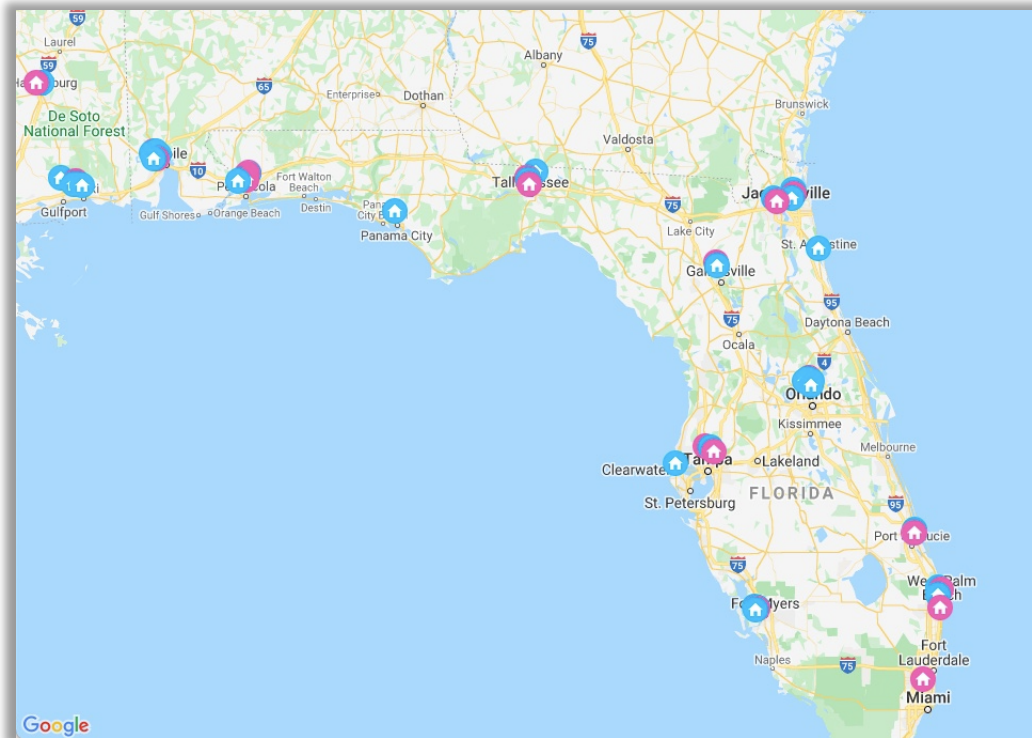


Oxford House Profile Series – 2020

Florida Network of Oxford Houses



December 2020

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

Telephone: 301.587.2916
Website: www.oxfordhouse.org

About Oxford House, Inc.

Oxford House, Inc. is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 3,000 individual Oxford Houses. Its central office is at 1010 Wayne Avenue, Suite 300, Silver Spring, Maryland 20910.

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

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

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

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

Oxford House™ has been in the state of Florida for only about a year and half. During that time the Oxford House outreach workers have established 47 Oxford Houses encompassing all parts of the state. This report is a profile of the statewide network of Oxford Houses based on a survey of residents in April 2020 and continuing statistical analysis through November.

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
December 10, 2020

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The Florida Oxford House Survey

In April 2020, 208 of the 232 individuals then residing in the Florida network of Oxford Houses [89.7%] 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.

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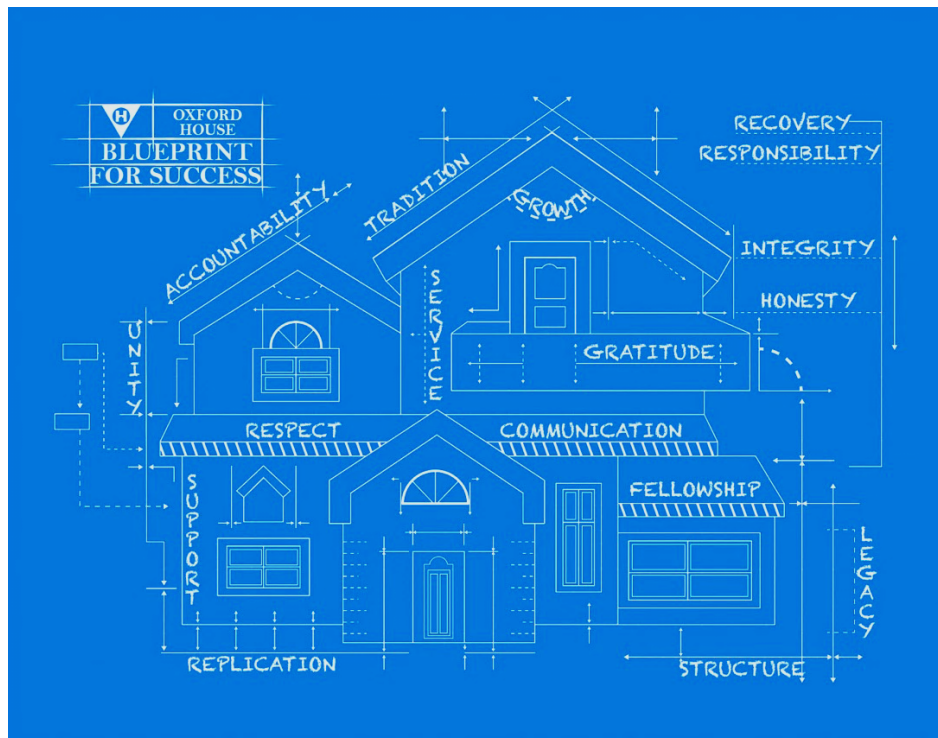
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2020 Florida Oxford House Survey Results

The table presents the results of a confidential survey completed by residents living in Florida Oxford Houses during April 2020. The survey response rate is 89.7% (208 of 232). Basic monthly FY2020 data maintained by Oxford House, Inc. is indicated by an asterisk.

