

Nebraska Network of Oxford Houses

History, Profile and Potential



March 2017

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

www.oxfordhouse.org

About Oxford House, Inc.

Oxford House, Inc. [OHI] is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 2,100 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 recovery from alcoholism and drug addiction. They also learned that Oxford House provided the living environment that could help them become comfortable enough with abstinent 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. Nationally the average number of residents per house is about 8 with a range per house of 6 to 16.

Oxford Houses work because they: (1) have no time limit for how long a resident can live in an Oxford House; (2) follow a democratic system of operation; (3) utilize self-support to pay all the household expenses; and (4) adhere to the absolute requirement that any resident who returns to using alcohol or drugs must be immediately expelled. Oxford House provides the missing elements needed by most alcoholics and drug addicts to develop behavior to assure total abstinence. It provides the time, peer support and structured living environment necessary for long-term behavior change to take hold.

Individuals living in an Oxford House learn or relearn values and responsible behavior and, slowly but surely, they develop long-term behavior to assure comfortable sobriety – forever. Some individuals live in Oxford Houses a few months; others for many years. By using participatory democracy and self-support, alcoholics, drug addicts and those with co-occurring mental illness develop long-term recovery.

After 42 years of steady growth and successful recovery outcomes, Oxford House™ has been proven to work and is a very cost-effective way to support long-term recovery without relapse. There are 35 Oxford Houses in Nebraska and more than 2,100 nationwide.

Oxford House is listed as a best practice on the National Registry of Evidence-based Programs and Practices. [NREPP] and is singled out as an effective tool for long-term recovery in the recent U.S. Surgeon General's report: "Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health, 2016."

This evaluation of the Nebraska Network of Oxford Houses is a review upon which the state can determine its value to those in recovery and the state's health care costs overall.

*Silver Spring, Maryland
March 10, 2017*

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* Alumni or Resident

Oxford House™ – The Nebraska Resident Profile



**Oxford House – E Street
Omaha, NE**

Oxford House – E Street, at the left, is a house for 7 women that was established in Omaha, Nebraska on March 1, 1993. It is a typical single-family detached house and, like all Oxford Houses, it is rented and supported by its residents. In 2009, it was converted from an Oxford House for men to an Oxford House for women. Now in its 24th year, it has served 352 individuals since it started. Of those about 62 individuals have been asked to leave because of relapse [17.6%]. However, 290 have stayed clean and sober while living in the house – an average 8 months – and, based on the DePaul University studies of relapse, more than 80% of the residents have achieved long-term sobriety. The need for many more such houses is great.

Creating an Effective National Recovery Network One House at a Time ***Nebraska Oxford House™ Resident Profile***

Number of Women's Houses:	16	No. of Women Residents:	116
Number of Men's Houses:	20	No. of Men Residents:	149
Total Nebraska Network of Houses:	36	Total Number of Residents:	265
Average Weekly/Cost/ Person: Range	\$105 [\$85-\$110]	Ave. Rent Per Group Per Month Range	\$1,420 [\$1,200- \$2,150]
Percent Veterans	5.3%	Average Age Median Range	33.6 yrs. 31 yrs. [18-62]
Residents Working 10/15/16:	88.2%	Average Monthly Earnings:	\$1,695
Percent Addicted To Drugs or both Drugs and Alcohol:	33%	Percent Addicted primarily to Al- cohol:	67%
Race --		Marital Status --	
White;	91.7%	Never Married	64.8%
Black;	3.8%	Separated	6.6%
Other	4.4%	Divorced	25.4%
		Married	3.8%
Prior Homelessness:	59%	Average Time Homeless:	7.7 Mos.
Prior Jail:	83%	Average Jail Time: Median	16.7 Mos. 3 Mos.
Average AA or NA Meetings Per Week:	4.03	Percent Going To Counseling <u>and</u> AA or NA:	41.7%
Average Length of Sobriety of House Residents:	9.2 Mos.	Residents Expelled Because of Relapse:	36.7%
Average Length of Stay In An Oxford House:	7.1 Mos.	Average No. of Applicants For Each Vacant Bed:	4.3

Data are as of November 30, 2016 based on the standard OHI survey [Sept.-Nov.] and house reports; however the house/bed count is as of February 19, 2017.

Oxford House 2017 World Convention: Washington, DC

August 31 – September 2, 2017

Register on line at www.oxfordhouse.org

Oxford Houses of Nebraska

At the end of February 2017, there were 36 Oxford Houses [265 beds] in Nebraska. Of the 36 Oxford Houses, 20 [149 beds] are for men and 16 [116 beds] are for women or women with children.

