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# New Jersey Oxford Houses

Good Neighbors in Good  
Neighborhoods

*A cost-effective concept  
and system of operation  
for addicted individuals  
in recovery to help  
themselves to become  
comfortable enough  
with sobriety to avoid  
relapse.*

This report and evaluation is a description of the 65 individual Oxford Houses existing in the State of New Jersey in 2006 and the state sponsored program that has enabled recovering individuals to help themselves stay clean and sober without relapse.

Oxford House, Inc. is a 501(c)(3) nonprofit umbrella organization dedicated to helping recovering individuals achieve comfortable, long-term sobriety without relapse.

January 25, 2007

## The 2006 Profile Of New Jersey Oxford Houses And Residents

The World Services Office of Oxford House collects data monthly from each Oxford House with respect to applications, admissions, expulsions for cause and voluntary departures. Resident profiles are obtained using the confidential survey questionnaire designed by the late William Spillane, Ph. D. in his 1988 Evaluation of Oxford Houses. This produces data that can be compared on a year-by-year basis. The house figures below are current as of January 20, 2007. Resident profiles are derived from state surveys conducted fall 2006.

|   |                       |  |                          |
|---|-----------------------|--|--------------------------|
| Number of Women's Houses:                                   | <b>14</b>             | Number of Women Residents:                                       | <b>109</b>               |
| Number of Houses For Men:                                   | <b>51</b>             | Number of Men Residents:   | <b>410</b>               |
| National Network of Houses:                                 | <b>65</b>             | Total Number of Residents:                                       | <b>519</b>               |
| Average Age:  | <b>36.4<br/>years</b> | Age Range::  | <b>19 – 68<br/>years</b> |
| Cost Per Person Per Week [average]:<br>[range \$90 - \$135] | <b>\$105.25</b>       | Rent Per Group Per Month [average]:<br>[range \$1,400 - \$4,500] | <b>\$2,192</b>           |
| Percent Military Veterans                                   | <b>12.2%</b>          | Average Years of Education                                       | <b>12.7</b>              |
| Residents Working 10/30/06:                                 | <b>88.3%</b>          | Average Monthly Earnings:  | <b>\$1,840</b>           |
| Percent Addicted To Drugs or Drugs and Alcohol:             | <b>71.8%</b>          | Percent Addicted to Only Alcohol:                                | <b>28.2%</b>             |
| Race –  |                       | Marital Status –   |                          |
| White;  | <b>84.7%</b>          | Never Married  | <b>67%</b>               |
| Black;  | <b>11.7%</b>          | Separated  | <b>10%</b>               |
| Other   | <b>3.6%</b>           | Divorced   | <b>18%</b>               |
|   |                       | Married  | <b>4%</b>                |
| Prior Homelessness:   | <b>65%</b>            | Average Time Homeless:   | <b>2 Mos.</b>            |
| Prior Jail:   | <b>78%</b>            | Average Jail Time:   | <b>13 Mos.</b>           |
| Average AA or NA Meetings Attended Per Week:                | <b>4.7</b>            | Percent Going To weekly Counseling <i>plus</i> AA or NA:         | <b>31%</b>               |
| Average Length of Sobriety of House Residents:              | <b>15.9 Mos.</b>      | Residents Expelled Because of Relapse:                           | <b>19.1%</b>             |
| Average Length of Stay In An Oxford House:                  | <b>11.1 Mos.</b>      | Average Number of Applicants For Each Vacant Bed:                | <b>+4.0</b>              |

**\* Includes 12 children**

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

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## **Oxford House – A Proven Path to Recovery Without Relapse**

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From its beginning in 1975, the Oxford House concept and system of operation provided a cost-effective way for individuals recovering from alcoholism and /or drug addiction to live in an environment centered on becoming comfortable enough in sobriety for it to become a lifelong way of life. It was cost-effective because it had to be. Oxford House started when Montgomery County, Maryland closed a traditional halfway house – Alpha I – because of a budget shortfall. The 13 men living in Alpha I rented the house and developed a system of democratic operation designed to assure that the house would stay alcohol and drug free and provide the peer support necessary to enable individuals to become comfortable in a sober way of life.

It was that “system of operation” that made Oxford House different from traditional halfway houses or informal sober houses started by dedicated 12-Step members. The system of operation was a mix of formality and practicality. It took the principles of the historic New England Town Meeting and applied them to group of individuals looking for a way to stay clean and sober by accepting responsibility for operating a household centered on sobriety. It permitted open-ended residency for those who stayed clean and sober and paid an equal share of household expenses. In brief, by being self-run and self-supported and by adopting rules, procedures and policies that could be replicated, the first Oxford House established a formula that could expand to meet the need without breaking the bank.

Within a ten square mile area, Oxford House expanded from one house in 1975 to thirteen houses by 1987. The growth had taken place as the first group rented a second house early in 1976 and within twelve months five houses had been rented including a house for women. As the early years passed, most of the individuals who moved into an Oxford House would stay clean and sober and move out after a year or two and still stay clean and sober after they had moved out. Most houses kept the applications for membership completed by those who lived in a house. In 1987, the late Bill Spillaine, Ph. D., who had retired from NIDA and was teaching at Catholic University School of Social Work in Washington, D.C. followed up on each house application and tracked down the individuals who had moved out. In total, he interviewed about 1,200 individuals who had lived in an Oxford House between 1975 and 1987.<sup>1</sup> He found

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<sup>1</sup> It is unclear how many had actually lived in Oxford House over that time period because there was no centralized record keeping. Spillaine relied upon the application records each house maintained and then tracked the individuals down. We do not know how many applications were not filed and therefore we cannot know how many he was unable to track down because he did not know they had ever lived in an Oxford House. Also, he relied upon the self-reporting

that 80% of the residents in those early Oxford Houses stayed clean and sober from the time they had moved into Oxford House and had stayed clean and sober even after they had moved out of Oxford House.

When Dr. Spillaine reported his findings to the then - leaders of Oxford Houses, they expressed shock that 20% had relapsed. "What are we doing wrong?" they asked Spillaine. He explained that 80% staying clean and sober represented a remarkable outcome. "In general, fewer than 20% stay clean and sober after treatment," he explained.



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In August 1988, the Reagan Administration sent Dr. Ian MacDonald from the White House to visit the 13 - man Oxford House- Northampton in Washington, DC. Dr. MacDonald asked the men when they had their last vacancy. They told him that the last vacancy was in March. "How many applied?" asked MacDonald. "Twenty-three," they replied. MacDonald then asked what happened to the twenty-two not accepted for membership and was told the guys had no idea. "I thought the way Oxford House worked is that when a house is full a few of the residents rent another house so more rooms are available," said MacDonald. "It is," he was told, "but it takes us about two years to save up enough money to rent another house." With that information MacDonald came up with the idea of recovery home revolving loan fund in each state. His idea was included as §2036 of the Anti-Drug Abuse Act of 1988 and that served as the catalyst for expansion of Oxford House in New Jersey and throughout the country.

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of the individuals he did track down. There is no reason to believe they lied but as pointed out later in this report, the recent DePaul Studies used a more scientific method by contacting the individuals every three months and by cross-checking the reports of interviewed residents by asking a friend for verification. Interestingly, the DePaul results found outcomes as good or better than the outcomes reported by Spillaine twenty years earlier.



