

Oxford House™ Profile Series 2019

Oxford Houses in Colorado



This report contains a profile of the growing network of Oxford Houses in Colorado using survey data from the summer of 2018. Since the first Oxford House opened in the state in 1994, over 9,000 recovering individuals have helped themselves stay clean and sober without relapse by living in the network of Oxford Houses in Colorado. Development in the state has been supported by The Daniels Fund since 2006. More recently, the state has also provided development support.

The picture below shows some Colorado Oxford House residents celebrating the grand opening of the 50th Oxford House in Colorado in 2018. There are now 56 Oxford Houses in the state (April, 2019).



Oxford House, Inc. is a 501(c)(3) nonprofit umbrella organization dedicated to helping recovering individuals achieve comfortable, long-term sobriety without relapse. © April 27, 2019

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 2,500 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. The average number of residents in Oxford Houses in Colorado is 7.9.

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 long-term recovery. 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 without relapse 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. With long-term recovery, each becomes a productive citizen and stays out of trouble.

After 44 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 56 Oxford Houses [440 beds] in Colorado and more than 2,500 Oxford Houses nationwide.

Oxford House has been listed as a best practice on the National Registry of Evidence-based Programs and Practices. [NREPP] and was singled out as an effective tool for long-term recovery without relapse in the 2016 U.S. Surgeon General's report: "Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health."

This 2019 evaluation of the Colorado network of Oxford Houses provides a snapshot of the Oxford Houses in the state. Overall, the network of Oxford Houses in Colorado is working very well.

Silver Spring, Maryland
April 27, 2019

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INTRODUCTION

Oxford Houses are now well established in Colorado and working well. The Colorado Network of Oxford Houses has now grown from a handful of Oxford Houses into a strong statewide network in large part because the Daniels Fund provided funds to OHI to pay for one outreach worker in the state. The state has now provided funding to increase the number of outreach workers. With added outreach workers and with the coordinated support with state behavioral health groups, the rate of expansion in the Colorado network of Oxford Houses should substantially increase.

This report focuses primarily on the results of a survey of Oxford House residents that was conducted in 2018. Additional data was taken from monthly reports by OHI field representatives in Colorado. To provide context for the reader, this report begins with a brief overview of the Oxford House system of operations used by each Oxford House.



This is the first profile report of Oxford Houses in Colorado prepared by Oxford House, Inc. [OH]. Other state network reports in this profile series have been published since 1990 and most are available on the Oxford House website: www.oxfordhouse.org under “Publications/Evaluations/State.”

BACKGROUND ON THE OXFORD HOUSE SYSTEM OF OPERATIONS

Oxford House is a concept and system of operation for recovering alcoholics, drug addicts and those with co-occurring mental illness to live together in an environment supportive of long-term recovery. Started in 1975, Oxford House has provided a safe place for recovering individuals to become comfortable enough in sobriety to avoid relapse. Since it began, more than 500,000 individuals seeking recovery have lived in an Oxford House. Most have stayed clean and sober without relapse.

Oxford House has long encouraged researchers to study Oxford House and more than 180 academic research articles about Oxford House have been published in peer-reviewed journals. While the anonymity espoused by the 12-step programs originally discouraged recovery research, Oxford House welcomed research and the first independent survey of Oxford House residents was done in 1987. The results showed the value of the program and formed the basis for Congressional support for the Oxford House model. A list of many of the research reports is available at the Oxford House website: www.oxfordhouse.org at “About Us/Resources.”

Oxford Houses provide recovering individuals with the disciplined, supportive living environment that they need to learn behavior changes to develop sobriety comfortable enough to avoid relapse. Oxford House, Inc. (OHI) provides charters to groups of recovering individuals who wish to start an Oxford House. There are no time limits on Oxford House residency so long as a resident abides by the charter conditions.

The Oxford House Charter

Each individual Oxford House is chartered by Oxford House, Inc. [OHI]. The chartering procedure is a two-step process: (1) the issuance of a temporary charter, and [2] once the requirements of the temporary charter are met, the issuance of a permanent charter. This process becomes the foundation for the continuing operation of each Oxford House.¹ The charter has three conditions that the group must meet in order to call itself an Oxford House™:

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

These three basic requirements: democracy, self-support and absolute sobriety, along with open-ended residency lie at the heart of what makes an Oxford House work. The system is spelled out in more detail in the Oxford House Manual[©]. A copy of the House manual is available on the website at www.oxfordhouse.org.

Democracy

The requirement that the group be democratically self-run has both a practical and therapeutic value. The residents in an Oxford House save money by managing their houses themselves rather than paying employees to “look after them.” That is the practical aspect. But, more importantly,



in managing the operations of their house, the residents gain self-esteem and the civic virtues of tolerance, responsibility and accountability. Each House elects five house officers with terms limited to no more than six months at a time. Each resident has an equal voice in all House operations. Weekly business meetings are held and regular or special meetings may also take up the acceptance of new residents and the expulsion of any resident who relapses. The fact that residents must apply for residency in an Oxford House and be voted in by the existing members is important; it is a mark of acceptance – like getting voted into a fraternity or country club.

