

Oxford House Profile Series – 2021

Delaware Network of Oxford Houses



September 2021

Oxford House, Inc.
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About Oxford House

Oxford House¹ is a concept and system of operations based on the experience of recovering alcoholics and drug addicts who learned that behavior change is essential to recover from alcoholism, drug addiction or co-occurring mental illness. They also learned that Oxford House provided the living environment that could help them become comfortable enough with recovery behavior to stay clean and sober without relapse.

Oxford House has been in the state of Delaware for a long time. Twelve Oxford Houses started in Delaware a decade ago are still operating. Year after year the number of Oxford Houses in the state has increased and now there are 74 Oxford Houses having 620 beds in the state. This report is a profile of the statewide network of Oxford Houses based on a survey of residents in July - August 2021.

Oxford House, Inc. is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 3,100 individual Oxford Houses. Its central office is at 1010 Wayne Avenue, Suite 300, Silver Spring, Maryland 20910.

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

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

Oxford House charters are provided free to groups of 6 or more recovering individuals of the same gender starting an Oxford House. Oxford Houses provide the time, peer support and structured living environment necessary for long-term behavior change to take hold.

Oxford House was the only recovery-housing program listed on the 2011 federal National Registry of Evidence-based Programs and Practices [NREPP]. Oxford House was also singled out in the 2016 Surgeon General's Report "Facing Addiction in America." Moreover, more than 200 DePaul University studies since 1992 have confirmed the value of Oxford House in fostering long-term recovery.

Silver Spring, Maryland
September 10, 2021

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The Delaware Oxford House Survey

In August 2021, 435 of 507 individuals then residing in the Delaware Oxford Houses [85.8%] completed a detailed survey describing them and their recovery progress. The survey questions have been asked of Oxford House residents since 1988. The surveys provide an indication of who is being served by Oxford House and how Oxford House living is fueling their road to long-term recovery.

This report presents the results of the survey and describes how Oxford Houses fit into the continuum of care that many professionals believe is essential for long-term recovery from alcoholism, drug addiction and co-occurring mental illness. In 2011, Oxford House was listed as a best practice on the federal government’s National Registry of Evidence-based Program and Practices [NREPP] maintained by SAMHSA. In 2016, the then-Surgeon General, in his report, “Facing Addiction”, singled out Oxford House as a model for recovery homes. The immediate successor to the Surgeon General, Dr. Jerome Adams, reiterated that conclusion when he spoke at the 2019 Oxford House World Convention in Washington, DC.² In 2021, the 2016 Surgeon General, Dr. Vivek H. Murthy, was again appointed to the position of Surgeon General and continues to endorse Oxford House as an evidenced-based successful continuum of recovery.

Part 1 – Profile of the Current Delaware Oxford House Population

Part 2 – How Oxford Houses Work

Part 3 – Research and Oxford House

Part 4 – List of Delaware Oxford Houses

The Oxford House Blueprint for Success



² Links to videos of the 2019 and 2021 Oxford House conventions are available on the Oxford House website at www.oxfordhouse.org. The pandemic precluded a national convention in 2020.

August 2021 Oxford House Profile Delaware State Survey Results

The Delaware Oxford House resident profiles are derived the confidential survey of residents conducted during July-August 2021. A total of 436 of a possible 507 residents at the time responded [85.9% response rate].			
Total Number of Oxford House residents who responded: [85.8%]	436	Average Age: Range 18 – 72; Median 35	39 Years
Number of Male Residents surveyed:	316	Number of Female Residents surveyed:	120
Number of Men’s Houses:	52	Number of Men’s Recovery Beds	445
Number of Women’s Houses:	22	Number of Women’s Beds	175
Total Houses [September 10, 2021]	74	Total Beds [September 10, 2020]	620
Average Cost/Person/ Week for Rent [Range \$72 – \$156]	\$127	Rent Per Group Per Month [average]: [range \$1,200 – \$3,300]	\$2,102
Percent Military Veterans	5.7%	Average Years of Education [Less than HS: 26.7%; College graduates: 10.3%]	12 years
Residents Employed 8/15/2021	86.5%	Average Monthly Earnings: [Median \$2,000]	\$2,179
Percent with addiction to Both Drugs and Alcohol: [Opioid 72.9%; 55.5% MAT]	78%	Percent Addicted to Only Alcohol:	22%
Race –		Marital Status –	
White	78.4%	Never Married	64.6%
Hispanic	6.6%	Separated	7.4%
Black	3.5%	Divorced	22.8%
Native American	7.7%	Married	3.9%
Asian/Pacific Islander	2.1%	Widowed	1.3%
Other	1.8%		
Prior Homelessness:	68.6%	Median Length of Homelessness: [Median times homeless 2]	8 Mos.
Prior Jail:	69.3%	Average Jail Time: [Median 9 Months]	24.8 Mos.
Average AA or NA Meetings Attended Per Week:	4	Percent Going To weekly Counseling in addition to AA or NA:	38.3%
The data below is derived from OHI normal collection of individual house data except for applicants per vacant bed.			
Average Length of Sobriety of House Residents: {Median 12 months} Range: [< 30 days – 30 years]	19.1 Months	Residents Expelled During FY 2021 Because of Relapse:	24.1%
Average Length of Stay In An Oxford House:	9 Months	Average Number of Applicants for Each Vacant Bed:	+1.4

Background

Delaware Oxford House Residents

This evaluation provides detailed information about Delaware Oxford House residents obtained from residents during June and July of 2021. Nearly 90% of the residents of Delaware Oxford Houses participated in the survey.³ The 436 survey participants included 120 women [27.5%] and 316 men [72.5%].

Within the 74 Delaware Oxford Houses there are 620 recovery beds – 445 for men and 175 for women or about the same gender distribution as with those who participated in the survey. This 3:1 gender split is about the same split that happens in formal treatment. Therefore, it is not surprising that the split stays about the same during the long-term recovery process.

Living in an Oxford House provides the time, peer support and structure for individuals recovering from addiction or co-occurring mental illness to develop behavior that is comfortable enough to function well and to avoid relapse. Everyone in recovery masters it at a different pace. Some can become comfortable enough in sobriety to avoid relapse very quickly. Others will require a long period of time. Because the Oxford House concept relies upon rental of ordinary single-family houses and operation by the residents themselves, taxpayer costs for expanding the availability of recovery beds is minimal.⁴ When a house has more applicants than available beds, it probably suggests that the area could use an additional house. This is a subject that often comes up at a chapter meeting because it is likely that all the other Oxford Houses in a particular geographic area are experiencing the same phenomena of having more applicants than available spaces.

The locations of the Delaware Oxford Houses are shown below.



There are 620 recovery beds in the Network of Delaware Oxford Houses and the average annual turnover rate of the beds is about 2.6 times.

During the year, the Delaware Network of Oxford Houses served 1,616 individuals. This is a little more than the national average turnover rate of 2.1, but it also reflects that fact that density of Oxford House presence makes more people in recovery aware of the benefits that Oxford House living has for developing long-term recovery. Most people in Delaware know the value of well-run recovery homes.

³ The survey is available at the Oxford House Website: www.oxfordhouse.org under “Publications/General” and has been used since 1987 to obtain a profile of residents a to gain insights into recovery and the role Oxford House living plays in assuring recovery without relapse.

