

Oxford House 2004 Profile Series

Recovery • Responsibility • Replication



June 2004

Maryland Oxford House Resident Profile

Oxford House World Services

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Oxford House™

Recovery • Responsibility • Replication

The 3-R's for Addicts to Regain Freedom

Recovery: The process by which addicted individuals become free of addiction for the rest of their lives.

Responsibility: The means by which an individual gradually assumes control over his or her lifestyle so that choices can be made consistently to avoid the use of alcohol or drugs.

Replication: The means through which addicted individuals living in an Oxford House™ share their newfound lifestyle of living in a supportive, alcohol and drug-free environment with other individuals wanting comfortable sobriety by starting new Oxford Houses to give other recovering individuals a real opportunity to achieve recovery without relapse.

Visit the Web site at www.oxfordhouse.org

A Profile of Oxford House Residents in Maryland

Maryland is the state where Oxford Houses began. In August 1975 the officials in Montgomery County, Maryland decided that to balance the budget it was necessary to close one of the four halfway houses for men in the country. Alpha I, a halfway house with 13 men at 1219 Fidler Lane, Silver Spring, Maryland, was selected to be closed. With the help of a \$750 loan from a member of Alcoholics Anonymous, the 13 men in that halfway house rented the building themselves and began the first self-run, self-supported Oxford House.¹



Oxford House-Silver Spring
918 North Belgrade Road
Silver Spring, Maryland 20902
7 Women – Tel. 301-754-1865 Est. Feb. 1980

Oxford House-Silver Spring is the oldest continuously operating women's Oxford House in the country. It started in March 1980 in Kensington, Maryland. It moved to its present address in February 1988. More than 168 women residents of Oxford House-Silver Spring have achieved sobriety without relapse since it began.

Oxford Houses provide the time, peer support and sober living environment long enough for individuals to become comfortable in recovery without relapse. The simple concept of *renting* rather than *owning* houses makes it possible to expand the capacity of the houses and the self-help system of disciplined operation makes it cost-effective. Residents themselves can be trained to run a clean and sober recovery home in a standardized manner that prevents exploitation of the residents. The American traditions of democracy, self-help and entrepreneurial spirit all combine to make replication of the individual

Oxford House. Today there are 34 Oxford Houses in Maryland and 1,087 nationwide. A state-by-state listing of houses is available at the Oxford House Web site: www.oxfordhouse.org

Recovery Without Relapse

Charles G. Curie, Administrator of the Substance Abuse and Mental Health Services Administration [SAMHSA] and Dr. H. Westley Clark, Director of the Center for Substance Abuse Treatment [CSAT], have noted the important role the self-run, self-supported recovery home can play in achieving recovery without relapse.²

“Recovery from the disease of alcoholism or other drug addiction is often plagued by relapse – which is simply the use of alcohol or other addictive drugs following a period of abstinence. For those addicted to alcohol or other drugs, relapse can trigger a return to uncontrolled drug use. The self-run, self-supported recovery house provides many recovering individuals effective relapse prevention because of (1) the support gained from living with other individuals coping with the same problem and (2) the knowledge that the use of alcohol or drugs will result in immediate expulsion.

Most treatment providers and experts in the field of recovery accept relapse or a return to using alcohol and/or drugs as the norm. Thirty years ago, when the first Oxford House was established in Silver Spring, individuals in

¹ Oxford House-Fidler Lane was razed in 1985 but before its demise it has spawned 12 other houses in Montgomery County and Northwest Washington, D.C.

² *Self-Run, Self-Supported Houses for More Effective Recovery from Alcohol and Drug Addiction*, TAP series 5, U. S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment, DHHS Publication No. (SMA) 02-3700, printed 2002.

recovery recognized that relapse occurred but tried to treat relapse as the exception rather than the rule. If any resident drank alcohol or used the drugs, the other residents in the house immediately threw him out. It took only a majority vote of house members. The question was simple. Had the individual used alcohol or drugs? If the vote was yes, the consequence was swift, immediate expulsion. That principle was embedded in the first Oxford House and it continues as a bedrock principle of Oxford House today – because it worked.

The first Oxford House™ started on October 1, 1975 and in March 1976 a second house was started in Northwest Washington, DC. By the end of 1976, there were five Oxford Houses and each one followed the system of operation spelled out in the Oxford House Manual® that was written during the first month of establishment of the first house. Each Oxford House was granted a charter by the nonprofit umbrella organization established by founders. The charter from the beginning had three simple conditions: (1) the group must democratically self-run, (2) the group must be financially self-supporting, and (3) the group must immediately expel any resident who returns to using alcohol or drugs. Experience showed that the Oxford House Model worked. Hundreds stayed clean and sober. Residents could remain in the house as long as they stayed sober and paid their equal share of household expenses. Demand by newcomers to live in an Oxford House™ was met by renting another house and having a few experienced members move in to teach newcomers the ropes. By 1987, there were 13 Oxford Houses in the Montgomery County – Washington, DC area.

In 1987, the late William Spillane, Ph. D. conducted the first outside evaluation and validation of the Oxford House program. Dr. Spillane had retired from the National Institute of Drug Abuse and was associated with the National School of Social Work at the Catholic University of America. He conducted interviews with 77% of the 125 residents then living in Oxford Houses and tracked down more than 1,000 individuals who had lived in Oxford Houses from 1975 to September 1987. Counting both populations he collected sobriety data on 1,250 individuals. He published the results of his study early in 1988 and 96 of the 125 residents then living in Oxford Houses provided additional information related to self-help meeting attendance, employment, income, prior treatment, level of education and other demographic profile data.³ The most important of Dr. Spillane's findings was that 80% of all the residents who had lived in Oxford Houses through 1987 had stayed clean and sober.



