

Oxford House Profile Series 2016



Residents and alumni of Tennessee Oxford Houses at their Spring Statewide Tennessee Convention

Oxford Houses in Tennessee *and* The People Who Live in Them

This report is an evaluation of the network of Oxford Houses in the State of Tennessee – the state-sponsored program that has enabled more than 5,000 recovering individuals to help themselves stay clean and sober without relapse. Oxford House, Inc. is a 501(c)(3) nonprofit umbrella organization dedicated to helping recovering individuals achieve comfortable, long-term sobriety without relapse.

© August 9, 2016

About Oxford House, Inc.

Oxford House, Inc. is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 2,000 individual Oxford Houses. Its central office is at 1010 Wayne Avenue, Suite 300, Silver Spring, Maryland 20910. The Tennessee network of Oxford Houses currently has 44 houses with 318 beds.

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

The Oxford House Manual® is the basic blueprint that provides the organization and structure that permit groups of recovering individuals to successfully live together in a supportive environment. All Oxford Houses are rented ordinary single-family houses in good neighborhoods. There are Oxford Houses for men and Oxford Houses for women but there are no co-ed houses. The average number of residents per house nationally is about eight with a range per house of six to sixteen. The average number of residents per Oxford House in Louisiana is 7.3.

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

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

After 41 years of steady growth and successful recovery outcomes, Oxford House™ is the most cost-effective way to support long-term recovery from alcoholism, drug addiction and co-occurring mental illness. The network of 44 Oxford Houses in Tennessee confirms its effectiveness and this evaluation should motivate everyone to establish more Oxford Houses in the state.

Oxford House is listed as a best practice on the National Registry of Evidence-based Practices and Procedures. [NREPP].

Silver Spring, Maryland

August 5, 2016

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2016 Oxford House Profile Louisiana Oxford House Spring Survey Results

<p>The resident profile derived from 138 confidential responses submitted by residents of Tennessee Oxford Houses is representative of the Oxford Houses in the state. 81 % of residents at the time completed the survey. [Note the Total Number of Beds below reflects that more than 70 new beds have been added since January.]</p>			
Total Number of Oxford Houses:	44	Total Number of Beds	318
Number of Women's Houses:	17	Number of Female Residents:	120
Number of Men's Houses:	27	Number of Male Residents:	198
Equal Expense Per Person Per Week [Range \$80 to \$150]	\$110	Rent Per Group Per Month [average]: [range \$750-\$2,300)	\$1,550
Average Age:	36.6 Yrs.	Current length of sobriety	10.4 mos.
Percent Military Veterans	12%	Average Years of Education	12.6 yrs.
Residents Working 3/3/2016 ¹	76.5%	Average Monthly Earnings:	\$1,547
Percent Addicted To Both Alcohol & Drugs:	50%	Percent Addicted Only to Alcohol:	50%
Race –		Marital Status –	
White	89.7%	Never Married	54.8%
Black	9.5%	Separated	9.6%
Latino	.7%	Divorced	28.1%
		Married	2.9%
		Widowed	4.4%
Prior Homelessness:	58%	Average Time Homeless:	8.3 Mos.
Prior Jail:	86.6%	Average Jail Time:	15.9 Mos.
Average AA or NA Meetings Attended Per Week:	4.6 Times	Median Jail Time	5.5 Mos.
Percent Going To weekly Counseling <i>in addition to</i> AA or NA:	28.7%	Residents Expelled Because of Relapse:	19.9%
Average Length of Stay In An Oxford House:	7.5 Mos.	Average Number of Applicants For Each Vacant Bed:	2.4

¹ Surveys were completed from February 1, 2016 through the end of April.

An Effective Partnership Tennessee and Oxford House™

James McClain, moved into an Oxford House in the Washington, D.C. area in 1982. James hailed from Nashville, Tennessee but he had lived in the Washington, DC area for years. He spent a career working for the U.S. Postal Service and had reached a senior supervisory position at the main U.S. Post Office near the U.S. Capitol. Because he stayed clean and sober after moving into Oxford House, his brother Milton in Nashville was impressed. Together James and Milton introduced Oxford House to Tennessee by opening several houses in Nashville. James' story is reprinted on the following page.



Oxford House - Meridian
826 Meridian
Nashville, TN 37207
8 Men • Established January 1, 2003

Today, there are 44 Oxford Houses in the state. For the past three years, Oxford House, Inc. [OHI] and the Tennessee Department of Mental Health have partnered to increase the number and effectiveness of the network of Tennessee Oxford Houses. Until FY 2014, the state and OHI did not have a working contract. Since then, the state and OHI have formed a partnership that has developed a statewide network of Oxford Houses from Johnson City to Memphis – Nashville to Chattanooga. With 318 beds the 44 Oxford Houses in the state



Oxford House - Johnson City
221 E Unaka Ave
Johnson City, TN 37601
12 Men • Established April 1, 2014

serve both men and women. There are 17 [120 beds] Oxford Houses for women and 27 for men [198 beds]. Above all, there is a spirit and enthusiasm among all Oxford House residents to make the Tennessee network of houses second to none among the fifty states. The cover picture shows a group of residents and alumni meeting in a statewide convention dedicated to foster even more expansion within the state. One of the slogans of Oxford House residents and alumni is that “the inmates can run the asylum” and they prove it every day.