Total Number of Oxford House residents who completed the survey: [89.7% of residents]	208	Average Age of residents: (Range 18 – 66; Median 35)	38.2 Years
Number of Men in survey:	102	Number of Women in survey:	96
Average Weekly Cost Per Person for household expenses: [Range \$125 to \$175]	\$147	Rent Per Group Per Month Average: (Range \$1,300-\$3,300 per month; Median \$2,700)	\$2,598
Percent Military Veterans:	5.8%	Average Years of Education: (Median 12; HS graduate 80.5%; College graduate 16.8%)	12.3 Years
Residents Employed 4/15/2020:	73.6%	Average Monthly Earnings: [Median \$1,500]	\$1,742
Addicted to only Alcohol:	19%	Addicted to Alcohol and other Drugs: (Opioids 72.1%; MAT 52.5%)	81%
Race–		Marital Status –	
White	82.2%	Never Married	54.3%
Black	7.7%	Separated	11.5%
Native American	0.5%	Divorced	26.9%
Hispanic	6.7%	Married	3.4%
Other	2.9%	Widowed	3.8%
Prior Homelessness:	70.7%	Median Time Homeless: [Median Times 2; Average Length 9.3 Mos.]	3.0 Mos.
Prior Jail:	80.8%	Average Jail Time: Median Jail Time:	21.6 Mos. 8 Mos.
Percent going to AA or NA	98%	Average Number AA or NA Meetings Attended Per Week:	5
Percent Going to Counseling <i>in addition to</i> AA or NA (weekly):	42.8%	Average Length of Sobriety of House Residents: [Median 2 mos.; Range: [<2 mos. to 4 yrs.]	9.1 Mos.
*Residents Expelled During FY 2020 Because of Relapse:	23.6%	*Average Number of Applicants For Each Vacant Bed:	1.2+
*Average Stay in an Oxford House:	9 Mos.	* Houses started in FY 2020 [7 more have been added in FY 2021]	23

Number of Florida Oxford Houses and Beds as of November 20, 2020

*Number of Men’s Houses:	29	*Number of Men’s Recovery Beds:	234
*Number of Women’s Houses:	18	*Number of Women’s Recovery Beds:	149
*Total Number Florida Oxford Houses:	47	*Total Number of FL Oxford House Beds:	383

Background

The houses shown below are just a few of the Oxford Houses that are part of the Florida Oxford House network.



Oxford House - Waves
12717 Sebring Blvd.
Tampa, FL 33618
7 W • Established April 5, 2020



Oxford House - Waltham
2111 Waltham St.
Pensacola, FL 32505
9 M • Established December 1, 2019



Oxford House - Seabreeze
557 NE Port St. Lucie Blvd
Port St. Lucie, FL 34984
7 M • Established December 1, 2019



Oxford House - Noles
906 Buena Vista Drive
Tallahassee, FL 32304
8 M • Established November 1, 2019

These are all ordinary single-family houses that are being used for the extraordinary purpose of providing groups of individuals recovering from addiction the opportunity to gain the peer recovery support they need to become comfortable enough in recovery to avoid relapse. Each house develops its own history that reminds current residents of successful long-term recovery.

Development of the statewide network of Oxford Houses in Florida began when the state entered into a contract with Oxford House, Inc. – the national nonprofit, umbrella organization for all individual Oxford Houses – to begin development of Oxford Houses in January 1, 2019. During 2019, 30 new Oxford Houses were started in the state and 17 were added in pandemic-plagued 2020. The forty-seven Oxford Houses now operating throughout Florida have established a foundation for adding many more Oxford Houses until there is a balance between supply and demand for recovering houses.

As can be seen from the map on the cover of this report, Oxford Houses have been distributed throughout the state. Houses for men are noted in blue; Houses for women are in purple. The 47 houses are distributed throughout the state but clusters of three or more houses are established to enable prompt implementation of Chapter structures to encourage houses to work together to assure quality control.

- 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

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 box at the left enumerates the duties of each OHI outreach worker that are 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.

During the current Covid-19 pandemic, communication has been maintained using Zoom. The screen picture below is a recent statewide meeting between Oxford House outreach workers and various Oxford House Presidents throughout the state network of Oxford Houses.



Surviving the Covid-19 pandemic has been a challenge for everyone. In “normal” times a variety of ways are implemented to make certain that Oxford House residents understand the time-tested system of operations that have made the Oxford House Model a success. Making certain that everyone understands the goals and procedural structures that keep Oxford Houses on track involves hands-on teaching of the basics the initial residents of new houses and building-in continuing education as residents change. Mutual support among clusters of houses is assured through chapter development and statewide connectivity through state associations. While this process takes time, Florida houses already have the basics in place.

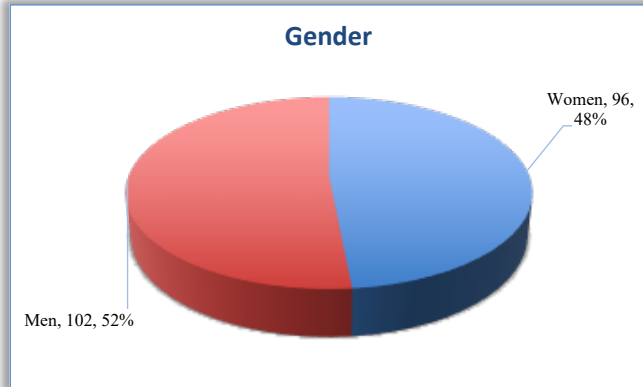
This profile is a benchmark of progress to date and describes the characteristics of individuals making who are laying the foundation for Oxford Houses of Florida to become a permanent resource for making recovery without relapse the norm for individuals seeking long-term recovery.

Part 1 – Profile of the Current Florida Oxford House Population

When the residents were surveyed in April 2020, 208 of the 232 [80.7%] residents completed the survey. All the houses existing at that time participated; 52% of the participants were men and 48% were women.

Gender

As of November 2020, Florida has 18 women’s Oxford Houses in the state and 29 men’s Oxford Houses for a total network of 47 in the state.

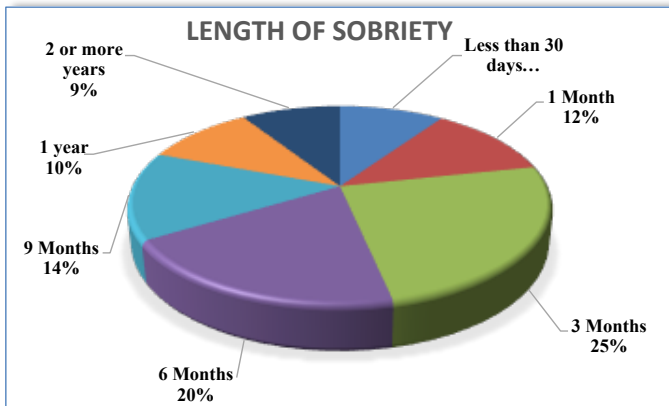


The Oxford Houses have bed space in the state for 234 men and 149 women [383 total beds]. Of the 18 Oxford Houses for women, 6 take women with children. Of the 29 Houses for men, none of them take children.

During FY 2020 [July 1, 2019 – June 30, 2020], the statewide network of Oxford Houses served a total of 793 individuals.

Length of Recovery

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



The absence of a residency time limit contributes greatly to the overall success rate of Oxford House living. Every individual is different, and some adapt to the behavior change needed for long-term recovery quickly; others take years to become comfortable in the behavior needed to assure long-term recovery.