Residents become involved in the running of the House, take leadership positions and begin to find that recovery is habit-forming. In the picture above, women in a Colorado Oxford House are shown at a recent House meeting.

Self-Support

The requirement of self-support also has both practical and therapeutic value. The Colorado Oxford House residents pay an average of \$130 a week into their group household account as their equal share of household expenses. The range of weekly equal household share of expenses is from \$98 to \$169. More importantly, when the residents of an individual house pay their monthly bills, each resident in the group gains the satisfaction of having behaved responsibly. This is

¹ 24 of the 57 Oxford Houses in Colorado have achieved permanent charter status. The remainder is in the process of qualifying.

new behavior for the recovering addict and a confidence builder that it is integral to the mastery of comfortable sobriety. The self-run feature keeps costs low and avoids the need to impose residency time-limits. This is particularly important since individuals differ in the amount of time they need to achieve lasting, long-term recovery.

Absolute Sobriety

The charter requirement that any resident who relapses must be immediately expelled underscores that the primary purpose of the house is to gain sobriety without relapse. A zero-tolerance policy tends to keep most residents abstinent since they don't want to face expulsion. Over time, this translates into long-term recovery without relapse. Also, voting new residents into the house is sobriety-enhancing. The older house members want to set a good example for the new residents and, in doing so, reinforce their own sobriety.



Oxford House - Union
1402 10th Avenue
Greeley, CO 80631-4724
8 M • Established February 1, 2010

Open-Ended Residency

The individual Oxford House becomes a safe haven for continuous sobriety. Because there is no time limit on how long a resident can live in an Oxford House, each individual can stay as long as it takes to become comfortable with sobriety without relapse. Experience has shown that sobriety – like addiction – is habit forming. While the average time of living in a Colorado Oxford House was 8.4 months, the mean was 4 months. One resident has lived in a Colorado Oxford House for 144 months [12 years]. Because every individual in recovery becomes comfortable in recovery at a different pace, this range for length of residency is not surprising. Fortunately, the Oxford House concept of groups renting – rather than owning – property permits easy expansion that enables open-ended residency and avoids arbitrary residency time limits.

Fun and Socialization

Oxford House residents know that it would be hard to stay clean and sober without fellowship and fun. Oxford Houses provide these elements through workshops, training sessions, barbecues, bowling leagues and participation in picnics. Oxford House residents work together and have fun together. Annually, a group of Oxford House residents and alumni from Colorado participate in the annual Oxford House World Convention.



Above is a picture of some Colorado residents and alumni along with some Oxford House Board members at the 2017 Oxford House Convention in Washington, D.C. Colorado folks also attended the 2018 convention in Kansas City and plan to attend the 2019 convention in Washington, D.C. over Labor Day weekend.

2018 Oxford House Profile Colorado Oxford House Resident Survey Results

The resident profile was derived from confidential responses to surveys taken in the July/August 2018
228 of the 278 residents then living in Colorado Oxford Houses participated for a response rate of 82%

Total Number of Oxford House residents who responded:	228	Average Age:	34.8 Years
Male	177	Median Age	32 Years
Female	51	Youngest	18 Years
		Oldest	74 Years
Number of Men's Houses: [April 1, 2019]	41	Number of Male Residents:	319
Number of Women's Houses: [April 1, 2019]	15	Number of Female Residents:	121
Total Houses [April 1, 2019]	56	Total Beds	440
Cost Per Person Per Week for Rent [range \$95 to \$169]	\$130	Rent Per Group Per Month [average]: [range \$900-2200)	\$2,141
Percent Military Veterans	10.0%	Average Years of Education	13.2 years
Residents Working 8/15/2018	89.9%	Average Monthly Earnings:	\$2,142
Percent Addicted To Drugs or Alcohol & Drugs:	55.3%	Percent Addicted to Alcohol only:	44.7%
Race –		Marital Status –	
White	83.2%	Never Married	67.1%
Hispanic	5.9%	Separated	8.8%
Black	7.3%	Divorced	21.8%
Nat American	2.2%	Married	1.3%
Asian	1.4%	Widowed	1.0%
Prior Homelessness:	58.3%	Average Time Homeless:	10.9 Months
Prior Jail:	81%	Average Jail Time:	12.5 Months [Median 2 Mos.]
Average AA or NA Meetings Attended Per Week:	3.3	Percent Going To weekly Counseling in addition to AA or NA:	44.3%
Average Length of Sobriety of House Residents:	13.4 Months [Median 9 Mo.]	Residents Expelled Per Month Because of Relapse:	5.7%
Average Length of Stay in an Oxford House:	8.7 Months	Average Number of Applicants for Each Vacant Bed:	+4.0

The number of Oxford Houses in Colorado increased from 38 houses in December 2017 to a total of 56 houses as of April 1, 2019.

