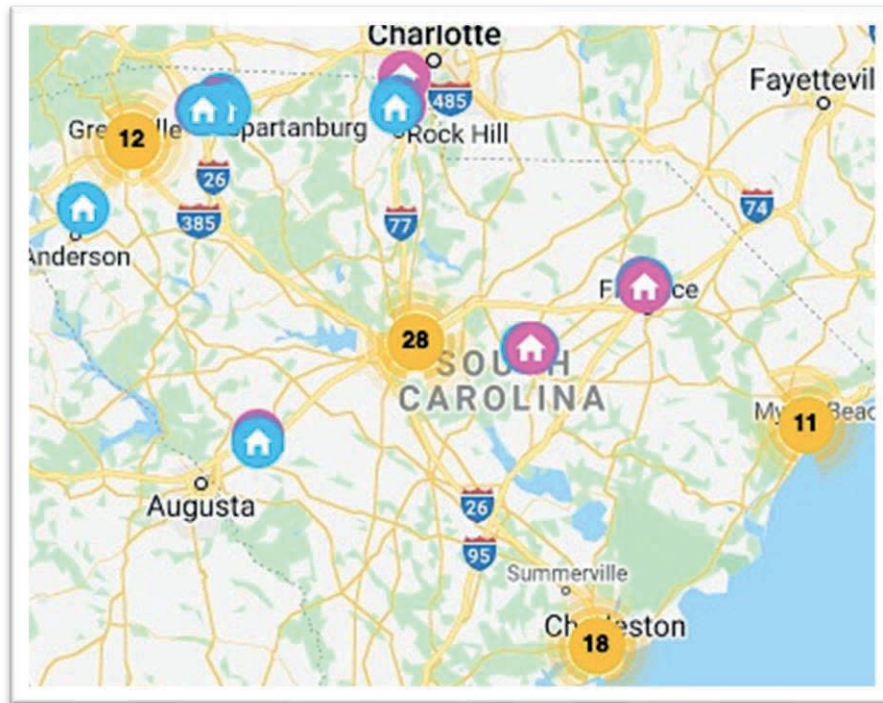


Oxford House Profile Series – 2020

South Carolina Network of Oxford Houses



July 2020

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

Telephone: 301.587.2916
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About Oxford House, Inc.

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

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

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

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

Oxford House™ charters are provided free to groups of 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.

The oldest Oxford House in South Carolina started at Wappoo Hall Road in Charleston. The group lived at that address until 2017 when they moved to 300 Twelve Oaks Drive. The House has served 426 recovering individuals. Only 46 relapsed and were expelled. Today, there are 92 Oxford Houses in South Carolina. This report is a profile of the statewide network of Oxford Houses in South Carolina.

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
July 30, 2020

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The South Carolina Oxford House Survey

In late April and early May 2020, 468 of the 569 South Carolina Oxford House residents [82.2%] completed a detailed survey describing them and their recovery progress. The survey questions have been asked of Oxford House residents since 1988. The surveys provide an indication of who is being served by Oxford House™ and how Oxford House living is fueling their road to long-term recovery.

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

Part 1 – Profile of the Current South Carolina Oxford House Population

Part 2 – How Oxford Houses Work

Part 3 – Research and Oxford House

Part 4 – List of South Carolina Oxford Houses

Oxford House Blueprint for Success



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

2020 South Carolina Oxford House Survey Results

The table presents the results of a confidential survey given to all the residents living in South Carolina Oxford Houses in April and May 2020. Responses were received from 468 of the 569 individuals then in residence – a response rate of 82.2 percent.

Total Number of Oxford House residents who completed the survey: [82.2% of residents]	468	Average Age of residents: (Range 19 – 77)	38 Years
Number of Men in survey:	284	Number of Women in survey:	184
Average Weekly Cost Per Person for household expenses [Range \$70 to \$135]	\$125	Rent Per Group Per Month Average: (Range \$900-\$3000 per month)	\$1,580
Percent Military Veterans:	5.3%	Average Years of Education [Median 12]	11.7
Residents Employed 4/30/2020:	73.9%	Average Monthly Earnings: [Median \$1,500]	\$2,347
Addicted to only Alcohol:	23.8%	Addicted to Alcohol and other Drugs:	76.2%
Race–		Marital Status –	
White	77.6%	Never Married	60.9%
Black	13.5%	Separated	11.3%
Native American	3.0%	Divorced	20.9%
Hispanic	1.9%	Married	3.4%
Other	4.0%	Widowed	3.4%
Prior Homelessness:	68.8%	Median Times Homeless:	2.0 Mos.
Prior Jail:	79.5%	Average Jail Time: Median Jail Time:	24 Mos. 9 Mos.
Percent going to AA or NA	98%	Average Number AA or NA Meetings Attended Per Week:	5.0
Percent Going To Counseling <i>in addition to</i> AA or NA (weekly):	28.6%	Average Length of Sobriety of House Residents:	9.2 Mos.
Residents Expelled During FY 2020 Because of Relapse:	33.9%	Average Number of Applicants For Each Vacant Bed:	4+
Average Length of Stay In An Oxford House:	9 Mos.	New Houses started in FY 2020	24

Number of South Carolina Oxford Houses and Beds as of July 20, 2020

Number of Men’s Houses:	55	Number of Men’s Recovery Beds:	404
Number of Women’s Houses:	35	Number of Women’s Beds:	255
Total Number of SC Oxford Houses	90	Total Number of OH Beds	659

Background

South Carolina began supporting the development of self-run, self-supported Oxford Houses in 1991. Slowly but surely, a strong statewide network of 92 Oxford Houses has spread throughout the state. The pictures of the oldest Oxford Houses in the state pictured below are intended as a reminder that once established Oxford Houses continue year after year.

During April and May of this year, South Carolina Oxford House residents completed a detailed survey about their addiction and Oxford House living with 468 of the then-569 residents [82.2%] completed the survey. The survey provides a snapshot of the persons living in the statewide network of Oxford Houses in South Carolina. The eight houses pictured have all been operating for more than 15 years and provide the foundation for today's network of more than 90 South Carolina Oxford Houses.