In the last quarter of 2016, an extensive survey was conducted to determine the profile of residents living in Nebraska Oxford Houses. Of the current residents at the time of the survey, 187 [93%] completed the survey.¹ The data used in this evaluation includes the results of that profile survey. The profile is a representative snapshot of residents living in the network of Nebraska Oxford Houses. It shows that Oxford House continues to attract residents who reflect the egalitarian nature of alcoholism, drug addiction and co-occurring mental illness. It also shows that the residential make-up of the Nebraska Oxford Houses is similar to that of residents of Oxford Houses throughout the country – except Nebraska residents are slightly younger [average age 33.6 versus 36.7].



Oxford House - Blackstone
3562 Jones Street
Omaha, NE 68105
8 W/C • Established 10/1/01

Oxford Houses are ordinary houses located in good neighborhoods that are rented by groups of six or more recovering individuals. Each group obtains a charter from Oxford House, Inc. that enables it to operate as an Oxford House™. In doing so, each group is able to follow the system of operations that has been proven effective for more than 42 years. The system is built on participatory democracy defined by a written structure and procedure that has proven itself over and over since the first house was established in 1975.

Once established, most individual Oxford Houses continue year after year. When an Oxford House is established, it usually receives a small start-up loan of \$4,000 to help pay the first month's rent and security deposit. In some

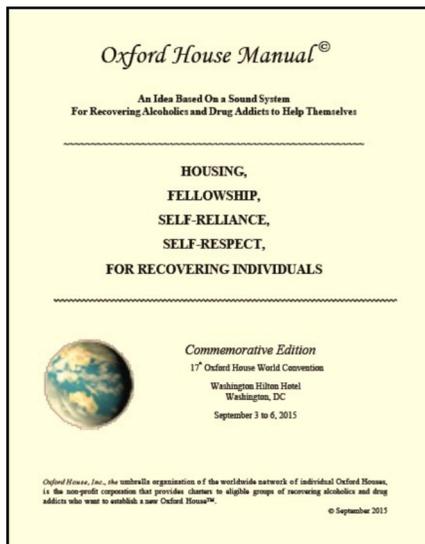
cases, the start-up money, along with money from those who will reside in the new house, is also used to buy beds for the new house. Other furnishings in the house are accumulated during the first few months of operation and, just like newlyweds moving into their first house, the quality of the furnishings tends to improve over time.²

¹ At the time of the survey, there were only 32 Oxford Houses with a total of 230 beds and 199 residents (and 31 vacancies). Of that population 187 [93%] completed the survey during October/November 2016. Two new houses were started in late 2016 and one house was started in both February and March 2017. A total of 28 beds were added to the Nebraska network, bringing the total number of beds to 265 as of March 1, 2017.

² An interesting study would be to simply evaluate the size and number of televisions within a house over time. In all likelihood the number of channels received, the number of television sets and the average screen size significantly increase over time as the House and its residents become better off financially.

Oxford House™ is a concept and system of operations that has existed for 42 years. It began when a traditional county-run halfway house in Silver Spring, Maryland was closing in 1975 and the thirteen residents living there decided to rent the house and run it themselves. Several members of that first Oxford House are still alive and admit that there was initial uncertainty about whether or not they would be successful. They attribute the ultimate success to the American tradition of self-help, a system that works and good luck.

There are many ways to describe the system of operation used by Oxford House™ but at its core is utilization of the basic egalitarian structure of American governance. Every resident has an equal voice in the operation of an Oxford House. Every resident pays an equal share of household expenses. From its beginning, Oxford House wrote a manual of operations that contained egalitarian democracy and checks and balances to prevent



bossism by a single individual or small clique of individuals. In other words, they developed a structured framework. The time-tested structural framework binds all residents into a successful functional program.

The structural framework begins with a charter granted to groups of at least six recovering individuals by Oxford House, Inc. [OHI]. The charter contains three simple, but clear and concise conditions: [1] each group must be democratically operated following the processes and procedures in the Oxford House Manual®, [2] each group must be financially self-supporting and pay its bills on time; and [3] each group must immediately expel any resident who returns to using alcohol or illicit drugs. The Oxford House concept begins with the establishment of an identity built around the charter.

The charter creates a legal entity that provides the residents with a structure to build a secure organization around that is unique to the particular house. For example, the charter is single-house specific; e.g., “Oxford House – Green Street.” That House obtains a separate Federal Tax Identification Number [FEIN] and opens a bank checking and savings account in the name of the house. For the individuals making up the house, the dynamics of the house provides them with an alternative to an isolated existence. Robert Putnam, the Harvard sociologist, wrote a book a few years ago entitled “Bowling Alone.” That book was a general lament that United States society had abandoned many of the organizing principles that provide a social safety net against individual isolation and loneliness. Nationally, the sense of community or family ties that help individuals avoid isolation and loneliness are in decline. Swifter transportation, faster Internet connections, and low-cost communication are not substitutes for person-to-person contact.

