

# AN INTRODUCTION TO THE NORTH CAROLINA STATE OXFORD HOUSE PROGRAM



# MISSION STATEMENT

- ◆ Oxford House, Inc. exists to educate individuals and private and public entities in the benefits of the Oxford House concept of group homes for recovering substance abusers.
- ◆ It allocates all resources, including grant funds, property donations, and available personnel, to replicate democratically self-run and self-supported Oxford Houses to assist in the recovery of substance abusers.

**OXFORD HOUSES ARE**  
**BASED ON THREE**  
**BASIC PRINCIPLES:**

# WHAT MAKES OXFORD HOUSE DIFFERENT?

THE OXFORD HOUSE MODEL, SUPERIOR RESULTS FOR THIRTY PLUS YEARS

- ◆ The house must be democratically self-run.
- ◆ The house membership is responsible for all household expenses.
- ◆ The house must *immediately* expel any member who uses alcohol or drugs.

# HOUSES ARE PEER RUN

- ◆ The engine that runs the house is the weekly house meeting where each member gets a vote on issues affecting the house.
- ◆ The meetings cover all aspects of house business such as: the payment of bills, approval of purchases, chore assignments, and response to disruptive behavior. Members elect officers who serve for six-month terms. The weekly meetings provide each resident with a feeling of empowerment in the running of the house and a sense of community with other residents.

# HOUSES ARE SELF-SUPPORTING

- ◆ The residents share the total expenses for the house. Rents vary from \$360 to \$450 per month depending on the community and the underlying rental cost of the house.
- ◆ An individual's share of the cost includes rent, utilities, cable, food staples, cleaning supplies, revolving fund loan repayment, dues, and other expenses. The only items not covered in the weekly rent are each individual's groceries

# THERE IS A ZERO TOLERANCE POLICY TOWARD RELAPSE

- ◆ People are asked to leave if they use alcohol or drugs, but may reapply later when they are clean and sober.
- ◆ This is an important policy as experience has shown that relapse spreads quickly in a house if it is tolerated, and it begins to affect the norms for the house.

# HISTORY

- ◆ The first Oxford House started in 1975 in the Washington D.C. area. That one house has grown to over 1280 houses in 44 states, Australia and Canada today. As of November 2008 we have our first Oxford House in Ghana.
- ◆ Growth of the model accelerated in 1989 when Congress passed PL 100-690. The statute incorporated the basics of the peer run housing into legislation that provided funding for recovering individuals to borrow money to rent a house.
- ◆ Under the legislation, each state received a one-time amount of \$100,000 to establish a revolving loan fund for startup of peer run housing.

# REVOLVING LOAN FUND

- ◆ The revolving fund loan is an important tool for housing start ups because most recovering individuals do not have financial resources when they are coming out of treatment.
- ◆ The loan (up to \$4,000) is used to cover costs such first month rent, rental deposits, and utility hookups. Houses repay the loans over a 24-month period.

# HOUSE VIABILITY

- ◆ Six to ten people live in a house. Six is the minimum number for a viable house due to economics.
- ◆ A house with eight or more members has a financial cushion while smaller houses begin to run into financial difficulties with every vacant bed.

# BEING GOOD NEIGHBORS

- ◆ Oxford Houses are good neighbors. There is an emphasis on maintenance of properties to the neighborhood norm.
- ◆ Houses are located in good neighborhoods in the belief that addicts do better if they don't return to a using environment. Living in good neighborhood sets a different standard.

# A FEW OF OUR OXFORD HOUSES



# OXFORD HOUSES AND LANDLORDS

- ◆ Oxford Houses are rented on the open market.
- ◆ Oxford Houses are good deal for owners as the rental agreement can be indefinite without breaks in occupancy.
- ◆ Some houses have been rented in North Carolina for sixteen years.

# BECOMING A RESIDENT

- ◆ Houses interview prospective residents and then house members vote on admission. An 80% yes vote is required to accept a new resident. A house vote is the only method of admission once a house is established.