Oxford House - Wappoo Hall
300 Twelve Oaks Drive
Charleston, SC 29407
7 M • Established August 1, 1991



Oxford House - Lighthouse
625 Wappoo Road
Charleston, SC 29407
7 M • Established February 1, 1992



Oxford House - St. Margaret
773 Rutledge Ave
Charleston, SC 29403
6 M • Established June 1, 1993



Oxford House - Stono Park
242 Huntley Dr
Charleston, SC 29407
7W • Established July 1, 1993



Oxford House - Summerlea
114 Summerlea Drive
Columbia, SC 29203
9 M • Established July 1, 1996



Oxford House - Carolina
2312 Locust Road
Columbia, SC 29223
8 M • Established February 1, 1998



Oxford House - Valley
2304 Hertford Drive
Columbia, SC 29210
7M • Established August 1, 2003



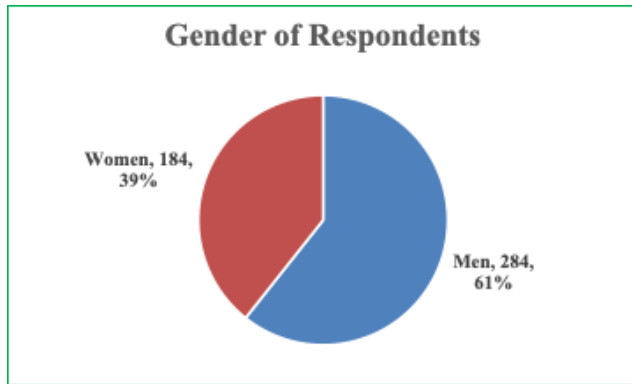
Oxford House - Low Country
3204 Hunters Rest Ct.
Charleston, SC 29414
6M • Established December 1, 2006

These eight Oxford Houses have served more than 3,000 recovering residents over the years. With the 92 Oxford Houses in South Carolina today there are more than eleven times the number of Oxford Houses than there were in 2006.

Among lessons learned by looking at the track record of individual Oxford Houses within the state is an understanding of the foundational nature of Oxford House development. Once a group of recovering individuals gets an Oxford House started, it continues year after year. Not only is this a good incentive for landlords renting to new groups forming Oxford Houses, but it is also assurance to the recovery community that supportive living environments can be economically established on a large scale – one house at a time.

Part 1 – Profile of the Current South Carolina Oxford House Population

When the current residents were surveyed in April and May, 468 [82.2%] of the 569 South Carolina Oxford House residents completed the survey. All the existing houses participated;



60.7% of the participants were men and 39.3% were women. Today, there are 37 women’s Oxford Houses in the state and 55 men’s houses, which is about the same ratio as the gender ratio of respondents in the survey.

The Oxford House bed space throughout the state is 404 for men and 270 for women [total beds 674]. There are 37 Oxford Houses for women with 8 taking women with children. There are 55 houses for men of which two accommodate men with children.

During FY 2020 [July 1, 2019 – June 30, 2020], 1,722 individuals lived in the statewide network of Oxford Houses. Of the total number of individuals living in South Carolina Oxford Houses in FY 2020, 568 were expelled because of relapse [32%]. *(For more discussion of relapse see the section on treatment history on the next page.)*

Distribution of Recovery Time Within Houses

Within each Oxford House there are differences in the length of residents’ sobriety. Partly because there is no time limit on residency within an Oxford House, individuals are able to stay as long as they want provided no drinking or use of illicit drugs. This factor contributes greatly to the overall success rate of Oxford House living because every individual is different. Some adapt



to the behavior change needed for long-term recovery quickly; others take years to become comfortable enough in the behavior needed to assure long-term recovery. Because replication of individual Oxford Houses is relatively simple, it takes place all the time. For example, in 2016 – just four years ago – there were only 37 Oxford Houses in the state. Today the state has 92 Oxford Houses – nearly a 250% increase.

The current length of sobriety does not necessarily mean that an individual’s total time of recovery falls within the time frame of living in an Oxford House. Some individuals may have had some length of sobriety before moving into a house. For example, the survey shows that 20% 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. On the other hand, several individuals with more than five years of sobriety have lived in an Oxford House for most of their time in recovery. The various lengths of recovery time allow “new-comers” to learn from the experiences of the “old-timers” in recovery.

Treatment History

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

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

Table 1
Percent of Prior Treatment Tries

No. of Sobriety Tries in Formal Treatment	VA	OK	TX	NC	SC
One	16.1	25.6	23.9	18.2	18.1
Two	24.2	23.5	18.8	20.0	28.6
Three to Five	41.9	27.4	31.9	44.1	36.4
Six to Ten	12.9	16.7	13.8	10.9	12.5
More than Ten	04.8	6.8	11.6	06.3	4.2

Even though 32% of the individuals living in South Carolina Oxford House during FY 2020 were asked to leave because of relapse, the majority of residents were not expelled for using alcohol or illicit drugs. 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] tracked 897 residents living in 219 Oxford Houses across the county for 27 months. The DePaul researchers found that only 13% returned to using alcohol or illicit drugs.³ The DePaul study took place in 2007 – a number of years before the current opioid epidemic.

While 65.2% of the surveyed South Carolina Oxford House residents abused opioids, not all are using medically-assisted treatment [MAT]. As a matter of fact, 38.8% are in medically-assisted treatment. For most of those, the medicine is buprenorphine although several are on methadone. 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 MAT in their recovery.”⁴

Because prior opioid users are in the Oxford House population, each Oxford House group teaches its residents about the use of Narcan. The survey did not inquire as to whether or not

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

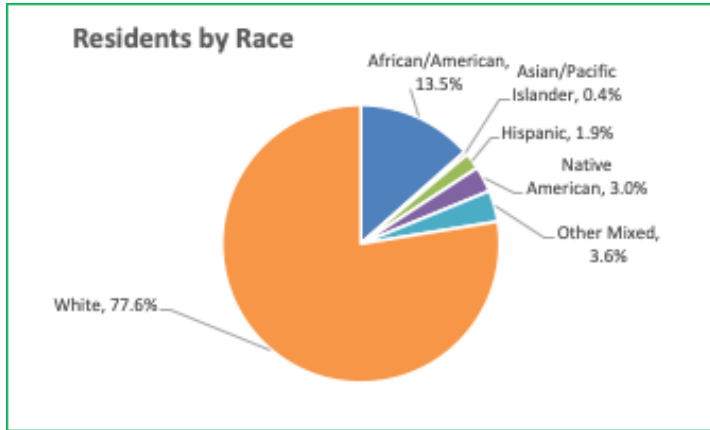
³ Addictive Behaviors 32 (2007) 803-818

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

opioid overdoses had occurred to residents during the past year. However, Oxford House outreach personnel train house residents to have and be able to use Narcan.