Alcoholics, drug addicts and those with co-occurring mental illness are particularly vulnerable to “bowling alone” and can quickly descend into homelessness or institutionalization. It is not surprising that 59% of the residents in Nebraska Oxford Houses have been homeless and that the average length of homelessness is almost eight months. As a matter of fact, 15% of the residents were homeless immediately prior to moving into an Oxford House and an additional 11% came into a Nebraska Oxford House directly from

jail.³ The past status of homelessness and jail time shows that Oxford Houses are attracting a large percentage of those with a marginal existence and, usually, addiction has contributed to the marginal existence.

The New Resident and Oxford House

Getting into an Oxford House becomes the first step toward becoming part of a supportive community. It takes an 80% approval vote by the residents of a particular Oxford House to get accepted. Just like the local bank clerk or merchant who gets accepted into the local country club, the new Oxford House resident feels a certain satisfaction from “being voted in.” He or she may not immediately fit into the new socialized living environment but the chances of staying isolated and lonely become greatly reduced the moment the newcomer is told: “We voted you in.”



Oxford House - Castellar

2315 South 14th Street
Omaha, NE 68108
10 W/C • Established 8/1/02

The newly-accepted resident of an Oxford House soon learns more about his or her fellow residents and about the processes and procedures used by the group of recovering individuals living in the house. Probably the first thing the newcomer hears is the concept imbedded in the Oxford House culture that there is not much good that can be said about alcoholism, drug addiction or co-occurring mental illness except that they are *egalitarian* diseases. They affect individuals across the board: rich and poor; Black and White; male and female; straight and gay; educated and uneducated and so on. They also learn that, because of the egalitarian nature of the diseases and our American tradition, each house is run on an egalitarian

basis. Every resident has an equal vote. Everyone pays an equal share of household expenses. Every resident has an equal voice in how the house decides issues. Every resident has a responsibility to assure that the particular house complies with its charter and follows the process and procedures of the Oxford House Manual[©].

The Oxford House Manual[©] is the Holy Grail for a successful Oxford House. It contains the basic rules and traditions for operating an Oxford House in a way that complies with its charter and produces the end sought by all which is long-term recovery comfortable enough to avoid any return to use of alcohol or illicit drugs.⁴

³ 83% of the Nebraska Oxford House residents have done jail time. The median time served was about 3 months while the average time served was 16.7 months, suggesting that some residents served considerably longer than average.

⁴ The term “illicit drugs” is used because, for those with co-occurring mental illness, the proper use of prescribed drugs may be necessary for the individual to function well. A DePaul University study found that Oxford House residents with co-occurring mental illness did well in an Oxford House.

Alcoholism, drug addiction and co-occurring mental illness are egalitarian diseases and so is recovery. The respect given egalitarianism carries over to the process and procedures used for residents themselves to operate and pay for the operation of each individual Oxford House. Each person has an equal vote, each person pays an equal share of household expenses and decisions within each house are democratically determined.



Oxford House - Dundee Place

5107 Davenport Street
Omaha, NE 68132-2857
9 M • Established 2/1/99

The typical new resident comes into an Oxford House with the satisfaction that he or she has a place to live. New residents find the story-telling of existing residents a path for becoming more comfortable in the new living environment. The story-telling feature is cut from the same cloth as the story-telling at a typical 12-step meeting but with an important twist. In addition to the horrific stories of addictive behavior and the bright promises of sobriety, the new Oxford House resident learns of the great success brought about by Oxford House living.

Stories about the history of each house help the newcomer to understand his or her new living envi-

ronment. He or she also learns that responsibility that goes along with admission to the particular Oxford House. That responsibility includes active participation in the weekly house meeting in which decisions are made affecting house operations and resolution of issues. It also may mean election to one of the five, term-limited, house offices. Each officer has defined duties and becomes key to the successful functioning of the house. Holding office also becomes a confidence builder for the individual entrusted with the duties and responsibilities of the particular office. Most residents will find this a new experience. All will find that holding an office in an Oxford House will increase their attachment to the House and system of operations and to the value of staying clean and sober.