⁴ The state contract with Oxford House to provide outreach workers in the state and to manage a start-up loan fund was for \$140,000 during CY 2011 and has increased to about \$480,000 for FY 2021.

The four houses shown below are single family homes and are typical of today’s network of 74 Oxford Houses throughout Delaware. Each house becomes a building block for individuals to master the new behavior needed to become comfortable in long-term recovery without relapse.



Oxford House - Capitol Trail
 3814 Old Capitol Trail
 Wilmington, DE 19808
 6 M • Established April 1, 2012



Oxford House - Chekov
 15 Clare Street
 Dover, DE 19901
 12 M • Established December 1, 2019



Oxford House - Genesis II
 213 South Bedford Street
 Georgetown, DE 19947
 12 M • Established January 1, 2017



Oxford House - Thornley
 128 W Commerce Street
 Smyrna, DE 19977
 11 M • Established April 1, 2014

The 2021 National Oxford House Convention was held this year at the Gaylord National Resort and Convention Center at National Harbor, Maryland just outside Washington, D.C. The theme of the convention was “Oxford House: Family • Community • Culture”.⁵ The annual convention has been held every year since 1999 except in 2020 when it was cancelled because of the pandemic. Its purpose is to provide a forum for Oxford House residents and alumni to learn about addiction and about recovery. Both the disease of addiction and its treatment of long-term recovery are

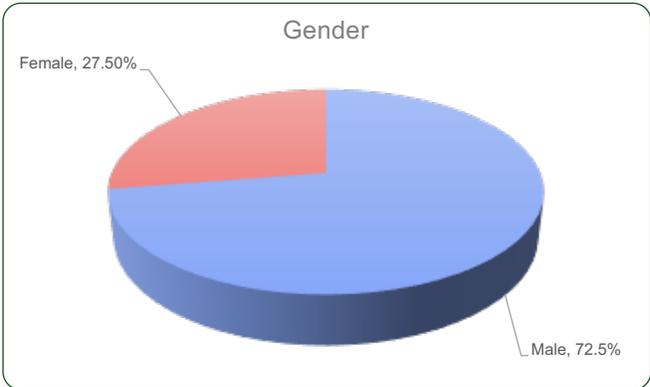
⁵ The full convention program is downloadable at the website: www.oxfordhouse.org as are links to videos for the entire 2021 convention – 4 general sessions and 25 informative breakout sessions. The prior convention [2019] is also available for download on the website.

subjects too often misunderstood. The annual Oxford House convention has become a leading place where medical experts and researchers get together to bring representatives from the balkanized treatment field, government agencies, the legal profession and peer recovery leaders together to discuss the extent of the problem and cost-effective ways to mitigate its economic and human costs. Since Oxford House became nationwide, following the incentives of the 1988 Anti-Drug Abuse Act [42 USC 300x-25], the organization has emphasized the importance of research about long-term recovery in general and the effect that Oxford House living has on it.

Part 1 – Profile of the Current Oxford House Population

Gender

When the residents were surveyed in July/August 2021, 436 of the 507 then residents [85.9%] completed the survey. All the existing houses participated; 72.5% of the participants were men and 27.5% were women. As of August 2021, Delaware has 22 women’s Oxford Houses in the state and 52 men’s Oxford Houses for a total network of 74 in the state.

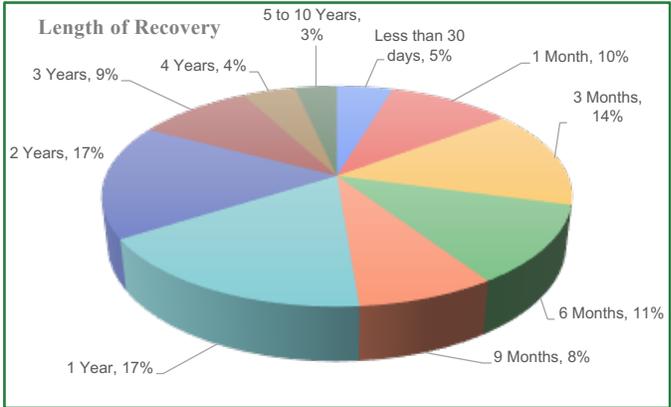


The Oxford Houses have bed space in the state for 445 men and 175 for women [total beds 620]. Of the 22 Oxford Houses for women, 3 take women with children. Of the 52 Houses for men, 2 of them take children. During FY 2020 [July 1, 2020 – June 30, 2021], the statewide network of Oxford Houses served 1,616 individuals. Of the individuals living in Delaware Oxford Houses in FY 2021, 221 [24.1%] were expelled because of relapse. Most of them

had been residents for less than one months. *(For more discussion of relapse, see the section on treatment history on the next page.)*

Length of Recovery

Within each Oxford House, there are differences in how long residents have been in recovery.



Partly because there is no time limit on residency within an Oxford House, individuals are able to stay as long as they want, provided they do not drink alcohol or use illicit drugs. The absence of a residency time limit contributes greatly to the overall success rate of Oxford House living. Every individual is different, and some adapt to the behavior change needed for long-term recovery quickly; others take years to become comfortable in the behavior needed to assure long-term recovery. By renting

houses Oxford House can easily expand to meet the demand without arbitrarily limiting the length of residency. This makes a big difference in outcome.

The current length of sobriety does not necessarily mean that an individual’s total time of recovery falls within the timeframe of living in an Oxford House. Some individuals may have some length of sobriety before moving into a house. For example, the survey shows that 33% of the respondents have 2 years or more of sobriety. More than half of all residents have more than one year in current recovery. Some may have picked up sober time in prison before coming into an Oxford House. The various lengths of recovery time allow “new-comers” to learn the value of long-term recovery from the “old-timers” in recovery. They also learn that their own stay in an Oxford House does not have to be limited. Three-quarters of all residents will stay in recovery without relapse. This is the opposite of outcomes for the addiction treatment industry in general.

Treatment History

The federal government maintains the Treatment Episode Data Set [TEDS], which identifies the prior treatment characteristics for the one in seven individuals who actually gets treatment.⁶ The TEDS data shows that, on average, those in treatment have had a little more than three previous treatment episodes. A remarkable 15% of those in treatment have been in treatment five times or more. Fewer than 25% are in treatment for the first time. The average number of times Delaware Oxford House residents had been through formal treatment was four.

The prior treatment episodes for the Oxford House population also show repeated times in formal treatment, usually followed by relapse. As a matter of fact, many professionals in the field proclaim relapse to be part of the disease. Oxford House from its beginning has emphasized that relapse does not have to be the norm. The Oxford House emphasis is on recovery without relapse and the opportunity to live in an environment free of addictive use makes a difference.

Table 1
Times in Treatment Prior to Living in Oxford House
 (Percent by selected states: 2019-2021)

No. of Times in Formal Treatment	DE %	VA %	OK %	TX %	NC %	WV %	IN %	WA %
One	16.8	16.1	25.6	23.9	18.2	22.3	18.9	16.5
Two	20.2	24.2	23.5	18.8	20.0	18.9	24.8	24.1
Three to Five	25.8	41.9	27.4	31.9	44.1	27.7	49.7	43.3
Six to Ten	6.5	12.9	16.7	13.8	10.9	16.8	4.6	11.0
More than Ten	6.9	04.8	6.8	11.6	06.3	14.3	2.0	5.1

Respondents to the survey were asked to name their last formal treatment provider and 34.8% of them [152] listed a treatment provider. The top four providers were Bolling Green, 19 residents; Gateway, 15; Banyan, 15; Gaudenzia, 10; and Warwick Manor, 10.