Each Oxford House is a rented, ordinary single-family home because OHI – the umbrella organization – does not own property or accumulate wealth and because nice rental housing is available in good neighborhoods almost everywhere. All Oxford House groups live together just like an ordinary family would. The concept and system of operations has worked well for more than 41 years.

Continuum of Support

Recovery from alcoholism, drug addiction or co-occurring mental illness requires behavior change. Unfortunately behavior change takes different lengths of time and peer support for different individuals. Because every Oxford

James M.'s Story

My name is James M. and I was born on April 4, 1937 in Nashville Tennessee, the youngest of four children. I attended Nashville Public Schools and three years of college at Tennessee State University.

In 1957, at age 20, I got married; my wife and I had one daughter. In 1959, I began working at the Nashville Post Office as a Railway Postal Clerk and in January 1967 I was given a choice by the Post Office to stay in Nashville in another position or move to another city and remain in my current job. In February 1967, I decided to move to Washington DC. I thought I could do better financially in the big city.

In Washington DC, away from friends and family, I began suffering from depression and was prescribed Valium. I became addicted to Valium, which led to an addiction to more drugs. I still functioned at my job with the Washington DC Postal Service and received promotions to supervisory positions, but my private life was a haze of smoking crack cocaine, divorce, and despair. I thought I had it all because I had a good business selling drugs until I became my own best customer.

On November 17, 1981, I was urged by friends to get addiction treatment and entered the Arlington Treatment Program in Arlington VA. I came out and promptly relapsed. On May 1982, I stopped using again but did not know how long I could stay clean without help. In August of 1982, I applied to live in Northampton Oxford House in Washington DC. I was sure they would not accept me. All the residents were white and the house was in the best section of town. I went back to my sponsor and hoped to talk him into putting me up. Then I got a call. I had been accepted.

Immediately upon moving in, I felt fortunate to have discovered this new family – even though it took a few weeks before some of the guys felt comfortable around me. I studied the Oxford House manual from cover to cover. Soon every meeting was a place where other guys would ask me whether we were conducting the meeting the way we were supposed to. I was elected to one house office after another. I stayed in Oxford House – Northampton for more than twelve years. My new family taught me what was important in life. After a few months in the Northampton House, I decided to devote my life to helping other addicts and alcoholics to find what I had found – a housing situation that provided support for recovery while also teaching the residents how to live responsibly.

Years ago I convinced my brother Milton to get some houses going in my old hometown, Nashville. Today, I am a proud member of Board of Oxford House, Inc. and am thankful every day that I found Oxford House, AA and NA.

Stories like James McClain's above are important among Oxford House residents because they affirm that long-term recovery from addiction is possible and can be the norm – not the exception.

House is rented, the Oxford House model does not require a large capital investment. All Oxford Houses are rented not owned by the individual group, the state or OHI. This enables relatively easy expansion. Just like an ordinary family when more room is needed in Oxford House the group can simply rent another house.

OHI has been able to help groups of recovering individuals rent good houses in good neighborhoods because the 1988 Amendments to the Federal Fair Housing Act prohibited discrimination against “handicap” individuals. The US Supreme Court in *City of Edmonds, WA vs. Oxford House, Inc. et. al*, 514 U.S. 725 (1995) found that individuals in recovery from alcoholism and drug addiction were within the meaning of “handicap” under the law and therefore localities had to make a reasonable accommodation in zoning laws to avoid discrimination claims under the FHA. For the most part, that definitive decision served as a deterrent to traditional NIMBY [not-in-my-back-yard] cases against locating Oxford Houses in neighborhoods restricted to families. However, some cities and towns continue to attempt to restrict where groups of recovering individuals can rent a suitable house to establish an Oxford Recovery Home. When that happens OHI has the knowledge and experience to make certain that the non-discrimination provisions of the federal Fair Housing Act are enforced. Communities must make a reasonable accommodation in any restrictive zoning laws because recovering individuals living together in a supportive environment are a protected class.

- | |
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| <p>House Officers</p> <ul style="list-style-type: none">• President• Secretary• Treasurer• Comptroller• Chore Coordinator |
|--|

each Oxford House follow the 41-year old

Expansion is also facilitated because opening another Oxford House does not require adding management staff.

The residents of

Oxford House system of operation. The group of residents themselves makes decisions, elect five officers, hold weekly business meetings, and equally share all household expenses – including payment of rent to a private landlord. This built-in feature of the Oxford House model usually pleases local governments because the landlord pays real estate taxes just as would be paid if the house were rented to a biological family.

The positive long-term recovery that results from having a large group of self-run, self-supported Oxford Houses can produce an informed public that encourages local accommodation in the development and maintenance of a strong network of effective recovery homes. This is true in Tennessee as it has been elsewhere.

In fact, the 44 Oxford Houses now in Tennessee are producing remarkable results. During the last six months of 2015 and the first six months of 2016, 2,086 individuals lived in the state’s network of Oxford Houses even as it was increasing from 26 houses to 44. While 416 [19.9%] individuals were expelled because of relapse, 1,670 [80.1%] of the residents did not relapse.

There are two reasons to believe that almost all of those who moved out clean and sober stayed that way: [1] individual success stories and [2] the long-term DePaul University studies paid for by NIAAA and NIDA. The statistics and demographic data about the individuals who live in the Tennessee Network of Oxford Houses provide good information but we should not forget that every person in Oxford House is a person for whom Oxford House living has made a big difference.

