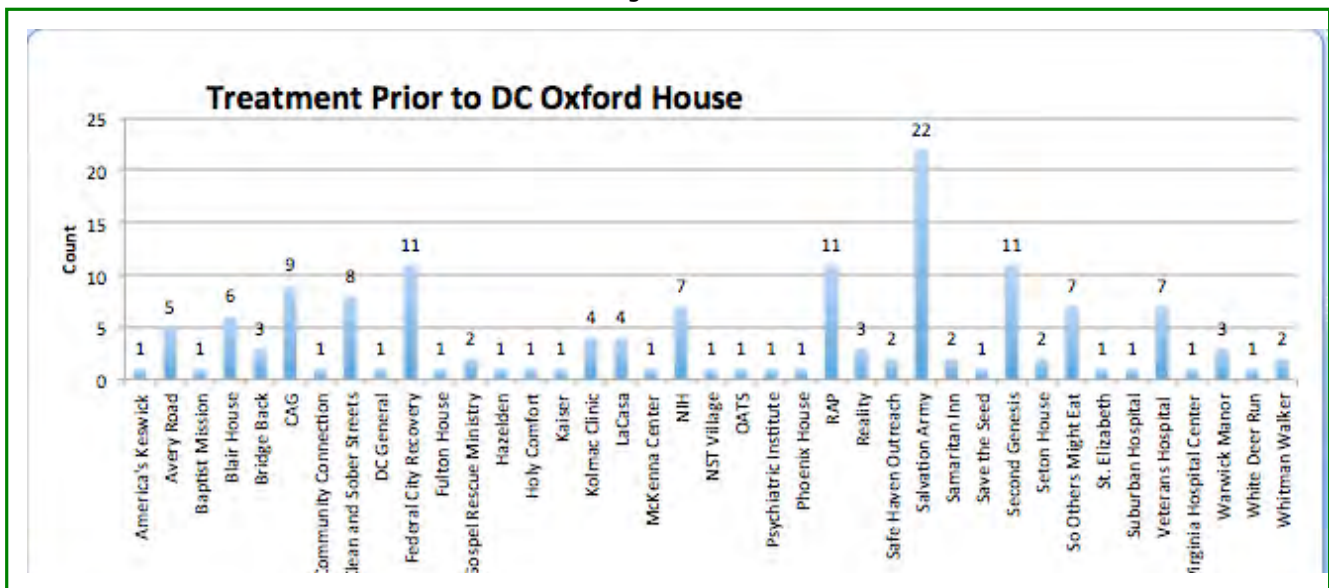


Oxford House and APRA A Partnership for Recovery From Addiction in DC

During 2011, Oxford House™ helped more than 525 individuals in recovery from alcoholism, drug addiction or co-occurring mental illness by giving them the opportunity to live in one of the 30 Oxford House recovery homes located in the District of Columbia. The 30 Oxford Houses in the District of Columbia have a total of 255 recovery beds – 219 for men; 36 for women.

Because recovery from alcoholism and drug addiction seldom follows a direct path between detoxification and long-term sobriety, most residents of Oxford House have been in and out of treatment or incarceration many times before. The 2011 survey of Oxford House residents showed that residents had been through residential treatment 3.35 times prior to moving into an Oxford House. Figure 1 shows the treatment program immediately preceding a move into Oxford House.

Figure 1



The average age of DC Oxford House residents is more than ten years older than the average age of residents in other parts of the country – 49.9 years versus 36.2 year old nationally. In part this is because the DC network of Oxford Houses has been around longer than many of the homes throughout the country. In part it is because some individuals are living in an Oxford House a long time. For example, the annual survey found several individuals had lived in an Oxford House for more than 12 years. They may live in an Oxford House until they die of old age but that is okay because the Oxford House model is built on the principle of expansion by simply renting another house when demand outstrips supply of recovery beds. During the

last few years, the District has provided the tools necessary to encourage expansion to meet demand. Those tools are two in number: [1] maintenance of a start-up revolving loan fund, and [2] technical assistance from individual[s] who understand the Oxford House concept and can teach the standard system of self-run, self-supported operation.

Periodically OHI takes a survey of residents in its Oxford Houses. The purpose of the survey is to keep abreast of the resident profile. It is in effect a snap shot of who is in the houses at a particular point in time. The 2011 survey provided interesting data:

1. The survey showed that the average age of the DC Oxford House resident is 49.9 – noted above.
2. 80% of the women residents completed a survey questionnaire.
3. 58.5% of the male residents completed a survey questionnaire.
4. 68% were employed at the time of the survey.
5. The average monthly income among all residents is \$1,726.
6. Self-reporting of health found 88% of residents rated their overall health as “very good” or “pretty good.” [See figure 2.]