Within the national network of Oxford Houses each house will tend to have residents with different lengths of recovery. This provides first-hand peer support having direct evidence of successful recovery behavior.

The current length of sobriety does not necessarily mean that an individual’s total time of recovery falls within the timeframe of living in an Oxford House. Some individuals may have some length of sobriety before moving into a house. For example, the survey shows that 9 % of the respondents have 2 years or more of sobriety. Some may have picked up sober time in prison before coming into an Oxford House. The various lengths of recovery time allow “new-comers” to learn the value of long-term recovery from the “old-timers” in recovery. They also learn that their own stay in an Oxford House does not have to be limited.

Treatment History

The federal government maintains the Treatment Episode Data Set [TEDS], which identifies the prior treatment characteristics for the one in seven individuals who actually gets treatment.¹ The TEDS data shows that, on average, those in treatment have had a little more than three previous treatment episodes. A remarkable 15% of those in treatment have been in treatment five times or more. Fewer than 25% are in treatment for the first time. The median number of times Florida Oxford House residents had been through treatment was 3. Over 76% had relapsed at least once.

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

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

No. of Times in Formal Treatment	VA %	OK %	NC %	WV %	IN %	WA %	TX %	FL %
One	16.1	25.6	18.2	22.3	18.9	16.5	23.9	23.5
Two	24.2	23.5	20.0	18.9	24.8	24.1	18.8	29.0
Six to Ten	12.9	16.7	10.9	16.8	4.6	11.0	13.8	20.9
More than Ten	04.8	6.8	06.3	14.3	2.0	5.1	11.6	11.2

Respondents to the survey were asked their last formal treatment provider. Of the 208 respondents 84% [176] listed a provider. The top providers are listed in the table below:

Gateway Treatment Center	22
Road to Recovery	14
Twelve Oaks Recovery Center	9
DACCO Behavioral Health	9
The Recovery Village	7

A full list of treatment providers most recently used by residents is printed as “Attachment A”.

Resident Relapses

Fewer than a quarter [22.3%] of the individuals living in Florida Oxford Houses during FY 2020 were asked to leave because of relapse, and over three quarters of residents did not relapse. Oxford House does not track individuals after they stop living in an Oxford House, but studies suggest that the system of operations and the open-ended residency policy enables the development of long-term recovery. A National Institute of Drug Abuse [NIDA]-financed study by DePaul University [Grant # DA 13231] followed 897 residents living in 219 Oxford Houses across the country for 27 months. The DePaul researchers found that only 13% returned to using alcohol or illicit drugs.² The DePaul study took place in 2007 – a number of years before the current opioid epidemic.

¹ 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.

² Addictive Behaviors 32 (2007) 803-818

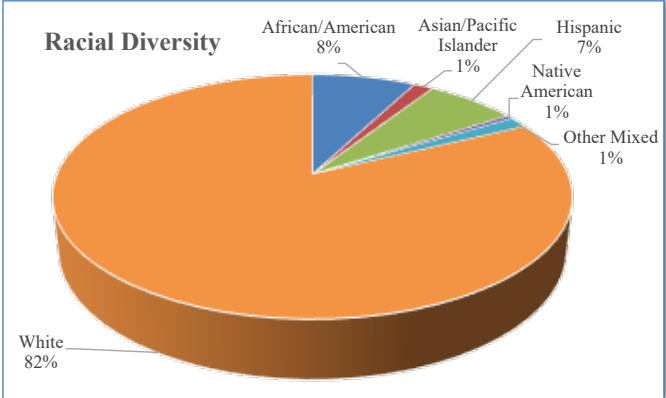
Some relapses are the result of return to opioid use. In the early days of Oxford House, most but not all of the residents abused alcohol only. Today, many residents and have used and abused opioids. While 72.1% of the surveyed Florida Oxford House residents had abused opioids, only 52.5%, a little more than half of the opioid users, are using medically-assisted treatment [MAT]. For most of those, the medicine is buprenorphine, although several are on methadone.

Starting in the first Oxford House in 1975, individual Oxford Houses have developed systems to assure that medication for co-occurring mental illness is monitored. Often a house will require a lock box and other safeguard to make certain that medication is not stolen or misused. Over the last few years medication to assist in recovery from opioid addiction has required the same kind of monitoring and protection. In a recent article in *ALCOHOLISM TREATMENT QUARTERLY*, John Majer, PhD, Leonard Jason, PhD and others found that “Oxford Houses provide valuable social support that helps persons utilizing MATs in their recovery.”³

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

Racial Diversity

The egalitarian nature of alcoholism and drug addiction cuts across all racial and ethnic groups.



The graph below shows the diversity of the Florida Oxford House population.

This diversity is reflected in the individual houses throughout the state. Native Americans constitute 1% of the Oxford House population but only 0.1% of the state’s population. The African-American population of the state is 16.9% but the African American population of the state’s Oxford Houses is only 7.7%.

The White Oxford House population [70.8%] plus the Hispanic Oxford House population [17.4%] equals 88.2% of the Oxford House population, which is a little higher than the 2018 estimate by the U.S. Census to the percentage [73.5%] of the combined White and Hispanics in the state’s population. Overall, the racial diversity of the Oxford House population reflects not only the egalitarian nature of the disease but also the absence of discrimination among Oxford House residents who vote in new residents.

Age of Residents

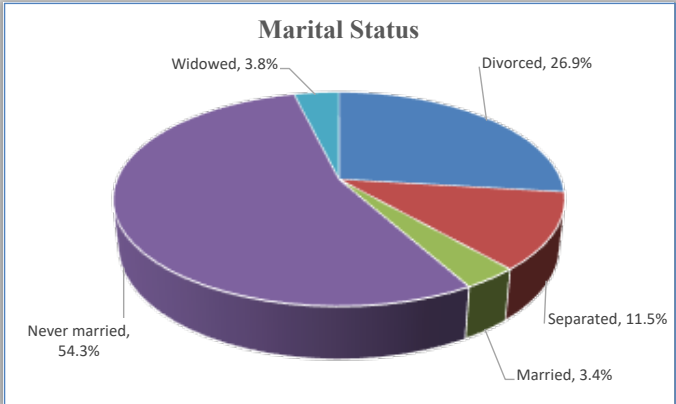
The average age of residents in Florida Oxford Houses is 38.2. The ages range from 18 to 66. The median age is 35. As time goes by there will be a relatively small ‘aging’ of the Florida Oxford

³ ALCOHOLISM TREATMENT QUARTERLY, 2020, VOL. 38, NO. 2, 199–214 <https://doi.org/10.1080/07347324.2019.1678445>

House profile arises because there is no time limit on residency and more individuals will be staying longer as Oxford House residents. The Florida Oxford Houses are still relatively new but, in other states, once a network of Oxford Houses is firmly established, the average stay is likely to be about one year.