Almost a quarter [24.1%] of the individuals living in Delaware Oxford Houses during FY 2020 were asked to leave because of relapse; three-quarters of residents did not relapse. Oxford House does not track individuals after they stop living in an Oxford House, but studies suggest that the system of operations and the open-ended residency policy enable the development of long-term recovery. A National Institute of Drug Abuse [NIDA]-financed study by DePaul University [Grant # DA 13231] followed 897 residents living in 219 Oxford Houses across the country for 27

⁶ There are about 25 million alcoholics, drug addicts and those with co-occurring mental illness. Of that number, fewer than 1.7 million get formal treatment each year. TEDS data includes information from the annual pool of those in treatment. On average, individuals have been in treatment a little more than 3 times and 14% had previously been through treatment five times or more.

months. The DePaul researchers found that only 13% returned to using alcohol or illicit drugs.⁷ The DePaul study took place in 2007 – a number of years before the current opioid epidemic.

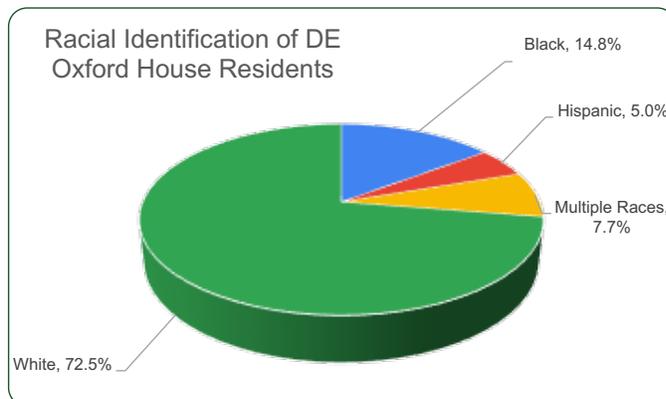
While 72.9% of the surveyed Delaware Oxford House residents had abused opioids, slightly more than half of the opioid users [55.5%], are using medically assisted treatment [MAT]. For most of those, the medicine is buprenorphine, although several are on methadone.

Starting in the first Oxford House in 1975, individual Oxford Houses have developed systems to assure that medication for co-occurring mental illness is monitored because from the outset it was clear that residents within an Oxford House would likely include those who had co-occurring mental illness. Often a house will require a lock box and other safeguards to make certain that medication is not stolen or misused. Over the last few years, medication to assist in recovery from opioid addiction has required the same kind of monitoring and protection. In a recent article in *ALCOHOLISM TREATMENT QUARTERLY*, John Majer, PhD, Leonard Jason, Ph.D., and others found that “Oxford Houses provide valuable social support that helps persons utilizing MATs in their recovery.”⁸

Because prior opioid users are in the Oxford House population, each Oxford House group teaches its residents about the use of Narcan. Oxford House outreach personnel train Oxford House residents to have and to be able to use Narcan.

Racial Diversity

The egalitarian nature of alcoholism and drug addiction cuts across all racial and ethnic groups. The graph below shows the diversity of the Delaware Oxford House population.



This diversity is reflected in the individual houses throughout the state. The Black population of the state is 23.2% but the Black population of the state’s Oxford Houses is only 14.8%. However, combining the percentages for African Americans and Mixed-race results is 22.5% suggests that self-identification variation is probably the reason for the slight differences.

The White Oxford House population is almost identical to the percentage of Whites in the state’s population. Overall, the racial diversity of the Oxford House population reflects not only the egalitarian nature of the disease but also the absence of discrimination among Oxford House residents who vote in new residents. In its 46-year history Oxford House, has been without racial discrimination because from the outset its population has been diverse, and the egalitarian nature of addiction has been a central part of the Oxford House value system.

⁷ Addictive Behaviors 32 (2007) 803-818

⁸ ALCOHOLISM TREATMENT QUARTERLY, 2020, VOL. 38, NO. 2, 199–214
<https://doi.org/10.1080/07347324.2019.1678445>

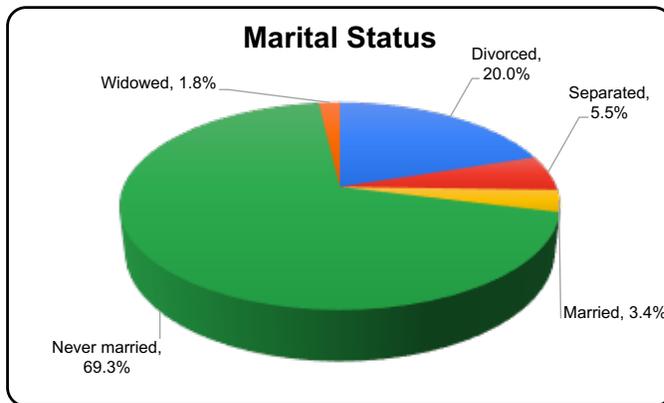
Age of Residents

The average age of residents in Delaware Oxford Houses is 39. The ages range from 17 to 72. The median age is 36, which is about 3 years younger than the national average median age. There seem to be two reasons for the younger average and median ages: [1] the opioid epidemic has adversely affected younger individuals and [2] the recent expansion of Oxford Houses means that there are fewer “old-timers” in the statewide network of Oxford Houses.

Delaware Oxford Houses have a lower percentage of veterans [5.7%] than do networks of Oxford Houses nationally [13%]. This may be because the overall age of residents is younger. Nevertheless, OHI will increase its outreach to veterans because the need is great.

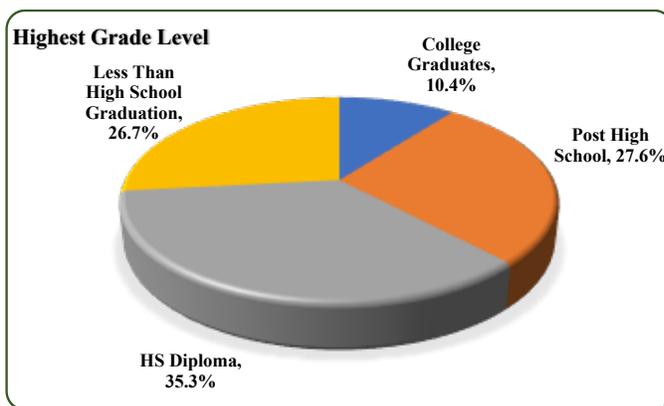
Marital Status

Well over half of the Delaware Oxford House residents [69.3%] have never been married. Addiction wreaks havoc with relationships and over a quarter who had been married are divorced or separated by the time they arrive at an Oxford House. The graph at the left shows the marital status of the residents in the Delaware network of Oxford Houses.



This finding tracks the marital status of residents in the national network of Oxford Houses. However, the “never married” category is about 10% higher for Delaware Oxford House residents and this factor is probably related to the fact that residents in the Delaware Oxford Houses with a median age of 36 is a little younger than the national average.

The diversity of the Oxford House population is also demonstrated by the variation in educational attainment among the residents. The highest level of formal education among the Delaware Oxford House residents ranges from the 2nd grade to college graduation.