Fig. 2

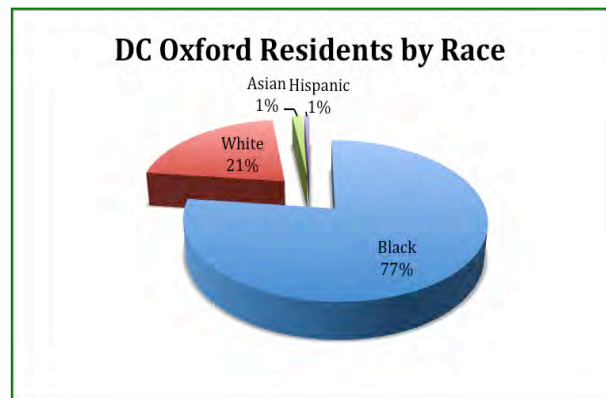


Self-reporting on health is about as good an indicator as is possible absent a full medical examination. Over the years, Oxford House World Services has found it to be a pretty good measure of the health of residents.

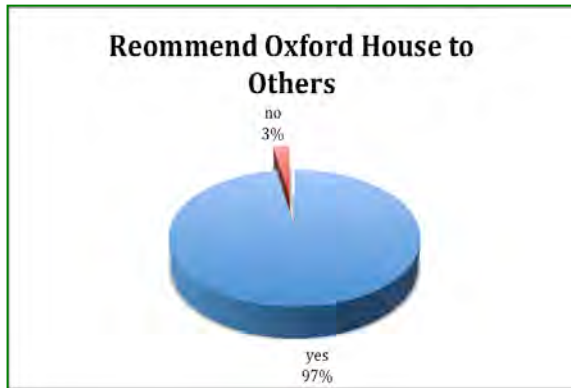
Among Oxford House residents in the DC survey 29% rated their health “very good.” There was no statistically significant correlation between age and self-rated health category. Ironically the “quite poor” and “not so good” group

tended to be among the youngest group. The “very good” category fell almost exclusively among the oldest group.

The race among DC Oxford House residents continues to primarily African American [77%] with the next largest category White [21%]. The 2010 Census shows the overall population of DC is closer to 50% Black and 50% White. Over time we would expect that Oxford House residents would tend to reflect the overall population because addiction is blind when it comes to afflicting various populations. However, renting additional homes in Northwest might attract more Whites and provide a faster resident racial balance that better reflects the city’s population.

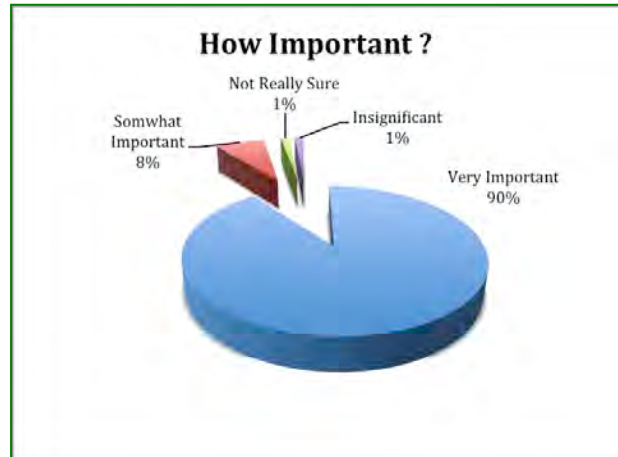


7. Almost all of the DC Oxford House residents would recommend living in an Oxford House to others in recovery.
8. Almost all of the DC Oxford House residents find that Oxford House living is "very important" to their own sobriety.
9. A third go to weekly counseling and the average resident attends a little more than 4 Twelve- Step meetings each week.
10. The average length of sobriety is a little over 5 years in part because two-thirds of residents have done jail time averaging 920 days – about two and half years.



One of the most reliable measures for determining if a program is working well is whether the participants would recommend the program to others. The DC Oxford House residents follow a pattern that has existed over the years and throughout the rest of the county. The vast majority of Oxford House residents would recommend to others in recovery that they live in an Oxford House. In this DC survey 97% would recommend Oxford House to others.

The importance of Oxford House living to a person's sobriety is both subjective and can be objectively measured. The subjective version is what the residents think about the importance of Oxford House to their own sobriety. 90% believe it is very important and an additional 8% feel it is somewhat important. 2% selected "not really sure" or "insignificant". That 2% turned out to be residents having less than-one month residency. It can be anticipated that they probably either changed their option or left the house.



Very few Oxford House residents leave because of relapse. The national relapse rate, according to the DePaul University major studies is a low 13% over a 27 months test period. The relapse rate among DC Oxford House residents is under 20% and there is every reason to believe that the individual's sobriety continues after voluntarily moving out of an Oxford House.