Oxford House-Rock Creek
4305 Bel Pre Road
Rockville, Maryland 20853
7 Men – Tel. 301-871-3434 Est. Jun 1996

When told that only 80% of the former Oxford House residents were still clean and sober the recovering individuals who were officers in the Oxford House network were shocked. “What are we doing wrong?” they asked. Spillane explained that 80% was exceptionally high. “The normal outcome is considered good if 20% stay clean and sober,” he said.

In 1988, Dr. Arnold M. Ludwig, a professor of psychiatry at the University of Kentucky, reported that eighteen month follow-up studies of alcoholics after treatment showed that about one-half of the alcoholics managed to stay dry for a minimum of three months; about one-third for six months; about one-sixth for twelve months; and less than one-tenth for an entire eighteen month period.⁴

³ Op. Cit. TAP Series 5 [A full account of the 1988 Spillane study is printed as Appendix G.]

⁴ Arnold M. Ludwig, M.D., *Understanding the Alcoholics Mind*, Oxford University Press, New York 1988, p. 51.

In 1996, the Rand Corporation studied recovery from cocaine addiction and found that one-year after treatment only 13% were still clean and sober.⁵ Finally, Dr. Vaillant's longitudinal study predicts about a 20% recovery rate – with or without treatment.⁶

Oxford House, Inc.'s [OHI] own data from the periodic resident profile surveys, confirms the high relapse rates reported in the field. For example, during May and June 2004, OHI interviewed 444 residents in North Carolina Oxford Houses. Of that number, 7.0% had been through residential treatment more than ten times before moving into an Oxford House. Nearly 60% had been through residential treatment three or more times.

The 2004 survey of residents in Maryland Oxford Houses showed that 12.3% of the residents had been through residential treatment more than ten times. Sixty-two percent had been through residential treatment more than three times.⁷ The overall participation rate in the Maryland June 2004 Survey was 83% [135 current residents] and 75% [122 current residents] for the particular question concerning prior treatment.

The number of times of prior treatment before living in an Oxford House™ is about the same throughout the country. The table below compares residents in 14 jurisdictions.⁸

Table 1
Prior Treatment Record of Oxford House™ Residents (Percentage)

Number of Sobriety Tries Residential Treatment	MD	WA	NE	PA	TX	KS	SC	CT	VA	NC	NJ	DC	LA	HI
One	13.9	22.0	26.9	22.5	23.9	22.8	14.8	16.7	16.1	17.8	13.9	21.1	18.4	35.0
Two	23.8	23.3	28.8	17.7	18.8	25.0	22.2	18.5	24.2	22.8	22.2	23.9	24.6	25.0
Three to Five	28.7	33.6	26.9	37.3	31.9	33.7	42.6	25.0	41.9	38.0	31.3	30.9	42.9	32.5
Six to Ten	21.3	13.1	11.5	10.8	13.8	11.9	16.7	24.1	12.9	14.3	20.1	18.3	12.8	01.3
More than 10	12.3	08.0	05.7	10.8	11.6	06.5	23.7	07.0	04.8	07.0	12.5	05.6	03.5	06.3

Dr. George E. Vaillant, in his book *The Natural History of Alcoholism*, states the obvious goal in the treatment of alcoholism or drug addiction, “The treatment of alcoholism should be directed toward altering an ingrained habit of maladaptive use of alcohol...”

He goes on to spell out the four components of treatment that can achieve that goal:

1. Offering the patient a non-chemical substitute dependency for alcohol,
2. Reminding him [or her] that even one drink can lead to pain and relapse,
3. Repairing the social and medical damage that he [or she] has experienced, and
4. Restoring self-esteem.⁹

Vaillant also points out that providing all four components at once is not easy:

“Disulfiram (Antabuse) and similar compounds that produce illness if alcohol is ingested are reminders not to drink, but they take away a cherished addiction without providing anything in return: they provide the second component but ignore the first. Prolonged hospitalization

⁵ The Rand corporation study did conclude that treatment was more cost-effective than fighting cocaine production on the supply side. Nevertheless the 13% clean and sober rate suggests that better outcome can and should be sought.

⁶ George E. Vaillant, *The Natural History of Alcoholism*, Harvard University Press, Cambridge, 1983, p. 300.

⁷ *Maryland Oxford Houses June 2004 Resident Profile*: 122 of the 135 residents interview answered the question about prior times in residential treatment as follows: First time: 13.9%; Twice: 23.8%; 3-5 Times: 28.7%; More than 5 less than 10 times: 21.3%; More than ten times: 12.3%.

⁸ All data was collect May and June 2004 except Nebraska and Washington State, which is 2003 and 2002 data respectively.

⁹ George E. Vaillant, *The Natural History of Alcoholism*, Harvard University Press, Cambridge, 1983, p. 300.

provides the first three components but ignores the fourth and eventually the first. Hospital patient-hood destroys self-esteem, and when hospitalization ceases the patient loses his substitute dependency. Tranquilizing drugs provide the first component but ignore the other three. For example, providing the anxious alcoholic with tranquilizers will give temporary relief of anxiety but may also facilitate the chain of conditioned responses that lead to picking up a drink at the next point of crisis. Over the long term, providing alcoholics with pills only reinforces their illusion that relief of distress is pharmacological, not human.¹⁰

Vaillant goes on to point out that “self-help groups, of which Alcoholics Anonymous is one model, offer the simplest way of providing the alcoholic with all four components referred to above.”¹¹ In this regard, Oxford House is a similar way to provide all four components without medication or dependency fostered by custodial or hospital care. When one compares number of previous residential treatment tries and current sobriety of residents currently living in an Oxford House, it is easy to observe that both chronic relapsers and newcomers gain valuable sobriety without relapse in an Oxford House. The table below compares prior treatment efforts and current sobriety.