The range of educational attainment level among residents serves as a reminder of the egalitarian nature of alcoholism, drug addiction and co-occurring mental illness. The median educational attainment level is 12 years, virtually the same as the average at 12.03. Since a little over 26.7% of the residents have not graduated from high school, the state and OHI should make certain that all the Oxford Houses in the state have up-to-date information about how to obtain a GED. On the other hand,

10.3% have a four-year college degree and 27.6% have had some education beyond high school.⁹ It is possible to build into the recovery culture within Oxford House an understanding that early recovery can be a good time to improve educational attainment.

⁹ Notice that the percentages in the Highest Grade Level obtained graph indicate 27.6% have not graduated from High School. This group most needs outreach to get a GED, but others can also benefit from more training.

In some states, community colleges and universities welcome Oxford House residents and the residents take advantage of their open-ended residency in an Oxford House to gain further education. The University of North Carolina at Chapel Hill has two Oxford Houses dedicated to students and there are 17 other Oxford Houses in Chapel Hill where some students live. When the Covid-19 pandemic passes, OHI will reach out to community colleges and universities in the state to share how some schools are using Oxford Houses to support recovery among students.

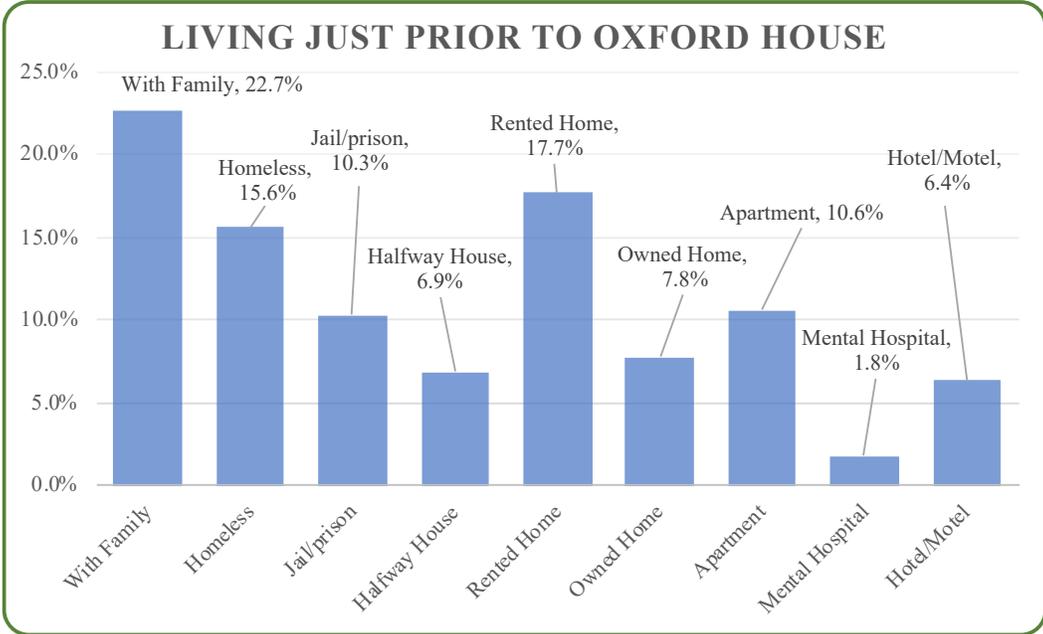
Employment

The survey of residents took place in late July and early August 2021. The national shutdown because of the pandemic had existed for more than a year. At the same time, 86.5% of respondents were employed. The average monthly income – from both employment and other sources – was \$2,179, a little more than the June 2019 national average of \$1,695. The median income was \$2,000.

Since the equal expense share cost of living in an Oxford House averages \$123 per week [range \$70-\$156] in Delaware, the income per person is more than adequate. The equal expense share covers all household expenses except for a resident’s food. The largest household expense is the rent the group pays the landlord, which in Delaware averages \$2,101 a month with a range from \$1,000 to \$3,300 a month.

Prior Living Situation

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



Over [40%] of the individuals who moved into a Delaware Oxford House were previously living in what can best be described as marginal living situations – homeless, jail, motel, hospital, or halfway house. The 23% “living with family” could be added to the marginal living situation in some cases because often the individual literally has no other option but to be taken in by a relative. In all cases, the prior living situation failed to get or keep the individuals on the path to recovery. If it had, they would not have applied to and been accepted to move into an Oxford House.

Homelessness

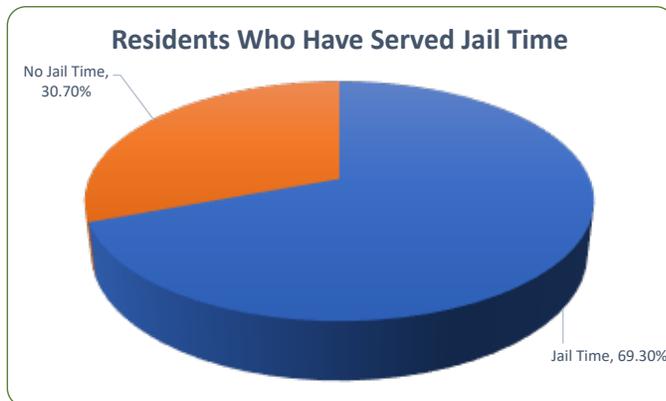
When we look at the survey responses in more detail, past homelessness and incarceration stand out. Homelessness was experienced at least twice by 68.5% of all respondents and was for a median length of time of 8 months. The median number of times a person found themselves homeless was twice. When an addict completes detoxification and returns to homelessness, the chance that he or she will stay clean and sober is very unlikely. For the person who has been homeless who moves into an Oxford House, the difference is great. Among other things, in an Oxford House, a person has a safe place to live rather than in a crowded homeless shelter or on the streets. A person also has his or her own key to a real house in a real neighborhood. For many, that fact alone provides a sense of self-esteem and pride.



The fact that the Oxford House provides a safe, clean and comfortable living environment is in and of itself a big incentive to continue on the path of recovery. To stay in that place to live requires not taking a drink of alcohol or using an illicit drug because such action would result in immediate expulsion. Postponing taking a drink of alcohol or using an illicit drug becomes a small price to pay for staying in an Oxford House. Soon, days become weeks, and weeks, months and recovery becomes a valuable habit. The Oxford House resident then has substantially increased the odds that long-term recovery without relapse is likely.

Jail Time

The majority [69.3%] of Delaware Oxford House residents have served jail or prison time. The



median time of incarceration was 9 months, with an average of 24 months. The length of incarceration is from a few days to over twenty years. Most have been introduced to recovery programs while in jail or prison. In the 12-Step programs, there is a saying that addicts in recovery need to avoid the places, people and things associated with their addictive use. That is easier said than done but, for individuals leaving jail or prison, Oxford House becomes a feasible way to avoid old

associates and old neighborhoods. Over 10 percent of Delaware Oxford House residents came directly from jail or prison into an Oxford House.