# LENGTH OF STAY

- ◆ Because everyone is different in the amount of time they need to become comfortable with sobriety, residents can live in an Oxford House as long as they feel a need.
- ◆ In North Carolina, the average length of stay for residents is 9.1 months. There are currently individuals who have resided in houses for ten or more years.

# RECOVERY PROGRAM PARTICIPATION

- ◆ House residents are expected to participate in a recovery programs in the community such as Alcoholics Anonymous and Narcotics Anonymous.
- ◆ Individuals are encouraged to complete outpatient treatment programs and/or counseling where available.

# CHAPTERS

- ◆ When three or more houses are in an area, they begin organizing locally into Oxford House Chapters. Each house elects a representative to the Chapter.
- ◆ There are currently Fifteen Chapters in North Carolina.
- ◆ Chapter functions include; monthly meetings, assistance to individual houses, occasional financial support to a house, opening new houses, audits of houses when needed, promotion with treatment agencies, and social events.

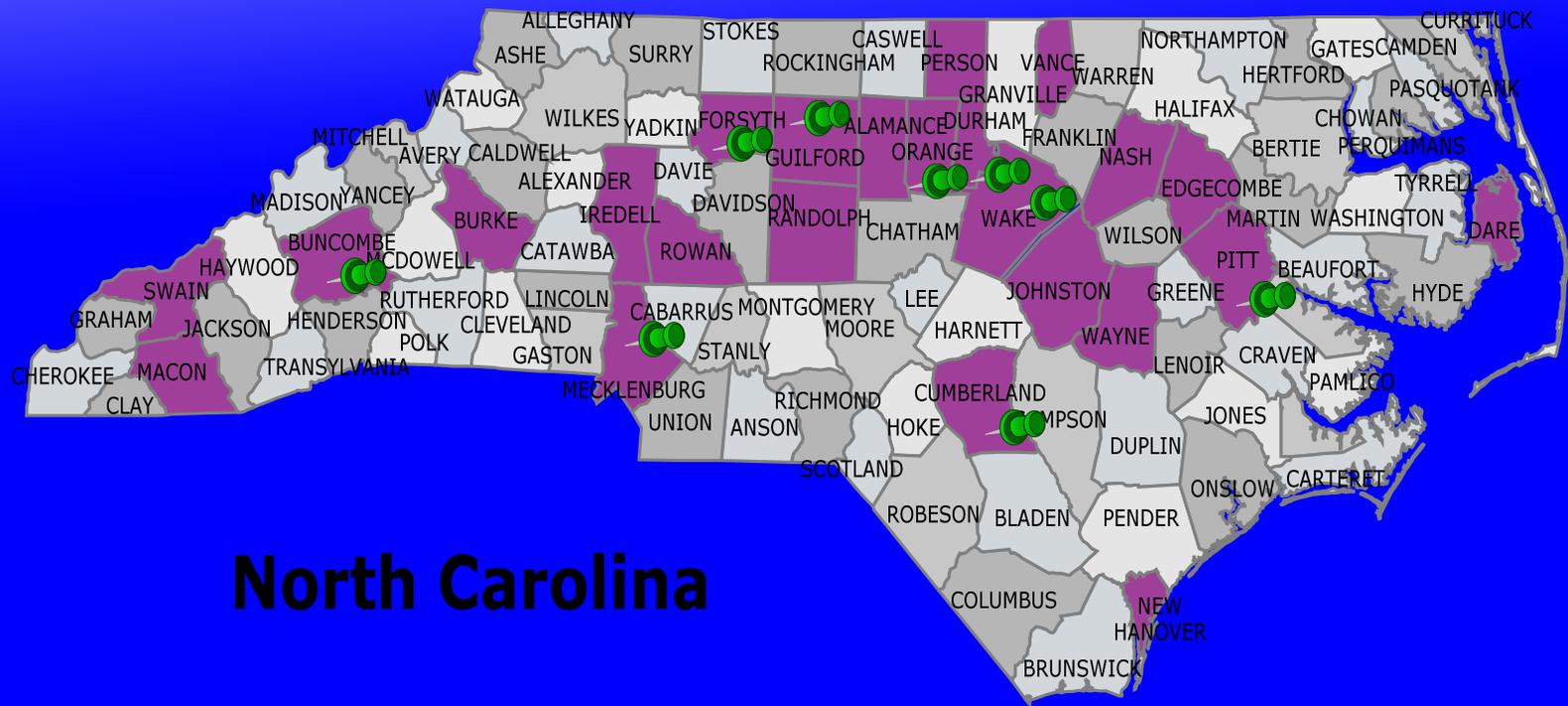
# STATE ASSOCIATIONS

- ◆ When three or more Chapters exist in a state they form a State Association.
- ◆ State Board formed, to centralized communication among houses and to add another level of Peer Support to Chapters and Houses.
- ◆ The NCOHSA is made up of a representative of each chapter and alumni. The functions are similar to chapter functions. The NCOHSA can respond to a chapter or a house experiencing difficulty, can make loans or grant to a Chapter, and helps to plan and support training events.

# REFERRALS

- ◆ Referrals to Oxford Houses originate from a variety of sources including treatment agencies, 12 step support groups, Drug Courts, VA Hospitals, Correctional Facilities and word of mouth.

# COUNTIES BEING SERVED



**North Carolina**

 Counties With Five Or More Houses