Table 2
Current Sobriety Based on Prior Treatment (Months)

Current Sobriety in Months by Number of Sobriety Tries Residential Treatment	MO	WA	NE	PA	TX	KS	SC	CT	VA	NC	NJ	DC	LA	HI
One	12.8	20.1	10.6	38.0	33.9	18.5	11.0	26.3	25.3	16.9	19.9	56.7	09.8	17.4
Two	12.2	25.1	11.7	54.0	21.4	12.1	19.6	28.4	13.4	11.9	22.0	39.9	06.9	18.8
Three to Five	10.2	13.2	21.2	22.6	15.9	17.6	15.6	19.0	14.9	13.0	10.6	33.4	11.9	29.4
Six to Ten	08.7	14.5	06.2	14.4	17.6	14.2	04.4	20.8	13.8	12.3	12.5	50.4	07.5	13.0
More than 10	12.2	20.7	06.8	21.5	14.5	05.6	05.5	19.6	21.8	13.8	12.0	23.5	11.7	21.8

The June 2004 surveys provide a snapshot of the residents living in Oxford Houses in 14 states. From previous surveys in other states we are confident that the 14 states in Tables 1-3 reflect the entire Oxford House resident population that is over 9,000 on any given day. Table 3 shows the average length of sobriety by jurisdiction surveyed with the last column showing an aggregate weighted average for the entire 2,290 participants in the surveys.

Table 3
Average Length of Sobriety By State

State	MD	WA	NE	PA	TX	KS	SC	CT	VA	NC	MO	NJ	DC	LA	HI	SUM
#. Surveyed	133	315	106	112	151	97	58	113	139	440	212	146	73	120	85	2290
Mean (Months)	26.7	16.1	12.9	30.7	20.7	15.1	13.4	22.4	16.4	13.3	11.2	14.9	42.3	9.6	32.2	17.8*

* Weighted average of all surveyed persons

Because we know from other data that the average length of stay in an Oxford House is about 13 months, the data in Table 3 needs some explanation. Where there is on-going expansion in the number of houses to meet demand for sober housing the average length of sobriety is lower. Where expansion is slow the *average* length of sobriety is higher. In other words, residents stay a long time in an Oxford House and do not rent additional houses to make room for those new in recovery. The reason for this is that some jurisdiction like DC, Connecticut, Texas, Pennsylvania and Maryland do not have paid outreach workers opening new houses. The residents themselves do not have either the skills or inclination to rent new houses to expand. They tend to turn away most applicants because there are few vacancies.

Looked at the other way, where states are expanding at a fast pace – note Louisiana and Nebraska – the average length of sobriety is lower because (1) the houses have not been in the area that long, and (2) expansion is generating enough new beds to allow an influx of newcomers thereby keeping the average length of sobriety lower.

¹⁰ Id. 301.

¹¹ Id. 301.

Length of Sobriety Among Maryland Oxford House Residents

The average length of sobriety among Maryland Oxford House residents is 26.7 months – 50% longer – than the weighted average for the June 2004 survey of residents in 15 jurisdictions. A survey of the 32 Maryland Oxford Houses during eight days in October 2004 [October 10-17] found that the houses had rejected 53 applicants because of no vacancies. There is a likely over count since some individuals may have applied to two or more houses. It is also possible that the individual answering the phone inquiry for a particular house may have made up the number. Nevertheless, the high number of unsuccessful applicants suggests that there is great need for expansion in Maryland. The number is higher than expected because it is common knowledge among providers and the recovery community that vacancies in Maryland Oxford Houses are tough to find which would tend to discourage many from even trying.

**Maryland Oxford House Residents
Length of Current Sobriety**

From	Through	Percentage
1 week	6 months	15
6 months	12 months	25
12 months	18 months	6
18 months	24 months	10
24 months	30 months	9
30 months	36 months	6
36 months	42 months	7
42 months	48 months	2
48 months	54 months	5
54 months	60 months	2
60 months	66 months	1
66 months	72 months	2
72 months	78 months	3
78 months	84 months	1
84 months	90 months	2
90 months	96 months	0
96 months	102 months	3
102 months	108 months	0
108 months	114 months	0
114 months	120 months	0
120 months	126 months	0
126 months	132 months	0
132 months	138 months	1

The average current sobriety of 26.7 months among Maryland Oxford House residents in June 2004 was distributed as shown in the table at the left. While 40% of the residents had less than one-year's sobriety, 60% had more than a year. Forty-five percent had more than 2 years sobriety and 13% had been sober more than 5 years. The positive aspect of this long-term sobriety is (1) verification that the program works, and (2) the advantage of experience that comes from having long-term sober individuals living in the house. The downside is that without prompt expansion of the network of Oxford Houses to meet demand from newcomers, recovery beds stayed filled with old-timers.

We do not want to discourage individuals from living in an Oxford House for as long as they want provided they stay clean and pay their equal share of expenses. The open-ended residency policy is one of the major reasons for Oxford House™ success. Because all Oxford Houses are rented rather than owned there is no reason the network of houses cannot expand to meet demand. When expansion takes place in an area experienced residents of existing houses voluntarily move into the new house to help teach the Oxford House system of operation. Whenever the average length of sobriety is high – 26.7 months in Maryland houses and 42.3 months in the District of Columbia – it is a sign that expansion has been too slow.

In spite of the high average length of sobriety and slow expansion, the average length of stay in an Oxford House™ continues to be about 13 months. However, without expansion Oxford House residents will become so comfortable in their living arrangements that newcomers will find more and more difficulty in getting into a house. Outreach workers can encourage faster expansion by finding suitable houses to rent, recruiting residents for the houses and teaching them the system of operation. Moreover, outreach workers can help establish chapters [mutually supportive groups of houses] to build up an expansion capacity with the chapter.

