work

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



not only is cost-efficient, but it also provides the foundation for personal change. Each resident rises to the occasion whether it is by voting on acceptance of a new resident, expelling a resident who relapses, carrying out the duties of being a house officer, or simply voting on an issue at a weekly house business meeting. All of the processes and procedures are set forth in the Oxford House Manual⁶ and related materials.⁶ With the mutual support and supervision that individual Oxford Houses provide for each other through chapters and statewide associations, uniformity and quality control is assured. In Arizona, one can visit an Oxford House in Phoenix, Tucson, Flagstaff, Tempe, Prescott or anywhere else in the state and immediately recognize that the particular recovery group within each house is following the same set of procedures and protocols. Oxford House, Inc. has not only

provided a full set of operational manuals but also has taken the time to teach the group the basic procedures that enable a recovery group to function well. Visiting any one of the more than 2,900 Oxford Houses throughout the country provides the same affirmation.

⁶ Oxford House is organized from the bottom-up. In addition to the basic Oxford House Manual⁶ there is an Oxford House Chapter Manual⁶, an Oxford House World Council Manual⁶ and an Oxford House State Association Manual⁶. Along with a growing number of standardized forms these manuals provide a definitive blueprint for each Oxford House to uniformly follow processes and procedures that reflect the successful formula that makes Oxford House™ the only best practice listed on the National Registry of Evidence-based Programs and Practices.

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

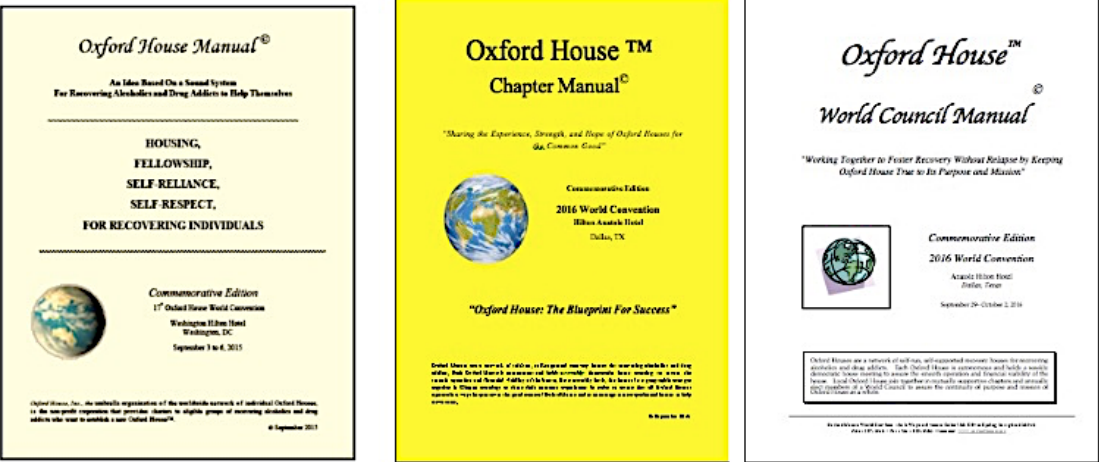
- Oxford House Officers**

 - President
 - Secretary
 - Treasurer
 - Comptroller
 - Chore Coordinator

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

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

Key Manuals To Keep Oxford Houses On Track



As suggested by the picture above of three basic Oxford House Manuals, expanding to meet the need has required organization of chapters, conventions, training sessions, state associations and periodic conventions in order for houses to monitor the performance of each other. The



charter conditions are simple, but they require everyone’s support to help keep the model on track. The mutually supportive chapter organization, made up of three to twelve individual Oxford Houses in a geographic area, serve to provide mutual support and quality control.

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

residency in order to make room for the newcomer.

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

Once living in an Oxford House, a resident recognizes the need to expand as the number of applications for vacancies almost always exceeds the available vacancies. Since all the houses are rented – not owned – it becomes relatively easy to expand. This is also at the core of why there is no residency time limit. Since each house is democratically run by the residents themselves, they quickly become invested in assuring the success of Oxford House development. At the right, an Arizona women’s house is shown after their weekly house meeting. One topic was the need for



additional Oxford Houses because applications for membership in that house exceeded the available space. When a new house is opening, residents from other houses pitch in to help get the new house ready for occupancy. All of the Oxford Houses in the state belong to chapters. A chapter is a local cluster of Oxford Houses designed to provide mutual assistance among its members. It elects chapter officers from among the officers of the individual houses making up a chapter. At the left is a Zoom chapter meeting – a necessary adaptation in the Covid-19 era.