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New Jersey was one of the first states to establish a self-run, recovery home start-up loan fund. Between 1989 and 1995 Oxford House, Inc. – the national umbrella organization of the nonprofit Oxford Houses – received a small annual grant from the state to administer the start-up loan fund and to help start new house. Thirty-two individual Oxford Houses were established under the program with each group of six or more recovering individuals of the same gender receiving a \$4,000 start-up loan for the purpose of paying the first month's rent.

Every initial start-up loan was repaid to the state recovery home revolving loan fund and in 1995 Oxford House, Inc. was able to return over \$100,000 to the state.

During the next six years, most of the individual New Jersey Oxford Houses continued year in and year out. However, about a quarter of them discontinued operation – usually because the landlord wanted the property back for some other purpose. In 2002, Oxford House, Inc. again entered an agreement with the state to provide technical assistance to strengthen the existing recovery homes and to expand the statewide network of such homes. Today – a little over four years later – there are 65 New Jersey Oxford Houses – 14 for women and 51 for men – providing a total of 519 recovery beds throughout the state.

### **Expansion Issues**

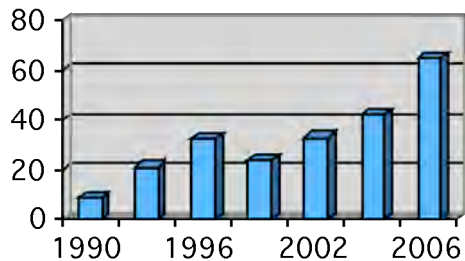
During the first period of Oxford House development in New Jersey [1989 – 1995], the location of many houses resulted in zoning battles – some of which required litigation to enforce the nondiscriminatory provisions of the federal Fair Housing Act. Since all that litigation was resolved in favor of Oxford House, the current opposition to the location of Oxford Houses within the state is minimal.<sup>2</sup> However, the

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<sup>2</sup> Recovering alcoholics and drug addicts are considered handicapped under the Federal Fair

discrimination issue has arisen with respect to the property insurance premiums required of landlords. These matters have been resolved in a matter involving Lloyds of London but continue to be an issue involving a New Jersey property insurance provider. Several pro bono law firms are working with Oxford House, Inc. to assure that landlords renting property to Oxford House groups are not discriminated against.

### NJ Oxford Houses by Year



The expansion of the number of Oxford Houses in New Jersey has almost tripled in the last three years. Nine houses were added in 2003; nine in 2004; eleven in 2005; eleven in 2006 and already one in 2007 for a total of forty-one. As of January 2007, there were 65 Oxford Houses in New Jersey – 14 for women and 51 for men. Seven of the women’s houses are for women with children.

While expansion has been impressive, a paucity of money available for start-up loans has slowed the expansion. As of December 31, 2006 there was \$6,965 available for new start-up loans.<sup>3</sup>

There are two reasons for the paucity of available start-up loan funds: [1] expansion has been rapid and

Housing Act [FFHA] and are thereby a protected class. In the early 1990s, federal courts in New Jersey found that local jurisdictions are required to make a reasonable accommodation under the FFHA in local zoning laws restricting certain neighborhoods to families or fewer than a set number of unrelated individuals. In March 1995, the U.S. Supreme Court agreed with that reasoning in *City of Edmonds, WA v. Oxford House, Inc.*, 514 U. S. 725 (1995). Issues related to discrimination continue to be relevant to the successful establishment of new Oxford Houses but legal precedent is clearly on the side of Oxford House.

<sup>3</sup> Two new houses have been rented in January 2007 using the repayments and balance on hand by receiving \$4,000 loans each. Two more houses are slated to start in February. Additional capitalization of the revolving loan fund is necessary if the supply of Oxford Houses is to increase to meet demand. Existing outreach workers can open more houses but more funds are needed to provide timely start-up loans.

[2] the state capital put up for the NJ Recovery Home Revolving Loan Fund has been only \$100,000.<sup>4</sup> As of the end of December 2006 with a balance of less than \$7,000 in the fund it was necessary to wait until six houses had sent their loan repayments [\$170 each] in for January in order to make two \$4,000 loans. An additional grant of \$20,000 by the agency would bring capitalization of the fund to \$120,000 and provide more breathing room for continuation of rapid expansion.

Most start-up loans are \$4,000 although because of the relatively high rental costs in New Jersey three of the start-up loans have been for \$5,000. When some houses started the revolving loan fund had such a low balance that the start-up loan was less than \$4,000.<sup>5</sup> So far, the \$100,000 has been effectively used. As of December 31, 2006, \$223,350 has been loaned out to 57 houses in the state.<sup>6</sup> Six of those houses closed for various reasons and the unpaid balance from the aggregate of \$24,000 loans is \$13,610 that will eventually be paid by chapters or successor houses.<sup>7</sup>

Early in the summer of 2006, the NJ Oxford House web site became operational and is currently on the internet at [www.njoxfordhouse.org](http://www.njoxfordhouse.org) where vacancies for each house are recorded and kept up to date. On December 5, 2006, there were no vacancies in the state and the web data was verified by calling the NJ Chapters to confirm the reliability of the web data. Clearly the need for Oxford House living continues to be far greater than available beds. The financial and legal barriers to establishing Oxford Houses in good neighborhoods can be overcome but it is important to understand the unique status of Oxford House. The self-run, self-support principle underlying the Oxford

<sup>4</sup> Payments into the loan fund by the state have been as follows:

|           |           |
|-----------|-----------|
| Jun 2001  | \$24,000  |
| May 2002  | \$16,000  |
| Aug 2002  | \$10,000  |
| Nov. 2002 | \$10,000  |
| May 2003  | \$10,000  |
| Jan 2004  | \$20,000  |
| Nov 2004  | \$10,000  |
| TOTAL     | \$100,000 |

<sup>5</sup> One loan was \$1,800; one for \$2,000; two for \$3,000; one for \$3,100; one for \$3,500; one for \$3,600 and one for \$3,900.

<sup>6</sup> The last page of this evaluation is an itemized list of loans made to start 57 houses including balances due the fund, showing need for more prompt repayment.

<sup>7</sup> For example, Oxford House – Bay Avenue was closed because of the fire referred to above with a balance on its loan of \$1,300. It will be repaid when the house reopens. Several other houses that closed because of house sale or landlord needing to reoccupy the house had members absorbed by other houses and chapters will repay the outstanding balances over the next two years. None of the balances should be written off.

House concept not only produces a cost-effective network of Oxford Houses but also teaches recovering individuals responsibility and sobriety comfortable enough to avoid relapse.

### How Oxford Houses Work

Each individual Oxford House is chartered by Oxford House, Inc. [OHI] through Oxford House World Services [OHWS] – the operating entity of OHI. The chartering procedure is a two-step process: (1) the issuance of a temporary charter, and [2] once the requirements of the temporary charter are met, the issuance of a permanent charter.

Both the temporary and permanent charter have three simple conditions that the group requesting a charter must meet in order to call itself an Oxford House™. The three conditions are:

- The group must be democratically self-run,
- The group must be financially self-supporting, and
- The group must immediately expel any resident who returns to using alcohol or drugs.

These three basic requirements – democracy, self-support and absolute sobriety – lie at the heart of what makes an Oxford House work. The first requirement that the group be democratically self-run has both a practical and therapeutic value. The residents in an Oxford House save money by managing their house themselves rather than paying employees to “look after them.” That is the practical aspect. But also, in managing the operations of their house, the residents gain self-esteem, accountability and civic virtue.

The requirement of self-support also has both practical and therapeutic value. The New Jersey Oxford House residents pay an average of \$95.00 a week into their group household account as their equal share of household expenses.<sup>8</sup> More importantly, when the residents of an individual house pay their monthly bills each resident in the group gains the satisfaction of having behaved responsibly. This is new behavior for the recovering addict.