Florida Oxford Houses have a lower percentage of veterans [5.8%] than do networks of Oxford Houses nationally [13%] and OHI will increase its outreach to veterans because the need is great. The percentage of Florida’s overall population that are veterans is 8.5%. Eventually, it can be expected that Florida Oxford Houses will reflect the composition of the state population.

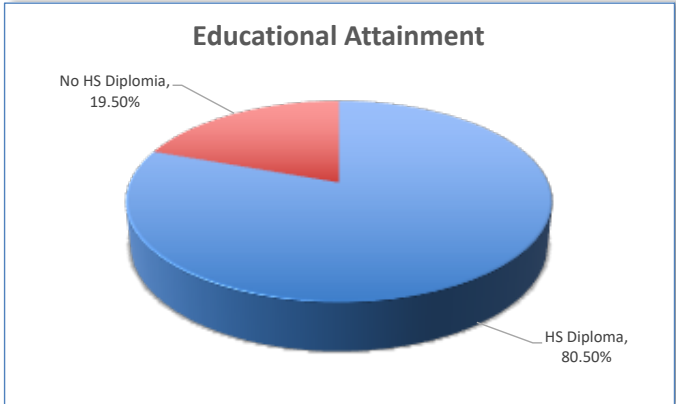
Marital Status



Well over half of the Florida Oxford House residents [54.3%] have never been married. Addiction wreaks havoc with relationships and over thirty percent who had been married are divorced or separated by the time they arrive at an Oxford House. The graph at the left shows the marital status of the residents in the Florida network of Oxford Houses. This finding tracks the marital status of residents in the national network of Oxford Houses.

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 Texas Oxford House residents ranges from completion of 2nd grade to college graduation.



The range of educational attainment level among residents serves as a reminder of the egalitarian nature of alcoholism, drug addiction and co-occurring mental illness. The median educational attainment level is 12 years; the average is 12.3 years. Since about 20% of the residents have not graduated from high school, the state and OHI should make certain that all the Oxford Houses in the state have up-to-date information about how to obtain a GED. On the other hand, 16.8% have a

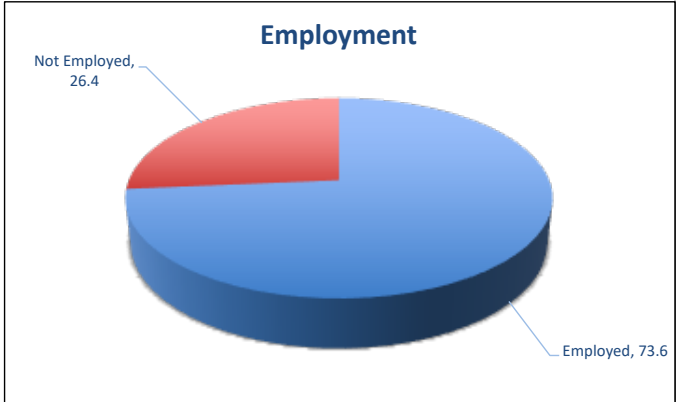
four-year college degree and 46.7% have had some education beyond high school. It is possible to build into the recovery culture within Oxford House an understanding that early recovery can be a good time to further a resident’s education.

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

Employment

The survey of residents took place in April 2020. The national shutdown because of the pandemic

had recently begun. At the same time, 76.4% of respondents were employed. The average monthly income – from both employment and other sources – was \$1,742 slightly more than the June 2019 national average of \$1,695. The median income was \$1,500.

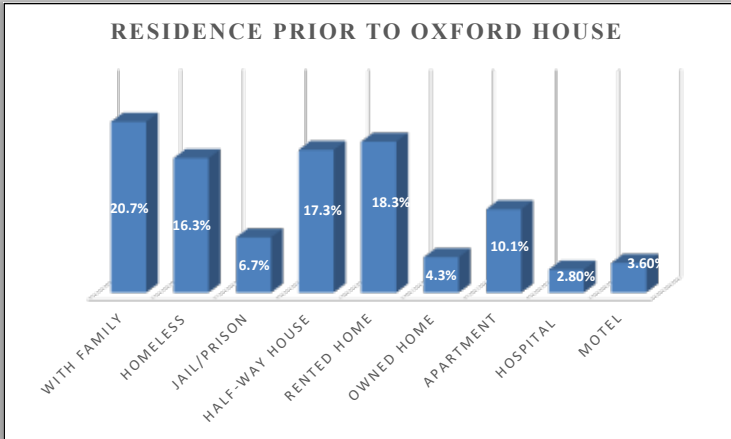


Since the equal expense share cost of living in an Oxford House averages \$147 per week [range \$125-\$175] in Florida, the income per person is more than adequate. The equal expense share covers

all household expenses except for a resident’s food. The largest household expense is the rent the group pays the landlord. In Florida, rent averages \$2,598 a month, with a range from \$1,300 to \$3,300 a month.

Prior Living Situation

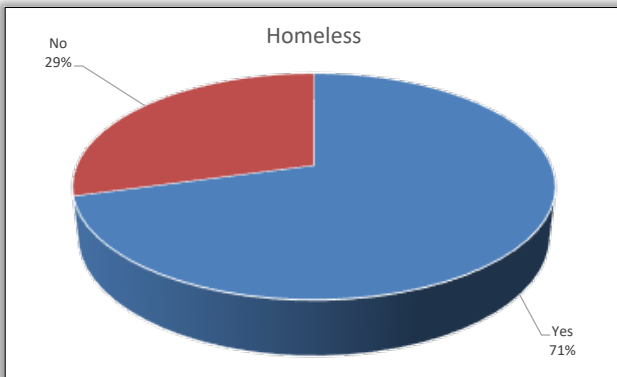
Almost all residents of Oxford House are enjoying a significant improvement in living arrangements over what they had before moving into an Oxford House.



Nearly half [46.7%] of the individuals who moved into a Florida Oxford House were previously living in what can best be described as marginal living situations – homeless, jail, motel, hospital or halfway house. The 20% “living with family” could be added to the marginal living situation in most cases. In all cases, the prior living situation failed to get or keep the individuals on the path to recovery.

Homelessness

When we look at the survey responses in more detail, past homelessness and incarceration stand out. Homelessness was experienced at least twice by 70.6% of all respondents and was for a median length of time of 3 months. The median number of times a person found themselves homeless was twice.