Source of Oxford House Residents

The data tell a lot about the make-up or profile of the residents of Oxford House. Over time, counselors, judges, parole officers and folks in the recovery community have learned that even “hopeless” cases could become comfortable

enough in sobriety to avoid relapse by living in an Oxford House. Today, most residents in Tennessee Oxford Houses were encouraged to apply because of contact with professionals or individuals they met in 12-Step programs. They also come to houses because while in formal treatment someone representing Oxford House made a presentation about the benefits of living in an Oxford House. Table 1 is a representative sample of where Tennessee Oxford House residents went through treatment immediately before moving into an Oxford House.

Of course, many did not come directly from in-patient treatment. The survey results show that over 21% came directly from being homeless on the streets. This compares to the 58% of residents who had experienced homelessness [averaging 8.3 months in duration] at some period during their addiction. Another 21% came directly from jail or a halfway house. Few would doubt that, but for Oxford House, these individuals would have returned to marginal existence that likely would have led to relapse. By getting into an Oxford House, the odds against relapse were greatly increased.

There are two primary reasons that Oxford House living enables residents to become comfortable enough in sobriety to avoid relapse. First is the peer support and disciplined democratic system of operation that is a hallmark of the Oxford House model. Second, is the fact that there is no time limit as to how long an individual can live in an Oxford House as long as they stay clean and sober and pay their equal share of expenses for operations of the Oxford House. The combination of peer support and disciplined system of operation builds self-confidence in the value of staying clean and sober. Since everyone learns new behavior at a different pace, it becomes very important that there is no arbitrary time limit for how long a resident can stay. Some stay a few months but others stay many years. Figure 1, on the following page, illustrates the process.

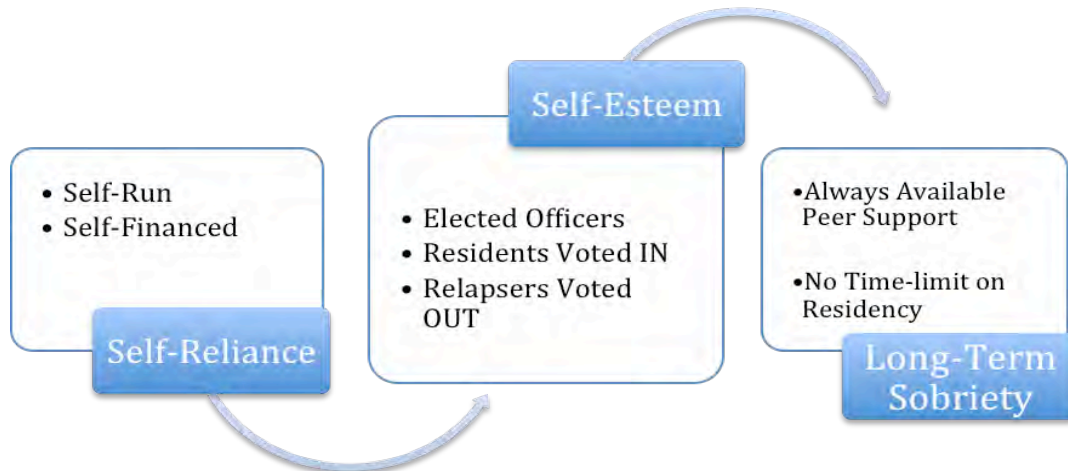
Table 1

TENNESSEE - 2016	
Name of Treatment Center	# Residents
Black Bear Lodge	3
Buffalo Valley	6
CAAP	6
CADAS	9
CCS	2
COPAC	1
Center Point	7
Cornerstone	2
Cumberland Heights	5
Discovery Place	1
Elam	1
First Step	1
Focus	4
Freedom Recovery	1
Genesis House	1
Harbor House	1
Jail	6
Lakeside	7
MRC	3
Miracle Lake	1
Morgan Co Residential	1
New Life Lodge	5
Next Door	4
Oaks at LaPaloma	2
Pinfield	2
Ranch	1
Restoration	1
Rivendell	3
Rolling Hills	1
Salvation Army	10
Samaritan	5
Serenity	3
Synergy	4
Tree House	3
Veterans Adm	1
Walnut House	1
Whitville	1
Willow Ridge	2
Women of Worth	1

Figure 1

Oxford House™

Unique • Evidenced-based • Time-tested



The Process of Recovery

FACTS ABOUT ALCOHOLISM AND DRUG ADDICTION

- About 17 million Americans are primarily active alcoholics with another 8 million addicted to illicit drugs. (SAMHSA)
- 20.3 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2013 (8.5 percent of persons aged 18 or older). (SAMHSA)
- Of these, only 1.25 million – 6.2 percent of those who needed treatment – received it.
- Government reports show that alcohol and drug abuse is responsible for the admission of almost 1.5 million people to emergency rooms nationwide and drug addiction results in nearly half a trillion dollars’ economic loss annually or \$1,426 per American.
- For those receiving treatment, 60% had been in prior treatment an average of more than three times. [TEDS]

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

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

- Intervention
- Detoxification [*Ending physical dependence*]
- Treatment [*Motivation and education*]
- Long-term Behavior Change [*Supportive Living Environment*]

The weak link in the process is society’s failure to support living environments that foster long-term behavior change. Most individuals relapse after the first three steps of the process – intervention, detoxification and treatment. Significant evidence suggests that Oxford Houses provide the time, peer support and structured democratic processes to make recovery without relapse the norm – not the exception.