Education and Outreach

Teaching the Oxford House system of operation is fundamental to Oxford House success. The Oxford House World Council - made up of leaders elected by houses and Oxford House alumni – focuses on the development of policy, workshops and mutual support among individual houses to provide on-going teaching of the Oxford House system of operation. The Oxford House World Services Office – the professional staff operating under the direction of the Oxford House, Inc. – provides service to all Oxford House entities – houses, chapters, state associations and the annual Oxford House World Convention. It also is the official connection of Oxford House with government agencies, treatment providers, courts, the press and the recovery community as a whole.

Oxford House outreach workers trained by Oxford House World Service or housing committees of chapters of existing Oxford Houses are best able to start new Oxford Houses. The cost of finding a house to rent, suitable residents to live in the house and training the new residents the system of operations averages about \$30,000 a

house. Once a house is established the residents equally share all household expenses. This self-support feature of Oxford House makes the program very cost-effective. The 14 Oxford Houses in the District of Columbia amply illustrate this point. Oxford House-Northampton [13 men] has been in continual existence since April 1977. Oxford House-Garrison [10 men] has been in existence since March 1980. Ten of the fourteen houses in the District of Columbia are over ten years old. In Maryland, Oxford House-Silver Spring [7 women] has been in continuous operation since 1980; Oxford House-Charmuth [7 men in Lutherville] since 1991, Oxford House-St. Paul [8 men in Baltimore City] since 1993 and seven other houses are more than ten years old.

Self-Help – Heart of Oxford House

Not only do the Oxford House residents pay their own living expenses but they also manage the operation of their own Oxford House. They hold weekly house meetings and elect officers from among house residents. No officer can hold the same office for more than six months. Each officer has specific duties and by following the prescribed procedures for handling money, weekly business meetings and applicant interviews, Oxford Houses stay on track by following the Oxford House standard system of operation set forth in the Oxford House Manual[®] and Oxford House Chapter Manual[®].

At the heart of the Oxford House system of operation is the democratic procedures used by each individual Oxford House[™]. The residents of each house meet once a week to conduct a democratic house meeting using parliamentary procedures with a definitive structure to enable an orderly process.

Within each house five officers are elected every six months and each has specific duties. A resident can hold the particular office for only six months at a time – a limitation designed to prevent bossism from crowding out the egalitarian principles of Oxford House[™].

The table on the right of the five elected house leaders shows the basic duties and responsibilities of each elected officer:

Every individual in a house gets an opportunity to gain self-esteem and confidence in the viability of recovery by playing a strong role in the house. The weekly house meeting becomes the focal point of the house operations and group success by the house spills over to every individual in the house. Being able to pay the landlord, the cable TV company, and the electric company become building blocks that underscore the value of sobriety. The individuals working together as team players help each other develop a new way of life. Each Oxford House[™] becomes the functional equivalent of a biological family – helping and caring about each other.

Moreover, the group places behavior expectations on all residents to do chores, carry out responsibilities of office, and to offer recovery support to each other and to live as a well functioning ‘family.’ This cohesive mutual support gives every resident the opportunity to function well without the use of alcohol or drugs. Slowly but surely the sobriety becomes a habit. The notion of ‘family’ extends to houses helping each other. In Maryland it has not been uncommon for houses to lend money to each other to take care of unexpected emergencies.

President

- ◆ •Leads Weekly Meeting
- ◆ •Overall Leadership
- ◆ •Attends Chapter Meetings
- ◆ •Co-signer of checks

Secretary

- ◆ •Takes Meeting Notes
- ◆ •Contacts Treatment Providers
- ◆ •Notifies House Applicants
- ◆ •Monthly reports to OHI

Treasurer

- ◆ •Keeps Checkbook
- ◆ •Pays House bills
- ◆ •Co-signer of checks

Comptroller

- ◆ •Collects Weekly Rent
- ◆ •Audits Treasurer’s Books
- ◆ •Posts weekly payments

Coordinator

- ◆ •Supervises Household Chores
- ◆ •Buys House Supplies
- ◆ •Reports to meeting on chores
- ◆ •Enforces fire safety practices

Profile of Maryland Oxford House Residents June 2004

During May and June 2004, the residents of 23 of the then 32 Oxford Houses in Maryland answered the standard confidential questionnaire to provide data about the Maryland Oxford House residents. [N 134] The total number of recovery beds for the 32 houses in the state at the time of the survey was 252.¹²



Oxford House-Stoneham Court
6226 Stoneham Court
Bethesda, Maryland 20917
Women – Tel. 301-897-9060 – Est. Feb. 1990

Average Age

The average age of residents in the Maryland Houses is 42.9 years. Men residents had a slightly older average age than women residents – 43.4 versus 40.4. The age range is from 19 to 72.

Employment and Income

When the newly recovering alcoholic and/or drug addict is accepted into an Oxford House by an 80% vote of the residents already living in the house, her or she is expected to get a job. In June 2004, 93% of the residents in the Maryland Oxford Houses were employed. A few were between jobs or getting a pension or some other form of income maintenance. The table below shows

how the employment compared to residents in surrounding jurisdictions.

Employment of Oxford House Residents

Jurisdiction	MD	DC	VA	NC
Employed (%)	92%	96%	83%	82%

In June 2004, residents in the respective jurisdictions were earning more than enough to pay their individual share of household expenses, which includes rent to the landlord, utilities, cable TV and household supplies. The average share of expenses is \$90 a week – \$390 per month. The table below shows that average monthly income substantially exceeds that amount. As a matter of fact, Maryland Oxford House residents had the highest average monthly income.

Monthly Income of Oxford House Residents

Jurisdiction	MD	DC	VA	NC
Income	\$1,716	\$1,705	\$1,238	\$1,309

Prior Homelessness and Incarceration

Oxford House residents in Maryland have recycled through residential treatment numerous times. [See pages 5-6.]. Most have also been homeless and incarcerated. The prior homeless experience of the Maryland Oxford House residents is compared to their peers in nearby jurisdiction in the table below.