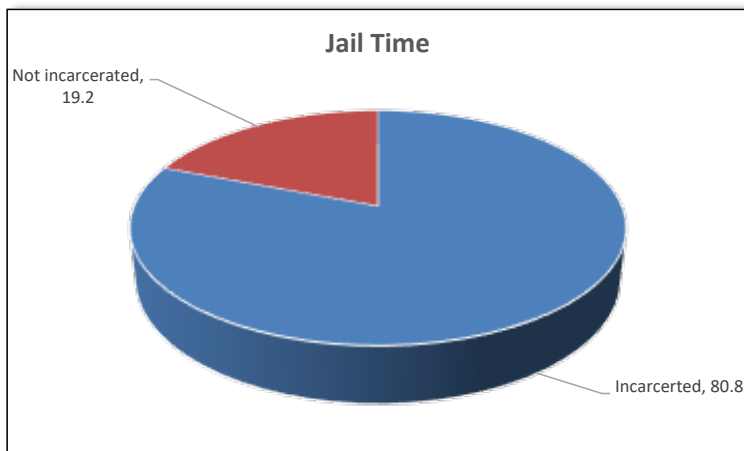
When an addict completes detoxification and returns to homelessness, the chance that he or she will stay clean and sober is very unlikely. For the person who has been homeless who moves into an Oxford House, the difference is great. Among other things, in an Oxford House a person has a safe place to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

A person also has his or her own key to a real house in a real neighborhood. For many, that fact alone provides a sense of self-esteem and pride.

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

Jail Time

The vast majority [80.8%] of Florida Oxford House residents have served jail or prison time. The median time of incarceration was 8 months, with an average of 21.6 months. The median number of times arrested is three. The length of incarceration is from a few days to over twenty years.



Most residents were introduced to recovery programs while in jail or prison. In the 12-Step programs, there is a saying that addicts in recovery need to avoid the places, people and things associated with their addictive use. That is easier said than done but, for individuals leaving jail or prison, living in an

Oxford House becomes a feasible way to avoid old associates and old neighborhoods. Over 6.7 percent of the residents came directly from jail or prison into an Oxford House.

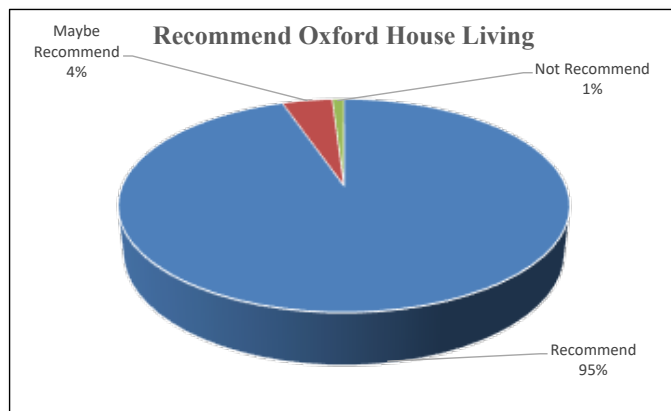
12-Step Meetings and Counselling

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

In addition to attending lots of AA/NA meetings, 42.8% 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 (MAT). As indicated previously, 72.1% of those who are addicted to opioids [52.5%] are using MAT.

Resident Satisfaction with Oxford House Living

There are a number of ways to measure how residents of Oxford Houses perceive the benefits of Oxford House living. The survey asked two questions to of residents 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?



With respect to the first question, 98% of the respondents felt Oxford House living was very important to their own recovery. Fewer than 1% would not recommend Oxford House to others. It should be noted that those who would not recommend Oxford House were newcomers who had been in Oxford

House less than two weeks. The vast majority of residents indicated that they would recommend Oxford House to others [95%]. About 4.0% were uncertain. Only 2 individuals would not recommend Oxford House living and both were in their first week of occupancy.

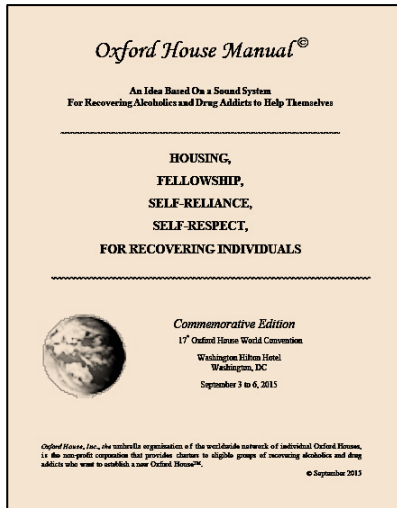
The value of Oxford House living can be measured in a number of ways. One study financed by NIDA and conducted by DePaul University in Chicago during 2006 examined the long-term success. In that study, researchers followed 897 residents in 219 Oxford Houses across the country for over two years by interviewing them every three months. The study found that only 13.7% of those individuals returned to drinking alcohol or using drugs during the 27-month survey period.⁴

The statistical sample used in the national study of Oxford House resident outcomes by DePaul researchers was an important documentation of the value of Oxford House living but more important than statistics alone is the realization that every resident of an Oxford House is a person faced with literally life-changing situations. Some residents are expelled for relapse but experience has shown that many who have relapsed subsequently will return to Oxford House living if they again enter recovery.

⁴ See the report of this study at [The need for substance abuse after-care: Longitudinal analysis of Oxford House](http://www.oxfordhouse.org) at website: www.oxfordhouse.org under "Publications/Evaluations/DePaul."

Part 2 – How Oxford Houses Work

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



not only is cost-efficient, but it also provides the foundation for personal change. Each resident rises to the occasion whether it is by voting on acceptance of a new resident, expelling a resident who relapses, carrying out the duties of being a house officer, or simply voting on an issue at a weekly House business meeting. All of the processes and procedures are set forth in the Oxford House Manual[©] and related materials.⁵ With the mutual support and supervision that individual Oxford Houses provide for each other through chapters and statewide associations, uniformity and quality control is assured. In Florida, one can visit an Oxford House in Tallahassee, Jacksonville, Cape Coral, West Palm Beach or Pensacola 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 than enable a recovery group to function well. Visiting any one of the more than 3,000 Oxford Houses throughout the country provides the same affirmation.

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

Oxford House Officers

- President
- Secretary
- Treasurer
- Comptroller
- Chore Coordinator

Just as many large families have get-togethers to share each other’s company and knowledge, Oxford Houses do too. The officers of each individual house get together once a month at a Chapter meeting. Those meetings also follow disciplined procedures and elect officers. They also

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

stage events to enjoy getting together in non-drinking, non-using “fun” activities. During the pandemic, most of these get-togethers are via Zoom.