Chapters also organize fun events from picnics to sports and the monthly chapter meeting usually provides a common meal. Nothing like good food to attract a crowd! The autonomy

of individual Oxford Houses coupled with the mutual support they provide each other through chapters helps build the pride that residents feel in being part of the Oxford House family. The men pictured at the left are from Oxford House – Tres Palms on a 4-mile hike to the ‘Crack’ set up by Chapter 1. More than a dozen residents participated to enjoy the hike and the water at trails end. Already Arizona has four chapters and, as the network of Oxford Houses expands within the state, many more chapters will be formed.



Pictured at the right is Oxford House – Scottsdale, the most expensive Arizona Oxford House to date. The group of 12 men living there pay the landlord \$6,000 a month for rent. Each resident pays \$180 a week. It was established October 1, 2020. It has five bedrooms and three full bathrooms. At nearly 3,400 square feet of living space, it is also the largest Oxford House in Arizona to date. All the other House residents in the state pitched in to help get the new house started. It is likely to provide the path to recovery for hundreds of recovering individuals before the current lease expires in 2024. Welcome to the Arizona network of Oxford Houses.



Part 3 – Research and Oxford House

OHI relies on internal and third-party research to understand better not only the recovery process but also, more specifically, the role Oxford Houses can play in making long-term recovery without relapse the norm rather than the exception. The independent third-party research began in 1987 when Bill Spillaine, Ph.D., started teaching at Catholic University after he retired from NIDA. Dr. Spillaine asked to review the outcome records of individuals who had lived in an Oxford House from its beginning in 1975 through 1987. Everyone living in all 13 Oxford Houses at that time agreed to cooperate with him. Dr. Spillaine tracked down more than 1,200 former Oxford House residents to learn how many had stayed clean and sober. When he came to the leaders of Oxford House and reported that 80% had stayed clean and sober without relapse, the leaders asked, “What are we doing wrong to have 20% relapse rate?” Dr. Spillaine explained that the normal rate of sobriety without relapse was less than 20% and that the Oxford House resident outcome was exceptionally good.

Spillaine’s report led Congress to include a provision in the 1988 Anti-Drug Abuse Act [§2036 of PL 100-690, codified at 42 USC 300x-25] to encourage states to promote Oxford House development. That small start-up loan provision became the catalyst that helped Oxford House grow from 13 houses in the Washington, DC area to a national network of more than 2,900 houses. Independent third-party research about Oxford House took off following a 1991 CBS “60 Minutes” segment about Oxford House. Dr. Leonard Jason, head of the DePaul University Community Research Center saw the program and immediately became interested in researching how Oxford Houses worked. His organization has now published more than 200 peer-reviewed articles and studies about Oxford House and its effect on recovery from addiction. One of his studies followed 897 residents in 219 Oxford Houses across the country and found that, over a 27-month period, only 13% had returned to active addiction.⁷

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

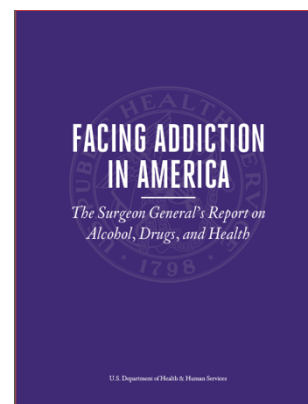
While research on AA has been limited by the role of anonymity in recovery, the willingness of Oxford Houses to open their doors to academic research gives us an opportunity to see recovery from addiction in action.

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

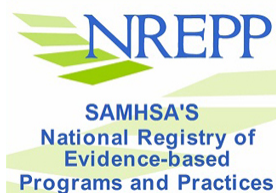
The November 2016 US Surgeon General’s Report, “*Facing Addiction In America*,” singled out Oxford House™ as a key program in the continuum of successful treatment for addiction. The Report summarized the evidence-based treatment outcomes as follows:

Outcomes:

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



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



⁷ Addictive Behaviors 32 (2007) 803-818

The annual Oxford House National Convention has become a place where experts in the field of addiction present their most recent findings about the nature of alcoholism, drug addiction and the process of long-term recovery. Every Director of the federal Office of Drug Control Policy has been a speaker at the convention as have other leaders in the field of alcohol and drug addiction. While the 2020 convention was cancelled because of the pandemic, plans are under way for the 2021 convention.