COLORADO OXFORD HOUSE RESIDENT PROFILE

Number of Oxford Houses in Colorado

The first Oxford House in Colorado opened in 1994 but expansion was slow until 2006 when Oxford House, Inc. – the national umbrella organization of Oxford Houses – received a grant from the Daniels Fund to provide technical assistance to help expand and maintain a network of Colorado Oxford Houses. The funds supported paid outreach workers in the state. This began a process that has produced a strong network of self-run, self-supported Oxford Houses throughout the state.

The table below shows the increase in the number of Oxford Houses operating in the state over the past few years.²

Table 1
Recent Oxford House Growth in Colorado

Year	2016	2017	2018	2019
Total Oxford Houses	33	37	40	56
Recovery Beds	260	291	314	440

There are now 56 Oxford Houses in the state – 15 for women and 41 for men. Together, the houses provide 440 recovery beds – 121 for women and 319 for men.

Age, Race and Marital Status

Table 2
Average Age of Residents

Gender	Mean Age 2018	Number
Male	35.15	177
Female	32.9	51
Both	34.8	228

The age of those residing in the Colorado Houses averaged 34.8 years (median 32.0 years). Male respondents were a little more than two years older on average than the women in the survey.

² The 2019 figures are as of the end of first quarter of 2019. The other figures are as of the end of the year noted.

Table 3
Racial Diversity

[Comparison of CO 2010 Census Data Adjusted through 2018 and OH Surveys]

Race	2018 US Census [Estimate]	CO Oxford Houses 2018 [self reported]
White [alone]	68.3%	83.2%
Black	4.5%	7.3%
Native American	1.6%	2.2%
Asian	3.4%	1.4%
Hispanic	21.5%	5.9%
Other	.7%	0%

The racial composition of Oxford House residents in Colorado is not statistically different from the diversity of population within the state in general. It does have a slightly higher percentage of White alone and Blacks than the percentage of those in the state.

Table 4
Marital Status

Marital State	2018 Percent
Never Married	67.1%
Married	1.3%
Separated	8.8%
Divorced	21.8%
Widowed	1.0%

Most of residents had never married [67.1%]. If they had married, they were currently either separated [8.8%] or divorced [21.8%]. Only 1.3% are still married. This status is typical for alcoholics and drug addicts in recovery. Addiction causes havoc on relationships.

Treatment Episodes

Most of the residents have cycled in and out of treatment. About 70% of the Colorado respondents had been through residential treatment three or more times. More than a quarter of the residents had been through residential treatment four times or more. More than 10% had been through treatment eight times or more. The typical treatment outcome is relapse – except for most of those who get into an Oxford House. These data are similar

to those found in other state resident surveys. Table 5 compares treatment frequency among residents in Colorado and four other states.

Table 5
Percent of Prior Treatment Tries

No. of Sobriety Tries in Residential Treatment	CO	TX	NC	VA	WA
One time	13.2	23.9	18.2	16.1	22.0
Twice	17.5	18.8	20.0	24.2	23.2
Three to Five	42.6	31.9	44.1	41.9	33.6
Six to Ten	23.3	13.8	10.9	12.9	13.1
More than Ten	5.0	11.6	06.3	04.8	08.0

Most Oxford House residents have been through residential treatment more than once. This is not surprising given what is known about alcoholism and drug addiction. Ludwig found that only one in ten of treated individuals are clean³ and sober eighteen months after treatment, and Vaillant found that over a lifetime only 20% of alcoholics achieve sobriety without relapse.⁴ The general outcome of treatment for drug addiction is equally dismal. A study of treatment outcome for cocaine addiction found 13% stayed clean without relapse. [RAND 1995]

The cycling of individuals in and out of treatment has always been a problem. Prior to 1960, a majority of the recycling involved institutionalization in asylums. Today, jail or prison often serves the same purpose.

National data compiled by the federal government of those in formal treatment in any given year show that fewer than 40% of those in treatment are there for the first time. To better understand the value of Oxford House living, it is worth considering the basics of treatment of alcoholics and drug addicts.

³ Arnold Ludwig, MD *Understanding the Alcoholic's Mind*, Oxford University Press, New York, 1988.

⁴ George E. Vaillant, *The Natural History of Alcoholism Revisited*, Harvard University Press, Cambridge, Massachusetts, 1995.

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

- ◆ Intervention
- ◆ Detoxification
- ◆ Education, and
- ◆ Long-term behavior change to assure sobriety without relapse.⁵

Long-term behavior change is the most difficult to achieve because behavior change – always difficult – becomes nearly impossible if the individual returns to a living environment identical or similar to where he or she was living as an active alcoholic or drug addict.⁶



Oxford House - Synergy

5716 W 66th Ave.
Arvada, CO 80003

10 W/C • Established May 1, 2018

Intervention, detoxification and education alone can seldom produce recovery without relapse. Long-term behavior change requires the availability of a reasonable opportunity to become comfortable with abstinent behavior. It takes time, motivation and a supportive peer living environment to develop sobriety comfortable enough to avoid relapse. Oxford Houses provide this opportunity because of their low cost and lack of time limits.