12-Step Meetings and Counselling

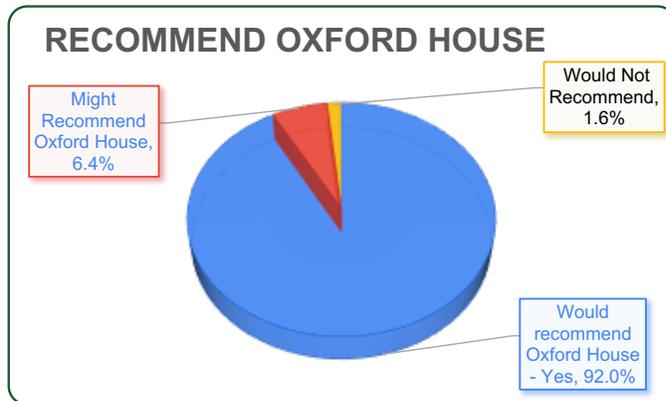
Living in an Oxford House provides 24/7 peer recovery support and the living environment encourages attending a lot of 12-Step meetings. The respondents indicated that the average number of such meetings they attend each week is 4. That number is twice the number that a

person not living in an Oxford House attends. AA tries to estimate the number of AA meetings members attend each week and has found it to be about two meetings a week.

In addition to attending lots of AA/NA meetings, 38.3% of respondents to the survey indicated they attended weekly counselling sessions with a therapist. Many of these individuals were participants in medically-assisted treatment programs (MAT). As indicated previously, 55% of those who are addicted to opioids are using MAT.

Importance of Oxford House Living to Recovery to Those in the Houses

Respondents to the survey were asked two questions to measure their personal satisfaction with Oxford House: [1] how important is it to your own recovery, and [2] would you recommend it to others? Fewer than 2% would not recommend Oxford House to others. However, 98% felt it was very important to their own recovery. It should be noted that the three who would not recommend Oxford House were newcomers who had been in Oxford House less than two weeks. Most Oxford House residents indicated that they would recommend Oxford House to others and



indicated that living in an Oxford House was “very important” to their own recovery.

- The outreach worker is trained by Oxford House Inc. for the following tasks:
- ◆ Finding a suitable house to rent
 - ◆ Getting a charter from OHI
 - ◆ Getting an FEIN number from IRS
 - ◆ Recruiting initial residents
 - ◆ Teaching residents how to operate house
 - ◆ Building mutually supportive chapters
 - ◆ Balancing supply of houses to demand
 - ◆ Developing linkages to providers
 - ◆ Developing employment linkages
 - ◆ Documenting success/failure

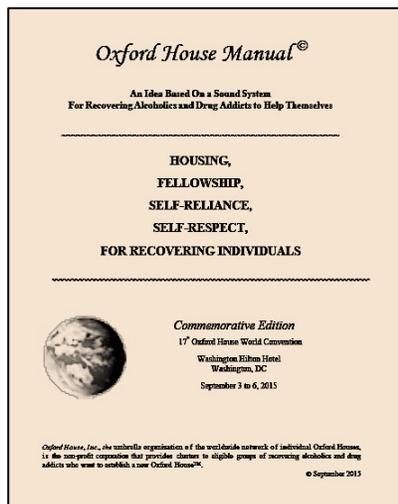
Key to the smooth running of the Delaware State Network of Oxford Houses is the day in and day out work of trained outreach workers who help keep the statewide network of 74 individual houses motivated and on track. All the outreach workers are alumni of Oxford House and share their experience, strength and hope about recovery and Oxford House success. The box at the left outlines some of the important skills each outreach worker brings to the success of Oxford Houses. The motto of the Oxford House outreach worker is to teach residents how to do things for themselves. In achieving that goal, one will hear many outreach workers reminding themselves about how Tom Sawyer handled his Aunt Polly’s ‘request’ that he whitewash her picket fence. The first thing he did was to pretend that it was so much fun to paint the

fence that his friends all would want to do the job for him. One by one, Tom convinced his friends that it was rewarding or an honor to paint the fence – not a chore. Soon his friends were doing the work his Aunt had assigned him to do and they were enjoying it because Tom had convinced them it was fun and an honor to undertake the work needed to make the fence look like new.

This motivation of residents pays big dividends because not only do residents learn how self-help works but they also learn how to structure and maintain the household that becomes their home for learning the new behavior needed to develop long-term recovery without relapse.

Part 2 – How Oxford Houses Work

Each Oxford House is self-run and self-supported. Within the Oxford House community, it is often remarked that “The inmates run the asylum.” They do. Such participatory democracy not



only is cost-efficient, but it also provides the foundation for personal change. Each resident rises to the occasion whether it is by voting on acceptance of a new resident, expelling a resident who relapses, carrying out the duties of being a house officer, or simply voting on an issue at a weekly House business meeting. All the processes and procedures are set forth in the Oxford House Manual[®] and related materials.¹⁰ With the mutual support and supervision that individual Oxford Houses provide for each other through chapters and statewide associations, uniformity and quality control is assured. In Delaware, one can visit an Oxford House in Wilmington, Lewes, Georgetown, Rehoboth Beach or anywhere else in the state and immediately recognize that the recovery group within each house is following the same set of procedures and protocols. Oxford House, Inc. has not only provided a full set of operational manuals but also

has taken the time to teach the group the basic procedures than enable a recovery group to function well. Visiting any one of the more than 3,157 Oxford Houses throughout the country provides the same affirmation.

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

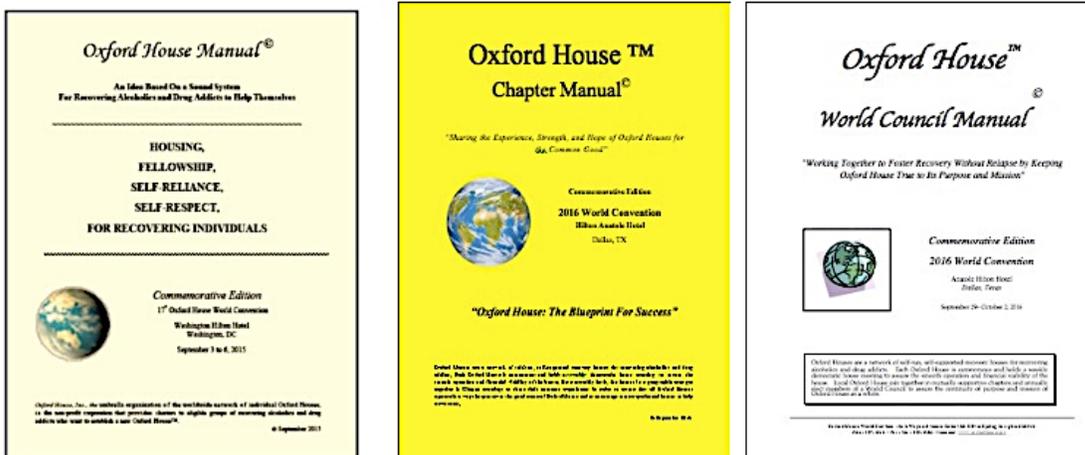
Oxford House Officers

- President
- Secretary
- Treasurer
- Comptroller
- Chore Coordinator

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

¹⁰ Oxford House is organized from the bottom-up. In addition to the basic Oxford House Manual[®] there is an Oxford House Chapter Manual[®], an Oxford House World Council Manual[®] and an Oxford House State Association Manual[®]. to uniformly follow processes and procedures that reflect the successful formula that makes Oxford House the only best practice listed on the National Registry of Evidence-base Programs and Practices.