The evidence shows that the concept and standardized system of operation used by Oxford Houses for 41 years works for alcoholics, drug addicts and those with co-occurring mental illness.

Resident Profile

The resident profile in the Tennessee Oxford Houses is similar to the national resident profile. The average age is 36.6 years [range 17-72; median 33]. The average age nationally is about the same – 36.8. There will be a tendency for the average age to slightly increase as the Tennessee network of Oxford House ages because there is no time limit as to how long an individual can live in an Oxford House and some will stay a long time. This benefits the development of a strong network of houses because ‘old-timers’ can provide knowledge and stability to an Oxford House.

The relapse rate in Tennessee – as elsewhere in the network of Oxford Houses – tends to be highest during the first three months of residency. About 19% of the Tennessee Oxford House residents were asked to leave because of relapse and almost all of those will relapse within the first month or two of residency. Staying clean and sober is habit forming and those who stay that way during the first three months are likely to be clean and sober at the end of a year or later. Everyone becomes comfortable in long-term recovery at a different pace. The Oxford House model – with its absence of a time limit – is accommodates that reality and that is one of the reasons behind its success.

Education

The average years of educational attainment in the current survey is 12.5 years – slightly higher than the national average of 12.2 years. The range of educational attainment is 4 years to 19 years. About 9% had a college degree [16 years or more].

Again, alcoholism, drug addiction and co-occurring mental illness is that they are egalitarian diseases and tend to cut across society irrespective of education, class or income. In some states OHI is working with the state agencies to serve college students and to reach high school drop outs. This may be

an area the agency and OHI should explore for the next contract. The location of new Oxford Houses in good neighborhoods can influence residency and often provide safe, sober housing for those in college or vocational training schools.

Race

The U. S. Census shows that about 17% of Tennessee’s population is Black or African American and about 78% is White. Residents in a statewide network of Oxford Houses generally reflect the racial breakdown reported by the U.S. Census. The following Table shows the racial breakdown among the Tennessee Oxford House residents participating in the 2016 survey.

Table 2

Race	US Census TN 2010	OH Survey TN 2016
White	77.6%	89.7%
Black	16.7%	9.5%
Other	5.7%	.8%

As compared to the racial composition of the state reported by the 2010 Census, the percentage of African Americans in the Oxford House survey is a little low. The latest federal TEDS data [2013] shows that 23.8% of those receiving treatment in Tennessee were Black or African American. The percentage of Whites in the TEDS data was 74.1%. This suggests that OHI can do a little better job of reaching out to the African American or Black individuals in early recovery but at this stage of statewide Oxford House development in Tennessee the percentages are likely to come into balance with expansion alone.

Blacks and Whites now live together in individual Oxford Houses and there has been no indication of any discrimination. One of the good aspects of alcoholism, drug addiction and co-occurring mental illness is that the diseases are egalitarian. In its 41 years, Oxford

House has avoided any discrimination based on race, religion, sexual orientation or any other basis. Tennessee will be no different.

Marital Status

The marital status of Tennessee Oxford House residents is about the same as for residents throughout the nation. While not statistically significant, the “never married” was 55% versus 44% nationally. Widowed was a little higher at 4.4% but again not statistically significant.

Table 3

Marital Status	National	TN 2016
Never Married	44%	54.8%
Divorced	33%	28.1%
Separated	18%	9.6%
Married	05%	2.9%
Widow[er]	<1%	4.4%

Early addiction seems to contribute to the “never married” category but no detailed longitudinal studies are available to support that conclusion. Likewise, while common sense suggests addiction contributed to the “separated” and “divorced” category there is an absence of scientific documentation. Most ‘story telling’ by residents and alumni, however, suggests that addiction causes breakups of marriage or living-together relationships.

Prior Marginal Living

The living situation of residents prior to moving into an Oxford House is one measure of the importance of Oxford House living. If the prior living situation had been a bleak or marginal existence, it would most likely result in a quick return to addiction. Of course, even if the prior living situation had been stable on its face – for example, living in an owned home – there is no guarantee of its availability following primary treatment nor is there any assurance that it would be supportive of recovery. Nevertheless it is useful to consider prior living situation in evaluating the importance of Oxford House.

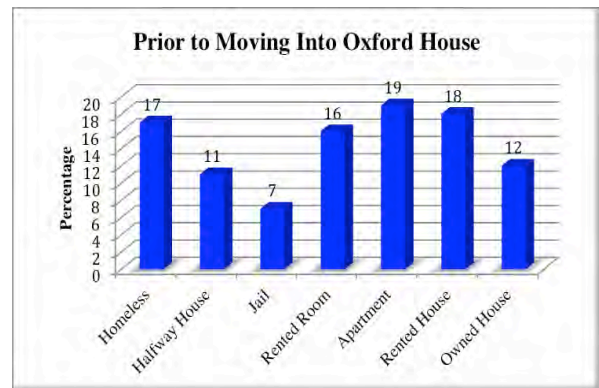
Slightly more than 50% percent of the Tennessee Oxford House residents had the following living situations prior to detoxification or primary treatment before moving into an Oxford House – homelessness, jail, halfway house, or rented room. Going back to any of those living situations following short term sobriety would seem to add to the risk of relapse. Table 4 shows the prior living situation of Tennessee Oxford House residents.