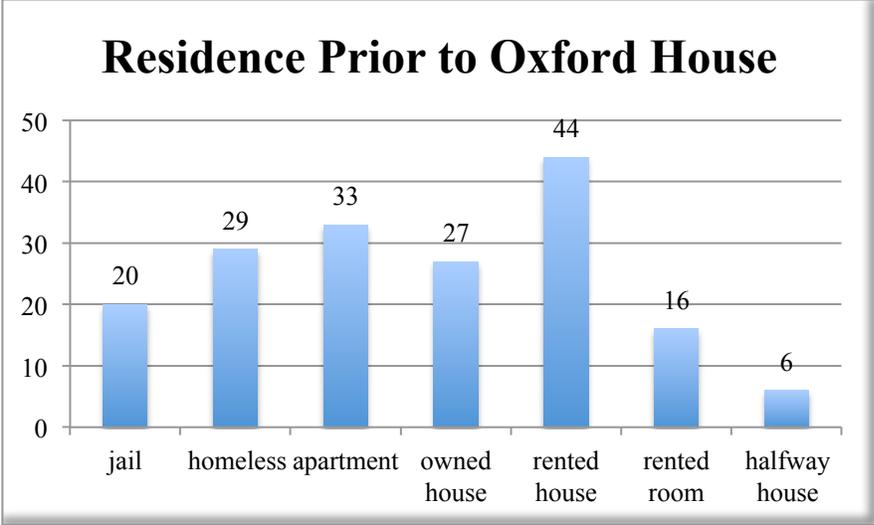
- President
- Treasurer
- Secretary
- Comptroller
- Chore Coordinator

The community of house residents tends to focus on recovery as a common bond rather than using resentment of authority as a common bond. The “we versus them” resentment common to institutional settings does not occur in an Oxford House because peers – not authority figures – serve as leaders of the house. In a living environment with supervision, such as a therapeutic community, a traditional halfway house or incarceration, the “we versus them” dynamic creates a common bond that can shift the focus away from learning how to become comfortable enough in sobriety to avoid relapse.

Residency Prior to Oxford House

It is important that residents feel secure enough in their living environment to keep their focus on recovery. According to Federal data, about half of Nebraska treatment recipi-

ents have alcoholism as their primary addiction [8,868 of 17,759] and most have had prior treatment. The common perception that ‘relapse is part of the disease’ almost guarantees the recycling of individuals and poor utilization of treatment slots. Part of the reason for recidivism is that an individual leaving treatment has no safe place to go. This can be best understood by looking at the prior residence of Nebraska Oxford residents.



If one considers jail, homelessness, rented room and halfway house marginal for sustaining sobriety, nearly half of the residents fall into the category of marginal living. All of the individuals with a marginal prior residence have been through primary treatment more than one time. They averaged more than three previous primary treatment

episodes. It can safely be assumed that, but for Oxford House living, the pattern of sobriety followed by relapse would continue. The Nebraska Oxford House residents are similar to the thousands of Oxford House residents throughout the country. They have tried to get and stay clean and sober by going through treatment an average of 3.5 times. Their prospects significantly improve by living in an Oxford House.

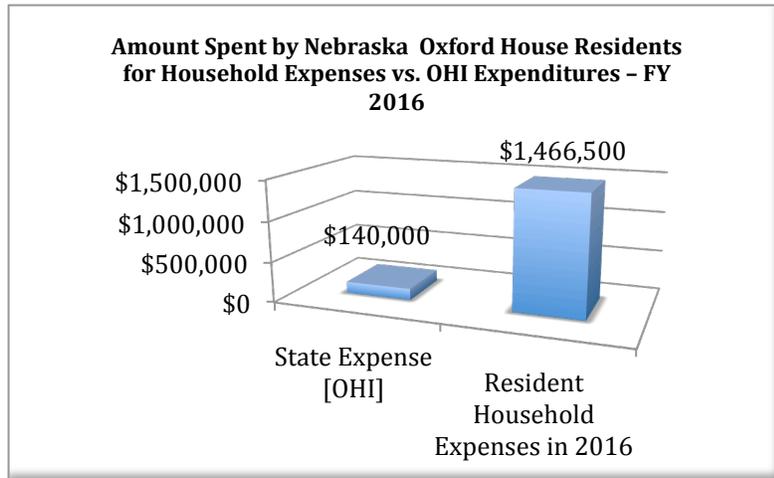
The National Institute on Drug Abuse [NIDA] provided DePaul University with a grant [Grant # DA 13231] to examine the outcome from Oxford House living.⁵ In that study the researchers tracked 897 residents living in 219 Oxford Houses across the country for 27 months and found that 87% stayed clean and sober. The Oxford Houses in Nebraska had a higher relapse rate [37%] during 2016. While that is still better than the normal relapse rate among those leaving treatment, it is higher than the national relapse rate of less than 20% for residents of Oxford Houses.