Racial Diversity

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

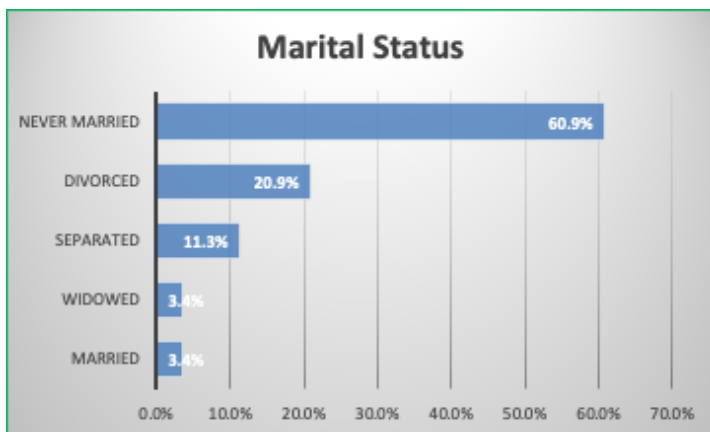


This diversity is reflected in the individual houses throughout the state. African-Americans are a little under-represented and White only are a little over-represented relative to state census data. However, the diversity is significant and the further development of more Oxford Houses in the state should eventually parallel the diverse population of the state. Fortunately, the already wide-spread distribution of Oxford Houses

throughout the state enables development around the initial clusters of Oxford Houses. The picture of a South Carolina map on the cover of this report illustrates the concentration of Oxford Houses [numbers on the yellow dots] in the larger cities of the state.

Marital Status

Well over half of all the residents in South Carolina Oxford Houses [60.9%] have never been married. Addiction wreaks havoc with relationships. Over thirty percent of SC residents who



had been married are divorced or separated by the time they arrive at an Oxford House. The graph at the left illustrates the distribution of marital status among the residents in the South Carolina network of Oxford Houses. This finding tracks the marital status of residents in the national network of Oxford Houses. However, the “never married” category is about 5% higher for South Carolina residents and this factor is

probably related to the fact that residents in South Carolina Oxford Houses are quite a bit younger than Oxford House residents in other states. [See below.]

Age of Residents

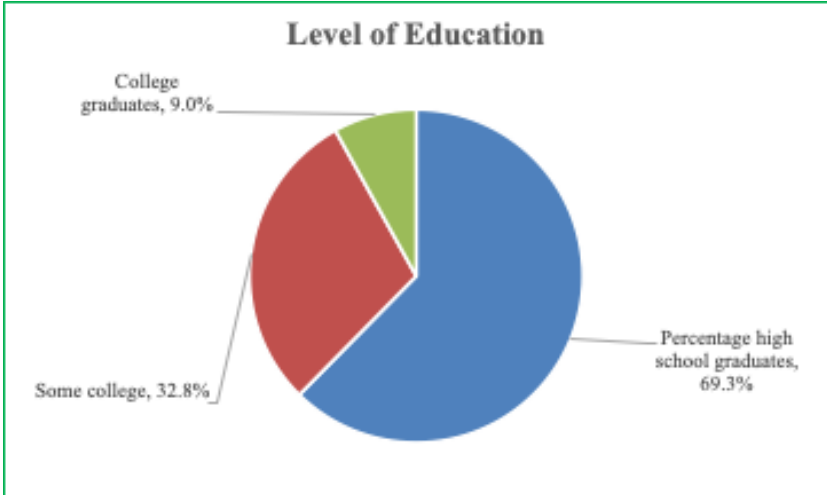
The average age of residents in South Carolina Oxford Houses is 38. The ages range from 19 to 77. The median age is 35 which is about 5 years younger than the national average median age. There seems to be two reasons for the younger average and median ages: [1] the opioid

epidemic has adversely affected younger individuals and [2] the rapid growth in the number of South Carolina Oxford Houses means that there are fewer “old-timers” in the statewide network of Oxford Houses.

South Carolina Oxford Houses have a lower percentage of veterans [5.3%] than do networks of houses nationally [18%]. This may be because the overall age of residents is younger. Nevertheless, OHI will increase its outreach to veterans.

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 South Carolina Oxford House residents ranges from 4th grade to graduate degrees.



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 average educational attainment level is 11.7 years, which is a little less than the national average of 12.1 years. The median, however, is exactly 12 years. Since 30% of the residents have not graduated from high school,

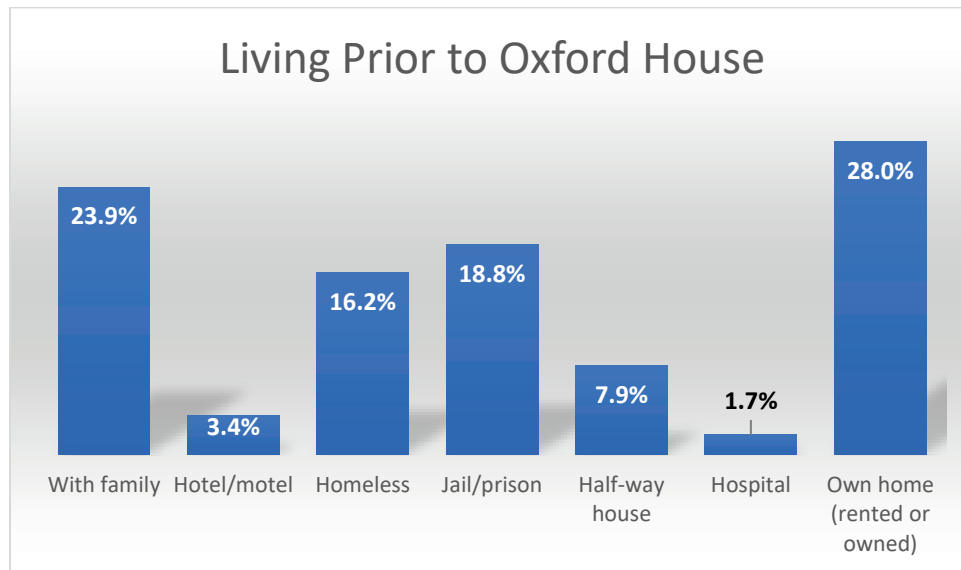
the state and OHI should make certain that all the Oxford Houses in the state have up-to-date information about how to obtain a GED. In some states, community colleges and universities welcome Oxford House residents and the residents take advantage of their open-ended residency in an Oxford House to 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 late April and May. The national shutdown because of the pandemic had begun. Nevertheless, 73.9% of respondents were employed. The average monthly income – from both employment and other sources – was \$2,347, higher than the June 2019 national average of \$1,695. The median income is \$1,500. Since the equal expense share cost of living in an Oxford House averages \$125 per week [range \$70-\$135] in South Carolina, the income per person is more than adequate. The equal expense share covers all household expenses except for a resident’s food. The largest household expense is the rent the group pays the landlord, which averages \$1,580 a month with a range from \$900 to \$3,000 a month.