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

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

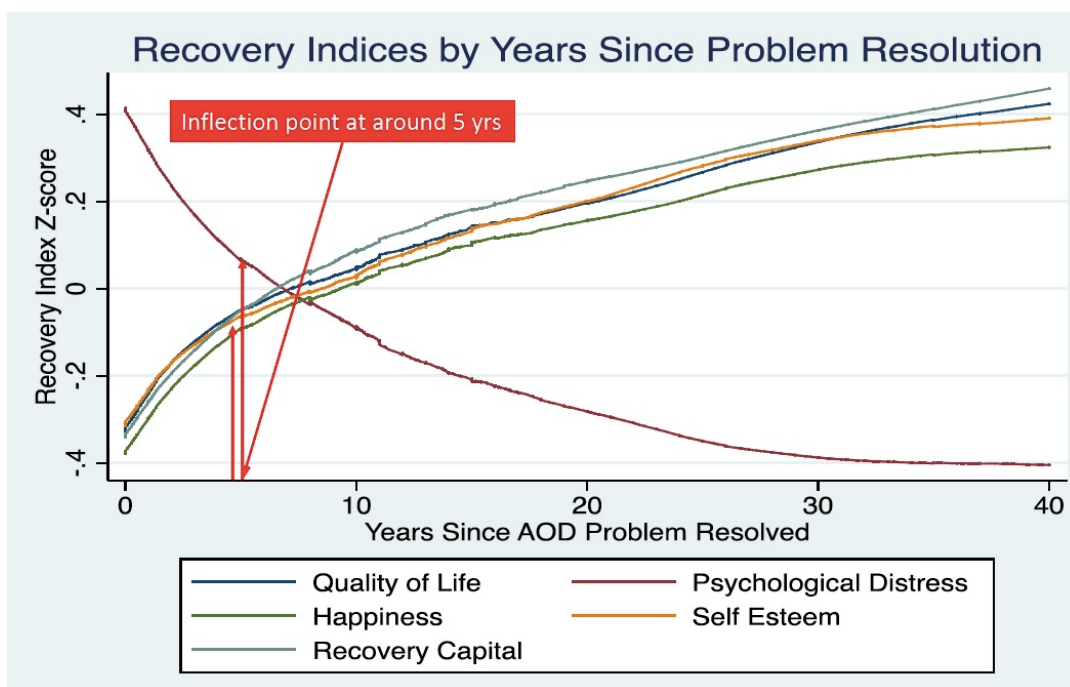


Chart prepared by Dr. John Kelly for his presentation at the Oxford House Convention