Homeless Data

Jurisdiction	MD	DC	VA	NC
% Homeless	73%	75%	60%	70%
Times Homeless	2.3	1.9	2.4	2.3
Days Homeless	289	732	423	274

Specifically 73% have been homeless and average of 289 days – about 10 months. Homelessness occurred an average of 2.3 times.

Incarceration Data

Jurisdiction	MD	DC	VA	NC
% Jail Time	72%	58%	73%	77%
Times in Jail	3.4	2.2	4.2	3.7
Days in Jail	1303	766	524	542

Nearly 73 % of the Maryland Oxford House residents had also served jail time. While more than one-half had served less than a year, the average duration of jail time served is 1,303 days – about 3.5 years. This is a little higher total jail time served than in nearby jurisdictions because 14% [N-12] had served ten years or more before moving into an Oxford House.

¹² Since the survey, 3 additional houses have been added to the Maryland Network of Oxford Houses adding 28 new recovery beds – 7 for women 21 for men.

Other Marginal Living Conditions

Since the only ‘cure’ for alcoholism and drug addiction is behavior change, the living environment of the individual can have a significant influence on outcome following treatment. Marginal living conditions [‘rented room’ down through ‘homeless’ in the table below] affected 42.5% of the Maryland Oxford House residents. Going back to such living conditions after detoxification and/or treatment for these individuals would almost guarantee relapse. The table below compares the living arrangements of Maryland Oxford House residents just before moving into an Oxford House™ with residents in nearby jurisdictions.

Living Arrangement Before Oxford House [%]

Prior Residence	MD	DC	VA	NC
Apartment	28.4	28.8	22.8	22.6
Owned House	11.8	15.1	11.0	12.7
Rented House	17.3	12.3	13.4	19.5
Rented Room	11.8	15.1	19.7	14.1
Jail	03.9	02.7	04.7	04.0
Mental Hospital	–	–	03.2	01.0
VA Hospital	01.6	01.4	05.5	00.3
Halfway House	07.1	09.6	01.6	09.9
Homeless	18.1	15.1	18.1	16.0

Where one lived before detoxification or treatment is a good indicator of the severity of addiction. It also is a predictor of sobriety outcome. Homelessness or a rented room can and does quickly lead to resumption of addictive use.



Oxford House-Severna Park
512 Evergreen Street
Severna Park, Maryland 21146
9 Men – Tel. 410-975-9238 – Est. June 1998

Family Status

Few Oxford House residents come into Oxford House™ from a stable family relationship. Most have never been married while separation or divorce is common among those who had been married.

The table below compares the marital status of Maryland Oxford House residents to those in nearby jurisdictions.

Marital Status of Residents [%]

Jurisdiction >	MD	DC	VA	NC
Single	48.6	54.3	52.7	42.3
Married	11.4	03.9	02.7	07.3
Separated	18.6	19.4	18.7	17.9
Divorced	21.4	21.7	25.3	31.7
Widowed	00.0	01.0	01.0	00.8

Separated and *divorced* exceeded 40% of residents in each of the four jurisdictions. The ‘single’ category is defined as “never married.”

Diversity

Since it began in 1975 Oxford House has never had a racial or ethnic problem in a house. This is in part because of the nature of alcoholism and drug addiction creates a common ground that supplants bias that might otherwise exist. The egalitarian nature of alcoholism and drug addiction is reflected in the racial make-up of Oxford House residents.

Race	MD 2000 Census	MD Oxford	DC 2000 Census	DC Oxford	VA 2000 Census	VA Oxford
White	64.0%	27%	30.8%	21%	72.3%	43%
Black	27.9%	71%	60.0%	75%	19.6%	54%
Hispanic	4.3%	–	7.9%	–	4.7%	01%
Other	8.1%	02%	9.2%	04%	8.1%	02%

Note: Hispanic overlaps with White, Black and Other

The table above shows how three jurisdictions compare on diversity with respect to house residents and census data. Experience in other parts of the country shows that with more houses the gap between Census data and racial composition of a house narrows. Addiction is colorblind and so is recovery. In Maryland, Oxford House establishment has been almost exclusively brought about by voluntary efforts from existing residents or alumni of Oxford House. The only exception has been two grants from the Abell Foundation in 1989-1991 to help get houses established in the Baltimore area.

Virginia has provided about \$50,000 a year to provide limited paid outreach. [It has now increased that amount to about \$120,000 for FY 2005] Outreach workers enable more expansion and help the supply of beds to better match demand. Utilization of three outreach workers in Maryland would permit expansion of the statewide network of Oxford Houses to all or most counties in the state. A proposed budget for that is at the end of this evaluation.¹³

¹³ Each week Oxford House, Inc. gets at least two telephone calls from all parts of the state-requesting establishment of houses.

Educational Level of Residents

Alcoholism and drug addiction are egalitarian diseases cutting across race, class, education and income level. The educational attainment of Maryland Oxford House residents averages 12.6 years with a range of grade 2 through post-graduate degrees. The table below shows the distribution for Maryland Oxford House resident in the survey.¹⁴

Distribution for YEARS SCHOOL			
From (≥)	To (<)	Count	Percent
1.00	2.00	2	1.49
2.00	3.00	0	0
3.00	4.00	0	0
4.00	5.00	1	.75
5.00	6.00	0	0
6.00	7.00	0	0
7.00	8.00	0	0
8.00	9.00	1	.75
9.00	10.00	3	2.24
10.00	11.00	4	2.99
11.00	12.00	13	9.70
12.00	13.00	55	41.04
13.00	14.00	14	10.45
14.00	15.00	16	11.94
15.00	16.00	10	7.46
16.00	17.00	11	8.21
17.00	18.00	1	.75
18.00	19.00	2	1.49
19.00	20.00	1	.75
	Total	134	100.00

The average educational attainment of the residents in Maryland Oxford Houses is a little lower than in DC houses but higher than for residents in Virginia or North Carolina. See following table.