Table 4

Prior Living Situation	Number	Percentage
Homeless	21	17%
Jail	9	7%
Halfway House	14	11%
Rented Room	20	16%
Rented Apartment	24	19%
Rented House	23	16%
Owned House	15	12%

Few would doubt that going back to “homelessness” would be unsupportive of becoming comfortable enough in sobriety to avoid relapse. As a matter of fact, a good case could be made that being homeless would produce the opposite result – use of alcohol and other drugs in order to alleviate the discomfort of being homeless. Figure 2 shows the distribution of where residents reported they had been living just prior to moving into an Oxford House.

Figure 2



Criminal Background of Residents

Most residents in Oxford House nationally and in Tennessee have been arrested, convicted and have served jail time. The duration of jail time ranges from a day or two to many years. What does not vary is the fact that alcoholism, drug addiction or co-occurring mental illness probably contributed to the crime leading to arrest, conviction and jail time.

The Tennessee Oxford House survey shows that 86.6% of the residents have served jail or prison time. This compares to 76% prior incarceration of Oxford House residents nationally. The average length of time incarcerated for Tennessee Oxford House residents is 16 months versus 11 months for formerly incarcerated residents nationally but the median is just 5.5 months. The range of incarceration is from one day to ten years with Tennessee residents falling more toward short term incarceration than the national sample.

Cycling in and out of jail or prison is the norm for alcoholics and drug addicts who have been incarcerated. The only way to break the cycle is the achievement of sobriety comfortable enough to avoid relapse because relapse really does invite behavior that leads to criminal behavior. Most had been arrested 4 or more times with a direct connection to alcohol misuse or illicit drug use. Residents included 4 [3.0%] still in a drug court program. Seventeen [12.3%] of 136 were on parole or probation at the time of the survey. No one living in a Tennessee Oxford House was reported as having been arrested during 2015 or 2016.

Living in an Oxford House would appear to be a good place for ex-offenders in recovery to stay clean and sober and out of trouble. In some states OHI is hired to provide an outreach worker to work full-time reaching out to assist prisoners in recovery to re-enter society. This may be something Tennessee should consider to further curtail recidivism.

Prior Relapse Pattern – Present Behavior

Oxford House prides itself on promoting “recovery without relapse.” Unfortunately, for too many, the belief that alcoholism and drug addiction are chronic diseases in which relapse is part of the disease tends to invite relapse. For the Oxford House resident, relapse means expulsion by a vote of his or her peers. Experience has shown that this zero tolerance policy has a deterrent effect on relapse. It has also shown that sobriety without relapse is habit-forming. Almost all relapse-caused expulsions from Tennessee Oxford House occur during the first three months of residence. Almost none occur after two years of sobriety.

Staying clean and sober is a new experience for the typical Oxford House resident. Survey results show that residents had made an average of 5.8 sobriety tries before moving into an Oxford House including an average 4.7 times through residential treatment. Obviously a number of factors contribute to the newfound sobriety without relapse. The most significant factor is the uniform democratic system of operation followed by each house. The inmates do “run the asylum” and in doing so each member of the house accepts responsibility for discrete jobs in the house. This produces an individual sense of satisfaction associated with staying clean and sober.

In 2004 under a NIDA grant, John Majer, Ph.D., then at DePaul University, compared Oxford House residents to 12-step members having similar backgrounds. His article Optimism, Abstinence Self-Efficacy, and Self-Mastery, A Comparative Analysis of Cognitive Resources in the March 2004 [V. 11, No. 1] issue of *Assessment* found that living in an Oxford House make self-efficacy and mastery of sobriety happen much faster than by only formal treatment and attendance at AA/NA meetings. The article is downloadable from the website: www.oxfordhouse.org under “Publications/Evaluations/DePaul.”

This survey shows that residents attend a lot of AA/NA meetings – an average of 4.6 each week. This compares with an average of only 2 meetings per week for the typical AA member. Clearly the living environment of an Oxford House seems to encourage frequent attendance at 12-Step meetings.

Another indicium of seriousness in approach to long-term recovery is the percentage of residents who attend a weekly counseling session in addition to AA/NA meeting attendance. In Tennessee, 28.7% of the residents attend weekly counseling. This compares to 45% nationally.

Satisfaction of Residents

Several of the questions on the survey are designed to measure the satisfaction of Oxford



Oxford House - Marthona
631 W Old Hickory Blvd
Madison, TN 37115
10 M • Established May 1, 2013

House residents.

When asked for a self-assessment of the importance of Oxford House living for their personal recovery, Tennessee residents responded positively. 88.5% responded “very important,” the strongest possible endorsement. Less than 1% found Oxford House living “not really important” in terms of their own recovery and less than 10% chose “somewhat” [3%] or “moderately” [6.3%].

In a related quality assessment question respondents were asked if they would recommend Oxford House living to a friend. All but one person [99.4%] said they would recommend Oxford House living. The high approval rating is the same as prior studies of Oxford House residents throughout the country over the last twenty years.

