OXFORD HOUSE OKLAHOMA

THE SCIENCE BEHIND THE SUCCESS
OXFORD HOUSE

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- Central Oklahoma
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- Eastern Oklahoma
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"The Oxford House system is deceptively simple"
GOOD NEIGHBORS IN GOOD NEIGHBORHOODS ~

Self Managed - Self Supported - Abstinence Based

- Average weekly cost $94.00
- Admission to a house by consensus vote
- Discharge from a house by consensus vote
- Average length of stay 9 months
- Average success rate 75%
A SUCCESSFUL SELF-PACED RECOVERY OPTION
An Oxford House is a family unit
Protected by the Fair Housing Act
&
Americans with Disabilities Act
The best houses in
The best neighborhoods
Oxford House seeks to instill self-esteem, accountability, tolerance, responsibility and civic virtues in addition to sobriety.
SELF EFFICACY
OXFORD HOUSE

HISTORY
Oxford House began in Montgomery County Maryland in 1975 when the county closed a halfway house due to a budget shortfall.

Thirteen of the halfway house residents took over the facility and opened the first Oxford House.
ORIGINAL REQUIREMENTS

Democracy

Self-support

Absolute sobriety
CURRENT REQUIREMENTS

Democracy

Self-support

Absolute sobriety

Each house may have additional requirements unique to that house.
Two initial studies of Oxford House

- **DePaul University (NIDA)**
  - 817 residents of 219 Oxford houses were followed for 27 months.
  - 87% continuous abstinence

- **DePaul University (NIAAA)**
  - 150 individuals leaving residential treatment
  - ½ referred to Oxford House, ½ went “home”, followed for 24 months
  - Oxford house group - 63% abstinence rate
  - Control group - 23% abstinence rate
This presentation is based on:

- Sixty-three houses in Oklahoma
  - 44 Men
  - 19 Women
    - (6 Women with Children)
  - Capacity 531 Oklahoma Oxford House beds

- 6 houses in development as of July 31, 2011
# Oxford House Locations

February 2011

<table>
<thead>
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<th>City</th>
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<tr>
<td>Ada</td>
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<td>Claremore</td>
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<td>Stillwater</td>
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<td>Tulsa</td>
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</tbody>
</table>

July 2012
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SURVEY
2009 Oxford House survey
Oklahoma OH residents

- 73.5% survey completion rate
- Survey conducted between October and November 2011
- Survey instrument developed by Oxford House International in 1987
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HOMELESSNESS
51% of Oklahoma Oxford House residents met the definition of homeless prior to admission to Oxford House.

The average length of homelessness was 5 months.

This during active alcohol and other drug use.
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INCARCERATION
81% of Oklahoma Oxford House residents were incarcerated prior to entry into Oxford House.

The average time of incarceration was twenty-one months.
Residence immediately prior to Oxford House entry

- Apartment: 26.5%
- Owned home: 19.5%
- Rented home: 20.6%
- Jail: 8.2% +
- Psychiatric facility: 1.6% +
- Halfway house: 4.3% +
- Homeless: 13.2% + = 27.3%
The average age of an Oxford House resident in Oklahoma was 37.1 years.
The average age for female Oxford House resident was 34.9 years.

Overall average 37.1 years
The average age for a male Oxford House resident was 37.84 years.

Overall average 37.1 years
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PRIOR TREATMENT
Number of prior residential treatment episodes for Oklahoma Oxford House residents

- One 23.6%
- Two 20.6%
- Three to Five 36.7% +
- Six to Ten 11.7% +
- 11 or more 7.6% + + 56%
The “typical” Oxford House resident will enter residential treatment 3 to 11+ times without an Oxford House intervention.
An adequate number of Oxford Houses can be expected to reduce admissions to:

- Detox facilities
- Residential treatment
- Halfway houses
- Mental Health facilities
- Jails and prisons
Oxford House residents attend an average of 4.4 mutual support group meetings per week.

This is more than twice the meetings attended by the average “12 Step” program member.