The satisfaction that comes from the group paying bills is directly strengthens the value of individual sobriety. This is particularly true because each resident in each Oxford House knows firsthand that the success or failure of the individual house depends upon following the disciplined democratic system of operation that is a basic tenant of every Oxford House.

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<sup>8</sup> This next year residents in the New Jersey Network of Oxford Houses will pay approximately \$2,563,860 for their own household expenses for the 65 houses now in the state. A traditional halfway house system to accommodate 519 individuals [number of beds currently in the NJ Network of Oxford Houses] would have cost taxpayers between \$12 million to \$18 million.

Finally, the requirement of the charter that any resident who relapses must be immediately expelled underscores that the primary purpose of the house is to gain sobriety without relapse. Whenever peers vote a resident out of the house, each resident has the value of his own sobriety enhanced. Also voting new residents into the house is sobriety enhancing. The older house members want to set a good example for the new residents and in doing so reinforce their own sobriety. The individual Oxford House becomes a safe haven for staying clean and sober. Because there is no time limit on how long a resident can live in an Oxford House, each individual can stay as long as it takes to become comfortable with sobriety without relapse. Experience has shown that sobriety – like addiction – is habit forming. More than 80% of the residents in Oxford Houses stay clean and sober.<sup>9</sup>

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<sup>9</sup> The following AP news story sums up two major studies sponsored by NIAAA and NIDA. Filed at 12:41 p.m. ET; August 18, 2005

WASHINGTON (AP) -- Self-supporting group homes have high success rates in helping individuals recover from alcoholism and drug addiction, researchers from DePaul University reported Thursday.

A pair of studies being presented at the annual meeting of the American Psychological Association found success rates of 65 percent to 87 percent for the homes.

The benefits of communal living include a lower relapse rate and help keep individuals as productive members of society, reported lead author Leonard A. Jason. In addition, he noted, the houses operate at little or no cost to the taxpayer.

Jason and co-authors studied residents of Oxford House, a network of group homes across the country serving recovering addicts. Each resident pays a share of the costs and can be evicted if detected using drugs or alcohol.

One study compared 75 people who went into an Oxford House after detoxification with 75 others who went to halfway houses or returned to the community. After two years 65 percent of the Oxford House residents were still clean and sober compared to 31 percent of the others, Jason said.

The second study began with a national sample of 897 Oxford House residents. After a year 607 remained in the study and, of those, 87 percent reported they were still off alcohol and drugs.

Those who dropped out of the study had previously reported higher rates of drug and alcohol use than those who stayed in, the report noted. It said those who dropped out were younger and had spent less time in the home than those who remained.

The program seemed to work equally well for men and women, the researchers said, and there were no

## Current Profile of New Jersey Oxford House Residents

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

In late fall of 2006, 303 [64%] of the then 474 men and women living in the network of Oxford Houses throughout New Jersey completed a questionnaire that elicited information about their background and efforts to recover from alcoholism and drug addiction. The survey questionnaire was one that has consistently been used by Oxford House since 1987. The data also underscore the importance of Oxford House in the development of behavior change to assure recovery without relapse. By the end of 2006 there are 65 houses [51 for men – 14 for women] with 519 recovery beds [98 for women – 421 for men].

The high response rate was evenly distributed among all the Oxford Houses in the state.<sup>10</sup> The statistical profile of New Jersey Oxford House residents is as follows:

**Table – 1- Gender**

|        |       |
|--------|-------|
| Male   | 76.2% |
| Female | 23.8% |

**Table – 2 - Race**

|       |       |
|-------|-------|
| White | 84.7% |
| Black | 11.7% |
| Other | 03.6% |

The total number of Oxford recovery beds within the state at the beginning of 2007 is 519. Of those 109 [21%] are for women and 410 [79%] are for men – about the same distribution as those who completed the fall 2006 survey.

The racial breakdown of New Jersey Oxford House residents is about the same as the population as a

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significant differences among racial groups in the program.

The Oxford House program was founded 32 years ago in Montgomery County, Md., and currently has 1,254 houses across the country and in Canada and Australia. While some states have loan programs to help get houses started, each house is otherwise self-supporting and is governed by its own residents.

<sup>10</sup> During the time period, there were 485 Oxford House recovery beds in the state. There were 10 vacancies – some as a result of normal turnover and some as a result of houses just starting. Of the current residents [474], 303 completed a survey questionnaire [64%].

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

**Table - 3  
Age Range**

| Age   | Count | Percent |
|-------|-------|---------|
| 18-22 | 31    | 10.3%   |
| 22-26 | 51    | 16.9%   |
| 27-31 | 53    | 17.5%   |
| 32-36 | 32    | 10.6%   |
| 37-41 | 34    | 11.3%   |
| 42-46 | 43    | 14.2%   |
| 47-51 | 31    | 10.3%   |
| 52-56 | 11    | 3.6%    |
| 56-60 | 12    | 4.0%    |
| 61-64 | 04    | 1.3%    |

The average age of the residents is 35.1 years old – a couple of years older than it was in 2001 and a couple of years younger than the national average. The average age of women [31.7 years] is about 4 years younger than the average age of men [36]. While the average age of residents is 35.1 years, the distribution ranges from 18 to 64.<sup>11</sup>

Most of the Oxford House residents in the state have never served in the military but 12.3% are veterans compared to 10.08% of the New Jersey population overall who are military veterans. The veterans are a little over six years older on average than the non-veterans [44.6 years versus 38.5 years].

The average length of schooling of the New Jersey Oxford House residents is 12.7 years. The range of education is from completion of grade four to college post-graduate work.

Slightly under 12% of the New Jersey Oxford House residents have not completed high school. Some of these residents in New Jersey Oxford Houses obtain GEDs, vocational training and other education and training while living in an Oxford House. The low cost and supportive living environment of an Oxford House provides a good opportunity for returning to school. On the other hand, about 35% of the New Jersey Oxford House residents have education beyond high school level. About 12% have a 4-year college degree. See Table 4 on next page.

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<sup>11</sup> There are several older individuals [one age 72] living in the New Jersey Oxford Houses but were not picked up in the survey.

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

| Last Year | Count | Percent |
|-----------|-------|---------|
| 4         | 2     | 00.7%   |
| 5         | 0     | 00.0%   |
| 6         | 0     | 00.0%   |
| 7         | 1     | 00.3%   |
| 8         | 2     | 00.7%   |
| 9         | 8     | 02.7%   |
| 10        | 13    | 04.3%   |
| 11        | 9     | 03.0%   |
| 12        | 151   | 50.3%   |
| 13        | 28    | 09.3%   |
| 14        | 40    | 13.3%   |
| 15        | 11    | 03.7%   |
| 16        | 29    | 09.7%   |
| 17        | 3     | 01.0%   |
| 18        | 2     | 00.7%   |
| 19        | 1     | 00.3%   |
| Total     | 300   | 100.0%  |

More than three-quarters [88%] of the residents graduated from high school. There is no statistically significant difference in education level when compared to race, age or gender.