⁵ Vernon E. Johnson, *I'll Quit Tomorrow* (Harper and Row, San Francisco, 3rd edition, 1980) [1st published in 1967.]

⁶ R.J. Goldsmith, *The Essential Features of Alcohol and Drug Treatment*, *Psychiatric Annals*, 22, pp. 419-424, 1992.

Expulsion Rates and Length of Stay

Two findings from the Colorado Oxford House survey and outreach worker reports – expulsion rate and length of stay – show that Oxford Houses are providing the time, motivation and supportive peer environment for residents to develop sobriety without relapse. The Oxford House charter requires the immediate expulsion of any resident who resumes using alcohol or drugs. The monthly relapse expulsion rate in Colorado Houses is 5.7%. The Colorado survey respondents reported a significant amount of sobriety – an average of 13.4 months.⁷ About half of the residents have been in an Oxford House about six months with the other half having lived in a house more than six months with a median of 9 months. Length of sobriety is longer than residency because some sobriety is gained before Oxford House admission – through formal treatment and particularly through incarceration.

12-Step Meeting Attendance

In Colorado, Oxford House residents go to an average of 3.3 formal AA/NA meetings each week with only five individuals in the survey [2%] not going to such meetings. All the meetings are normal 12-step meeting held in the community – meetings are not held in Oxford Houses. This expands socialization beyond the individual living situation.

Counseling

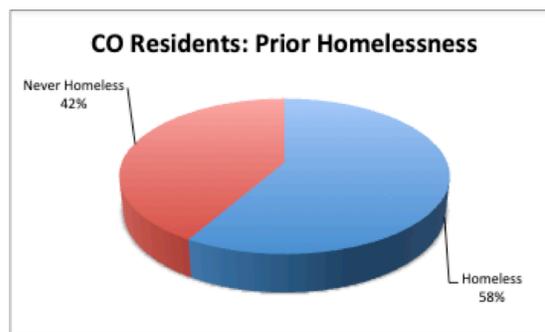
Counseling is used by 44.3% of the respondents at least once a week in addition to AA/NA meeting attendance and on average Colorado Oxford House residents attend 3.26 12-Step meetings a week. This is slightly fewer meeting per week that the national average Oxford House residents [4.6] but more than the usual 12-Step participant [2].

⁷ Often sobriety began in jail or a halfway house.

Homelessness

A majority of the Colorado survey respondents indicated that they had been homeless.

Figure 1
Homelessness



Prior homelessness has been experienced by 58.3% of the Colorado Oxford House residents. On average they have been homeless an average of 2.1 times and the average total length of homelessness has been 10.9 months. There is also overlap between those who had been homeless and those who had served jail time. About half of those who had jail time had also been homeless at some point during their addiction but significantly more individuals have experienced jail time.

Jail Time

Almost every Colorado Oxford House resident [78%] had some jail time prior Oxford House living. Put another way, all but 22 percent of the Colorado Oxford House residents had served some jail time prior to acceptance into an Oxford House. The average number of arrests leading to jail time is 4.6 and the average length of jail time was a little over a year [372 days]. The range of jail time goes from a few days to 12 years. About 10% of residents came into an Oxford House directly from jail or prison.

Oxford House opens access to an alternative to relapse by providing the peer support, alcohol and drug-free living environment,

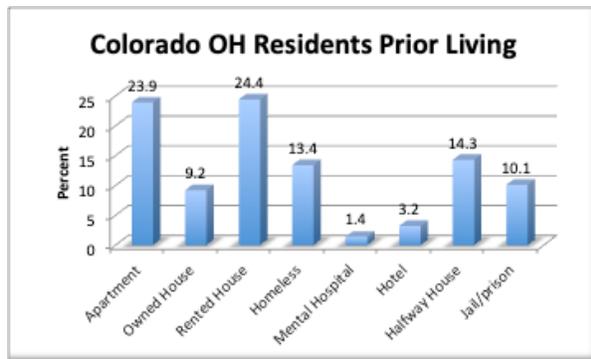
disciplined democratic governance and open-ended residency. Everyone takes different lengths of time to master behavior change and in Oxford House a resident who stays clean and sober and pays an equal share of household expenses can stay as long as it takes to master sobriety. This change in living environment is particularly important for those leaving incarceration.

Last Prior Residence

As shown in Figure 2 below, about 13.4% of residents came to Oxford House immediately following homelessness. Another 29% came from jail, a rented room, a halfway house or a mental hospital. The likelihood that those individuals would have been able to develop sobriety comfortable enough to avoid relapse without living in an Oxford House is remote.

On the other hand, more than 80% of those individuals who do live in an Oxford House will be able to develop sobriety comfortable enough to avoid relapse. Oxford House living significantly increases the odds of successful long-term recovery.