- Alcoholics Anonymous
- Narcotics Anonymous
Oxford House residents

- Average education: 13 years
Oxford House residents

- Average monthly income $1,470.00
- Oklahoma Oxford House residents
  - Percentage veteran 10%
Oxford House residents

- Average length of sobriety: 14 months
Percentage of residents employed full time

81%
Percentage addicted to drugs or drugs & alcohol

43%
Percentage of residents addicted to alcohol

57%
Average length of stay in an Oxford House

9 months
Average number of applicants for each vacant Oxford House bed

4
OXFORD HOUSE
OXFORD HOUSE

SYSTEM BENEFITS
Using 2011 numbers, Oxford House Inc. estimates Oklahoma Oxford House residents will pay $2,650,422.78 toward household and living expenses through the year.
Without Oxford House as an intervention the cost to the taxpayer was estimated at $12,563,064.32 to $21,311,289.98
The only cost to Oklahoma is $210,000.00 for three contracted Outreach workers, hired by Oxford House and placed in Oklahoma to open new houses and assist existing houses as problems arise.
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REQUIREMENTS FOR THE HOUSE
General requirements for an Oxford House

- Three bedroom, two bathrooms
- Ample parking
- No fewer than six residents, all of the same sex (exception small children in the houses for women with children)
- Low crime area
- Ready access to entry level employment
- Ready access to public transportation
- Proximity to other Oxford Houses
General requirements for an Oxford House

THE BEST HOUSE

IN THE

BEST NEIGHBORHOOD
Oxford Houses International - Directory

Select State: Alabama  Submit
Oxford Houses of Oklahoma - Directory

Sorted by City Name

For a printable list, go to the bottom of this page

Oklahoma

**Oxford House Ardmore 2**
224 C Street SW
Ardmore, OK 73401-4923
580-319-4299

Gender: M
Total Occupancy: 7
Charter: 12/30/2005

Vacancies

**Oxford House Westwood**
602 Rosewood Ct.
Claremore, OK 74017-4731
918-923-6563

Gender: M
Total Occupancy: 8
Charter: 3/1/2008

Vacancies

**Oxford House Claremore**
112 E. 13th Place
Claremore, OK 74017-4207
918-341-4827

Gender: W
Total Occupancy: 7
Charter: 7/15/2008

Vacancies

**Oxford House Will Rogers**
109 E 4th Street
Claremore, OK 74017-7403

Gender: M
Total Occupancy: 9
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EVALUATIONS
AND
RESEARCH
Oxford House

Self Help for Sobriety Without Relapse

VACANCIES

Watch the Oxford House 60 Minutes Video

2011 Annual Convention DC

Info for Neighbors

How to Apply

Newsletter

DONATE NOW through Network for Good

United Way

Evaluations by State

- Delaware 2006
- District of Columbia 2004
- Hawaii 2005
- Louisiana 2009
- Maryland 2009
- Missouri 2009
- New Jersey 2007/2009
- North Carolina 2007/2008
- Oklahoma 2007/2009
VACANCIES

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CFC

Combined Federal Campaign Oxford House #11535

Evaluations by State

Delaware 2006
District of Columbia 2004
Hawaii 2005
Louisiana 2009
Maryland 2009
Missouri 2009
New Jersey 2007/2009
North Carolina 2007/2008
Oklahoma 2007/2009
Pennsylvania 2009
Virginia 2007
Washington 2006/2009
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Antisocial Personality Disorder 57.7%

Mood Disorders 38.5%

PTSD 34.5%

Major Depression 26.9%

Panic Disorders 26.1% female 6.9% male

Comorbidity among Oxford House residents: A preliminary outcome study Addictive Behaviors, 2002
Forty-two percent were found to have two or more psychiatric disorders in addition to a substance dependence disorder.
Oxford House residents with co-occurring disorders were found to be more successful as measured by:

increased mental health treatment compliance,
increased medication compliance, and
earlier, successful termination of treatment.
OXFORD HOUSE

An examination of main and interactive effects of substance abuse recovery housing on multiple indicators of adjustment Addiction, Vol. 102, pp 1114-1121


Community-Based Homes Seem to Help Addicts paper presented at the National convention of the American Psychological Association Annula Meeting in Washington D.C. 2005 by the DePaul Research Group

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