**Prior Treatment**

Most of the residents in an Oxford House have been through residential treatment more than once. This is not surprising given what is known about alcoholism and drug addiction. Ludwig found that only one in ten of treated individuals are clean and sober eighteen months after treatment, and Vaillant found that over a lifetime only 20% of alcoholics achieve sobriety without relapse.<sup>12</sup> The general outcome of treatment for drug addiction is equally dismal. A study of treatment outcome for cocaine addiction found 13% stayed clean without relapse. [RAND 1995]

Vernon E. Johnson, described the standard four phases of treatment for alcoholism and drug addiction four decades ago:

- ◆ Intervention
- ◆ Detoxification
- ◆ Education, and
- ◆ Long-term behavior change to assure sobriety without relapse.<sup>13</sup>

<sup>12</sup> George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, Massachusetts, 1995

<sup>13</sup> Vernon E. Johnson, *I'll Quit Tomorrow* (Harper and Row, San Francisco, 3<sup>rd</sup> edition, 1980) [First published in 1967.]

Long-term behavior change is the most difficult to achieve because behavior change – always difficult – becomes nearly impossible if the individual returns to a living environment identical or similar to where he or she was living as an active alcoholic or drug addict.<sup>14</sup> Intervention, detoxification and education [about the nature of addiction and motivation to change behavior] is not difficult but alone these three steps can seldom produce recovery without relapse. Long-term behavior change requires the availability of a reasonable opportunity to become comfortable with abstinent behavior.

**Table - 5**  
**Prior Times in Residential Treatment**

| Times        | Count | Percent |
|--------------|-------|---------|
| One          | 49    | 17.1%   |
| Two          | 52    | 18.2%   |
| 3-5          | 115   | 40.2%   |
| 5-10         | 55    | 19.2%   |
| More than 10 | 15    | 5.2%    |
| Total        | 286   | 100%    |

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

The concept underlying self-run, self-supported Oxford recovery Houses is the same as the one underlying Alcoholics Anonymous and Narcotics Anonymous -- addicted individuals can help themselves by helping each other abstain from alcohol and drug use one day at a time for a long enough time to permit a new set of values to be substituted for the values of a lifestyle in which alcohol and drugs were used.

Two findings from the New Jersey Oxford House studies -- expulsion rate and length of stay -- show that Oxford Houses are providing the time, motivation and supportive peer environment for residents to develop sobriety without relapse. The Oxford House charter requires the immediate expulsion of any resident who returns to using alcohol or drugs. Fewer than 20% [19.7%] of the residents in an Oxford House are expelled because they return to using alcohol or drugs during the time they are residents of a house. In addition, the current residents in New Jersey Oxford Houses have accumulated a significant length of sobriety.

The average length of sobriety among New Jersey Oxford House residents is 15.9 months, which is a

<sup>14</sup> R.J. Goldsmith, *The Essential Features of Alcohol and Drug Treatment*, *Psychiatric Annals*, 22, pp. 419-424, 1992.



good start toward mastering life-long sobriety. The range of sobriety is from 1 month to more than 10 years. There is no time limit on length of stay in an Oxford House. Residents stay until they feel comfortable with sobriety and confident that they can move without risking relapse.

**Table - 6  
Current Sobriety in Months**

| Months  | Count | Percentage |
|---------|-------|------------|
| 1-6     | 107   | 35.9%      |
| 6-11    | 56    | 18.8%      |
| 11-16   | 46    | 15.4%      |
| 16-21   | 23    | 7.7%       |
| 21-26   | 121   | 7.1%       |
| 26-31   | 10    | 3.4%       |
| 31-36   | 12    | 4.0%       |
| 36-40   | 2     | .7%        |
| Over 40 | 21    | 7.0%       |

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

- (1) offering the patient a non-chemical substitute dependency for alcohol,
- (2) reminding him ritually that even one drink can lead to pain and relapse,
- (3) repairing the social and medical damage that he has experienced, and
- (4) restoring self-esteem.<sup>15</sup>

Vaillant also points out that providing all four components at once is not easy.

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

drink at the next point of crisis. Over the long term, providing alcoholics with pills only reinforces their illusion that relief of distress is pharmacological, not human.<sup>16</sup>

Vaillant does note "self-help groups, of which Alcoholics Anonymous is one model, offer the simplest way of providing the alcoholic with all four components referred to above."<sup>17</sup> The same principle applies to Oxford House. It provides the benefits of prolonged hospitalization without the destruction of self-esteem. In fact, self-esteem is restored through the exercise of responsibility, helping others, re-socialization, and constructive pride in maintaining an alcohol and drug-free living environment without dependency upon any outside authority or helper.

The NIAAA and NIDA sponsored DePaul University studies of Oxford House confirm that the Oxford House self-help model is effective in providing the time and peer support in an alcohol and drug-free living environment to assure long-term sobriety without relapse. All the NJ survey data shows that the Oxford Houses in New Jersey are producing long-term sobriety with minimal relapse. The data also confirms that the residents in the houses have backgrounds reflecting the severity of their addiction.

The cost of addiction is high. The following table showing marital status reflects one of the costs. More than a third of Oxford House residents had been married but are now separated or divorced. Most believe addiction was the primary reason they were no longer married.

**Table 7  
Marital Status**

| Status    | Court | Percent |
|-----------|-------|---------|
| Single    | 201   | 67.0%   |
| Married   | 12    | 04.0%   |
| Separated | 31    | 10.3%   |
| Divorced  | 54    | 18.0%   |
| Widowed   | 2     | 00.7%   |
| TOTAL     | 300   | 100.0%  |

The nature of alcoholism and drug addiction is that the disease progresses from bad to worse. The alcoholic and drug addict use alcohol or their drug of choice compulsively. Studies sponsored by the National Institute of Drug Abuse [NIDA] have demonstrated that the brains of alcoholics and drug addicts undergo change. For the alcoholic and drug addict tolerance of alcohol and/or drugs increases – up to a point. Recovering alcoholics nearly all tell of time periods during their drinking when they could

<sup>15</sup> George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, 1995, p. 300.

<sup>16</sup> Id. 301.

<sup>17</sup> Id. 301.

“drink everyone under the table” and still function well but later only a little alcohol use impaired behavior. The non-alcoholic and non-drug addict would quickly realize that the use of alcohol or drugs was unwise and stops. The alcoholic or drug addict, however, craves more of the substance that left such a pleasant memory. Human beings are built to forget pain and remember pleasure. This trait causes the alcoholic and drug addict to continue active addiction unless there is intervention followed by successful behavior modification.

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

The profile of New Jersey Oxford House residents shows indicia of forced intervention. Most residents [75.8%] have served time in jail. The average total length of time served in jail is about 13 months. Usually the individual who has jail time accumulated the jail time as the result of several periods of incarceration. In other words, the alcoholic and drug addict has chronic recidivism. Unless a behavior of constant sobriety is developed, most alcoholics and drug addicts will continue a cycle of incarceration, followed by release, followed by relapse, followed by arrest, conviction and incarceration.

In an effort to avoid the revolving door of criminal behavior, drug courts attempt to correct the underlying problem of alcoholism and/or drug addiction early in the criminal process. An increasing number of Oxford House residents are participants in the New Jersey Drug Court System.<sup>18</sup> The premise behind drug courts is that the drug addict or alcoholic can be motivated to seriously attempt treatment if the leverage of possible conviction and jail time is used to encourage treatment. Judges are recognizing that where the addict in treatment lives has an important bearing on the effectiveness of treatment. Unfortunately, access to Oxford House living is limited both by the availability of housing and coordination between drug courts and available vacancies in existing housing. Nevertheless more than a hundred NJ drug court clients have gained long-term sobriety by living in an Oxford House and more than four-dozen are in the houses at any one time.