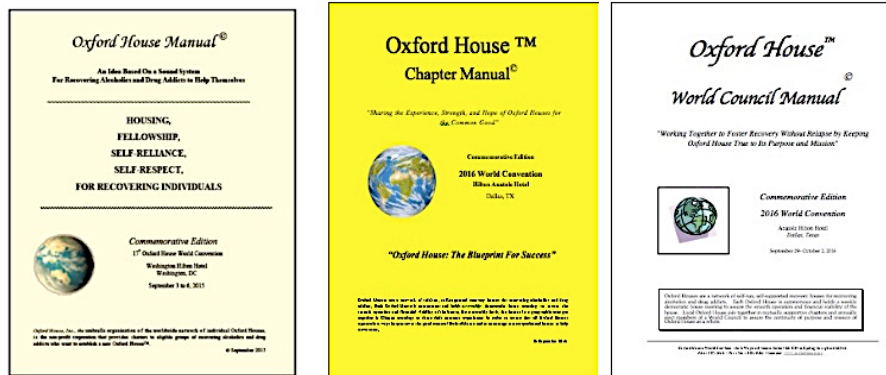


The group pictured at the below is of individuals from Chapter 3 in Tallahassee who meet once a week via Zoom. All needed forms are sent with the Zoom invitation to each house; attendance is voluntary and comes with the opportunity to win an Amazon gift card paid for by chapter donations! Houses are not required to join a chapter but most do so. The chapter becomes a way for individual houses to help each other stay on track. It also enables individuals to learn how to

socialize and not isolate which for many addicts becomes a way of life that is not helpful in developing the new behavior needed to avoid going back to addictive use of alcohol or illicit drugs.

On this July night, there were 9 Houses represented on the Zoom call. The pandemic has required all Oxford Houses to adapt. Thanks to the internet and Zoom, adaptation has become widespread and everyone continues to follow the processes and procedures that characterize the uniform and skillful operation of all Oxford Houses.

Key Manuals To Keep Oxford Houses On Track



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

As suggested by the picture 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.

Part 3 – Research and Oxford House

OHI relies on internal and independent 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. All of the residents living in all 13 Oxford Houses at that time agreed to cooperate with him. Dr. Spillaine subsequently tracked down more than 1,200 former Oxford House residents in order to learn how many had stayed clean and sober. His research found that 80% of the residents had stayed clean and sober without relapse.

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 a small network of 13 houses in the Washington, DC area to a national network of more than 3,000 houses.

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

Research has been key to concluding that Oxford House™ can enable individuals to achieve long-term recovery without relapse. Because ‘recovery without relapse’ is the desired norm, not the exception, every Oxford House resident tries to accept responsibility for being a productive member of his or her Oxford House and also learn to have fun without the use of alcohol or drugs.

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

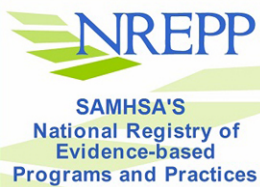
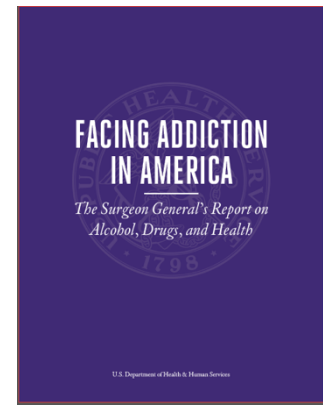
By developing a new lifestyle, individuals gain confidence that life with using alcohol or illicit drugs is possible. That confidence carries over whenever a resident moves out of an Oxford House clean and sober. It has also produced general acceptance in the addiction treatment field that Oxford House living is an effective path to long-term recovery.

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:

⁶ Addictive Behaviors 32 (2007) 803-818

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.

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



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

Dr. John Kelly, third from the left, emphasized that alcoholism and illicit drug addiction are chronic diseases and require measurement over time. He used a five-point criteria for measuring the predictability of long-term successful recovery: Quality of Life; Happiness; Recovery Capital; Self-Esteem and Psychological Distress. See diagram next page.

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.

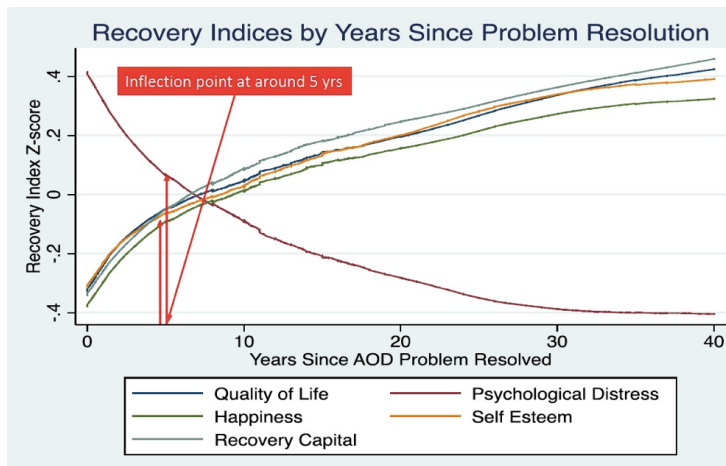


Chart prepared by Dr. John Kelly for his presentation at the Oxford House Convention

The on-going research underscores that there are many paths to recovery. 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 with a decrease in psychological distress.

Conclusion

The Oxford Houses of Florida are thriving – despite a difficult period of time during this pandemic. The residents are coping well and helping each other strengthen recovery and keep Houses on track.

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. Workshops, training sessions, chapter meetings, statewide retreats and the national Oxford House convention provide forums for sharing of information and up-to-date information about addiction and successful recovery. Since March, the pandemic has transformed such meetings from person to person to zoom or other internet connections. All of the residents in the Florida network of Oxford Houses have adapted and chapter meetings have continued on a monthly basis. The Covid-19 crisis forced the cancellation of this year’s national Oxford House convention that had been scheduled to take place in Seattle during the first week of October.



The picture at the right is of the delegation of Florida residents who attended the September 2019 convention in Washington, DC. The September 2021 convention is expected to be held.

These annual national conventions provide a forum for the extended Oxford House family to get together. Oxford house residents and alumni join together to socialize, to hear from experts in the field about addiction, and share their own experiences of Oxford House living and what it means to them to begin to enjoy the miracle of long-term recovery without relapse.