Figure 2



Military Service

Nationally, about 18% of the Oxford House residents are military veterans even though existing Oxford Houses have limited outreach to VA hospitals and other places where vets are likely to congregate. The percentage of veterans in the Colorado Oxford Houses is

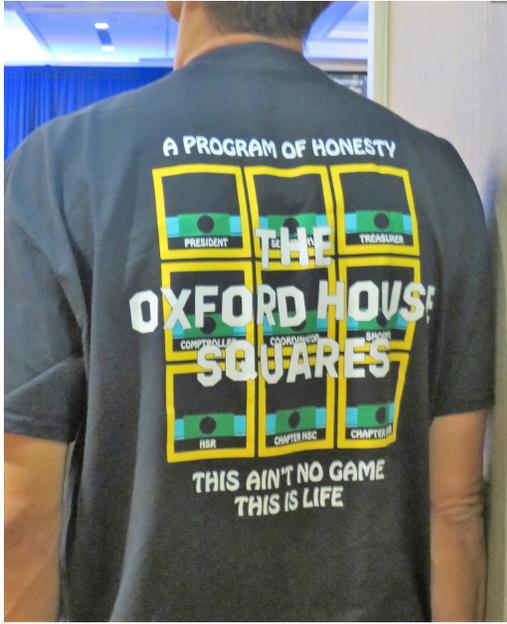
less – 10% – probably far less than it should be. As the Colorado Oxford House development program expands, greater efforts should be made to let VA hospitals and treatment facilities know about the value of Oxford House living.

Veterans do well in the Oxford House environment. In 2011, DePaul University and the DePaul Community Research Center examined a subset of veterans living in Oxford Houses throughout the country. They found:

Abstinence rates for the veteran subsample were high. Additionally, results suggested that participants experienced a reduction in anxiety and depression over time.⁸

The common bond of past addiction and hoped-for recovery provides common ground for development of sobriety comfortable enough to avoid relapse. The degree of comfort includes development of habits that may require regular use of medication for psychiatric disorders [co-occurring mental illness] and behavior patterns that reduce periodic flashbacks associated with PTSD. In effect, the housemates of the veteran with co-occurring mental illness are able to provide the tolerance and peer support for comfortable sobriety that also reduces the stress in living with PTSD that can often exacerbate the problem. Slowly but surely, the individual with a co-occurring mental illness is able to develop behavior that minimizes the symptoms that can lead to dysfunction. The diversity of the Oxford House population and the disciplined democratic self-rule and self-support of an Oxford House provides a smooth transition for integration into society at large.

⁸ James R. Millar, Darrin M. Aase, and Leonard A. Jason, DePaul University Center for Community Research, Joseph R. Ferrari, DePaul University, Department of Psychology, VETERANS RESIDING IN SELF-GOVERNED RECOVERY HOMES FOR SUBSTANCE ABUSE: SOCIODEMOGRAPHIC AND PSYCHIATRIC CHARACTERISTICS, *Psychiatric Rehabilitation Journal* 2011, Volume 35, No. 2, 141–144,



This ease of transition works for both those afflicted solely with addiction or with addiction plus an underlying psychiatric disorder including many forms of PTSD.

Oxford House would welcome the support of the VA. Oxford Houses have been shown to be very valuable to veterans in recovery.

Education

As with every other characteristic, the egalitarian nature of alcoholism and drug addiction cuts across the least and most education individuals in society. The highest educational level reached among Colorado Oxford House residents ranges from 6 years to 18 years. Average level of educational is 13.8 years with a median level of 12 years. This educational attainment average is about a year more than for Oxford residents in most other states.

There is no relationship between educational level and the mastery of sobriety. Sobriety comfortable enough to avoid relapse is related to length of sobriety and the building of habits that focus on the value of not using any alcohol or other addictive drugs. The foundation

for good habit-building is not using alcohol or other addictive drugs a day at a time. The days accumulate and, with the passage of time, habits are formed to develop sobriety that is comfortable enough to avoid relapse.



Oxford House - Mountain View
 2300 Plains Court
 Ft. Collins, CO 80521-1560
6 M • Established August 1, 2009

Employment

Most individuals living in an Oxford House get a job so that they can pay their equal share of household expenses [Averaging about \$130 a week]. Of those who participated in the survey, 89.9% of the residents had employment, with the remainder [10.1%] between jobs, looking for work or receiving retirement or unemployment benefits.

The average monthly income of Colorado Oxford House residents is \$2,044. The range of incomes is from a few hundred to \$6,800 a month.

When considering monthly income, keep in mind that the average weekly equal share of household expenses per resident is \$130 a week up only \$9 from 2011. The equal share of household expenses covers all the living costs for the resident except food, which is provided by each resident.