Key Manuals To Keep Oxford Houses On Track



Common to all Oxford Houses is participatory democracy and pragmatic problem-solving, whether it involves personality problems or a broken dishwasher. If there is a problem, the group faces it and comes up with ways to resolve it. Each resident has an equal vote and pays an equal share of household expenses. Stigma associated with recovery from addiction is discouraged but stigma with respect to active addiction is not discouraged. A return to active addiction results in immediate expulsion from an Oxford House. The reason for this is that active addiction almost always results in bad behavior that adversely affects the individual and his or her family and community.

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

Not everyone masters the new behavior necessary to stay away from using alcohol or other addictive drugs at the same pace. Some quickly adapt and some take a lifetime. The Oxford



House concept is based on easy expansion of a supply of beds – simply rent another house – rather than arbitrarily limiting the time of residency of one individual in order to make room for another. When a particular house is staying full, stable and operating well, renting another house is a better way than imposing a time limit on residency in order to make room for the newcomer. The “expanding to meet the need” is something that began 46 years ago in the first Oxford House. The beds were full. Newcomers to recovery applied and needed a place to live that would support their road to recovery. The men in the first Oxford House pooled their resources after just three months of existence and the group split and opened a second house. In Delaware the outreach workers encourage every resident to become involved in finding new houses to rent until enough houses have been established to provide every

recovering individual in the state with the opportunity to live in an Oxford House

Part 3 – Research and Oxford House

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

Spillaine’s report led Congress to include a provision in the 1988 Anti-Drug Abuse Act [§2036 of PL 100-690, codified at 42 USC 300x-25] to encourage states to promote Oxford House development. That small start-up loan provision became the catalyst that helped Oxford House grow from 13 houses in the Washington, DC area to a national network of more than 3,100 houses.

Independent third-party research about Oxford House took off following a 1991 CBS “60 Minutes” segment about Oxford House. Dr. Leonard Jason, head of the DePaul University Community Research Center saw the program and immediately became interested in researching how Oxford Houses worked. His organization has now published more than 200 peer-reviewed articles and studies about Oxford House and its effect on recovery from addiction. One of his studies followed 897 residents in 219 Oxford Houses across the country and found that, over a 27-month period, only 13% had returned to active addiction.¹¹

Research has been key to concluding that Oxford House can enable individuals to achieve long-term recovery without relapse. Because ‘recovery without relapse’ is the desired norm, not the exception, every Oxford House resident tries to accept responsibility for being a productive member of his or her Oxford House and also learn to have fun without the use of alcohol or drugs. By developing a new lifestyle, individuals gain confidence that life with using alcohol or illicit drugs is possible. That confidence carries over whenever a resident moves out of an Oxford House clean and sober. It has also produced general acceptance in the addiction treatment field that Oxford House living is an effective path to long-term recovery.

While research on AA has been limited by the role of anonymity in recovery, the willingness of Oxford Houses to open their doors to academic research gives us an opportunity to see recovery from addiction in action.

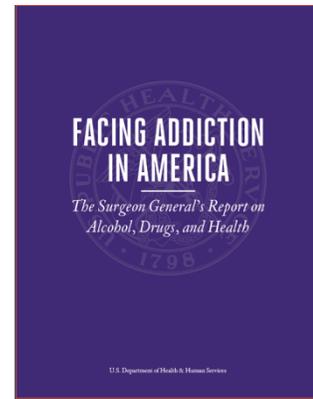
Dr. Jeffery Roth, M.D.
Editor, *Journal of Groups in Addiction and Recovery*
July 2010

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

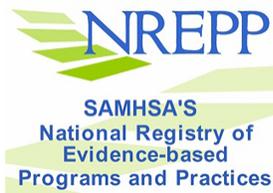
¹¹ Addictive Behaviors 32 (2007) 803-818

Outcomes:

- An 87 percent abstinence rate at the end of a 2-year period living in an Oxford House, four to five times greater than typical outcomes following detoxification and treatment.
- Comparisons between a group living in Oxford House and going to AA/NA versus a similar group that only goes to AA/NA show that the group living in an Oxford House had higher and more positive rates of self-efficacy and self-mastery.
- In a comparison study between Oxford House residents and a group that was assigned usual aftercare services, the Oxford House group had significantly lower substance use (31.3 percent vs. 64.8 percent), higher monthly income (\$989 vs. \$440), and lower incarceration rates (3 percent vs. 9 percent).



The Oxford House program was listed as a best practice on the National Registry of Evidence-based Programs and Practices [NREPP] in 2011. The NREPP was a searchable online registry of mental health and substance abuse interventions that had been reviewed and rated by independent reviewers. The purpose of the registry was to assist the public in identifying scientifically based approaches to preventing and treating mental and/or substance use disorders that could be readily disseminated to the field. The Oxford House Model is the only recovery house concept and system of operation listed on the NREPP.



The annual Oxford House National Convention has become a place where experts in the field of addiction present their most recent finding about the nature of alcoholism, drug addiction and the process of long-term recovery. Every Director of the federal Office of Drug Control Policy has been a speaker at the convention as have other leaders in the field of alcohol and drug addiction. While Covid-19 caused the cancellation of the 2020 Convention, the 2021 Convention took place and links to the videos are available at the website www.oxfordhouse.org.

At the Oxford House 2019 Convention, the first General Session included the following speakers [from left to right in the picture below]: Dr. Joshua Sharfstein, head of Bloomberg Health Initiative at Johns Hopkins; Dr. William Compton, Deputy Director of NIDA; Professor John Kelly, Ph.D. of Harvard; Kevin Sabet, Ph.D. SAM; Dr. Westley Clark, former 20-year Director of CSAT; and Dr. Stuart Gitlow, former President ASAM. Linkage to a video of the full 2019 Oxford House Convention is available at www.oxfordhouse.org.

Dr. John Kelly, third from the left, emphasized that alcoholism and illicit drug addiction are chronic diseases and require measurement over time. He used five-point criteria for measuring the predictability of long-term successful recovery: Quality of Life; Happiness; Recovery Capital; Self-Esteem and Psychological Distress. At the five-year point following the start of recovery, life becomes balanced and continues to get even better. The Oxford House model is particularly well suited to help those new in recovery to make it to and beyond the initial five years. Dr. Kelly also presented at the 2021 Oxford House convention at the Gaylord Resort in Harbor Place, Maryland and underscored the value of AA/NA and Oxford House in assuring long-term recovery.