Attachment A

TREATMENT CENTER [Prior to move-in.]	#
24/7 Recovery	1
All in Solutions	2
Alumni House	1
Ambrosia Treatment Center	1
Apalachee Center	2
ARCA Recovery Center	1
Ardu Recovery	2
Aspire Treatment and Recovery Center	1
Banyan Treatment Center Pompano Beach	1
Beach House Center for Recovery	3
Bradford Health Services	2
Bridges of Hope	1
Bridgeway	1
CADAS	2
Cass House	1
Cenikor Foundation	1
Chautauqua Recovery Center	2
Christ Town Ministries	1
Clean Recovery	1
Comprehensive Alcoholism Rehabilitation Program(CARP)	1
CRC Recovery	1
Crossroads	2
DACCO Behavioral Health	9
Dawn Farms	1
DISC Village NBRC	1
Epic Behavioral Health Care	1
Faith Farm Ministries	1
Florida Center for Recovery	1
Florida Springs Recovery Center	2
Foundations Recovery Network	5
Gateway Treatment Center	22
Glenbeigh Cleveland Clinic	1
Gulf Breeze Recovery	1
Holistix Treatment Center	1
Immersion	1
Jada Teen Challenge	1
JourneyPure Emerald Coast	2
Just Believe	2
Keeton Corrections, Inc.	1
Lighthouse	1
MARR Recovery Center	1
Meridan in Gainesville	1
New Day	1
Open Homes	1
Orlando Recovery Center	3

Palm Beach Behavioral Health	2
Palm Partners Recovery Center	1
Phoenix House	2
Plant A Seed	1
Port St Lucie Rehabilitation	1
Project WARM	1
Qupaw Hot Springs	1
Rayville Recovery	1
Recovery By The Sea	1
Recovery Works	1
Recreate Life Counseling	1
Road to Recovery	14
Rosecrance	1
Rstat	1
Saint Simons By-The-Sea	1
SalusCare	1
Salvation Army ARC	2
Salvita	1
Seminole Center for Co-Occurring Disorders	1
Serenity Springs	1
Sigma House	1
Sober Life	1
South Shore Recovery Works	1
Stepping Stones	1
Steps Recovery Center	3
Teen Challenge	5
The Charis House	1
The Friary	2
The Friendship Connection	1
The Recovery Village	7
The Renew Program	1
The Reprieve	1
The Willow	1
Total Freedom	1
Tribe Integrative Recovery	1
Twelve Oaks Recovery Center	9
Veteran's Administration	2
Village for Change	1
Wekiva Spring	2
White Deer Run of Lebanon	1
White Sands Drug and Alcohol Treatment Center	4
Womens Faith Home	1

Oxford Houses of Florida Directory

Altamonte

Lando
923 Poplar Dr.
Altamonte, FL 32714
321-972-9364
8 / M
Oxford House since 6/1/2020

Altamont Springs

Key Lime
169 Plumosus Drive
Altamonte Springs, FL 32701
850-404-4743
8 / M
Oxford House since 8/15/2019

Dragon Fruit

1206 Pendleton Dr.
Altamonte Springs, FL 32714
850-404-4743
8 / M
Oxford House since 6/1/2020

Apopka

Kiwi
1733 Mink Drive
Apopka, FL 32703
407-814-4206
8 / M
Oxford House since 9/5/2019

Cape Coral

Flamingo
1303 SE 39th Terrace
Cape Coral, FL 33904
239-599-4442
7 / W
Oxford House since 6/1/2019

Chiquita

810 SE 32nd Street
Cape Coral, FL 33904
239-217-0248
9 / M
Oxford House since 9/15/2019

Starfish

249 SE 44th Terrace
Cape Coral, FL 33904
239-347-7044
8 / M
Oxford House since 9/15/2019

Coralwood

2610 SW 1st Place
Cape Coral, FL 33904
239-540-8289
7 / M
Oxford House since 11/1/2019

Mangrove

1110 SE 35th Terr.
Cape Coral, FL 33904
239-945-0905
7 / M
Oxford House since 10/15/2020

Gainesville

Glades
3414 NW 27th St
Gainesville, FL 32605
850-404-3476
10 / M
Oxford House since 4/1/2020

Gail

6725 NW 33rd Terr
Gainesville, FL 32653
850-404-3476
10 / WC
Oxford House since 3/15/2020

Jacksonville

Mill Cove
7534 Altus Drive South
Jacksonville, FL 32277
904-330-0098
8 / M
Oxford House since 9/1/2019

Jax

3360 Sara Drive
Jacksonville, FL 32277
8 / M
Oxford House since 10/15/2019

Jaguar

7922 Wildwood Rd.
Jacksonville, FL 32211
9 / W
Oxford House since 12/15/2019

Raising Hill

1920 Raising Hill Dr
Jacksonville, FL 32210
10 / M
Oxford House since 4/1/2020

Magnolia Park

6350 Harlow Blvd
Jacksonville, FL 32210
9 / WC
Oxford House since 3/1/2020

Freedom Court

6552 Lou Dr. N
Jacksonville, FL 32216
8 / M
Oxford House since 11/15/2020

Lantana

Mango
1338 New World Ave
Lantana, FL 33462
561-855-2532
6 / W
Oxford House since 3/15/2019

Largo

Gulf Bay
210 7th Ave. SW
Largo, FL 33770
8 / M
Oxford House since 8/1/2020

Miami Gardens

Iguana
17301 NW 24th Ave.
Miami Gardens, FL 33056
8 / W
Oxford House since 10/1/2020

Orlando

Marlin Rose
5519 Gross Ct.
Orlando, FL 32810
281-832-6295
7 / M
Oxford House since 12/1/2019

Panama City

Panama City
1032 W 12th Ct
Panama City, FL 32401
504-239-0608
8 / M
Oxford House since 3/1/2020

Pensacola

Glo
1211 E. Baars St.
Pensacola, FL 32503
850-285-5539
8 / W
Oxford House since 4/15/2019

Ashton

1115 Dunmire Street
Pensacola, FL 32503
850-741-4722
8 / WC
Oxford House since 5/1/2019

Cain

7765 Le Jeune Dr
Pensacola, FL 32503
504-515-9247
6 / M
Oxford House since 6/1/2019

Danny

1814 North 61st Ave.
Pensacola, FL 32506
850-912-8620
8 / M
Oxford House since 9/5/2019

Tabicat

1080 Farmington Rd.
Pensacola, FL 32504
8 / WC
Oxford House since 10/5/2019

Gwendolyn

3716 Pompano Drive
Pensacola, FL 32514
10 / W
Oxford House since 9/15/2019

Waltham

2111 Waltham St.
Pensacola, FL 32505
504-239-0608
9 / M
Oxford House since 12/1/2019

Port St. Lucie

Treasure Coast
350 SE Floresta Dr.
Port St Lucie, FL 34984
8 / W
Oxford House since 5/15/2020

Sandcastle

773 SE Atlantus Ave
Port St Lucie, FL 34983
8 / M
Oxford House since 10/15/2020

Seabreeze

557 NE Port St. Lucie Blvd
Port St. Lucie, FL 34984
850-404-3496
7 / M
Oxford House since 12/1/2019

Lucie
2142 SW Gemini Ln
Port St. Lucie, FL 34984
850-404-3496
9 / WC
Oxford House since 11/15/2019