New Jersey Oxford Houses have been established from one part of the state to another because initially two and for the last two years three trained outreach workers have been available in the state to rent new houses, recruit initial residents and to teach them the standard Oxford House system of operation. Without

<sup>18</sup> At any given time there are more than 40 residents in New Jersey Oxford Houses who are participants in drug courts. The Drug Courts that utilize Oxford Houses the most are in Middlesex County, Mercer County, Monmouth County, Atlantic County and Ocean County.

hands-on technical assistance it is unlikely that the existing network of houses could have been established. Conversely, resources to provide more trained outreach workers could greatly expand the existing network of Oxford Houses and better coordinate utilization of the houses by newly recovering individual getting out of treatment or jail or under the supervision of a drug court..

The alternative to Oxford House living can be seen by looking at where New Jersey Oxford House residents lived just prior to the treatment that led them to Oxford House. While only a little over 13% of the current Oxford House residents were homeless immediately preceding entry into an Oxford House, more than 65% had experienced homelessness during their addiction. The average length of such homelessness was a little over two months [125 days].

The following table shows the place of residence immediately preceding acceptance into an Oxford House. Notice that nearly half had marginal housing security before Oxford House, e.g., rented room, institution or homeless. Table 8, below, shows the distribution of prior living situations for the New Jersey Oxford House residents.

**Table 8  
Prior Residence of NJ Oxford House Residents**

| Place           | Count | Percent |
|-----------------|-------|---------|
| Apartment       | 65    | 23%     |
| Owned Home      | 46    | 16%     |
| Rented Home     | 34    | 12%     |
| Rented Room     | 46    | 16%     |
| Jail            | 17    | 06%     |
| Mental Hospital | 6     | 02%     |
| VA Hospital     | 2     | 01%     |
| Halfway House   | 33    | 12%     |
| Homeless        | 37    | 13%     |
| TOTAL           | 286   | 100%    |

If one classifies marginal living conditions as rented room, jail, mental hospital, halfway house and homeless, 50% of Oxford House residents were in marginal living conditions just prior to admission to an Oxford House. Common sense suggests that even the highly motivated individual is unlikely to succeed in developing comfortable sobriety while living at the margin. When the living condition just prior to Oxford House admission is coupled with the data showing that 65% of all Oxford House residents have experienced homelessness averaging over 2 months, the role living conditions play in being able to master behavior change to assure life-long sobriety is beyond doubt.

Most New Jersey Oxford House residents have a job. [88%] Their average monthly income is \$1,840. This is more than enough to pay an equal share of

Oxford House average household expenses of \$105 a week.

The income disparity between women and men was significant. Men averaged \$2,025 a month and women averaged \$1,326 a month [Probability that the difference is by chance is <.0001].

Equally important in terms of learning life-long sobriety is that 31% of the residents are motivated to find time to attend weekly counseling sessions in addition to attendance at 12-Step self-help meetings.

The attendance at 12-Step self-help meetings – Alcoholics Anonymous or Narcotics Anonymous – is important to bring about long-term behavior change but is not required as a condition for living in an Oxford House. Experience – gained over Oxford House’s quarter century of operation – has shown that voluntary rather than mandatory 12-Step meeting attendance works. Among New Jersey Oxford House residents, the average number of 12-Step meetings attended each week is 4.7. This is more than twice the number of 12-Step meeting attended by the average AA or NA member.

What this shows is that the Oxford House system of operation [democratically self-run, financially self-supported with emphasis on absolute sobriety] motivates residents to take advantage of tools designed by and for addicts to change behavior. Coupled with the absence of a time limit for living in an Oxford House, these tools produce recovery without relapse. As shown in Table 6 above, over 65% of Oxford House residents have over 6 months sobriety and the average length of sobriety among Oxford House residents in New Jersey is a little more than 15.9 months.

The average length of sobriety is higher for men than for women. [17.9 months for men versus 9.2 months for women] The probability that the difference is statistical chance is less than .002. The increase in Oxford Houses for women that accept children should increase the length of time women stay in an Oxford House and over time the length of sobriety among men and women in New Jersey Oxford Houses will tend to become equal.

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

“17. Would you recommend Oxford House to other alcoholics or drug addicts early in recovery?” and “16 How important has Oxford House been to your sobriety?  somewhat important,  moderately important,  very important,  insignificant,  not really sure.”

More than 96% would recommend an Oxford House and 91% found Oxford House “very important” to their sobriety. Only 1% found it not to be significant while 7% found it to be “moderately” or “somewhat important.”

The bottom line is that more than 80% of the New Jersey Oxford House residents are staying clean and sober. In the process they are staying out of trouble, holding jobs and exercising civic responsibility. They also tend to stay involved with Oxford Houses even after they have moved out of a house. More time needs to be spent to formalize what could be a very helpful alumni association.

Looking ahead it is important to recognize that Oxford Houses in New Jersey have helped more than 5,000 individuals transform their life from addiction to sobriety. In the process the system of operation used in each self-help Oxford House has taught responsible civic behavior. It has done so a practically no cost to the taxpayers or society at large.

Each year the New Jersey Oxford House residents have paid the bulk of the costs involved in maintaining and expanding the statewide network of Oxford Houses. For example, the 65 Oxford Houses in the state at the beginning of 2007 will pay \$2,833,740 for household expenses during the year. That amount covers rent for each of the 65 houses, household supplies, and utility bills.<sup>19</sup> This expenditure by the recovering individuals themselves compares well to the \$300,000 a year paid by the state to partially support the three outreach workers in the state and supervision by the Oxford House, Inc. central services office. The residents are paying about 10 times as much as the taxpayers and more importantly avoiding additional costs like homelessness or incarceration.

Moreover, the working residents have an aggregate income of more than \$11,459,000 a year. In the FICA tax alone over \$1.6 million will be paid to social security and Medicare.

The average length of stay in a New Jersey Oxford House is about one year but there is no time limit and some residents will stay a long time. This not only prevents personal relapse but also adds stability to the New Jersey Network of Oxford Houses.



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<sup>19</sup> The 519 individuals living in the 65 NJ Oxford Houses pay an average of \$105 per week as their equal share of household expenses.

## From Treatment Directly to New Jersey Oxford Houses

Over half [199 of 300] came into New Jersey Oxford Houses directly from primary treatment. The following is a list of treatment providers immediately prior to acceptance into a New Jersey Oxford House.

| Provider               | Number |
|------------------------|--------|
| ASAP                   | 2      |
| BARK                   | 1      |
| Bergen Pines           | 2      |
| Bergen Regional        | 5      |
| Carrier Clinic         | 7      |
| Crawford               | 2      |
| Damon House            | 2      |
| Day Top                | 2      |
| Discovery Institute    | 9      |
| Drug Court             | 1      |
| Dudley House           | 1      |
| Endeavor               | 6      |
| Father Martin's Ashley | 1      |
| Friendly House         | 1      |
| Hacketstown            | 1      |
| Hampton                | 2      |
| Hanson House           | 4      |
| Hazelton               | 2      |
| Helen Field            | 2      |
| Hendricks House        | 5      |
| IHD                    | 2      |
| Integrity House        | 6      |
| Jolimar                | 1      |
| Kintock                | 3      |
| Lakeland               | 13     |
| Lighthouse             | 8      |
| Livengrin              | 1      |
| Malvern Institute      | 2      |
| Market Street Mission  | 2      |
| Maryville              | 16     |
| Mattie House           | 10     |
| Monmouth Medical       | 1      |
| New Hope               | 7      |
| Post House             | 3      |
| Princeton House        | 2      |
| Ransom House           | 1      |
| Rebound                | 1      |
| Recovery Services      | 2      |
| Salvation Army         | 4      |
| Seabrook               | 13     |
| Shoreline              | 4      |
| Spring House           | 1      |
| St. Clare's            | 3      |
| St. Christopher's Inn  | 1      |
| Summit                 | 10     |
| Turning Point          | 15     |
| VA Medical Center      | 2      |
| White Deer Run         | 2      |

The places of treatment were provided by the residents on the questionnaire and may or may not be correctly spelled. Nevertheless over half wrote in a treatment place as where they came from immediately before coming to Oxford House and shows that many of the counselors in many treatment facilities appear to encourage their clients to take advantage of the opportunity to live in an Oxford House.