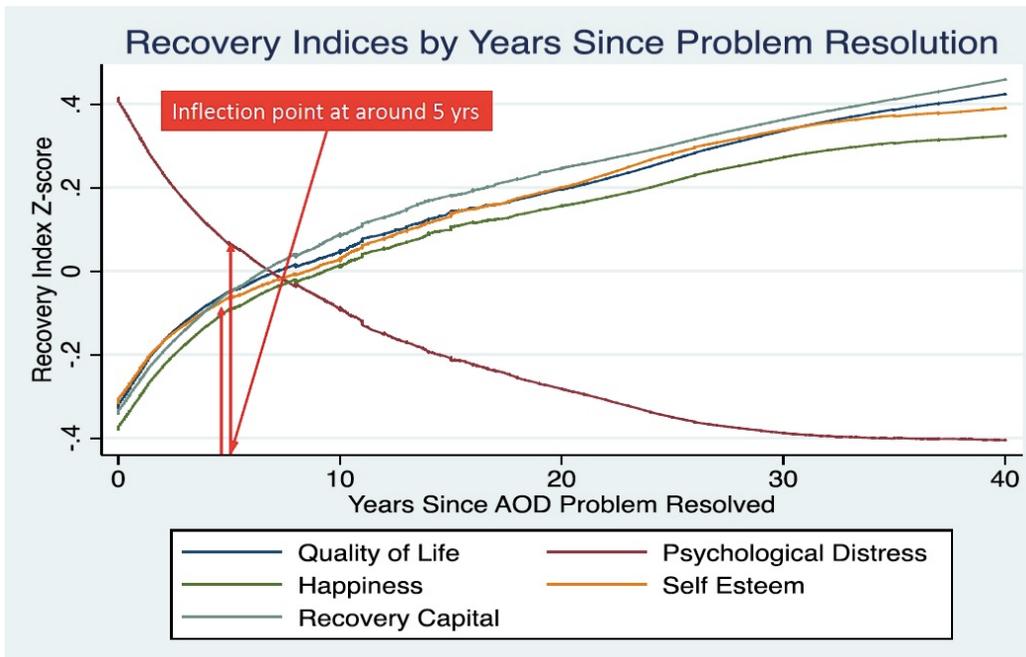


Chart prepared by Dr. John Kelly for his presentation at the Oxford House Convention

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

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



Delaware Oxford House Residents and Alumni at the 2019 National Convention Before Covid



Delaware Residents and Alumni at the 2021 Convention – all with masks and fully vaccinated.

Role of the National Convention and State Workshops

From its beginning in 1975, the men and women of Oxford House have focused solely on recovery without relapse. They have avoid owning property or accumulating wealth and keep their development activities tied the two major self-help addiction recovery programs – Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). At the same time, they have encouraged residents and alumni of Oxford House to participate in research about recovery and to get together to learn as much as possible about the disease and paths to recovery. The picture above from the 2021 National Oxford House Convention at National Harbor, Maryland just outside Washington, D.C. shows everyone masked. The 1,571 individuals attending the convention had to show proof that they had been fully vaccinated.

Both the 2019 and 2021 Conventions were videotaped in their entirety and links to the sessions are available to view at the Oxford House website: www.oxfordhouse.org. Each had four general sessions and 25 breakout sessions with expert panel dissecting all aspects of alcoholism, drug addiction and co-occurring mental illness and the multiple aspects of Oxford House that make it so successful for individuals to achieve recovery without relapse. While 1,571 attended the 2021 convention, more than 25,000 residents stayed at home and were represented by the 1,571 who attended. Having the convention available for viewing gives everyone an opportunity to experience the knowledge sharing at the convention. Oxford House residents and alumni are always anxious to learn more about the disease and more about long-term recovery without relapse. They also enjoy socializing with other residents and alumni around the country.

Oxford Houses of Delaware Directory

Claymont

Princeton Place
3 Princeton Avenue
Claymont, DE 19703
302-439-4581
9 / M
Oxford House since 5/1/2016

Rivendell
181 W. Shelley Drive
Claymont, DE 19703
302-494-9157
6 / M
Oxford House since 12/1/2015

Dover

Chekov
15 Clara St
Dover, DE 19901
302-883-3975
12 / M
Oxford House since 12/1/2019

Guinan
65 Laurel Drive
Dover, DE 19901
302-833-3151
8 / WC
Oxford House since 6/1/2019

Ida B. Wells
125 Overlook Place
Dover, DE 19901
302-999-1119
9 / M
Oxford House since 9/1/2009

Reliant
200 North State Street
Dover, DE 19901
302-724-5219
10 / M
Oxford House since 1/1/2018

Silver Lake
833 Miller Drive
Dover, DE 19901
302-362-0623
7 / W
Oxford House since 11/1/2015

Taurine
227 North Govenors Ave
Dover, DE 19904
302-525-6565
8 / M
Oxford House since 3/5/2012

Vanderbilt
888 Lincoln St.
Dover, DE 19901
302-724-5778
10 / M
Oxford House since 8/15/2020

Victory Lane
931 Boggs Dr.
Dover, DE 19901
302-883-3478
6 / M
Oxford House since 7/1/2017

Georgetown

Bedford
116 N Bedford St
Georgetown, DE 19947
302-858-4639
8 / M
Oxford House since 5/15/2015

Castiglione
713 East Market Street
Georgetown, DE 19947
302-858-4915
10 / M
Oxford House since 5/15/2018

Coolsprings
202 North Bedford Street
Georgetown, DE 19947
302-362-0623
10 / M
Oxford House since 5/15/2016

Excelsior II
23348 Park Ave.
Georgetown, DE 19947
302-515-1164
11 / M
Oxford House since 1/1/2017

Genesis II
213 South Bedford Street
Georgetown, DE 19947
302-515-1935
12 / M
Oxford House since 1/1/2017

Jaylah
321 N. Bedford St.
Georgetown, DE 19947
302-253-8768
7 / WC
Oxford House since 3/1/2020

Naboo
325 North Bedford Street
Georgetown, DE 19947
322-858-4694
7 / M
Oxford House since 11/1/2015

Sulu
209 S. Bedford St.
Georgetown, DE 19947
3028584834
12 / M
Oxford House since 9/15/2019

Tiberius
108 Linden Ave
Georgetown, DE 19947
302-362-0623
9 / M
Oxford House since 11/15/2018

Uhura
207 East Market St.
Georgetown, DE 19947
302-362-0623
11 / W
Oxford House since 10/1/2017

Lewes

Alderaan
33141 Seahorse Place
Lewes, DE 19958
302-607-1170
12 / M
Oxford House since 4/1/2014

Nimoy
32844 Ocean Reach Drive
Lewes, DE 19958
302-827-2562
12 / M
Oxford House since 2/1/2019

New Castle

Historic New Castle
805 W. 13th Street
New Castle, DE 19720-4941
302-276-0230
8 / M
Oxford House since 6/1/2011

New Castle
13 Glen Avenue
New Castle, DE 19720-3553
302-544-4329
7 / M
Oxford House since 9/11/2009

Newark

Breezewood
58 Upland court
Newark, DE 19713
302-294-6484
9 / M
Oxford House since 10/1/2019

Chestnut Hill
482 W Chestnut Hill Rd
Newark, DE 19713-1102
302-533-7876
11 / M
Oxford House since 5/1/2013

Crusher
3 Whitfield Rd.
Newark, DE 19711
3022733140
8 / M
Oxford House since 1/1/2021

Dallam
101 Dallam Rd
Newark, DE 19711
302-861-6544
8 / M
Oxford House since 9/15/2014

Emery
125 Emery Court
Newark, DE 19711-5930
302-533-6980
6 / M
Oxford House since 3/1/2011

Hatfield
412 Tamra Cir.
Newark, DE 19711
6 / M
Oxford House since 6/15/2021

Northfield
101 Edjil Dr
Newark, DE 19713
302-525-6445
8 / W
Oxford House since 11/15/2013

Nottingham
303 West Main St
Newark, DE 19711
10 / M
Oxford House since 6/15/2014

Obi
758 S Chapel Street
Newark, DE 19713
302-294-6798
10 / M
Oxford House since 8/1/2015

Woodshade
164 Brookside Blvd
Newark, DE 19713-2624
302-525-6195
7 / WC
Oxford House since 12/1/2011

Wilmington

Athena Place
1013 W 8th Street
Wilmington, DE 19806
302-660-7036
8 / M
Oxford House since 3/15/2017