Riviera Beach

Dolphin
1741 Essex Lane
Riviera Beach, FL 33504
850-404-4743
8 / M
Oxford House since 5/15/2019

St. Augustine

Ancient City
201 Warbler Rd.
St. Augustine, FL 32086
8 / M
Oxford House since 9/16/2020

Tallahassee

Tallahassee
4544 Thomasville Rd
Tallahassee, FL 32309
850-733-1007
8 / M
Oxford House since 3/1/2019

Firefly
1408 W Tharpe St
Tallahassee, FL 32303
859-364-0195
9 / M
Oxford House since 6/1/2019

Leon
2004 Scenic Road
Tallahassee, FL 32303
850-270-9530
10 / W
Oxford House since 8/1/2019

Panhandle
1821 Myrick Road
Tallahassee, FL 32303
9 / M
Oxford House since 10/10/2019

Noles
906 Buena Vista Dr
Tallahassee, FL 32304
8 / M
Oxford House since 11/10/2019

Premier
2012 Sheridan Rd
Tallahassee, FL 32303
10 / W
Oxford House since 1/1/2020

Apalachee
616 Hampton Ave.
Tallahassee, FL 32310
8 / WC
Oxford House since 12/1/2020

Tampa

Breeze
1925 E. 115th Ave
Tampa, FL 33612
813-488-1024
8 / M
Oxford House since 12/1/2019

Waves
12717 Sebring Blvd.
Tampa, FL 33618
813-373-5779
8 / W
Oxford House since 4/5/2020

Temple Terrace

Orange Blossom
7131 North 50th St.
Temple Terrace, FL 33617
813-280-2495
7 / W
Oxford House since 10/15/2019

West Palm Beach

Pineapple
413 Superior Place
West Palm Beach, FL 33409
561-328-7719
8 / M
Oxford House since 3/15/2019

Clusia
513 45th Street
West Palm Beach, FL 33407
(561) 508-2094
6 / W
Oxford House since 3/15/2019

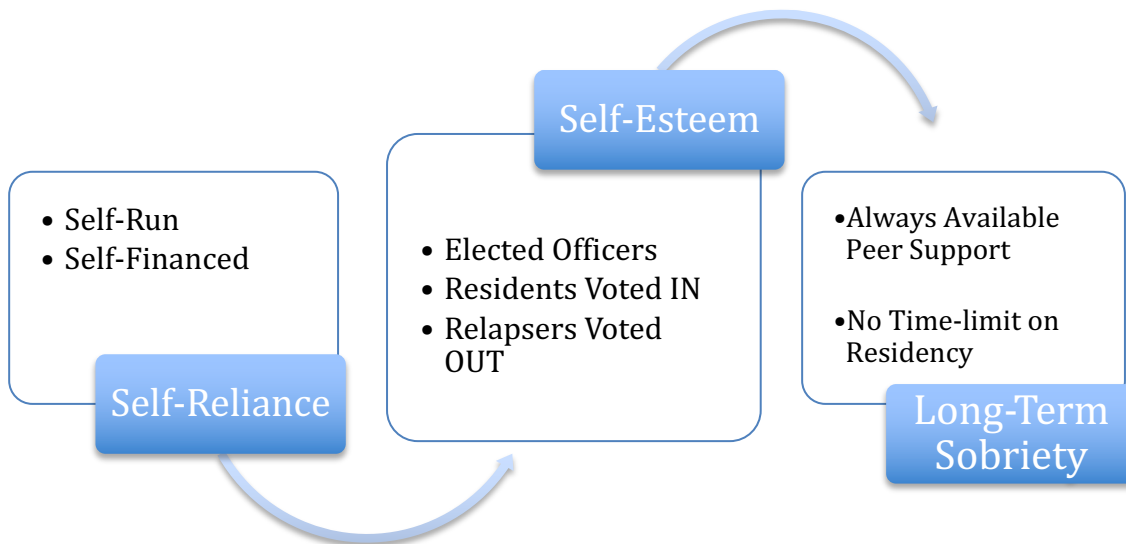
Florida Network of Oxford Houses

47 Houses
383 Beds



Oxford House™

Unique • Evidenced-based • Time-tested



FACTS ABOUT ALCOHOLISM AND DRUG ADDICTION

- About 17 million Americans are primarily active alcoholics with another 8 million addicted to illicit drugs. (SAMHSA)
- 20.3 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2013 (8.5 percent of persons aged 18 or older). (SAMHSA)
- Of these, only 1.25 million – 6.2 percent of those who needed treatment – received it.
- Government reports show that alcohol and drug abuse is responsible for the admission of almost 1.5 million people to emergency rooms nationwide and drug addiction results in nearly half a trillion dollars’ economic loss annually or \$1,426 per American.
- For those receiving treatment, 60% had been in prior treatment an average of more than three times. [TEDS]

Oxford Houses Provide a Low-Cost, Highly Effective Method of Reducing Recidivism

The Process of Recovery

Not everyone who drinks alcohol becomes an alcoholic. Not everyone who uses mood-altering drugs becomes a drug addict. But some do. Society has struggled with effective ways to help those who become addicted to change behavior because their addiction can cause harm to them, their families and society at large. There is no magic wand but there is a process that works.

- Intervention
- Detoxification [*Ending physical dependence*]
- Treatment [*Motivation and education*]
- Long-term Behavior Change [*Supportive Living Environment*]

The weak link in the process is society’s failure to support living environments that foster long-term behavior change. Most individuals relapse after the first three steps of the process – intervention, detoxification and treatment. Significant evidence suggests that Oxford Houses provide the time, peer support and structured democratic processes to make recovery without relapse the norm – not the exception.

The evidence shows that the concept and standardized system of operation used by Oxford Houses for 41 years works for alcoholics, drug addicts and those with co-occurring mental illness.

OXFORD HOUSE TRADITIONS

1. Oxford House has as its primary goal the provision of housing for 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 alcohol, drug use, or disruptive behavior.
 4. Oxford House members realize that active participation in AA and/or NA offers assurance of continued sobriety.
 5. Each Oxford House should be autonomous except in matters affecting other houses or Oxford House, Inc. as a whole.
 6. Each Oxford House should be financially self – supporting.
 7. Oxford House should remain forever non – professional.
 8. Propagation of the Oxford House, Inc. concept should always be conceived as public education.
 9. Members who leave an Oxford House in good standing should become associate members.
-

Oxford House™

1975-2020

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

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

Write or Call

Oxford House, Inc.

1010 Wayne Avenue, Suite 300
Silver Spring, Maryland 20910

Telephone 301-587-2916

Facsimile 301-589-0302

E-Mail Info@oxfordhouse.org

Web Site: www.oxfordhouse.org