There may be several reasons for the difference. First, the average age of residents in Nebraska Oxford Houses is several years younger than the average age of residents in the national network of Oxford Houses. Second, the average duration of stay in the Nebraska Oxford Houses [7.1 months] is less than the national average duration of stay [9.1 months]. This difference may be a factor with respect to the stability of each house. Generally ‘old-timers’ in a house will add wisdom about the benefits of staying clean and sober that can be a positive influence on newer residents in the house. Experience shows that most relapses occur within the first month or so of residence. Third, the number of trained outreach workers in the state is limited. While Kirstin Halberg has done yeoman work in keeping the statewide network of Nebraska Oxford Houses going and growing, until recently she was the only outreach worker in the state. Now she has a full-time co-worker and two part-time assistants. However, that is only because foundation money covers most of the costs. The state contributes only \$140,000 a year.

⁵ [The need for substance abuse after-care: Longitudinal analysis of Oxford House](#) is a link to the DePaul University findings as reported in the journal “Addictive Behaviors.”

Expansion of the Network of Oxford Houses – Lowering Social Costs and Improving Recovery Outcomes

Building a larger network of Oxford Houses in the state would not only serve more individuals but it would also make existing Oxford Houses stronger. In addition, over the long run, it would save money for the state as Oxford House residents choose recovery and employment and avoid incarceration.



Funding for Oxford House development by the state or a foundation is but a fraction of the economic contribution made by the residents themselves. The figure at the left shows that in CY 2016 residents spent more than ten times the amount spent by OHI to provide technical assistance.

Because each Oxford House is self-run and self-supported, the operational costs for the tax-

payer or any third party are zero. Contrast this with the cost of incarceration or long-term residential treatment. Both of these alternatives to Oxford House living involve payment of staff and facilities.⁶ In this profile of Nebraska Oxford House residents, 83% had done jail time averaging 16.7 months [with a median of 3 months]. The average annual cost per Nebraska inmate is about \$36,000. If that inmate is a recovering alcoholic or drug addict, he or she may enter an Oxford House upon release from incarceration. Now, instead of a taxpayer cost of \$36,000 per year, the Oxford House resident is contributing \$5,460 as his or her annual equal share of household costs. Moreover, as an employed person, he or she is paying, at a minimum, annual FICA taxes averaging about \$3,000 [employer/employee]. OHI expenses fund outreach workers who help expansion and provide technical support to existing houses.

The Oxford House outreach workers provide the state agency with monthly reports. Not only do such reports show the activity between the outreach worker and particular Oxford Houses but they also report contacts with providers, drug courts and the recovery community at large. Every month there has been a transition of at least six men or women from incarceration to Oxford House living. These transitions usually follow presentations at incarceration facilities to identify those who will be re-entering society who are serious about recovery from addiction. Among other benefits of such transitions is the fact that the person re-entering society is able to live with other individuals in recovery rather than falling back into living with those who continue to use alcohol and other drugs. This change in living situations not only provides a peer recovery support environment but it also integrates those reentering society with individuals who have never been incarcerated.

⁶ In June 2012 a New York Times series about incarceration cost for a New Jersey program used private sober housing as an alternative to incarceration at \$39,000 a year. The Oxford House program in New Jersey during the same time cost the state less than \$300 per bed per year.

Outreach Work in Nebraska

The availability of trained outreach workers in Nebraska has made a big difference. Among other things, it has permitted the statewide network of houses to expand. Before getting the additional outreach workers, a number of Nebraska Oxford Houses failed. Prior to 2015, 12 Nebraska Oxford Houses closed due to lack of oversight [Norfolk, Hastings, Grand Isle, Lincoln and Scottsbluff]. The cohesiveness of the network of houses in the state prevented any loss of start-up loan money. The \$19,896 start-up loan balances of the failed houses were assumed and fully repaid by the Oxford Houses in the Omaha Chapters.⁷



Oxford House - Harmon Park

2806 Central Avenue
Kearney, NE 68847
8 M • Established 4/12/10

As 2017 begins, Nebraska will begin to make Oxford Houses available throughout the state. In FY 2016, 11 new Oxford Houses were opened with an additional capacity of 78 beds. Plans for 2017 include 5 new Oxford Houses in Lincoln, and 4 more in the Grand Island/Platte area. Already the addition of outreach workers has enabled better oversight in Kearney and Grand Island. Moreover a new house for men has already opened in North Platt.

The network of Oxford Houses in the state is expanding to afford recovering individuals throughout the state the opportunity to reap the benefits of Oxford House living. This expansion

can be accelerated with the addition of trained outreach workers. While the concept and system of self-run, self-supported operation underlying Oxford House is simple, it does require advice and counsel from trained and supervised individuals. The utilization of outreach workers is essential to fully satisfy the demand for safe and supportive recovery homes. Where Oxford House has outreach workers, networks of houses tend to expand and stay on track. Where there are no outreach workers, even an existing network of houses tends to decline. The closed houses noted above demonstrate this and OHI's experience in other states has underscored the importance of on-going technical assistance.