Prior Living Situation

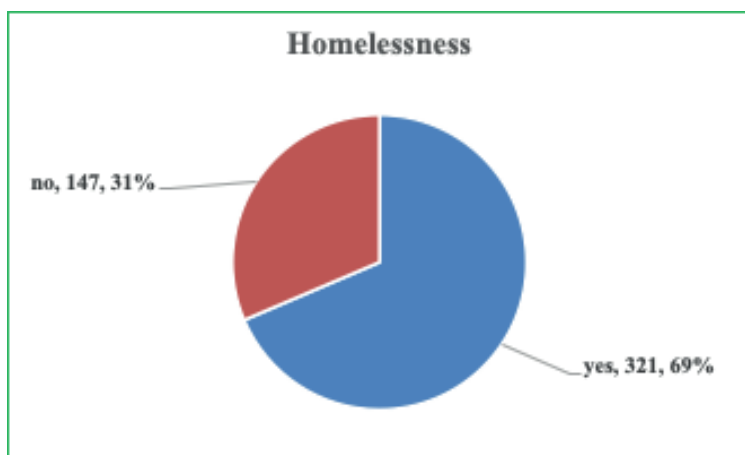
Almost all residents of Oxford House are enjoying a significant improvement in living arrangements over what they had before moving into an Oxford House.



Nearly half [48%] of the individuals who moved into an Oxford House were previously living in what can best be described as marginal living situations. The 23.9% “living with family” could be added to the marginal living situation in most cases. In all cases the prior living arrangements failed to get or keep the individuals on the path to recovery. If it had, they would not have applied to and been accepted into an Oxford House.

Homelessness

Looking at the survey responses in more detail, past homelessness and incarceration stand out. 68.8% of all respondents experienced homelessness at least twice and for a median length of



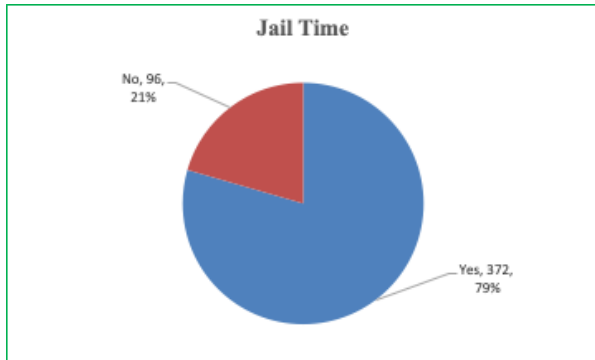
time of 5 months. When an addict goes through detoxification and returns to homelessness, the chance that he or she will stay clean and sober is very slim. For the person who has been homeless to move into an Oxford House, the difference is great.

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. Postponing taking a drink of alcohol or using an illicit drug becomes a small price to pay for staying in an Oxford House. Soon it becomes a valuable habit and the individual is on a strong and sure path to long-term recovery without relapse.

Jail Time

The vast majority [79.5%] of South Carolina Oxford House residents have served jail or prison time. The median time of incarceration is 9 months with a quarter of the residents having served



an average of 27 months. Most have been introduced to recovery programs, while in jail or prison. In the 12-Step programs, there is a saying that addicts in recovery need to avoid the places, people and things associated with their addictive use. That is easier said than done but, for individuals leaving jail or prison, Oxford House becomes a feasible way to avoid the old associates and old neighborhoods. Nearly a fifth of the residents came directly from jail or prison into an Oxford House.

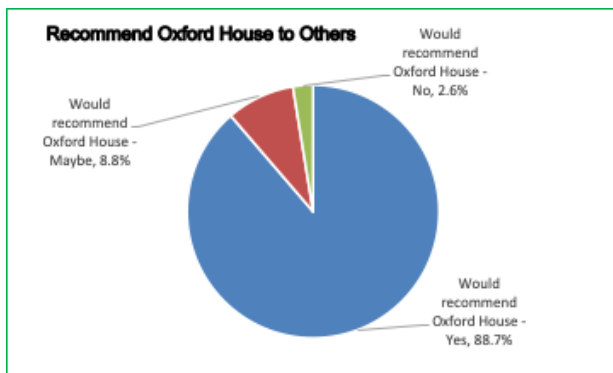
12-Step Meetings and Counselling

Living in an Oxford House provides 24/7 peer recovery support and the living environment encourages attending a lot of 12-Step meetings outside of the House. 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. For example, AA tries to estimate the number of AA meetings members attend each week and have found it to be slightly more than two a week.

In addition to attending lots of AA/NA meetings, 28.6% 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.

Importance of Oxford House Living to Recovery

Respondents to the survey were asked two questions to measure their personal satisfaction with Oxford House: [1] how important is it to your own recovery, and [2] would you recommend it to others?



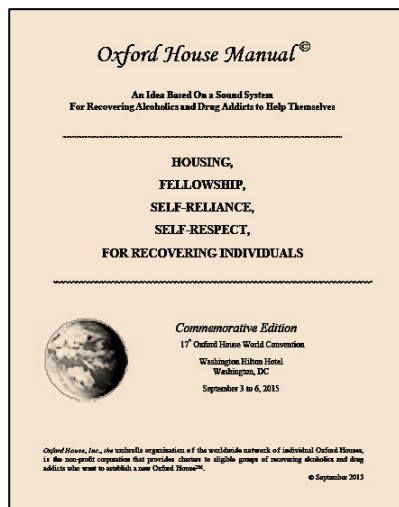
Fewer than 3% would not recommend Oxford House to others and 98% felt it was very important to their own recovery. It should be noted that the respondents who would not recommend Oxford House to others had each been in Oxford House less than three months. Only two of the individuals with more than three months' residence would not recommend Oxford House to others.