Average Education of Oxford House Residents

Jurisdiction	MD	DC	VA	NC
Years of School	12.7	13.2	12.4	12.5

A 1999 review of educational attainment of the residents in the DC Oxford Houses showed that many residents were taking courses to get a GED or college degree while living in an Oxford House. No such study has been conducted with the Maryland Oxford House residents but some are probably taking additional courses of study while living in an Oxford House™.

Drug Addiction

Unlike 1975, when ten of the thirteen residents of the first Oxford House in Silver Spring were alcoholics, today most residents of Oxford Houses are addicted to

crack, cocaine, heroin and other drugs in addition to alcohol. Because it is so difficult for newcomers to get into District of Columbia Oxford Houses, the percentage of drug addicts is a little lower there than in surrounding jurisdictions.

Percentage of Drug Addicts

Jurisdiction	MD	DC	VA	NC
Percent	81%	66%	70%	71%

Hope for the Future

Expansion of Oxford Houses throughout the State of Maryland is not only feasible but can be assured by using paid outreach workers.



Oxford House-Annapolis
699 Bestgate Road
Annapolis, Maryland
12 Men Established Nov. 2004

Oxford House – Annapolis, pictured above is the newest Oxford House in the State of Maryland. The men living in Oxford House – Severna Park are undertaking its establishment and other Oxford Houses are helping to finance the start-up loan. The availability of paid outreach workers would permit many more Oxford Houses to be established throughout the state. The need is great but the present resources within the network of houses are insufficient to meet that need.

In addition to the Annapolis Oxford House for men, a new Oxford House for women is opening in Columbia and another for men in Suitland.

¹⁴ A personal interview verified that 2 of the individuals had only one year of formal schooling.

12-Step Meetings

The average length of sobriety among Maryland Oxford House residents is 26.7 months. It is not by accident. The disciplined system of democratic operation of each Oxford House™ is time-tested and spelled out in the Oxford House Manual®, which can be downloaded as a PDF document from the web site: www.oxfordhouse.org. It plus the Oxford House Chapter Manual®, also downloadable, provide a detailed and comprehensive way for self-help to be followed in a disciplined manner.

There is no requirement that residents in an Oxford House attend Alcoholics Anonymous [AA] or Narcotics Anonymous [NA] but the average number of such meeting of those Maryland Oxford House residents is 4.3 meetings a week. The latest surveys by AA and NA show that the normal member attends an average slightly more than 2 meetings a week. The table below compares 12-Step meetings of Maryland residents with nearby jurisdictions.

Jurisdiction	MD	DC	VA	NC
AA	1.9	2.3	2.8	2.7
NA	2.4	2.1	2.7	3.1
Combined	4.3	4.4	5.5	5.8

In addition to attending an average of 4.3 12-Step meetings a week, about 27% of Maryland Oxford House residents attend a weekly counseling session.

How Residents View Themselves

Self-assessment of overall health by the Maryland Oxford House residents is as follows.

	Count	Percent
VERY GOOD	56	41.79
PRETTY GOOD	69	51.49
NOT SO GOOD	9	6.72
Total	134	100.00

The “very good” cohort had an average age of 40.5. The “pretty good” cohort had an average age of 43.8 and the “not so good” cohort had an average age of 50.4. The difference between very good and not so good cohorts is statistically significant. $P = <.005$.

Less than 1% of the residents found living in an Oxford House insignificant to their recovery. Nearly 90% found it was the *most* important factor in their recovery. Moreover, 96% would recommend living in an Oxford House to a friend in recovery.

Good Houses in Good Neighborhoods

There are lots of reasons why Oxford Houses work well but included among those reasons is the fact that houses can be rented in good neighborhoods. The location of a house in neighborhood free of drug sales is important.

Solving Legal Barriers

Neither Oxford House, Inc. nor any individual Oxford House™ owns real estate. Every Oxford House™ is rented from a landlord at a fair market value rate.

Since all of the residents in an Oxford House™ are recovering alcoholics and drug addicts, they fall within the protections afforded by the Federal Fair Housing Act, 42 U.S.C. §3604 (f) (3)(B). Under that law, it is illegal for a local jurisdiction to discriminate against “handicapped” or disabled individuals in the application of laws related to housing.¹⁵

In September 1993, Oxford House, Inc. along with the U.S. Department of Justice brought an action in Federal District Court against the District of Columbia because it was restricting groups of recovering individuals from renting houses in parts of the District zoned for residential use. In August 1995, a Consent Order was entered in Federal District Court whereby Oxford House, Inc. and the District of Columbia agreed that up to 15 recovering individuals could rent a single family house within an area zoned for single family residents without violating the zoning laws of the District of Columbia. This “reasonable accommodation” by the District was accepted by the US Justice Department and the Federal District Court. It formalized the practice of Oxford House, Inc. of requiring that good houses be rented in good neighborhoods. From the standpoint of individuals in recovery from alcoholism and drug addiction being able to reside in good neighborhoods is to have the opportunity to become comfortable enough with sobriety to avoid relapse forever. Oxford House™, alone among recovery group homes, has the legal right to rent a good house in a good neighborhood.¹⁶

Zoning restrictions are not the only barrier to handicapped individuals living together. In *Wai v. Allstate Insurance Co*, 75 F. Supp. 2d 1 (D.D.C. 1999), two landlords who rented their homes to people with disabilities were denied standard landlord insurance in

¹⁵ In *City of Edmonds, WA v. Oxford House, Inc.* 514 U. S. 725 (1995) the United States Supreme Court found Oxford House residents protected under the Federal Fair Housing Act, as amended.