⁷ It is interesting to note that failed, non-Oxford House recovery homes that received start-up loans cost the Nebraska revolving loan fund almost \$35,000. The pride in self-support and civic responsibility shared by residents in Oxford Houses is noteworthy.

Name of Treatment Center	# Residents
ADTC	1
Arch Inc	6
Brand New Day	2
Campus for Hope	26
Catholic Charities	1
Darryl Strawberry Recovery	2
Forest Ridge	1
Independence Center	3
Inroads	13
John C	2
Keystone	1
Lydia House	2
Manning Recovery	1
NE Urban Indian Health	1
NE Family Works	1
New Hope for women	12
NOVA	5
Open Door Mission	4
Passages	1
Prison	4
Recovery Place	1
Saint Francis	7
Salvation Army ARC	5
Santa Monica	12
Seekers of Serenity	1
Siena Francis	9
Sunrise Place	1
Stephens Center	27
Teen Challenge	2
The Bridge	2
The Treehouse	1
Valley Hope	15
Veterans Adm	1
Wiles Counseling	3
TOTAL	176

Prior Treatment

As previously noted, most Oxford House residents have been through primary treatment before coming to an Oxford House. The table at the left shows treatment centers that have served Oxford House residents. The question on the survey asked for the name of the respondent's last primary treatment provider. While most residents likely came into Oxford House immediately following treatment, some came straight from incarceration [11%] or homeless [15%] and they probably listed their last treatment center prior to incarceration or homelessness.

The outreach workers tend to visit all recovery treatment providers in an area whether in-patient or out-patient providers. They also visit jails, prisons and homeless providers to acquaint as many as possible about the Oxford House program. As shown in the list, there is a wide range of providers. The providers have found the current Oxford House vacancy system useful. It can be accessed at www.oxfordvacancies.com or at the regular website for Oxford House. It is particularly useful because it relies upon a simple but effective system for collecting up-to-date information about vacancies.

Simply described, it requires that one resident living in the house provide his or her cell phone number and the time of the weekly house meeting. The cell phone is texted once a week and asks "how many vacancies does your house currently have?" If a vacancy is indicated, it is recorded on the main directory. An hour after the regular house meeting the cell phone is texted again with the text: "Did your house fill its vacancy?" This system has been in use for a little over a year and has proven its efficacy. Counselors, drug court personnel and the public at large are now able to know with certainty which Oxford Houses have vacancies. This has greatly simplified how a prospective resident is able to focus his or her application at the right house at the right time.

The survey also asked residents how important Oxford House living is to the maintenance of their sobriety. The overwhelming response was that it was very important [90.4%]. It was moderately important for 6.9% and somewhat for 2% and insignificant for less than one half of one percent [3 out of 187] with another 3 "unsure". When asked if they would recommend living in an Oxford House to a friend in recovery, 98.4% said "yes."

Among survey respondents it would seem that there is a good deal of satisfaction with Oxford House living.

There is no time limit as to how long individuals can continue to live in an Oxford House as long as they stay clean and sober and pay their equal share of household expenses. In 1975, the men who started the first Oxford House placed great emphasis on the absence of a residency time limit. The prior halfway house had a six-month time limit because taxpayer funds were used to support it. During one three month period, 11 residents were required to leave because they had reached the six-month time limit. Within 30 days, 10 of the 11 had returned to using alcohol or addictive drugs. In the Nebraska survey, the average length of stay was about 7 months but that is a snapshot in time. A dozen of the residents had moved into an Oxford House at least three years ago and one had moved into a house in 1999. The absence of a time limit is important because individuals in recovery take different lengths of time to become comfortable enough in sobriety to avoid relapse.

Irrespective of the length of time living in an Oxford House, most individuals develop the habit of going to 12-Step meetings as part of their process of becoming comfortable enough in sobriety to avoid relapse. In the survey, the average number of 12-Step meetings attended per week was a little over 4. The 12-Step meeting attendance is significant because there is no requirement as part of Oxford House to attend such meetings.⁸

The Nebraska Oxford House resident survey also showed that 41.7% of the residents attended weekly sessions with an outpatient counselor in addition to attending 12-Step meetings. This is slightly higher than the national average of 35%. The combination of 12-Step meeting attendance and weekly counselling sessions bodes well for mastering long term recovery without relapse. Developing habits and behavior centered around sobriety take different lengths of time for each individual. The fact that such a large percentage of Oxford House residents in Nebraska are working both the 12-Step and the counseling path is an important indication of the focus and seriousness of purpose within the Oxford House living environment. The fact that so many are involved in sober-enhancing activities has a spill-over effect within an Oxford House where sharing of experiences between residents takes place all the time.