Overall, the South Carolina network of Oxford Houses is doing well and can expect to grow in the future. Parts 2 and 3 of this report explain how Oxford House works and the important findings researchers are getting about the positive outcomes from Oxford House living.

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 is not only 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.¹ 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 South Carolina, one can visit an Oxford House in Charleston, Aiken, Columbia, Greenville, Spartanburg or anywhere else in the state and immediately recognize that the particular recovery group within each house is following the same set of procedures and protocols. Oxford House, Inc. has not only provided a full set of operational



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

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

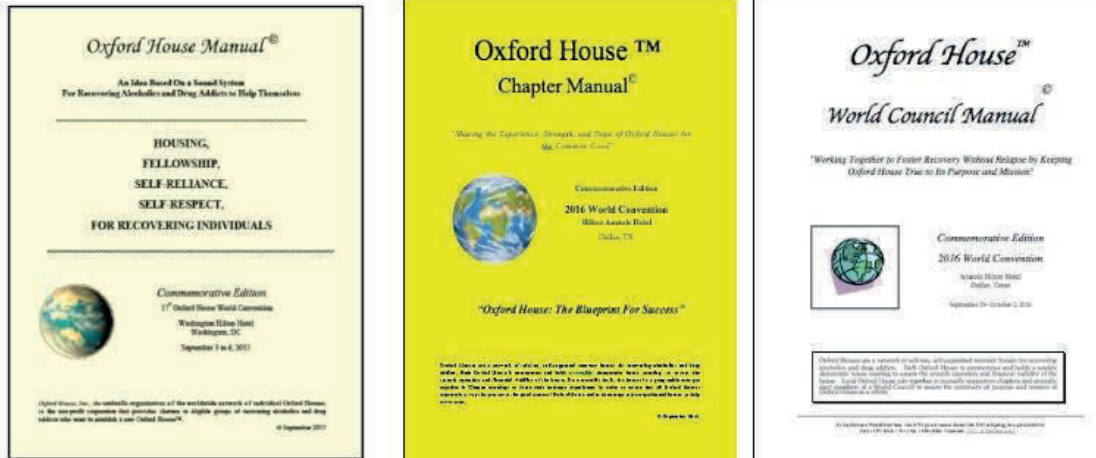
Oxford House Officers

- President
- Secretary
- Treasurer
- Comptroller
- Chore Coordinator

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

¹ 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 recovery home listed as a best practice on the National Registry of Evidence-based Programs and Practices.

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 from an Oxford House. The reason for this is that active addiction almost always results in bad behavior that adversely affects the individual and his or her family and community and other members of an Oxford House.

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



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

House model across South Carolina and the 48 other states in which there are Oxford Houses.

As suggested by the picture above of three basic Oxford House Manuals, expanding to meet the need has required organization of chapters, conventions, training sessions, state associations and periodic conventions in order for houses to monitor the performance of each other. The charter conditions are simple but they require everyone’s support to help keep the model on track including the use of Zoom during pandemics.

Part 3

Research and Oxford House

OHI relies on internal and third-party research to understand better not only the recovery process, but also, more specifically, the role Oxford Houses can play in making long-term recovery without relapse the norm rather than the exception. The independent third-party research began in 1987 when Bill Spillaine, Ph.D., started teaching at Catholic University after he retired from NIDA. Dr. Spillaine asked to review the outcome records of individuals who had lived in an Oxford House from its beginning in 1975 through 1987. Everyone living in all 13 Oxford Houses at that time agreed to cooperate with him. Dr. Spillaine tracked down more than 1,200 former Oxford House residents to learn how many had stayed clean and sober. When he came to the leaders of Oxford House and reported that 80% had stayed clean and sober without relapse, the leaders asked, “What are we doing wrong to have 20% relapse rate?” Dr. Spillaine explained that the normal rate of sobriety without relapse was less than 20% and that the Oxford House resident outcome was exceptionally good. Spillaine’s report fueled interest in 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 2,900 houses.

Independent third-party research about Oxford House took off following a 1991 CBS “60 Minutes” segment about Oxford House. Dr. Leonard Jason, head of the DePaul University Community Research Center saw the program and immediately became interested in researching how Oxford Houses worked. His organization has now published more than 200 peer-reviewed articles and studies about Oxford House and its effect on recovery from addiction. One of his studies followed 897 residents in 219 Oxford Houses across the country and found that over a 27-month period only 13% had returned to active addiction.¹

A 2004 study by John Majer, PhD, compared recovery between regular 12-Step meeting attendees who live in an Oxford House with those who do not. His summary of the outcome:

This study investigated two community samples of recovering substance abusers in which participant response came from natural settings, and this adds to the credibility of findings. Overall, findings suggest that cognitive resources facilitate substance abusers’ recovery and that the Oxford House model provides recovering substance abusers with an environment that provides greater support in their development of cognitive resourcefulness for ongoing abstinence.²

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

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

¹ Addictive Behaviors 32 (2007) 803-818

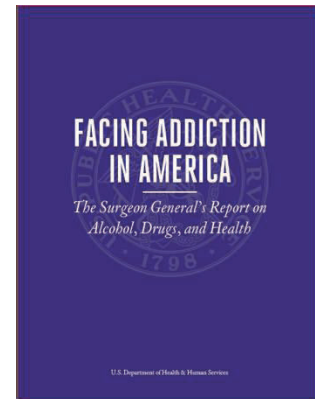
² Assessment, Volume 11, No. 1, March 2004 57-63

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.

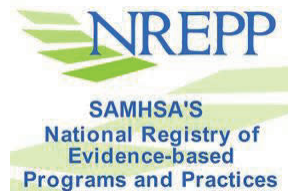
The November 2016 US Surgeon General's Report, "*Facing Addiction In America*," singled out Oxford House™ as a key program in the continuum of successful treatment for addiction. The Report summarized the evidence-based treatment outcomes as follows:

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 have been reviewed and rated by independent reviewers. The purpose of the registry is to assist the public in identifying scientifically-based approaches to preventing and treating mental and/or substance use disorders that can 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.

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 Dr. John Kelly of Harvard. A video of the session is available on the Oxford House website: www.oxfordhouse.org.