The outreach workers in New Jersey make regular presentations to treatment providers explaining how Oxford Houses work and how a client can seek admission. The application process requires the client to interview and complete an application. The residents of each Oxford House then discuss and vote on whether to accept the applicant. Experience shows that most applicants are admitted if a house has a vacancy.

During the fourth quarter of 2006, the New Jersey Network of Oxford House began a real time listing of vacancies on the New Jersey Oxford House website. This has worked well and is will be incorporated into the regular Oxford House World Services website that is used by most treatment providers.



A note about closed houses: Six houses closed owing the revolving loan fund a total of \$13,610. Each had paid back some – but not all – of its start-up loan. The existing strong network of 71 houses will begin paying back that money to strengthen the revolving loan fund and to keep the good name of Oxford House as a whole.

The reasons the houses closed were several. One house had a fire, one house was dysfunctional and in a bad location, four houses were sold or repossessed by the landlord.

See full list of the 71 New Jersey Oxford Houses by date started following the next page showing start-up loan history. Nine of the houses are more than 12 years old. In most cases once a house starts it continues year after year.

## History of NJ Recovery Home Revolving Loan Fund

| NEW JERSEY OXFORD HOUSES |                  | REVOLVING LOAN FUND-PL 100-690 |                   | AS OF December 31, 2006 |                |
|--------------------------|------------------|--------------------------------|-------------------|-------------------------|----------------|
| <u>HOUSE NAME</u>        | <u>Loan Date</u> | <u>LOAN AMOUNT</u>             | <u>Repayments</u> | <u>BALANCE</u>          | <u>Status</u>  |
| 4th Avenue               | 6/11/04          | \$4,000                        | \$4,000           | \$0                     | Pd 11/30/06    |
| Absecon                  | 4/26/04          | \$4,000                        | \$2,400           | \$1,600                 |                |
| Barrington               | 1/22/03          | \$3,000                        | \$560             | \$2,440                 |                |
| Bay Ave                  | 2/7/05           | \$4,000                        | \$2,700           | \$1,300                 | Closed         |
| Bay Lea                  | 6/20/06          | \$4,000                        | \$510             | \$3,490                 |                |
| Bradley Beach            | 3/27/03          | \$4,000                        | \$4,000           | \$0                     | Pd 4/28/06     |
| Bradley 300              | 8/22/03          | \$4,000                        | \$4,000           | \$0                     | Pd 4/30/05     |
| Billings                 | 6/20/06          | \$2,000                        | \$0               | \$2,000                 |                |
| Brick                    | 9/29/03          | \$4,000                        | \$2,490           | \$1,510                 |                |
| Boardwalk                | 12/14/06         | \$4,000                        | \$0               | \$4,000                 |                |
| Caldwell                 | 4/28/03          | \$5,000                        | \$2,310           | \$2,690                 | Closed         |
| Cardinal Court           | 8/17/05          | \$3,100                        | \$450             | \$2,650                 |                |
| Carnegie                 | 11/25/03         | \$4,000                        | \$4,000           | \$0                     |                |
| Conover                  | 5/13/02          | \$4,000                        | \$1,700           | \$2,300                 |                |
| Curler                   | 2/23/06          | \$4,000                        | \$0               | \$4,000                 |                |
| Disney                   | 5/5/05           | \$4,000                        | \$2,870           | \$1,130                 |                |
| East Brunswick           | 8/9/02           | \$5,000                        | \$3,850           | \$1,150                 |                |
| East Rutherford          | 1/6/05           | \$4,000                        | \$2,550           | \$1,450                 |                |
| Edison                   | 6/26/03          | \$4,000                        | \$2,190           | \$1,810                 | Closed         |
| Eve sham                 | 9/19/02          | \$4,450                        | \$3,700           | \$750                   |                |
| Freehold                 | 2/10/03          | \$4,000                        | \$3,900           | \$100                   |                |
| Glouster City            | 7/14/04          | \$4,000                        | \$850             | \$3,150                 | Closed         |
| Hazelwood                | 9/9/04           | \$4,000                        | \$4,000           | \$0                     | Pd 10/30/06    |
| Hearthstone              | 6/10/04          | \$4,000                        | \$4,000           | \$0                     | Pd off 1/23/06 |
| Howell                   | 1/7/03           | \$4,000                        | \$2,890           | \$1,110                 |                |
| Isle                     | 10/15/03         | \$4,000                        | \$1,020           | \$2,980                 | Closed         |
| Jersey City              | 10/27/03         | \$4,000                        | \$4,000           | \$0                     | Pd 1/23/06     |
| Kendall Park             | 10/8/04          | \$4,000                        | \$3,560           | \$440                   |                |
| Kingston                 | 4/29/02          | \$4,000                        | \$4,000           | \$0                     | Pd 6/30/04     |
| Langford                 | 10/10/06         | \$4,000                        | \$0               | \$4,000                 |                |
| Lakewood                 | 10/22/02         | \$4,000                        | \$4,000           | \$0                     | Pd 7/27/05     |
| Loch Arbor               | 11/12/02         | \$4,000                        | \$4,000           | \$0                     | Pd 02/28/06    |
| Lookout                  | 12/13/04         | \$4,000                        | \$1,530           | \$2,470                 |                |
| Madison Park             | 3/10/05          | \$4,000                        | \$1,760           | \$2,240                 |                |
| Madgll Ave               | 10/12/01         | \$4,000                        | \$2,320           | \$1,680                 | Closed         |
| Marlboro Meadows         | 5/30/02          | \$5,000                        | \$4,325           | \$675                   |                |
| Matawan                  | 7/23/02          | \$4,000                        | \$3,400           | \$600                   |                |
| Milltown Rd              | 3/8/06           | \$3,900                        | \$1,190           | \$2,710                 |                |
| Montclair                | 11/25/03         | \$4,000                        | \$4,000           | \$0                     | Pd 9/30/06     |
| Morristown               | 7/14/05          | \$3,600                        | \$1,000           | \$2,600                 |                |
| Mountainside             | 4/26/05          | \$3,000                        | \$1,625           | \$1,375                 |                |
| North Shore              | 10/20/06         | \$4,000                        | \$170             | \$3,830                 |                |
| Ocean                    | 2/13/02          | \$4,000                        | \$4,000           | \$0                     | Pd 3/31/04     |
| Peach field              | 9/10/01          | \$4,000                        | \$680             | \$3,320                 |                |
| Route 527                | 5/9/06           | \$4,000                        | \$0               | \$4,000                 |                |
| S. Toms River            | 2/13/04          | \$4,000                        | \$2,965           | \$1,035                 |                |
| Somerdale                | 9/30/03          | \$4,000                        | \$2,990           | \$1,010                 |                |
| Spring St                | 10/26/06         | \$3,500                        | \$1,820           | \$1,680                 |                |
| Tyler                    | 2/20/02          | \$4,000                        | \$3,150           | \$850                   |                |
| Verona                   | 7/14/05          | \$1,800                        | \$0               | \$1,800                 |                |
| Vineland                 | 12/4/06          | \$4,000                        | \$0               | \$4,000                 |                |
| West Orange              | 7/21/04          | \$4,000                        | \$1,730           | \$2,270                 |                |
| West Ridge               | 3/23/05          | \$4,000                        | \$1,870           | \$2,130                 |                |
| West Side                | 8/2/02           | \$4,000                        | \$4,000           | \$0                     | Pd 8/31/06     |
| Willingboro              | 12/18/01         | \$4,000                        | \$900             | \$3,100                 |                |
| Winchester               | 11/19/04         | \$4,000                        | \$3,910           | \$90                    |                |
| Woodbrook                | 2/13/06          | \$4,000                        | \$1,360           | \$2,640                 |                |
| <b>TOTALS</b>            |                  | <b>\$223,350</b>               | <b>\$131,195</b>  | <b>\$92,155</b>         |                |