¹⁶ The Consent Order and a number of other cases were resolved once the *Edmonds Case* was decided.

the District of Columbia and were directed to purchase costlier commercial insurance policies. The Court held that although insurance policies are not explicitly mentioned in the text of the FFHA, denial of homeowners' insurance on the basis of disability violates §3604(f)(1), which declares it unlawful to "discriminate in the sale, or rental, or otherwise make unavailable or deny, a dwelling to any buyer or renter because of handicap." The court held that denial of insurance coverage would make a dwelling unavailable to the persons with disability and the insurer had to make a reasonable accommodation. Oxford House was a party to the suit. The *Wai Case* and numerous other disputes with casualty insurance companies settled the fact that insurers of residential housing are subject to the nondiscrimination provisions of both FFHA and ADA.



Oxford House-Charloth
115 Charmuth Street
Lutherville, MD 21093
7 Men • Established April 1991

2009 Epilogue

The Oxford Houses in Maryland continue to operate in spite of the fact that the state agency does not provide financial support to OHI to pay outreach workers or to make start-up loans. The level of expansion is severely limited by not having trained outreach workers or start-up funds. That is unfortunate but perhaps most unfortunate is the fact that every other program providing detoxification of treatment for addicts and/or alcoholics is less efficient because their clients are less likely to stay clean and sober.

Since the early studies of Oxford House outcomes by the late William Spillaine, Ph.D., a number of academic research studies have been conducted. Both NIDA and NIAAA have funded extensive studies by DePaul University in Chicago. Researchers with the DePaul University Center for Community Research have published more than 80 articles in scientific journals that document successful outcomes. Those articles – many are at the website: www.oxfordhouse.org – can be viewed by clicking "Publications/Evaluations/DePaul."

At the APA [American Psychological Association] convention in 2005, the results of two major studies were presented. The first involved following 897 residents living in 219 Oxford Houses throughout the country for 27 months. The randomly selected residents were interviewed every three months and from the outset had identified a friend or relative to collaborate their answers to questions verifying continuous sobriety. At the end of the 27 months only 13% of the residents had relapsed. The second study utilized a control group by randomly allocating one half of 150 individuals getting out of treatment to go to live in an Oxford House following treatment with the other half going where they would normally go – home, a halfway house, etc. The results of this survey found that after 27 months 35% of the Oxford House group had relapsed but 69% of the non-Oxford House group had relapsed. Both studies involved one of the largest numbers of subjects in studies involving treatment outcome for alcoholics and/or drug addicts.

Discrete studies by DePaul showed that Oxford House outcomes worked equally well for those with co-occurring psychiatric disorders and those with criminal backgrounds. In a paper published in October 2008 the researchers at DePaul found that the irrespective of the severity of psychiatric is not an impediment to those with co-occurring disorders successfully living in an Oxford House. This finding confirms the broad-based value in developing statewide networks of Oxford Houses to overcome the large deficit in community-based mental health facilities – a deficit that has existed for nearly half a century. These findings underscore the importance of states such as Maryland following the example of Washington, Oregon, North Carolina, New Jersey and Virginia in developing such resources.

The system of operation and the ability of the person to stay in an Oxford House for an indefinite length of time both contributed to the successful outcomes. Dr. John Majer pinpointed one of the reasons that Oxford Houses work so well in preventing relapse. Specifically he found that by comparing newly recovering addicts who lived in Oxford House with those that did not but attended an equal number of 12-Step meetings. The Oxford House residents gained self-efficacy in the value of sobriety at five times the pace of those who went to AA/NA but not live in an Oxford House.

Oxford House World Services continues to seek funding from the State of Maryland to put outreach workers in the field and to make start-up loans available to rent more houses to establish more recovery home. While seven new homes have been started since 2005, four homes in this 2004 study have failed for lack of help.