Self-Reported Health

The residents in the Tennessee network of Oxford Houses thought of themselves as pretty healthy. When asked to evaluate their personal health, 93.2% reported either “very good” [31.8%] or “pretty good” [61.4%]. Only 1 person [$< 1\%$] classified his health as “quite poor.”

Conclusion

Since August 15, 2013, OHI has made start-up loans for 42 new groups of recovering individuals for a total of \$176,000 [most loan were for \$4,000 each] to get started. The houses are repaying the loans on a regular basis, which means that the \$100,000 Tennessee recovery home revolving loan fund is used over and over as loans are repaid and the money is loan again. [See detailed loan summary following house list.]

The multiplier effect is significant. For example, Washington State provided OHI with \$100,000 to establish such a loan fund in 1990. That original Washington State \$100,000 revolving loan fund has turned over more than ten times funding the start-up of more than 300 Oxford Houses between 1990 and 2016 – 265 of these houses still exist and have 2,211 beds. OHI has managed the Washington State revolving loan fund since its beginning in 1990. Individual houses receiving \$4,000 start-up loan pay them back into the revolving loan fund at the rate of \$170 a month. Originally each house that received a start-up loan was provided a coupon book to help them remember to make monthly payments. Today, houses are able to

use electronic transfer of funds from their house checking account, which assures 100% payback.

The residents in Tennessee Oxford Houses pay an equal share of household expenses that averages \$110 a week [range \$85-\$125]. In 2015, that amounted to \$4,118,400 primarily going to landlords and utilities. [See graph in Figure 2 at the right] If the state were housing these individuals in jail or prison or a traditional staffed halfway house, the residents would probably pay nothing and the state cost would be from \$20,000 – \$30,000 for each individual. Only the Oxford House program results in such an economic benefit for the state. Nationally, in 2015, OHI operated on a total budget of about \$6 million while residents in the houses paid landlords, utilities and other household expenses of over \$191 million –about \$15 for every \$1 spent by OHI.

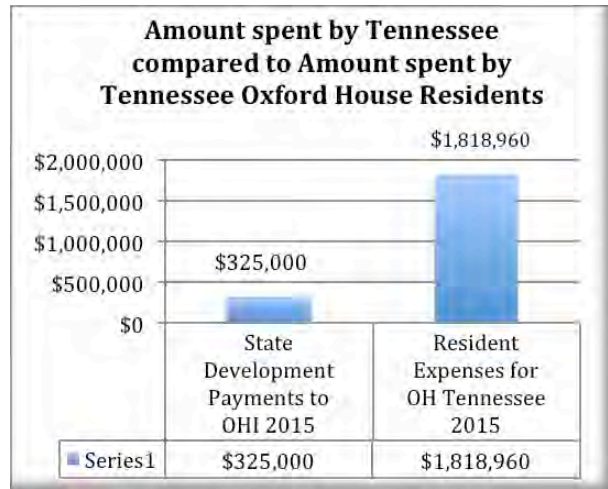
Of course, the primary benefit is to the residents who are given a realistic opportunity to develop long-term recovery strong enough to avoid relapse. They have shown their gratitude by working to make the statewide network of Oxford Houses expand and function well.

The picture on the cover of this report was taken at a state convention or workshop earlier this year. The men and women attending the three-day event shared their excitement about building a statewide network of Oxford Houses so that others could enjoy the support they have received in making recovery without relapse as reality. The heart of Oxford House nationally rests with the thousands of Oxford House residents and alumni.

Today there are more than 16,000 beds in the national network of more than 2,000 individual Oxford Houses. Each of those houses is self-run and self-supported. Each is a family that works together to help each other to become comfortable enough with new behavior to avoid the use of alcohol or illicit drugs.

The total OHI budget is about \$6 million dollars but in CY 2015 the men and women of Oxford Houses paid landlords and household expenses of more than \$91 million. That is about \$15 for each \$1 spent by OHI to develop clusters of individual Oxford Houses. The men and women in Tennessee Oxford Houses follow this pattern. See figure 3 below:

Figure 3



On September 29 – October 2, 2016 residents of Oxford Houses across the country will be gathering at the Hilton Anatole Hotel in Dallas, Texas for a World Convention. More than 1,000 Oxford House residents and alumni will gather for three days to learn more about the diseases of alcoholism, drug addiction and co-occurring mental illness. National experts and Oxford House leaders will conduct more than 25 breakout panels for residents and alumni to share expertise and experiences. Register for the Dallas Convention at www.oxfordhouse.org

A great start has been made in Tennessee but OHI and the state have miles to go. A list of current Oxford Houses in Tennessee follows.