The average of current sobriety among DC Oxford House residents is 61.5 months – a little over five years. The fact that there is no time limit for how long a person can live in an Oxford House permits individuals to stay until they personally feel comfortable enough in sobriety to avoid relapse. Even with a long period of sobriety the average DC Oxford House residents attends slightly more than 4 weekly meetings of AA/NA and about a third go to outside counseling in addition to 12-step meetings each week.

District of Columbia
Oxford House
Directory

Oxford House - 3rd Street
5017 3rd Street NW
Washington, DC 20011-4121
202-506-4145
7M Established: Jun 10

Oxford House - 45th Place
4230 Eads Street, NE
Washington, DC 20019-3439
202-506-7754
11M Established: Feb 09

Oxford House - Adrian
720 Adrian Street SE
Washington, DC 20019-4201
202-525-3347
9M Established: Jul 09

Oxford House - Bellevue
2934 Bellevue Terrace, NW
Washington, DC 20016-5411
202-351-1957
10M Established: Feb 88

Oxford House - Brownstone
1228 M St. NW
Washington, DC 20005-5122
202-393-1352
16M Established: Jan 00

Oxford House - C Street
5023 C Street SE
Washington, DC 20019-7649
202-575-6227
7M Established: Mar 07

Oxford House - Channing Street
1509 Channing ST NE
Washington, DC 20018-2005
202-540-5596
8M Established: Mar 08

Oxford House - Decatur Street
4804 14th Street, NW
Washington, DC 20011-4317
202-506-6032
12M Established: May 08

Oxford House - Douglas
3047 Douglas Street NE
Washington, DC 20018-1546
202-248-4606
8M Established: Jun 10

Oxford House - Eastern
5850 Eastern Avenue NE
Washington, DC 20011-2721
202-450-3468
7W Established: Jan 12

Oxford House - Easy Avenue
4208 Eades Street NE
Washington, DC 20019-3439
202-248-2402
6M Established: May 11

Oxford House - Euclid 2
2536 11th Street NW
Washington, DC 20001-3924
202-652-1473
7M Established: Jun 11

Oxford House - Eye Street
639 I Street NE
Washington, DC 20002-4349
202-506-5616
8M Established: Oct 08

Oxford House - Forrester
169 Forrester St. SW
Washington, DC 20032-2139
202-629-4232
9M Established: Oct 07

Oxford House - Garrison
4312 Garrison Street NW
Washington, DC 20016-4035
202-250-5208
9M Established: Mar 80

Oxford House - Grant Circle
451 Delafield Place NW
Washington, DC 20011-6112
202-248-1879
7M Established: Jun 09

Oxford House - Halley Terrace
3864 Halley Terrace SE
Washington, DC 20032-2336
202-629-1811
9M Established: May 08

Oxford House - Joseph Smith
4609 Benning Road, SE
Washington, DC 20019-5158
202-506-3489
10M Established: Oct 05

Oxford House - Kalorama
1318 Delafield Place NW
Washington, DC 20011-4419
202-723-1710
9M Established: May 86

Oxford House - McDonald Place
31 McDonald Place NE
Washington, DC 20011-2331
202-248-7050
8W Established: Sep 07

Oxford House - Military Road
3820 Military Rd, NW
Washington, DC 20015-2704
202-686-6553
9M Established: Jul 07

Oxford House - Nineteenth Street
1238 Harvard St NW
Washington, DC 20009-5357
202-387-1564
9M Established: Mar 82

Oxford House - Northampton
3765 Northampton NW
Washington, DC 20015-2529
202-525-2888
10M Established: Apr 77

Oxford House - Quebec
622 Quebec Place NW
Washington, DC 20010-1609
202-450-2083
8M Established: Oct 08

Oxford House - R Street
45 New York Avenue, NW
Washington, DC 20001-1256
202-462-7192
8M Established: Sep 90

Oxford House - Second Street
1314 Hamlin Street NE
Washington, DC 20017-2450
202-726-2425
6M Established: Mar 02

Oxford House - Shepherd Street
310 Shepherd Street NW
Washington, DC 20018
202-506-1763
8W Established: Jun 08

Oxford House - Texas Avenue
4808 Texas Avenue SE
Washington, DC 20019-4127
202-584-0517
7W Established: Apr 09

Oxford House - Underwood
17 Underwood Street NW
Washington, DC 20012-2115
202-248-2841
6W Established: May 11

Oxford House - W Street
1763 W Street SE
Washington, DC 20020-4213
202-450-3117
7M Established: Sep 11



Oxford House-Northampton

A Recovery Home for 13 men
[Just off Connecticut Ave. NW at
Chevy Chase Circle]

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since it started 35 years ago.

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Silver Spring, Maryland 20910

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Fax 301-589-0302