Oxford House - Kenton
1488 S Kenton Street
Aurora, CO 80012-4120
7 W • Established June 1, 2006



Oxford House - Green Mountain
11900 W Alameda Avenue
Lakewood, CO 80228
6 Women • Established March 1, 2002



Oxford House - Firestone
5984 Stagecoach Avenue
Firestone, CO 80504-5585
8 M • Established March 15, 2007

How Residents View Oxford House

The test of Oxford House viability comes from looking at the continuation and growth of the network of Oxford Houses in any area. The fact that the number of Oxford Houses in Colorado continues to expand is one piece of evidence that they are effectively serving individuals in recovery from alcoholism, drug addiction and co-occurring mental illness.

Another piece of evidence comes from asking residents two relevant questions: [1] How important is Oxford House living to your sobriety and [2] would you recommend Oxford House living to someone else.

Survey participants were given a question that asked them to rank the importance of Oxford House living in relation to their current period of sobriety. The scale used ranged from ‘moderate’ to ‘insignificant’ with ‘not quite sure’ and ‘very’ included in the middle of the list. The vast majority [86.9%] found Oxford House living ‘very important’ to their sobriety. The remaining found Oxford House living ‘somewhat’ important to their recovery.

Everyone in the survey would ‘recommend’ Oxford House living to a friend in recovery. This endorsement from those already living in an Oxford House underscores the fact that most found Oxford House living very important to their recovery.

Finally the self-reported health of the respondents showed that 95% reported their health to be good [56.7%] or very good [38.3%]. Only 5% [N.12] reported that their health was “not so good”. Of those 10 had 2 months of sobriety or less.

OXFORD HOUSE WORLD CONVENTION
Marriott Renaissance Hotel
WASHINGTON, D.C.
August 29 – September 2, 2019

Rehabs/Treatment Centers Attended by Oxford House Residents

Colorado Oxford House residents came to Oxford House from a wide variety of rehabilitation or treatment centers. See the list at the right along with the number of Oxford House residents who came from each program.

Conclusion

The network of Colorado Oxford Houses continues to grow and, with continued support from the state, it can be expected to grow even more. The survey indicates that the Oxford Houses in Colorado are working well and most residents are achieving long-term recovery without relapse.

Residents in Oxford Houses have the time and peer support needed to develop long-term recovery without relapse. Residents in Oxford House take pride in running their own Oxford House, holding leadership positions, paying the rent on time, attending 12-step meetings and supporting each other's recovery. They also socialize together and participate in conventions.

The fact that there are no time limits in an Oxford House recognizes that one attains sustained recovery in a precise time frame. Some will 'get it' during their first and only stint in rehab; others require a much longer period of support. Oxford Houses provide this type of support for as long as residents need it – provided they adhere to the charter conditions.

FOR MORE INFORMATION
ABOUT OXFORD HOUSE,
VISIT THE OXFORD HOUSE
WEBSITE AT:
WWW.OXFORDHOUSE.ORG



Rehabs Attended	# Residents
A Better Day	1
Arapahoe House	3
Alamos	1
APC	1
Aspen Pointe	1
Aspen Ridge	6
CPAC	1
Cedar Springs	6
Circle Program	1
Comcor	2
Community Recovery	1
Conevision	1
Crisis Stabilization	1
DWR	1
Denver Cares	1
Foundry	1
Harmony	12
Harvest Farm	1
ICCS	3
Inner Balance	1
IRT	7
Jefferson Hills	1
LCDC	1
Legacy	2
Land of Promises	1
Mary's Hope	1
Mountain Crest	1
NBRC	1
NCCA	1
Narconon Colorado	3
National Institute for Change	1
North Range	4
North Star	3
Oasis	1
PVH	3
Palmer Lake	2
Pathway to Hope	1
Providence House	1
Raleigh House	14
Recovery Unlimited	1
Recovery Village	2
Red River	2
Red Rock	15
Respite	1
Resada	2
Salvation Army	10
Shadow Mountain	2
Shaw House	1
Sobriety House	4
Step Denver	12
Step 13	2
Step Denver	12
Step 13	2
Stirrt Crossroads	4
Stout Street	2
TRT	4
The Ranch	2
True North	1
Twelve Oaks	1
Valley Hope	10
Victory	1
VOA	1
Waterfront Rescue Mission	1
West Pines	7
White Sands	2
YRC	1

Oxford Houses of Colorado Directory

Arvada

Arvada
9702 W. 67th Place
Arvada, CO 80004
720-328-8704
6 / M
Oxford House since 3/1/2011

Independence
5319 Independence Street
Arvada, CO 80002-2971
(303) 955-7067
8 / M
Oxford House since 8/1/2011

Everett Court
8905 W 63rd Ave
Arvada, CO 80004
720-583-6338
8 / W
Oxford House since 1/1/2018

Synergy
5716 W 66th Ave.
Arvada, CO 80003
720-541-7880
10 / WC
Oxford House since 5/1/2018

Gray Drive
6860 Gray Drive
Arvada, CO 80003
720-667-3164
9 / M
Oxford House since 5/5/2018