Oxford House - Morton Meadows
4201 Barker Avenue
Omaha, NE 68105
8 Men • Established 12/8/11

Conclusion

The network of Nebraska Oxford Houses owes a debt of gratitude to Kirstin Halberg, who has spent more than 19 years – mostly as a volunteer – in keeping the Nebraska Network of Oxford Houses alive. Now is the time to provide the funding to permit the employment of trained outreach workers to reach beyond Omaha to other parts of the state. Oxford Houses in rural areas work but require more time than those in urban areas to build strong supportive chapters.

⁸ Annual survey of Alcoholics Anonymous [AA] shows that the average AA member attends 2 meetings a week. The Nebraska Oxford House residents voluntarily attend twice as many.

Oxford Houses of Nebraska Directory

Oxford House - Linden Square
1127 N K St.
Fremont, NE 68025
402-816-4520
7 / WC
Oxford House since May '14

Oxford House - Benson Gardens
2538 North 75th Street
Omaha, NE 68134-6811
402-934-2018
6 / M
Oxford House since Dec '01

Oxford House - Maenner Manor
3820 Terrace Dr.
Omaha, NE 68134-2273
402-800-2142
7 / M
Oxford House since Jun '01

Oxford House - Morton Meadows
4201 Barker Avenue
Omaha, NE 68105-1703
402-505-5495
8 / M
Oxford House since Dec '11

Oxford House - Barnard Park
725 E Military Ave.
Fremont, NE 68025
402-721-6259
8 / M
Oxford House since Apr '15

Oxford House - Blackstone
3562 Jones Street
Omaha, NE 68105-1310
402-932-7094
8 / WC
Oxford House since Oct '01

Oxford House - Meadow View
7054 Franklin St.
Omaha, NE 68104
402-614-9309
6 / W
Oxford House since Jul '02

Oxford House - Brookhill
8304 Parker St
Omaha, NE 68114-1546
402-502-5751
6 / W
Oxford House since Mar '14

Oxford House - John C
429 E 10th St.
Fremont, NE 68025
402-620-4703
8 / M
Oxford House since Apr '16

Oxford House - Castelar
2315 South 14th Street
Omaha, NE 68108-1058
402-614-1809
10 / WC
Oxford House since Aug '02

Oxford House - Standard Place
4525 Poppleton Avenue
Omaha, NE 68106-2043
402-932-7348
7 / M
Oxford House since Apr '02

Oxford House - Aksarben Park
7701 Shirley Street
Omaha, NE 68124
531-301-5543
7 / M
Oxford House since May '15

Oxford House - Stolley Park
821 South Arthur St.
Grand Island, NE 68803
308-675-2550
8 / WC
Oxford House since Nov '14

Oxford House - Columbus Park
2553 Hickory Street
Omaha, NE 68105-2621
402-884-0081
8 / M
Oxford House since Jul '02

Oxford House - Stockman
4532 South 41st Street
Omaha, NE 68107-1150
402-934-7412
8 / WC
Oxford House since Feb '03

Oxford House - Grace Park
4203 Walnut St
Omaha, NE 68105
402-980-6263
6 / W
Oxford House since Jun '15

Oxford House - Broadwell
2320 W 5th St.
Grand Island, NE 68803
308-675-2880
8 / M
Oxford House since Dec '16

Oxford House - Dundee Place
5107 Davenport Street
Omaha, NE 68132-2857
402-763-8792
9 / M
Oxford House since Feb '99

Oxford House - Embassy Park
2302 N 70th St
Omaha, NE 68114
402-505-4687
9 / W
Oxford House since Mar '04

Oxford House - Orchard Park
6424 Fowler Ave
Omaha, NE 68104
402-506-5276
6 / M
Oxford House since Jun '15

Oxford House - Harmon Park
2806 Central Avenue
Kearney, NE 68847-3577
308-224-3500
8 / M
Oxford House since May '10

Oxford House - E Street
2320 E Street
Omaha, NE 68107-1836
402-738-9912
7 / W
Oxford House since Mar '93

Oxford House - Keystone Trail
701 S. 75th Street
Omaha, NE 68114-4669
402-933-8275
9 / M
Oxford House since Jan '04

Oxford House - Mapleview Heights
9706 Corby Street
Omaha, NE 68134
402-991-8909
7 / M
Oxford House since Dec '15

Oxford House - Sunset Place
5117 N Street
Lincoln, NE 68510
402-533-3943
6 / W
Oxford House since Dec '15

Oxford House - Elmwood
5027 Maple St
Omaha, NE 68104-3552
402-553-4283
7 / W
Oxford House since Dec '01

Oxford House - Spring Lake
4020 S. 23rd Street
Omaha, NE 68107-1946
402-932-1579
7 / W
Oxford House since Jun '04