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

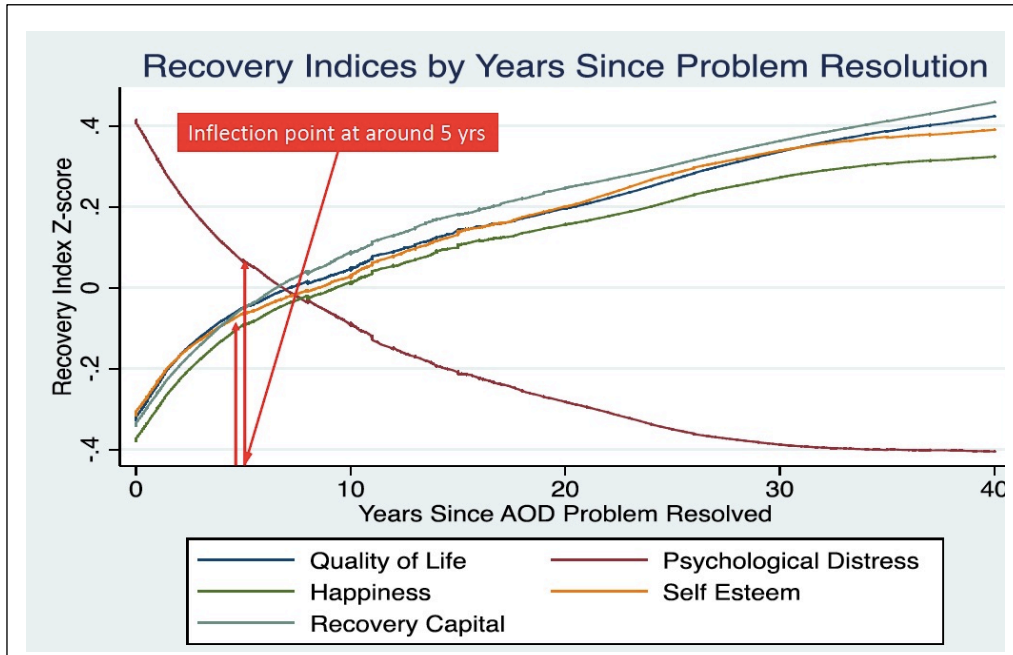


Diagram prepared by Dr. John Kelly for his presentation at the 2019 Oxford House convention.

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

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



Pictured above are SC Oxford House residents and alumni at the 2019 Annual Oxford House National Convention in Washington, DC over Labor Day weekend.

Oxford Houses of South Carolina Directory

Aiken

Viola
1015 Kerr Drive
Aiken, SC 29803
843-274-0901
8 / M
Oxford House since 8/20/2019

Claire
121 Fauburg St. SW
Aiken, SC 29801
803-514-2642
7 / W
Oxford House since 7/1/2020

Anderson

Vitality
314 Cedar Ridge
Anderson, SC 29621
7 / M
Oxford House since 7/1/2019

Boiling Springs

Spartanburg
333 Marble Lane
Boiling Springs, SC 29316
864-541-8444
7 / M
Oxford House since 3/1/2015

Charleston

Lighthouse
625 Wappoo Road
Charleston, SC 29407-5857
843-203-4263
7 / M
Oxford House since 2/1/1992

Stono Park
242 Huntley Dr
Charleston, SC 29407-6980
843-367-8339
7 / W
Oxford House since 7/1/1994

Wappoo Hall
300 Twelve Oaks Dr.
Charleston, SC 29407-9009
854-999-3987
7 / M
Oxford House since 8/1/1991

Low Country
3204 Hunters Rest Ct.
Charleston, SC 29414
843-637-3361
6 / M
Oxford House since 12/1/2006

St. Margaret
773 Rutledge Ave
Charleston, SC 29403-3742
843-722-8575
6 / M
Oxford House since 6/1/1993

West Ashley
12 Heathwood Dr
Charleston, SC 29407
843-737-4222
6 / M
Oxford House since 5/1/2015

Haddash West
2800 Rutherford Way
Charleston, SC 29414
843-789-4867
8 / M
Oxford House since 8/5/2018

Scarlet
419 Rhett Butler Drive
Charleston, SC 29414
803-292-1812
7 / W
Oxford House since 2/15/2019

Buccaneer
744 Corral Drive
Charleston, SC 29414
843-225-6921
7 / M
Oxford House since 3/1/2019

Alice
2431 Tiffany Drive
Charleston, SC 29414
803-605-0459
6 / W
Oxford House since 7/15/2019

Chucktown
1950 Old Parsonage Dr
Charleston, SC 29414
843-225-8550
8 / M
Oxford House since 11/1/2019

Holy City
3 Addison Street
Charleston, SC 29403
843-469-7685
7 / W
Oxford House since 8/1/2020

Columbia

Carolina
2312 Locust Road
Columbia, SC 29223-3835
803-764-6511
8 / M
Oxford House since 2/1/1998

Summerlea
114 Summerlea Drive
Columbia, SC 29203-5532
803-764-3690
9 / M
Oxford House since 7/1/1996

Valley
2304 Hertford Drive
Columbia, SC 29210-6221
803-807-9134
7 / M
Oxford House since 8/1/2003

Crescent Hill
1335 Victory St.
Columbia, SC 29204
803-814-0486
7 / M
Oxford House since 6/1/2014

Celestial
1817 Neptune Drive
Columbia, SC 29209
803-821-8255
7 / M
Oxford House since 6/1/2014

Crane Creek
2156 Windale Dr.
Columbia, SC 29223
803-708-2214
7 / M
Oxford House since 6/1/2014

Sandel
1146 Springwell Rd
Columbia, SC 29210
803-764-0950
7 / W
Oxford House since 6/30/2014

Tiqvah
30 Rapids Ford Court
Columbia, SC 29063
803-201-3669
7 / M
Oxford House since 8/1/2015

Hope Avenue
3037 Hope Avenue
Columbia, SC 29205
803.764.0059
6 / W
Oxford House since 10/19/2015

Spero
1639 South Beltline Blvd.
Columbia, SC 29205
803-764-7570
7 / M
Oxford House since 1/1/2016

Esperanza
125 Dunaway Ct
Columbia, SC 29210
803-814-1784
8 / W
Oxford House since 4/1/2016

Davidson
1230 McDuffie Ave
Columbia, SC 29205
803-661-8986
7 / M
Oxford House since 5/1/2016