Britton Park
6815 Eaton St
Arvada, CO 80003
303-362-1605
11 / M
Oxford House since 11/1/2018

Kenton
1488 S Kenton St
Aurora, CO 80012-4120
720-535-8363
7 / W
Oxford House since 6/1/2006

Del Mar
17692 East Kenyon Drive
Aurora, CO 80013
303-537-4484
7 / W
Oxford House since 10/1/2007

Aurora

Galena
1726 Galena Street
Aurora, CO 80010-2223
720-410-2981
6 / M
Oxford House since 12/5/2008

Andes
3704 S. Andes Way
Aurora, CO 80013-3549
303-953-8990
7 / M
Oxford House since 12/19/2009

Chambers
15604 E 13th Avenue
Aurora, CO 80011-7206
303-856-3744
8 / M
Oxford House since 1/1/2011

Sable
13806 E 25th Pl
Aurora, CO 80011-2826
303-736-2684
7 / M
Oxford House since 12/1/2012

Marley
1100 Kingston St.
Aurora, CO 80010
720-287-0377
6 / M
Oxford House since 2/1/2016

Highlands
2025 S Pitkin St
Aurora, CO 80013
720-542-9821
9 / W
Oxford House since 4/1/2018

Exposition Drive
13004 E Exposition Drive
Aurora, CO 80012
720-510-2105
9 / M
Oxford House since 6/1/2018

Old Del Mar
446 Oswego St.
Aurora, CO 80010
720-524-3343
9 / W
Oxford House since 10/15/2018

Oakland Street
1442 S. Oakland St.
Aurora, CO 80012
11 / M
Oxford House since 2/1/2019

Canon City

Canon City
300 Field Ave
Canon City, CO 81212
8 / M
Oxford House since 5/1/2019

Centennial

Adams Drive
6109 South Adams Drive
Centennial, CO 80121
303-353-4952
9 / M
Oxford House since 5/1/2017

Colorado Springs

Colorado Springs
2213 Greenwich Circle W
Colorado Springs, CO 80909-1621
719-203-4082
6 / M
Oxford House since 4/1/2012

Murray
1921 Carlton Ave
Colorado Springs, CO 80909-2169
719-375-8505
8 / M
Oxford House since 2/1/2013

Animus
1010 N Murray Blvd
Colorado Springs, CO 80915-2705
719-896-4535
7 / M
Oxford House since 11/1/2013

Shenandoah Drive
1710 Shenandoah Dr
Colorado Springs, CO 80910-1916
719-358-8649
7 / MC
Oxford House since 4/1/2014

Garden of the Gods
1215 Amstel Drive
Colorado Springs, CO 80907
719-418-2694
7 / M
Oxford House since 1/17/2015

Acacia
1311 Acacia Drive
Colorado Springs, CO 80907
719-400-6977
8 / WC
Oxford House since 2/8/2016

San Miguel
4444 E San Miguel Street
Colorado Springs, CO 80915
719-334-9053
8 / M
Oxford House since 9/1/2016

Brady Drive
2530 Brady Dr
Colorado Springs, CO 80917
719-999-5711
9 / M
Oxford House since 6/16/2017

McArthur
2021 McArthur Ave
Colorado Springs, CO 80909
303-909-9922
9 / M
Oxford House since 9/1/2018

Jewel II
425 West Cheyenne Blvd
Colorado Springs, CO 80905
719-400-6878
7 / W
Oxford House since 11/1/2018

Dublin
6454 Wicklow Circle W
Colorado Springs, CO 80918
719-424-7570
9 / W
Oxford House since 12/4/2018

Bluestem
5366 Bluestem Drive
Colorado Springs, CO 80917
9 / M
Oxford House since 3/10/2019

Briargate
2830 Doromus Court
Colorado Springs, CO 80920
7 / M
Oxford House since 5/1/2019

Denver

Osceola
180 Osceola St.
Denver, CO 80219-1227
303-284-9298
9 / M
Oxford House since 3/1/1994

Kalamath
4105 Kalamath Street
Denver, CO 80211-2521
303-955-0722
7 / M
Oxford House since 2/1/2010

Welby
8510 Rainbow Ave
Denver, CO 80229-5134
720-542-3837
6 / M
Oxford House since 9/1/2012

Evans Ave
2319 S Perry St
Denver, CO 80219
303-248-3567
7 / M
Oxford House since 7/15/2014

Mexico
3200 E Mexico Ave.
Denver, CO 80210
720-532-0071
11 / M
Oxford House since 7/1/2018

Canosa
736 South Canosa Street
Denver, CO 80219
720-612-4539
9 / M
Oxford House since 9/1/2018

Monaco
6662 E Dickenson Place
Denver, CO 80224
720-688-8148
8 / M
Oxford House since 10/1/2018

Firestone

Firestone
5984 Stagecoach Avenue
Firestone, CO 80504-5585
720-491-3642
8 / M
Oxford House since 3/15/2007