2009 Directory of Oxford Houses of Maryland

Oxford House - Annapolis

699 Bestgate Road
Annapolis, MD 21401-2145
(410) 266-8944 • 17 / M
Oxford House since Nov '04

Oxford House - Magnolia

3201 Magnolia Avenue
Baltimore, MD 21227-2130
410-355-5797 • 8 / M
Oxford House since Mar '99

Oxford House - Milford

4225 Old Milford Mill Rd
Baltimore, MD 21208-6032
443-352-8205 • 8 / M
Oxford House since Jun '07

Oxford House - Mura

2116 Mura Street
Baltimore, MD 21213-3323
410-963-7872 • 7 / M
Oxford House since Oct '08

Oxford House - Ammendale

4915 Lincoln Avenue
Beltsville, MD 20705-1530
(301) 937-1954 • 7 / M
Oxford House since Jun '96

Oxford House - Cedar Ridge

4519 Powder Mill Road
Beltsville, MD 20705-2657
(301) 931-1854 • 8 / M
Oxford House since Dec '97

Oxford House - Emack

4525 Broad Boulevard
Beltsville, MD 20705-1516
(301) 595-3017 • 6 / W
Oxford House since Feb '99

Oxford House - Emani

4232 Powder Mill Road
Beltsville, MD 20705-2761
(301) 595-8880 • 6 / M
Oxford House since Mar '02

Oxford House - Howard Ave

4810 Howard Avenue
Beltsville, MD 20705-1949
(240) 297-9118 • 9 / M
Oxford House since Apr '00

Oxford House - Powder Mill 2

4522 Powder Mill Road
Beltsville, MD 20705-2637
(301) 937-4772 • 7 / M
Oxford House since Feb '99

Oxford House - Powder Mill

4515 Greenwood Road
Beltsville, MD 20705-2628
(301) 595-2454 • 9 / M
Oxford House since Dec '96

Oxford House - Quimby

4904 Quimby Avenue
Beltsville, MD 20705-1542
(301) 595-4224 • 8 / M
Oxford House since Nov '00

Oxford House- Weeping Willow

10815 Weeping Willow Lane
Beltsville, MD 20705-3824
(301) 595-3630 • 9 / M
Oxford House since Jul '03

Oxford House - Cardinal

4705 Cardinal Avenue
Beltsville, MD 20705-2640
(301) 937-5373 • 6 / W
Oxford House since Jan '06

Oxford House - Stoneham Ct

6226 Stoneham Court
Bethesda, MD 20817-1757
(301) 530-2982 • 9 / W
Oxford House since Feb '90

Oxford House - Bethesda

9911 Old Georgetown Road
Bethesda, MD 20814-1863
(301) 896-4301 • 8 / M
Oxford House since Feb '07

Oxford House - First Rising

505 Drum Avenue
Capitol Heights, MD 20743
(301) 967-4116 • 7 / W
Oxford House since Dec '05

Oxford House - Autoville

9626 Autoville Drive
College Park, MD 20740-1308
(301) 345-5047 • 9 / WC
Oxford House since Dec '02

Oxford House - Cherry Hill

4801 Cherry Hill Road
College Park, MD 20740-1331
(301) 345-5743 • 6 / M
Oxford House since Oct '05

Oxford House - West Ave

2708 West Ave
District Heights, MD 20741
(301) 568-9888 • 8 / M
Oxford House since May '03

Oxford House- Carey Branch

8019 Carey Branch Place
Ft Washington, MD 20744
(301) 839-6771 • 8 / M
Oxford House since Feb '02

Oxford House - Horizon Run

9515 Horizon Run Road
Gaithersburg, MD 20886-0490
(301) 869-6215 • 6 / M
Oxford House since Apr '91

Oxford House - Oak Avenue

12 Oak Avenue
Gaithersburg, MD 20877-2705
240-654-4330 • 6 / M
Oxford House since Oct '08

Oxford House - Cheverly

1812 64th Avenue
Hyattsville, MD 20785-3811
(301) 341-3522 • 9 / M
Oxford House since Apr '96

Oxford House - Charmuth

115 Charmuth Road
Lutherville, MD 21093-5256
(410) 560-2030 • 7 / M
Oxford House since Nov '91

Oxford House - Eades

4609 Eades Street
Rockville, MD 20853-3021
(301) 946-7587 • 9 / M
Oxford House since Sep '90

Oxford House - Rock Creek

4305 Bel Pre Road
Rockville, MD 20853-2050
(301) 871-3434 • 7 / M
Oxford House since Jun '96

Oxford House - Grenoble

13411 Grenoble Drive
Rockville, MD 20853-2834
240-242-3249 • 10 / M
Oxford House since Dec '07

Oxford House - Broadwood

1109 Broadwood Drive
Rockville, MD 20851-2109
240-328-6348 • 6 / M
Oxford House since Feb '09

Oxford House - Bayside II

611 Lakeside Drive
Salisbury, MD 21801-4114
(410) 749-8748 • 8 / W
Oxford House since Aug '05

Oxford House - Severna Park

512 Evergreen Road
Severna Park, MD 21146-3742
410-975-5694 • 9 / M
Oxford House since Jun '98

Oxford House - Olney

12918 Autumn Drive
Silver Spring, MD 20904-3335
(301)879-7273 • 9 / M
Oxford House since Nov '89

Oxford House - Silver Spring

918 N. Belgrade Road
Silver Spring, MD 20902-3248
(301)754-1865 • 7 / W
Oxford House since Feb '88

Oxford House- Fredale

3405 Fredale Street
Silver Spring, MD 20906-4130
301-942-2792 • 9 / M
Oxford House since Apr '07

Oxford House - Weller

4001 Weller Road
Silver Spring, MD 20906-4427
301-933-6477 • 8 / W
Oxford House since Jul '07

Oxford House - Seat Pleasant

2378 Anvil Lane
Temple Hills, MD 20748-4262
(301) 630-0934 • 9 / M
Oxford House since Feb '97

Total 269 Recovery Beds

List revised: 3/23/2009

National Headquarters

**Oxford House World
Services**
1010 Wayne Ave. Suite 300
Silver Spring, MD 20910

The June 2004 Profile Of Maryland Houses and Residents

The World Services Office of Oxford House collects data monthly from each Oxford House with respect to applications, admissions, expulsions for cause and voluntary departures. Resident profiles are obtained using the confidential survey questionnaire designed by the late William Spillane, Ph. D. in his 1988 Evaluation of Oxford Houses.

Number of Women's Houses:	5	Number of Women Residents:	35
Number of Houses For Men:	29	Number of Men Residents:	245
Total Maryland Network of Houses:	34	Total Number of Residents:	280
Number of Counties with Houses:	6	Number of Cities with Houses:	20
Percent Military Veterans	20%	Average Years of Education	12.6
Cost Per Person Per Week [average]:	\$89.25	Rent Per Group Per Month [average]:	\$1,387
Residents Working 6/30/04:	92%	Average Monthly Earnings:	\$1,716
Percent Addicted To Drugs or Drugs and Alcohol:	81%	Percent Addicted to Only Alcohol:	19%
Race --		Marital Status --	
White;	27%	Never Married	50%
Black;	71%	Separated	19%
Other	2%	Divorced	21%
		Married	8%
Prior Homelessness:	73%	Average Time Homeless:	10 Mos.
Prior Jail:	73%	Average Jail Time:	3.5 Yrs
Average AA or NA Meetings Attended Per Week:	4.3	Percent Going To weekly Counseling <i>plus</i> AA or NA:	27%
Average Length of Sobriety of House Residents:	26.7 Mos.	Residents Expelled Because of Relapse:	19.1%
Average Length of Stay In An Oxford House:	13.1 Mos.	Average Number of Applicants For Each Vacant Bed:	3.2

Oxford House World Services

1010 Wayne Avenue, Suite 300
Silver Spring, Maryland 20910

Telephone 301-587-2916 • Facsimile 301-589-0302 • E-mail Info@oxfordhouse.org

Internet: www.oxfordhouse.org

Oxford House™

1975-2004

29 Years of Organized Self-Help To Enable Alcoholics and Drug Addicts to Recover Without Relapse

- ◆ 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 Houses 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 World Services
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