The New Jersey Recovery Home Revolving Loan Fund as of December 31, 2006 showed \$223,350 expended for loans with repayments of \$131,195 and a balance due of \$92,155. Unfortunately, the repayments each month are less than enough to make a new loan per month. This is primarily because the capital or principle in the fund is only \$100,000 [25 initial loans of \$4,000 each] and \$13,610 is owed the fund from houses that closed before fully repaying their start-up loans.

Repayments of \$170 a month by 20 houses equals only \$3,400 income for new loans or about two loans every three months. Paying back the balances owed by the six closed houses by the other NJ houses and increasing the principle by only \$20,000 would permit five more loans and loan repayments would permit at least one loan a month. If loan money were available, Oxford House outreach workers in New Jersey could be opening three houses a month and even then the demand for beds would be greater than available beds.

**New Jersey Oxford House by Start Date – 5/5/07**

| <b>House</b>      | <b>M/W</b> | <b>Phone</b>   | <b>Street</b>              | <b>City</b>     | <b>ST</b> | <b>Zip</b> | <b>#Beds</b> | <b>Start Date</b> |
|-------------------|------------|----------------|----------------------------|-----------------|-----------|------------|--------------|-------------------|
| Hilltop           | M          | (856) 751-3873 | 108 Hilltop Court          | Cherry Hill     | NJ        | 08001      | 8            | 06/01/1990        |
| Clementon         | M          | (856) 784-7813 | 58 Blackwood-Clementon Hwy | Clementon       | NJ        | 08021      | 8            | 04/01/1991        |
| The Gardens       | M          | (609) 398-4011 | 1024 Central Avenue        | Ocean City      | NJ        | 08226      | 8            | 06/01/1991        |
| Bayside           | M          | (609) 398-9099 | 1600 West Avenue           | Ocean City      | NJ        | 08226      | 6            | 03/01/1993        |
| Hiddenway         | M          | (856) 435-8230 | 221 W. Linden Avenue       | Lindenwold      | NJ        | 08021      | 8            | 09/01/1993        |
| Sicklerville      | M          | (856) 262-0931 | 52 Stone Hollow Drive      | Sicklerville    | NJ        | 08081      | 10           | 01/01/1994        |
| Stratford         | M          | (856) 435-7708 | 318 Columbia Avenue        | Stratford       | NJ        | 08084      | 7            | 01/01/1994        |
| Elm Avenue        | M          | (856) 782-1214 | 230 E. Elm Avenue          | Lindenwold      | NJ        | 08021      | 8            | 08/01/1995        |
| Ocean             | M          | (609) 487-5999 | 5013 Winchester Avenue     | Ventnor         | NJ        | 08406      | 8            | 10/01/1995        |
| Woodbury          | M          | 856-845-8698   | 323 Morris St              | Woodbury        | NJ        | 08096      | 7            | 01/03/1999        |
| Ventnor           | M          | (609) 317-4572 | 5015 Winchester Avenue     | Ventnor         | NJ        | 08406      | 6            | 02/01/1999        |
| Westside          | M          | (609) 239-8699 | 241 Conover St             | Burlington      | NJ        | 08016      | 7            | 08/01/2000        |
| Bradley Beach     | M          | (732) 774-0705 | 601 Ocean Park Avenue      | Bradley Beach   | NJ        | 07720      | 13           | 04/01/2001        |
| Peachfield        | M          | (609) 835-1812 | 34 Peachfield Avenue       | Willingboro     | NJ        | 08046      | 7            | 06/01/2001        |
| Willingboro       | M          | (609) 871-4175 | 5 Bloomfield               | Willingboro     | NJ        | 08046      | 9            | 12/01/2001        |
| East Brunswick    | M          | (732) 387-8046 | 7 Buck Road                | East Brunswick  | NJ        | 08816      | 8            | 04/01/2002        |
| Kingston          | M          | (609) 751-0258 | 4361 Highway 27            | Princeton       | NJ        | 08540      | 8            | 04/01/2002        |
| Lakewood          | M          | (732) 367-5028 | 8 Henry Street             | Lakewood        | NJ        | 08701      | 8            | 08/01/2002        |
| Matawan           | M          | (732) 583-3672 | 7 Johnson Avenue           | Matawan         | NJ        | 07746      | 7            | 08/01/2002        |
| Evesham           | M          | (856) 435-6769 | 207 NE Atlantic Avenue     | Magnolia        | NJ        | 08049      | 8            | 09/01/2002        |
| Loch Arbor        | M          | (732) 531-1294 | 7 Evergreen                | Loch Arbor      | NJ        | 07711      | 7            | 12/01/2002        |
| Freehold          | M          | (732) 409-9951 | 64 Browne Avenue           | Freehold        | NJ        | 07728      | 6            | 01/01/2003        |
| Howell            | M          | (732) 363-5962 | 18 Laurel Court            | Howell          | NJ        | 07731      | 7            | 01/01/2003        |
| Woodlynne         | M          | (856) 962-8415 | 108 Evergreen Avenue       | Oaklyn          | NJ        | 08107      | 7            | 03/01/2003        |
| 300 Bradley Beach | M          | (732) 775-2535 | 300 Third Avenue           | Bradley Beach   | NJ        | 07720      | 12           | 09/01/2003        |
| Brick             | M          | (732) 262-6446 | 127 Hollywood Court        | Brick           | NJ        | 08723      | 8            | 10/01/2003        |
| Carnegie          | M          | (609) 693-8006 | 68 Erdman Ave              | Princeton       | NJ        | 08540      | 9            | 11/01/2003        |
| Jersey City       | M          | (201) 433-2520 | 332 Princeton Avenue       | Jersey City     | NJ        | 07305      | 6            | 11/01/2003        |
| Montclair         | M          | (973) 746-4294 | 21 Irving Street           | Montclair       | NJ        | 08024      | 12           | 11/01/2003        |
| Westville         | M          | 856-742-8282   | 200 Delsea                 | Westville       | NJ        | 08093      | 7            | 01/02/2004        |
| South Toms River  | M          | (732) 240-9535 | 51 Lakeview Avenue         | S. Toms River   | NJ        | 08757      | 6            | 03/01/2004        |
| Absecon           | M          | (609) 383-1305 | 809 New Jersey Avenue      | Absecon         | NJ        | 08201      | 9            | 05/01/2004        |
| 4th Avenue        | M          | (732) 988-7232 | 410 4th Avenue             | Asbury Park     | NJ        | 07712      | 8            | 06/01/2004        |
| Hearthstone       | M          | (732) 276-5437 | 854 Hearthstone Drive      | Lakewood        | NJ        | 08701      | 8            | 06/01/2004        |
| West Orange       | M          | (973) 731-7607 | 1393 Pleasant Valley Way   | West Orange     | NJ        | 07052      | 7            | 08/01/2004        |
| Hazelwood         | M          | (973) 680-5504 | 68 Hazelwood Road          | Bloomfield      | NJ        | 07003      | 8            | 09/01/2004        |