Oxford House - Midtown Crossing
112 N 40th St
Omaha, NE 68131
402-502-5010
8 / M
Oxford House since Jul '16

Oxford House - Hansen Manor
1035 S. 12th St.
Lincoln, NE 68508
402-261-5752
8 / M
Oxford House since Jun '16

Oxford House - Farnam
824 N 47th St.
Omaha, NE 68132-3113
402-810-4966
7 / M
Oxford House since Aug '02

Oxford House - South Pointe
3703 U Street
Omaha, NE 68107-3237
402-614-6182
8 / WC
Oxford House since Jul '04

Oxford House - Hillside
7410 Decatur Street
Omaha, NE 68114
402-763-9246
6 / M
Oxford House since Feb '17

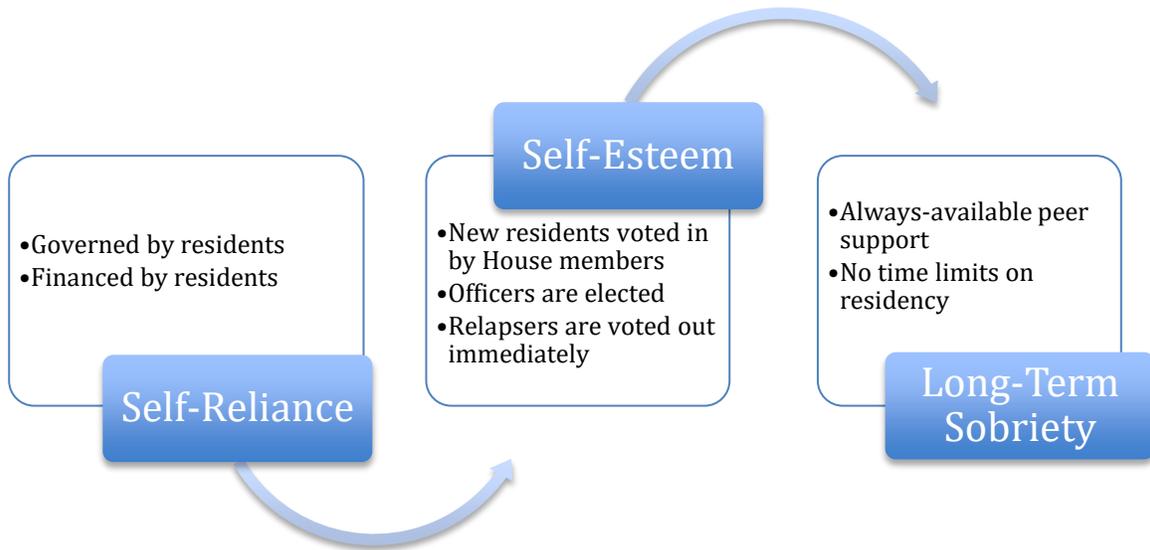
Oxford House - Middleton
920 W. 1st St.
North Platte, NE 69101
308-221-6341
6 / M
Oxford House since Nov '16

Oxford House - Lake Castle
7218 Lake Street
Omaha, NE 68134-7027
402-991-3315
7 / WC
Oxford House since Aug '02

Oxford House - Rosenblatt
4231 S. 12th Street
Omaha, NE 68107-2310
402-995-1087
6 / WC
Oxford House since Jul '04

Oxford House - Liberty
2511 48th St
Omaha, NE 68106
402-614-0562
8 / M
Oxford House since Mar '17

OXFORD HOUSE™



Unique • Evidence-based • Time-tested
Fostering self-reliance, self-esteem and long-term sobriety

ALCOHOLISM AND DRUG ADDICTION

- About 17 million Americans are primarily active alcoholics with another 8 million addicted to illicit drugs. (SAMHSA)
- 20.3 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2015 (8.5 percent of persons aged 18 or older). (SAMHSA)
- Of these, only 1.25 million – 6.2 percent of those who needed treatment – received it.
- Government reports show that alcohol and drug abuse is responsible for the admission of almost 1.5 million people to emergency rooms nationwide and drug addiction results in nearly half a trillion dollars' economic loss annually or \$1,426 per American.
- For those receiving treatment, 60% had been in prior treatment an average of more than three times. [TEDS]

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

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

1. Intervention
2. Detoxification [Ending physical dependence]
3. Motivation and Education [Treatment]
4. Long-term Behavior Change

The weak link in the process is society's failure to support environments that foster long-term behavior change. Many individuals repeatedly relapse after completing the first three stages. Significant evidence suggests that the Oxford House program addresses this problem, fosters recovery without relapse, and does so at a cost society can afford. With peer support and no residency time limits, Oxford Houses provide the time and environment needed for the development of long-term recovery without relapse.

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™

1975-2017

*42 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