Fort Collins

Drake
2600 Tulane Drive
Fort Collins, CO 80525
970-682-2028
9 / W
Oxford House since 12/1/2018

Mountain View
2300 Plains Court
Ft. Collins, CO 80521-1560
970-632-5133
6 / M
Oxford House since 8/1/2009

Greenley

Union
1402 10th Avenue
Greeley, CO 80631-4724
970-573-5142
8 / M
Oxford House since 2/1/2010

Miller
1414 32nd Avenue
Greeley, CO 80634
970-515-6364.
7 / M
Oxford House since 4/1/2015

Divinity
2212 29th Ave
Greeley, CO 80634
970-505-5035
9 / W
Oxford House since 11/1/2018

Lakewood

Green Mountain
11900 W Alameda ave
Lakewood, CO 80228
720-541-7017
6 / W
Oxford House since 3/1/2002

Alameda
13222 W Alaska Place
Lakewood, CO 80209
720-550-6459
7 / M
Oxford House since 2/1/1995

Field
2475 Field St.
Lakewood, CO 80215
720-630-8367
9 / M
Oxford House since 12/1/2017

Littleton

Apache
6615 S Apache Drive
Littleton, CO 80210-3813
720-583-0885
8 / W
Oxford House since 1/1/2012

Littleton
310 E Geddes Ave
Littleton, CO 80122-1129
720-502-5263
7 / M
Oxford House since 8/1/2013

Washington Street
7112 S Washington Street
Littleton, CO 80122
720-381-6433
7 / W
Oxford House since 12/15/2014

Longmont

Longmont
136 Dawson Pl
Longmont, CO 80504-2933
303-834-8805
7 / M
Oxford House since 4/1/2013

Loveland

Loveland
2241 Albany Ct.
Loveland, CO 80538
970-800-3881
8 / M
Oxford House since 10/10/2015

Cleveland Avenue
1624 Cleveland Ave
Loveland, CO 80538
970-800-3147
8 / M
Oxford House since 6/1/2016

Edgewood Drive
213 Edgewood Drive
Loveland, CO 80538
970-776-9986
8 / W
Oxford House since 3/1/2018

Thornton

Thornton
11042 Clermont Dr
Thornton, CO 80233-5419
720-379-6175
6 / M
Oxford House since 11/17/2007

Westminster

Pecos
1240 West 72nd Avenue
Westminster, CO 80221-2724
303-993-6498
6 / M
Oxford House since 1/10/2009

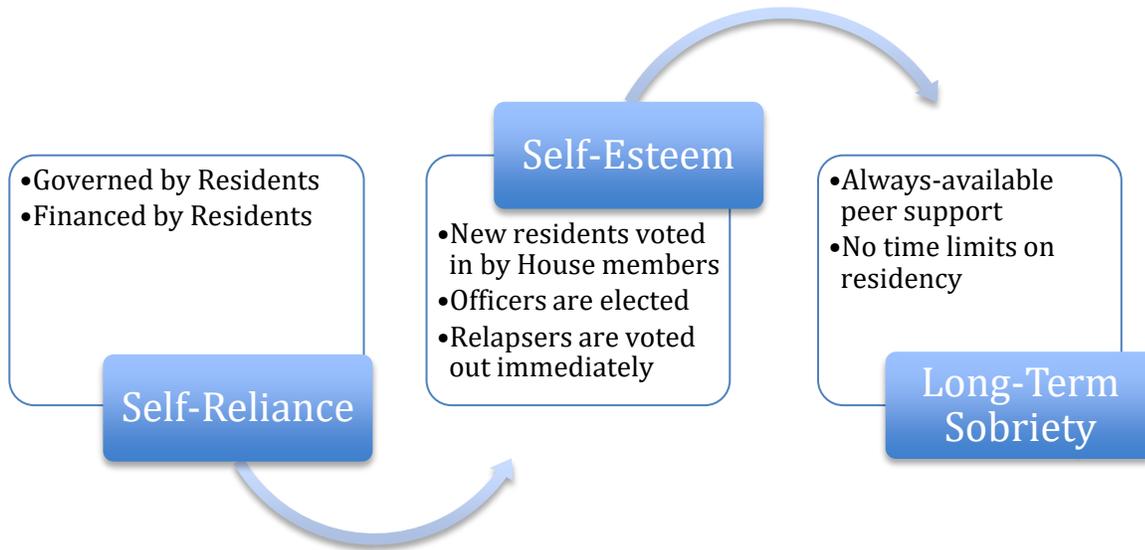
Colorado Oxford
Houses April 2019

57 Houses

447 Beds

Local Oxford House vacancies
are kept up-to-date at:
www.oxfordvacancies.com

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)
- 24.6 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 alcoholics and drug addicts who want to stay clean and sober.
 2. All Oxford Houses are run on a democratic basis. Our officers serve continuous periods of no longer than six months.
 3. No Member of an Oxford House is ever asked to leave without cause -- drinking, 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™

1975-2019

44 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