Montcrest
3101 Montcrest Rd
Columbia, SC 29210
803-888-7136
7 / M
Oxford House since 11/1/2016

Horseshoe
100 S. Pickens Street
Columbia, SC 29204
803-318-1655
8 / M
Oxford House since 6/1/2017

Samsara
744 Fairway Lane
Columbia, SC 29210
803-722-6309
8 / W
Oxford House since 10/1/2017

Serendipity
4107 Forest Dr.
Columbia, SC 29204
803-888-7309
8 / WC
Oxford House since 7/1/2018

Forest Acres
4153 Forest Drive
Columbia, SC 29206
803-770-9267
7 / W
Oxford House since 9/1/2018

Zane
1702 Luster Ln
Columbia, SC 29210
803-851-7675
6 / M
Oxford House since 6/1/2020

West Palmetto
820 W. Palmetto St
Florence, SC 29501
843-407-7714
7 / M
Oxford House since 2/15/2016

Nouveaux Famille
611 Cherokee Drive
Greenville, SC 29615
843-999-6045
7 / M
Oxford House since 3/1/2018

Conway

Elmwood Park
1106 Belleview Street
Columbia, SC 29201
803-708-5024
8 / W
Oxford House since 2/1/2019

Watson
3105 Ray Lane
Conway, SC 29527
843-438-8085
6 / M
Oxford House since 8/15/2015

Organa
457 W Cedar St.
Florence, SC 29501
904-383-6251
7 / M
Oxford House since 2/1/2017

Honey Grove
422 Grove Rd
Greenville, SC 29605
843-999-6045
7 / W
Oxford House since 6/1/2018

Del Popolo
3930 Thornwell Court
Columbia, SC 29205
803-708-3549
7 / W
Oxford House since 7/1/2019

Coastal U
615 Rusty Road
Conway, SC 29526
843.331.3932
6 / M
Oxford House since 1/15/2017

Spring Tide
1507 Waverly Ave.
Florence, SC 29505
803-206-0607
7 / W
Oxford House since 7/1/2020

Belvue
6 W Belvue Rd
Greenville, SC 29609
843-999-6045
7 / WC
Oxford House since 9/1/2018

Chiron
1227 S Kilbourne Rd
Columbia, SC 29205
803-728-0712
7 / M
Oxford House since 6/1/2019

Citadel Drive
152 Citadel Drive
Conway, SC 29526
843-349-0199
7 / W
Oxford House since 9/1/2017

Fort Mill

Fort Mill
1662 Old Tara Lane
Fort Mill, SC 29708
803-802-5316
9 / W
Oxford House since 12/8/2018

Carolina Pride
213 Stratford Rd
Greenville, SC 29605
6 / M
Oxford House since 4/1/2019

Cola Town
902 Beaufort Street
Columbia, SC 29201
803-851-1728
6 / W
Oxford House since 8/15/2019

Fortitude
189 Lander Street
Conway, SC 29526
843-234-0048
7 / M
Oxford House since 11/1/2017

Goose Creek

Goose Creek
103 Westminster Circle
Goose Creek, SC 29445
843-276-2279
10 / M
Oxford House since 8/1/2019

Greer

Ninovan
331 Hammett Bridge Rd
Greer, SC 29650
843-999-6045
7 / MC
Oxford House since 8/1/2018

Five Points
2319 Stark Street
Columbia, SC 29205
803-834-6061
9 / M
Oxford House since 8/5/2019

Rosehaven
2528 Romantica Drive
Conway, SC 29527
7 / M
Oxford House since 10/1/2019

Greenville

Conestee
1 Flamingo Dr
Greenville, SC 29609
864-283-0339
8 / M
Oxford House since 10/1/2013

Myrtle Beach

Neshama
610 19th Ave N
Myrtle Beach, SC 29577
843.945.1540
6 / W
Oxford House since 10/15/2015

Flannery
3321 Prentice Ave.
Columbia, SC 29205
803-542-7655
8 / W
Oxford House since 1/1/2020

Florence

Florence
812 Cherokee Rd
Florence, SC 29501-2514
843-407-4425
7 / W
Oxford House since 11/1/2013

Parkins Mill
325 Parkins Mill Rd
Greenville, SC 29607
864-520-1509
8 / WC
Oxford House since 4/1/2016

Little River West
105 Quail Hollow Rd
Myrtle Beach, SC 29579
843-286-9243
8 / WC
Oxford House since 8/1/2018

Gideon
400 Meadowbury Dr.
Columbia, SC 29203
803-851-7477
9 / M
Oxford House since 1/1/2020

Momentum
1308 West Palmetto Street
Florence, SC 29501
843-407-1009
7 /
Oxford House since 12/23/2014

Epiphany
6 Dagenham Dr
Greenville, SC 29615
843-271-3032
7 / M
Oxford House since 2/1/2018

Vera
606 3rd Ave N.
Myrtle Beach, SC 29577
7 / W
Oxford House since 7/1/2020

Cherry Grove
6209 Nixon St.
N. Myrtle Beach, SC 29582
843-427-4053
9 / M
Oxford House since 1/1/2016

North Charleston

Park Circle
1209 South Blvd
North Charleston, SC 29405
843-764-7139
6 / W
Oxford House since 3/30/2018

Cirrus
7631 Hillandale Road
North Charleston, SC 29420
854-999-3870
8 / WC
Oxford House since 7/15/2018

Awenasa
1183 Sherwood St
North Charleston, SC 29405
803-877-3536
7 / W
Oxford House since 2/15/2019

Primrose
2521 Primrose Ave.
North Charleston, SC
843-641-0870
8 / WC
Oxford House since 5/1/2020

Ocean Jasper
7634 Chippendale Rd.
North Charleston, SC 29420
843-469-7685
8 / W
Oxford House since 9/1/2020

Rock Hill

Belle Ane
457 Willowbrook Ave.
Rock Hill, SC 29730
803-327-0486
8 / W
Oxford House since 4/1/2016

Starhawk
1019 Myrtle Drive
Rock Hill, SC 29732
803-366-2952
7 / M
Oxford House since 6/12/2018

Crawford
728 Crawford Rd.
Rock Hill, SC 29730
843-274-0901
6 / M
Oxford House since 1/10/2020

Spartanburg

Wayne Manor
109 W Forest Dr.
Spartanburg, SC 29301
864-327-9226
7 / M
Oxford House since 5/1/2015