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

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

Oxford Houses of Arizona Directory

Chandler

Chandler

763 W. Flint St.
Chandler, AZ 85225
480-702-0668
8 / M
Oxford House since 8/1/2020

Ironwood

10008 N. 52bd Dr.
Glendale, AZ 85302
602-463-0788
9 / M
Oxford House since 3/15/2020

Westgreen

8503 W. Lawrence Ln
Peoria, AZ 85345
623-312-3483
8 / M
Oxford House since 8/1/2020

Flagstaff

Valyrian

873 Coy Drive
Flagstaff, AZ 86005
928-266-0396
10 / M
Oxford House since 10/1/2019

Gila River

8023 W. Oregon Ave
Glendale, AZ 85303
623-248-9427
8 / WC
Oxford House since 8/5/2020

Phoenix

Sonoran

2229 W. Aster Drive
Phoenix, AZ 85029
602-346-0517
8 / W
Oxford House since 7/1/2019

Elden

2406 E. 4th Avenue
Flagstaff, AZ 86004
928-440-3320
7 / M
Oxford House since 7/1/2020

Mesa

Wylde

3848 E. Pueblo ave
Mesa, AZ 85206
480-597-7210
9 / W
Oxford House since 11/15/2019

Diamondback

1904 W Oregon Ave
Phoenix, AZ 85015
602-320-0307
7 / M
Oxford House since 7/15/2019

Riordan

2412 E. 4th Ave.
Flagstaff, AZ 86005
928-440-3237
7 / M
Oxford House since 7/1/2020

Mesa

835 N Spur Circle
Mesa, AZ 85203
480-307-6436
10 / M
Oxford House since 3/1/2020

Tres Palms

5712 North 41st Ave
Phoenix, AZ 85019
602-218-6286
8 / M
Oxford House since 11/1/2019

Gillenwater

3220 S. Gillenwater Dr.
Flagstaff, AZ 86005
10 / M
Oxford House since 10/1/2020

Meseto

708 W. Meseto Cir.
Mesa, AZ 85210
480-590-8181
11 / WC
Oxford House since 8/15/2020

Canyon Villa

6023 W. Indian School Rd.
Phoenix, AZ 85033
623-440-6760
8 / M
Oxford House since 7/1/2020

Glendale

Sun Devil West

5531 Boca Raton Rd.
Glendale, AZ 85306
602-612-3426
7 / M
Oxford House since 8/2/2019

Villa Roca

2865 E Fox St.
Mesa, AZ 85213
480-590-2207
11 / M
Oxford House since 8/1/2020

Monterey

6231 W. Monterey Way
Phoenix, AZ 85033
8 / W
Oxford House since 11/1/2020

Adsila

4338 W. Claremont St.
Glendale, AZ 85301
623-248-7255
9 / WC
Oxford House since 9/15/2019

Sundance

5028 E. Dartmouth St.
Mesa, AZ 85205
480-572-1997
10 / W
Oxford House since 9/1/2020

Prescott

Winterfell

803 Danita St
Prescott, AZ 86301
928-277-1408
10 / M
Oxford House since 1/15/2020

Sunset Palms

14410 N. 52nd Drive
Glendale, AZ 85306
602-675-2997
8 / M
Oxford House since 10/16/2019

Desert Bloom

13153 N. 77th Dr
Peoria, AZ 85381
623-322-5773
10 / W
Oxford House since 4/1/2020

Stormborn

2740 Ridge Rd.
Prescott, AZ 86301
10 / M
Oxford House since 4/1/2020

Yavapai
602 Douglas Ave.
Prescott, AZ 86301
928-233-5171
9 / WC
Oxford House since 5/1/2020

Iron Springs
1930 W. Iron Springs Rd.
Prescott, AZ 86305
9 / WC
Oxford House since 10/1/2020

Prescott Valley
Prescott Valley
4321 Plainsman Way
Prescott Valley, AZ 86314
928-460-5426
9 / W
Oxford House since 8/1/2019

Granite Stone
6800 E. Horizon Lane
Prescott Valley, AZ 86314
928-460-5439
7 / M
Oxford House since 8/1/2019

Goldwater
4445 Carla Vista Dr.
Prescott Valley, AZ 86314
928-237-3231
10 / M
Oxford House since 10/1/2019

Sekani
5201 Saddleback Dr.
Prescott Valley, AZ 86314
928-350-8792
8 / WC
Oxford House since 12/1/2019

Enigma
5324 N. Stetson Dr.
Prescott Valley, AZ 86314
928-237-4051
10 / M
Oxford House since 8/1/2020

Scottsdale
Scottsdale
5611 E. Everett Dr.
Scottsdale, AZ 85254
602-501-1787
12 / M
Oxford House since 10/1/2020

Tempe
Tempe
1806 N. Bridalwreath
Tempe, AZ 85281
480-590-3370
8 / W
Oxford House since 8/1/2020

Tucson
Sentinel
450 S. Rosemont Blvd
Tucson, AZ 85711
520-849-8278
10 / M
Oxford House since 7/15/2019

Wilshire Heights
5621 East Beverly St
Tucson, AZ 85711
520-849-8672
9 / WC
Oxford House since 8/1/2019

Ski Valley
9468 E. Barrudean Hills Street
Tucson, AZ 85710
520-372-7162
9 / M
Oxford House since 11/1/2019

Olive Branch
8509 East 18th Street
Tucson, AZ 85710
520-372-7166
10 / M
Oxford House since 11/1/2019

Desert Steps
6141 E. Sylvane St.
Tucson, AZ 85711
520-372-7429
8 / W
Oxford House since 12/1/2019

Kokopelli
917 N. Catalina Ave.
Tucson, AZ 85711
520-849-6746
8 / M
Oxford House since 3/8/2020

Del Sol
3700 E 4th St
Tucson, AZ 85716
520-203-7207
8 / M
Oxford House since 3/1/2020

Toronto
78631 E. Toronto St.
Tucson, AZ 85730
520-367-5000
8 / M
Oxford House since 7/1/2020

Network of Arizona Oxford Houses

41 Houses

363 Recovery Beds



Oxford House™

1975-2020

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

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

Write or Call

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Silver Spring, Maryland 20910

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