| East Rutherford   | M          | (201) 507-8424 | 231 Hackensack Street      | East Rutherford | NJ        | 07073      | 8            | 01/01/2005        |
| Beachwood         | M          | (782) 281-0105 | 452 Compass Avenue         | Beachwood       | NJ        | 08722      | 8            | 01/15/2005        |
| West Ridge        | M          | (732) 341-4559 | 24 West Ridge Road         | Toms River      | NJ        | 08753      | 8            | 04/01/2005        |
| Mountainside      | M          | (908) 233-8130 | 1000 Springfield Avenue    | Mountainside    | NJ        | 07092      | 7            | 05/01/2005        |
| Rockefeller Park  | M          | (732) 942-7170 | 1200 Medina Road           | Lakewood        | NJ        | 08701      | 8            | 06/06/2005        |
| Morristown        | M          | (973) 998-4778 | 16 Jardine Road            | Morristown      | NJ        | 07960      | 8            | 08/01/2005        |
| Point of Woods    | M          | (856) 751-0696 | 21 Darien Drive            | Cherry Hill     | NJ        | 08003      | 10           | 09/01/2005        |
| Spring Street     | M          | (732) 685-3630 | 31 Spring Street           | Freehold        | NJ        | 07728      | 7            | 10/15/2005        |
| Cuyler            | M          | (609) 278-0115 | 1114 Hamilton Avenue       | Trenton         | NJ        | 08629      | 8            | 02/15/2006        |
| Woodbrook         | M          | (732) 970-4994 | 25 Woodbrock Drive         | Marlboro        | NJ        | 07747      | 8            | 02/15/2006        |
| Billings Avenue   | M          | (856) 599-0094 | 729 Billings Avenue        | Paulsboro       | NJ        | 08066      | 8            | 05/15/2006        |
| Route 527         | M          | (732)234-6600  | 1643 Englishtown Road      | Middlesex       | NJ        | 08857      | 8            | 05/15/2006        |
| Springfield       | M          | (856) 663-3605 | 1767 Springfield Avenue    | Pennsauken      | NJ        | 08110      | 8            | 06/01/2006        |
| Vineland          | M          | 856-405-6754   | 1435 North Maple Avenue    | Vineland        | NJ        | 08360      | 8            | 12/15/2006        |
| Boardwalk         | M          | (856) 428-7109 | 24 S. Weymouth Avenue      | Ventnor         | NJ        | 08406      | 11           | 01/15/2007        |
| Claire Drive      | M          | (732) 276-7214 | 908 Hearthstone Drive      | Lakewood        | NJ        | 08701      | 7            | 03/01/2007        |
| Roosevelt         | M          | (856) 457-5599 | 1380 Roosevelt Blvd        | Vineland        | NJ        | 08361      | 8            | 05/01/2007        |
| Logan Township    | M          | (856) 467-6713 | 122 South Route 130        | Logan Township  | NJ        | 08085      | 8            | 05/02/2007        |
| Vassar            | W          | (856) 546-1750 | 50-52 Vassar Road          | Audubon         | NJ        | 08106      | 11           | 06/01/1990        |
| Victorian         | W          | (609) 399-1559 | 825 Wesley Avenue          | Ocean City      | NJ        | 08226      | 7            | 09/01/1993        |
| Summit            | W          | (856) 456-1271 | 632 Summit Avenue          | Westville       | NJ        | 08093      | 7            | 05/01/2003        |
| Kendall Park      | W          | (732) 297-5970 | 45 Donald Avenue           | Kendall Park    | NJ        | 08824      | 7            | 10/01/2004        |
| Winchester        | W          | (609) 823-4919 | 308-310 Hampshire Drive    | Ventnor         | NJ        | 08406      | 9            | 11/01/2004        |
| Cedar Broadway    | W          | (856) 456-9565 | 10 Cedar Avenue            | Westville       | NJ        | 08093      | 7            | 02/01/2005        |
| Bellview Street   | W          | (856) 465-4061 | 1428 Baird Boulevard       | Camden          | NJ        | 08103      | 6            | 08/15/2006        |
| Kickapoo          | W          | (856) 816-0728 | 1325 Roosevelt Blvd        | Vineland        | NJ        | 08361      | 6            | 05/01/2007        |
| Madison Court     | WC         | (732) 458-3593 | 307 Madison Court          | Brick           | NJ        | 08724      | 7            | 03/15/2005        |
| Disney            | WC         | (732) 240-1256 | 21 Disney Drive            | Toms River      | NJ        | 08753      | 8            | 05/01/2005        |
| Cardinal Court    | WC         | (732) 276-5424 | 42 Cardinal Court          | Lakewood        | NJ        | 08701      | 8            | 08/01/2005        |
| Milltown Road     | WC         | (732) 353-6111 | 255 Milltown Road          | East Brunswick  | NJ        | 08816      | 8            | 03/15/2006        |
| Bay Lea           | WC         | (732) 948-8121 | 1501 Parkview Blvd         | Manchester      | NJ        | 08757      | 8            | 07/01/2006        |
| Langford          | WC         | (732) 527-0776 | 38 Raritan Avenue          | Port Reading    | NJ        | 07064      | 8            | 10/15/2006        |
| North Shore       | WC         | (609) 241-6713 | 355 North Shore Road       | Absecon         | NJ        | 08201      | 8            | 11/01/2006        |
| 5th Avenue        | WC         | 732-746-3264   | 704 Maple Avenue           | Brick           | NJ        | 08724      | 9            | 02/01/2007        |
| Clairmont         | WC         | (732) 693-8006 | 847 Hearthstone Drive      | Lakewood        | NJ        | 08701      | 8            | 03/15/2007        |
| <b>TOTAL BEDS</b> |            |                |                            |                 |           |            | <b>565</b>   |                   |

# Oxford House™

## Recovery • Responsibility • Replication

### *The 3-R's for Addicts to Regain Freedom*

**Recovery:** The process by which addicted individuals become free of addiction for the rest of their life.

**Responsibility:** The means by which an individual gradually assumes control over his or her lifestyle so that choices can be consistently made to avoid the use of alcohol or drugs.

**Replication:** The means through which addicted individuals living in an Oxford House™ share their newfound lifestyle of living in a supportive, alcohol and drug-free environment with other individuals wanting comfortable sobriety by starting new Oxford Houses to give other recovering individuals a real opportunity to achieve recovery without relapse.

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

1010 Wayne Avenue, Suite 400  
Silver Spring, Maryland 20910

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

Visit the Web site at [www.oxfordhouse.org](http://www.oxfordhouse.org)

# Oxford House™

1975-2007

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

- 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 Houses Help Themselves
- Providing the Time, Living Environment and Support to Enable Alcoholics and Drug Addicts to Achieve Recovery Without Relapse
- Providing the Legal, Philosophical, and Scientific Framework for a Cost-effective, Worldwide Network of Supportive Recovery Housing.

Write or Call

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