Bellator
106 Longwood Drive
Spartanburg, SC 29301
864-327-9511
6 / W
Oxford House since 10/15/2017

Evvalane
152 Evvalane Dr.
Spartanburg, SC 29302
843-999-6045
7 / M
Oxford House since 7/1/2018

South Goodwin
506 Itaska Court
Spartanburg, SC 29306
(843) 999-6045
7 / M
Oxford House since 1/1/2019

Lula
3120 Reidville Rd
Spartanburg, SC 29301
7 / W
Oxford House since 5/15/2019

Arcus
4052 Anderson Mill Rd.
Spartanburg, SC 29301
9 / M
Oxford House since 12/1/2019

Recreatio
123 Ernest Collins Ave
Spartanburg, SC 29306
8 / MC
Oxford House since 3/1/2020

Sparkle City
125 Ernest Collins Ave
Spartanburg, SC 29306
803-206-0607
8 / WC
Oxford House since 3/1/2020

Avant
158 Avant St.
Spartanburg, SC 29302
7 / M
Oxford House since 4/1/2020

Summerville

Summerville
609 Woodward Blvd
Summerville, SC 29483
843-900-8476
9 / M
Oxford House since 3/1/2020

Sumter

Sappony
34 Moise Dr
Sumter, SC 29150
803-778-2064
6 / M
Oxford House since 12/15/2018

S. Sumter
212 Adams Ave
Sumter, SC 29150
803-968-7579
8 / M
Oxford House since 1/1/2019

Shelburne
122 Winn Street
Sumter, SC 29150
803-305-1976
8 / WC
Oxford House since 8/1/2019

Surfside Beach

Bird's Nest
1009 Bay Drive
Surfside Beach, SC 29575
843-945-4870
7 / W
Oxford House since 11/25/2017

Aurora Borealis
606 Plantation Dr.
Surfside Beach, SC 29575
843-668-2601
8 / M
Oxford House since 8/1/2018

Taylors

Pebble Creek
428 Fairhaven Dr
Taylors, SC 29687-2831
864-248-0444
8 / M
Oxford House since 3/1/2014

West Columbia

Milagro
1024 Seminole Drive
West Columbia, SC 29169
803-888-7215
9 / W
Oxford House since 7/1/2018

Tortuga
915 Ontario Drive
West Columbia, SC 29169
803-708-5336
8 / M
Oxford House since 1/15/2019

Taylor Made
200 Marabou Circle
West Columbia, SC 29169
803-497-0016
9 / M
Oxford House since 10/5/2019

South Carolina Network of Oxford Houses

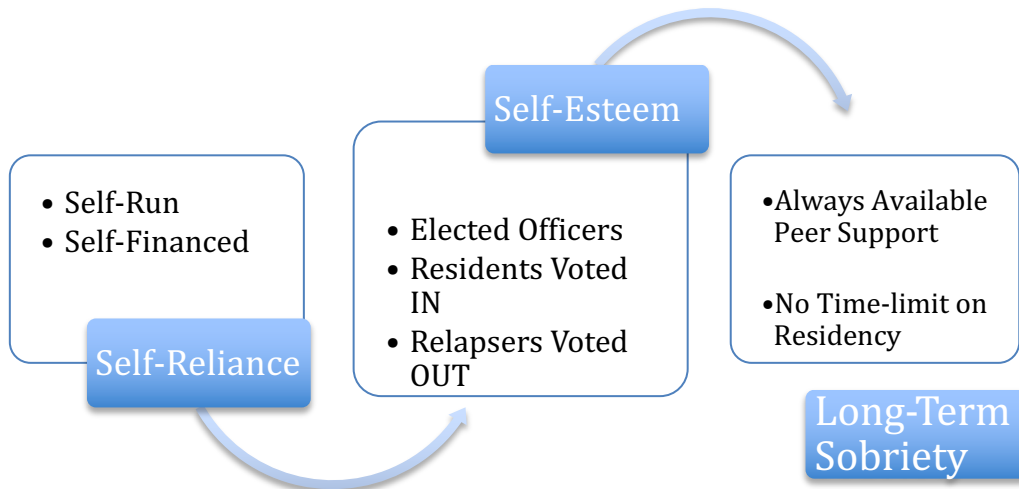
92 Houses

56 for Men

36 for Women

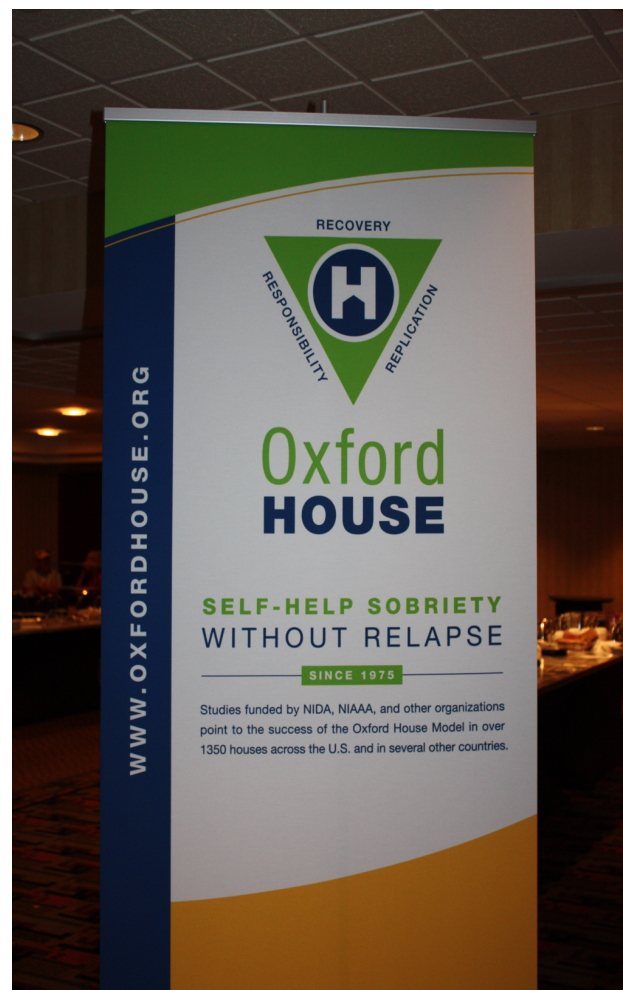


The Oxford House™ Path to Recovery



OXFORD HOUSE TRADITIONS

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



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