Everdeen
1524 W. 7th Street
Wilmington, DE 19805
3024822741
7 / W
Oxford House since 12/1/2020

Newport

Orion
114 Scottfield Dr
Newark, DE 19711
302-533-6106
8 / M
Oxford House since 6/1/2015

Newport
221 E Justis Street
Newport, DE 19804-2521
302-513-9500
6 / W
Oxford House since 2/1/2010

Baynard
2107 Baynard Blvd
Wilmington, DE 19802
302-543-6875
9 / W
Oxford House since 6/1/2015

Franklin Place
2802 N Franklin St.
Wilmington, DE 19802
302-543-6233
9 / MC
Oxford House since 5/1/2017

Rehoboth Beach

Ritter
19 Ritter Lane
Newark, DE 19711
302-266-4210
7 / W
Oxford House since 6/1/2014

Rehoboth Bridge
6 Tulane Drive
Rehoboth Beach, DE 19971
302-260-9318
7 / W
Oxford House since 10/1/2009

Brandywine
909 Lovering Ave
Wilmington, DE 19806
302-575-9135
9 / WC
Oxford House since 3/1/2009

Grapevine
36 S Dupont Rd
Wilmington, DE 19805
302-691-7202
6 / M
Oxford House since 4/11/2014

Smyrna

Salem Woods
4 Risa Court
Newark, DE 19702-3753
302-294-1883
8 / M
Oxford House since 10/15/2013

Thornley
128 W Commerce St
Smyrna, DE 19977-1180
302-223-6388
11 / M
Oxford House since 4/1/2014

Brighton
2102 Kirkwood Highway
Wilmington, DE 19805
302-660-2000
8 / W
Oxford House since 9/15/2016

Hedgeville
109 S Maryland Ave
Wilmington, DE 19804-1341
302-365-4027
7 / M
Oxford House since 1/1/1997

Talleyville

Tanner's Place
18 Bristlecone Court
Newark, DE 19702
302-220-7757
10 / MC
Oxford House since 8/1/2019

Gryffindor
107 Brandywine Blvd
Talleyville, DE 19803
302-407-5770
7 / M
Oxford House since 8/15/2014

Capitol Trail
3814 Old Capitol Trail
Wilmington, DE 19808-5834
302-543-8366
6 / M
Oxford House since 4/1/2012

Ironside
120 Lorewood Avenue
Wilmington, DE 19804
302-407-5225
8 / M
Oxford House since 8/1/2014

Tome
2203 Capitol Trail
Newark, DE 19711-7243
302-533-7806
7 / WC
Oxford House since 5/1/2013

Talleyville
108 Brandywine Blvd
Talleyville, DE 19803-1839
302-543-5523
6 / M
Oxford House since 1/15/2014

Concord
2103 N. Washington St.
Wilmington, DE 19802
3022742509
7 / M
Oxford House since 11/1/2020

La Forge
8 Petro Dr.
Wilmington, DE 19804
3025436895
8 / M
Oxford House since 11/1/2020

Valorian
11 Parke Avenue
Newark, DE 19711-7220
302-533-5003
6 / W
Oxford House since 9/10/2011

8th Street
1409 W. 8th St.
Wilmington, DE 19806-4609
302-513-9456
7 / W
Oxford House since 6/1/2010

Cordon
207 Cordon Road
Wilmington, DE 19803
302-668-1093
8 / WC
Oxford House since 7/1/2015

Lenape
901 N. Jackson St.
Wilmington, DE 19802
302-668-1181
10 / M
Oxford House since 12/15/2014

West Park Place
77 W Park Place
Newark, DE 19711-5232
302-525-6417
9 / W
Oxford House since 4/1/2014

Asgard
515 W 18th Street
Wilmington, DE 19802
(302) 407-5097
9 / M
Oxford House since 12/15/2016

Emmett
1104 W. Newport Pike
Wilmington, DE 19804-3337
302-543-7068
6 / M
Oxford House since 4/1/2009

Montgomery II
1722 Montgomery Rd.
Wilmington, DE 19805
302-691-7752
8 / WC
Oxford House since 10/1/2020

Norie
1510 Ridge Rd.
Wilmington, DE 19809
12 / WC
Oxford House since 9/15/2021

Tuvok
413 W. 21st Street
Wilmington, DE 19802
3023978491
8 / M
Oxford House since 12/1/2020

Overlook Place
15 Overlook Ave
Wilmington, DE 19808
10 / M
Oxford House since 1/1/2017

Ultron
1415 West 7th St.
Wilmington, DE 19805
302-274-9577
6 / M
Oxford House since 1/15/2020

Promises
1300 W 7th Street
Wilmington, DE 19805-3223
302-660-8660
9 / WC
Oxford House since 3/15/2014

Ravenclaw
801 New Road
Wilmington, DE 19805
302-331-1774
7 / M
Oxford House since 7/1/2015

Reed
1327 North Dupont Street
Wilmington, DE 19806
302-668-1480
8 / W
Oxford House since 11/15/2014

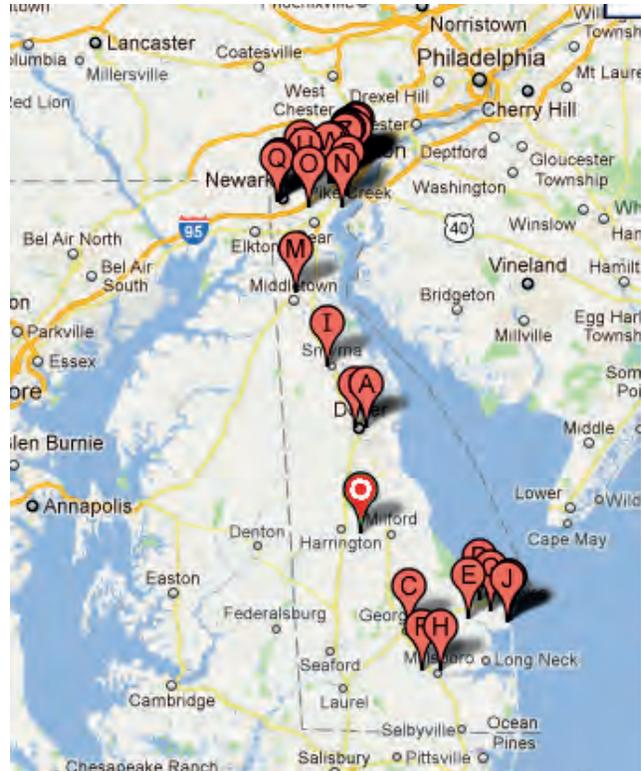
Silverside
1202 Harrison Ave
Wilmington, DE 19809
302-331-1774
8 / M
Oxford House since 11/15/2014

Tilton Park
1319 W 8th St
Wilmington, DE 19806-4647
302-482-3552
7 / M
Oxford House since 7/15/2013

Trinity North
705 N. Van Buren Street
Wilmington, DE 19806-3249
302-691-5450
9 / M
Oxford House since 6/1/2013

The Delaware Network of 74 Oxford Houses

Saving Lives through safe supportive
recovery housing
without time limits
or tolerance of alcohol or illicit drug use.



Oxford House™ Inc.

1010 Wayne Ave Suite 300
Silver Spring, MD 20910

www.oxfordhouse.org
Tel. 301-587-2916

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™

1975-2021

*46 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