Oxford Houses of Tennessee Directory

Oxford House - East Ridge

8 Sheridan Rd
Chattanooga, TN 37412
423-805-2298
7 / M

Oxford House since Nov '14

Oxford House - Hilltop East

3902 Arnold Place
Chattanooga, TN 37412
423-521-6585
7 / W

Oxford House since Feb '15

Oxford House - Crestone

3305 Crestone Circle
Chattanooga, TN 37411
423-531-7351
6 / M

Oxford House since Feb '15

Oxford House - Vision

9508 Fuller Rd
Chattanooga, TN 37421
423-760-3752
6 / W

Oxford House since Jun '15

Oxford House - Ridgecut

3423 Shadowlawn Dr.
Chattanooga, TN 37412
423-661-8256
6 / M

Oxford House since Sep '15

Oxford House - Old Glory

2508 Shenandoah Dr.
Chattanooga, TN 37421
423-713-5819
6 / M

Oxford House since Feb '16

Oxford House - Thiel

6052 Panama Drive
Hermitage, TN 37076
615 490 3619.
7 / W

Oxford House since Oct '15

Oxford House - Hixson Terrace

4541 Sherry Lane
Hixson, TN 37343
423.713.5318
6 / W

Oxford House since Dec '15

Oxford House - Blue Springs

1104 King Springs Rd
Johnson City, TN 37601-5010
423-202-7600
6 / W

Oxford House since Feb '14

Oxford House - Johnson City

221 E Unaka Ave
Johnson City, TN 37601-4625
423-262-8306
12 / M

Oxford House since Apr '14

Oxford House - Holston

700 E Holston
Johnson City, TN 37601
423-202-7963
6 / W

Oxford House since May '14

Oxford House - Vigilance

2700 Schumway Drive
Johnson City, TN 37601
423-722-3222
6 / M

Oxford House since Dec '15

Oxford House - Harmony

2301 Old Lewis Road
Johnson City, TN 37601
423-722-3200
6 / WC

Oxford House since Dec '15

Oxford House - Namaste

520 North Hills Blvd
Johnson City, TN 37601
6 / WC

Oxford House since Mar '16

Oxford House - Rocky Top

107 E. Inskip Dr.
Knoxville, TN 37912
865-249-7101
6 / M

Oxford House since May '15

Oxford House - Knoxville

211 E. Scott Ave
Knoxville, TN 37917
865-281-3970
7 / W

Oxford House since Jul '15

Oxford House - Metropolis

205 E Scott Ave
Knoxville, TN 37917
865-312-5222
7 / W

Oxford House since Sep '15

Oxford House - Volunteer

1535 Claiborne Pl.
Knoxville, TN 37912
228-249-9468
8 / M

Oxford House since Oct '15

Oxford House - Gibson Lodge

215 E Scott Ave
Knoxville, TN 37917
865-247-4834
8 / W

Oxford House since Nov '15

Oxford House - Titan

7310 Stockton Dr.
Knoxville, TN 37909
228-249-9468
6 / M

Oxford House since Dec '15

Oxford House - Hard Knox

1915 Ridgecrest Dr
Knoxville, TN 37918
228-249-9468
7 / M

Oxford House since Jul '16

Oxford House - Marthona

631 W Old Hickory Blvd
Madison, TN 37115-3513
615-401-9557
10 / M

Oxford House since May '13

Oxford House - Nashville North

501 W. Old Hickory Blvd
Madison, TN 37115
615-928-6763
9 / W

Oxford House since Jun '15

Oxford House - Fleur de Soleil

809 Cedar Crest Ave.
Madison, TN 37115
615.712.6213
9 / W

Oxford House since Feb '16

Oxford House - Milton

715 Maury St
 Memphis, TN 38107-4903
 901-725-0407
 6 / M

Oxford House since Aug '13

Oxford House - High Pointe Terrace

108 N. Highland St
 Memphis, TN 38111-4722
 901-672-8306
 6 / M

Oxford House since Sep '13

Oxford House - Faxon

1492 Faxon Ave
 Memphis, TN 38104-6813
 901-725-5588
 6 / M

Oxford House since Oct '13

Oxford House - Bluff City

1082 North Parkway
 Memphis, TN 38105
 615-300-7252
 7 / W

Oxford House since May '14

Oxford House - Royale

3550 Merritt St
 Memphis, TN 38128
 901-208-8162
 6 / M

Oxford House since May '14

Oxford House - Memphis Belle

597 N. 7th Street
 Memphis, TN 38105
 678-761-3352
 6 / W

Oxford House since Jun '14

Oxford House - Blues City

378 N Highland
 Memphis, TN 38122
 901-405-5165
 6 / M

Oxford House since Aug '14

Oxford House - Hollywood

381 N. Hollywood
 Memphis, TN 38112-3245
 901-249-7082
 6 / W

Oxford House since Oct '14

Oxford House - 901

668 N Fourth St
 Memphis, TN 38105
 901-207-2919
 6 / M

Oxford House since May '15

Oxford House - Atlantis Abroad

925 N Parkway
 Memphis, TN 38105
 901.800.1684
 10 / M

Oxford House since Feb '16

Oxford House - Dreamscape

2523 Syon Drive
 Memphis, TN 38119
 615-300-7252
 11 / W

Oxford House since Feb '16

Oxford House - Meridian

826 Meridian
 Nashville, TN 37207-5850
 615-730-7474
 8 / M

Oxford House since Jan '03

Oxford House - Hilson

5176-5178 Hilson Rd
 Nashville, TN 37211
 615-837-1867
 12 / M

Oxford House since Sep '03

Oxford House - Polar Bear

1408 Edgehill Avenue
 Nashville, TN 37212-2420
 615-742-9975
 10 / M

Oxford House since Sep '04

Oxford House - Crieve Hall

5153 Whitaker Dr
 Nashville, TN 37211-5906
 615-679-0225
 8 / M

Oxford House since Oct '13

Oxford House - Cleveland

908 Joseph Avenue
 Nashville, TN 37207
 615-982-8340
 6 / M

Oxford House since Nov '13

Oxford House - Huntington

750 Huntington Pkwy
 Nashville, TN 37211-5919
 615-760-5562
 7 / M

Oxford House since Dec '13

Oxford House - Stainback

1125 Stainback Ave
 Nashville, TN 37207
 615-226-9177
 7 / M

Oxford House since Jul '14

Oxford House - Metta

1957 Dabbs Ave
 Nashville, TN 37217
 629-888-9382
 7 / M

Oxford House since Mar '16

Oxford House - Madison Manor

1109 Bell Grimes
 Nashville, TN 37207
 901-562-9722
 7 / M

Oxford House since Aug '16

Tennessee has 44 Oxford Houses
 318 Beds

27 Men's Houses: 198 Beds

17 Women's Houses: 120 Beds

Oxford House, Inc.
 1010 Wayne Ave. Suite 300
 Silver Spring, MD 20910

Tel. 301-587-2916

www.oxfordhouse.org

Oxford House Loan Analysis State of Tennessee Recovery Home Revolving Loan Fund

HOUSE NAME	AMOUNT	REPAYMENTS THUS FAR	BALANCE	LOAN START DATE
Oxford House - 901	\$ 4,000	\$ 1,700	\$ 2,300	05/01/2015
Oxford House - Armstrong	4,000	2,310	1,690	02/25/2014
Oxford House - Atlantis Abroad	4,000	340	3,660	01/28/2016
Oxford House - Blue Springs	5,000	1,560	3,440	01/27/2014
Oxford House - Blues City	4,000	2,720	1,280	07/11/2014
Oxford House - Bluff City	6,500	1,570	4,930	04/07/2014
Oxford House - Cleveland	5,500	3,740	1,760	11/01/2013
Oxford House - Crestone	4,000	1,020	2,980	02/02/2015
Oxford House - Crieve Hall	8,000	2,770	5,230	10/10/2013
Oxford House - Dreamscape	4,000	340	3,660	01/28/2016
Oxford House - East Ridge	4,000	2,550	1,450	10/31/2014
Oxford House - Faxon	4,000	4,000	0	08/21/2013
Oxford House - Faxon Stabilization	1,500	0	1,500	03/22/2016
Oxford House - Fleur de Soleil	4,000	170	3,830	02/04/2016
Oxford House - Gibson Lodge	4,000	170	3,830	11/09/2015
Oxford House - Hard Knox	4,000	0	4,000	07/15/2016
Oxford House - Harmony	4,000	170	3,830	12/01/2015
Oxford House - High Pointe Terrace	4,000	4,000	0	08/21/2013
Oxford House - Hilltop East	4,000	1,360	2,640	02/02/2015
Oxford House - Hixson Terrace	4,000	0	4,000	12/01/2015
Oxford House - Hollywood	4,000	3,060	940	09/23/2014
Oxford House - Holston	4,000	2,720	1,280	04/17/2014
Oxford House - Huntington	4,000	4,000	0	11/25/2013
Oxford House - Johnson City	4,000	3,740	260	03/25/2014
Oxford House - Knoxville	4,000	1,870	2,130	07/08/2015
Oxford House - Memphis Belle	4,000	2,720	1,280	06/27/2014
Oxford House - Meridian	3,000	375	2,625	12/01/2015
Oxford House - Metropolis	4,000	2,170	1,830	08/26/2015
Oxford House - Metta	4,000	170	3,830	03/04/2016
Oxford House - Milton	5,500	4,040	1,460	08/01/2013
Oxford House - Namaste	4,000	0	4,000	04/14/2016
Oxford House - Nashville North	4,000	1,870	2,130	05/06/2015
Oxford House - Old Glory	4,000	170	3,830	01/28/2016
Oxford House - Ridgecut	4,000	1,360	2,640	09/10/2015
Oxford House - Rocky Top	4,000	850	3,150	04/16/2015
Oxford House - Royale	4,000	3,140	860	05/09/2014
Oxford House - Stainback	5,500	1,020	4,480	07/01/2014
Oxford House - Thiel	4,000	510	3,490	09/20/2015
Oxford House - Titan	4,000	170	3,830	12/01/2015
Oxford House - Vigilance	4,000	170	3,830	12/01/2015
Oxford House - Vision	4,000	1,530	2,470	05/15/2015
Oxford House - Volunteer	4,000	850	3,150	09/17/2015
TOTALS	\$ 176,500	\$ 66,995	\$ 109,505	

SUMMARY

Total RLF Loan Funds provided by the State of Tennessee since 8/15/2013	\$ 100,000
Total new house loans made by OHI since 8/15/2013	\$ 176,500
Percentage of state funds given in loans as of 7/31/16	1.75 times



Oxford House - Knoxville
211 E. Scott Ave
Knoxville, TN 37917
7 W • Established November 15, 2015



Oxford House - Milton
715 Maury St
Memphis, TN 38107-4903
6 Men • Established August 1, 2013

Throughout Tennessee – Oxford Houses are popping up and giving folks a real chance to develop long-term recovery without relapse ...



As the second chapter was formed in Memphis, residents show that it is okay to have fun and to make funny faces – even in sobriety!

Behavior change takes:

Time,

Peer Support, and

Safe supportive living environments.

Oxford House™ provides all that and more –



... at a very low-cost.

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™

1975-2016

41 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

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E-Mail Info@oxfordhouse.org

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