# FACTS ABOUT OXFORD HOUSES IN NORTH CAROLINA

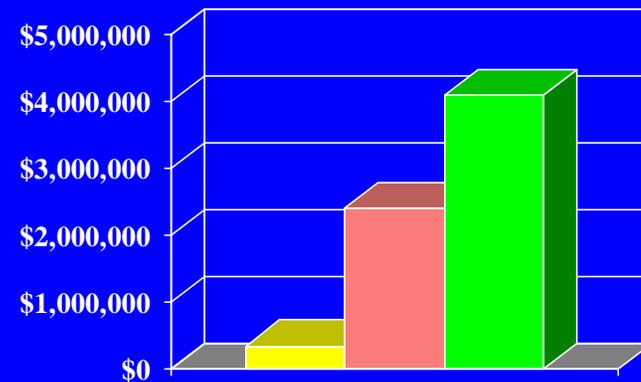


# SIZE OF THE NC OXFORD HOUSE PROGRAM

- ◆ As of November 2008 there are 127 Oxford Houses in the State of North Carolina.
- ◆ Total number of beds: 940
- ◆ Houses for men: 96.
- ◆ Houses for women: 31.
- ◆ Houses are located in 23 counties.
- ◆ Capacity is expanding at an average of ten(10) houses per year.
- ◆ This fiscal year with the addition of much needed staff we have opened eight (8) houses since July 1, 2008.

# SUCCESS IN NORTH CAROLINA OH RESIDENTS AS TAXPAYERS

- The state of NC provides annual funding to Oxford House for \$350,000.
- Currently, the state invests @ \$372.50 in each OH resident. Residents in North Carolina fall into the lowest 20% income bracket with an average yearly income of less than \$20,000. Oxford House residents contribute over \$2,100,000 in payroll taxes alone.
- Plus, The over 900 Oxford House residents in NC pay all of their own expenses.



- State Investment
- Payroll Taxes Paid by OH residents
- Resident Expense

# NORTH CAROLINA RESIDENTS

- Data from 2007 Survey:
  - ♦ 67.1% of NC Oxford House residents had been homeless.
  - ♦ Mean age: 40 years, 1 months
  - ♦ Average education: 12.5 years
  - ♦ Employment rate: 84.3%
  - ♦ Mean monthly income: \$1,373
  - ♦ Residents with history of jail time: 79.5%
  - ♦ Prior residence: 48% from home/apartment; 18% from jail; 16% from homelessness; 11% from rented room; 6.3% from hospital or halfway house

# CONNECTING TO RECOVERY

Average AA or NA Meetings Attended Per Week:

5.6

Average Length of Sobriety of House Residents:

13.8 Mos.

Average Length of Stay In An Oxford House:

9.1 Mos.

Number of Individuals Entering an Oxford House in 2007-2008

2230

# PRIOR TIMES IN TREATMENT

Times	Count	Percent
One	87	18.20%
Two	98	20.50%
Three - Five	211	44.10%
Five-Ten	52	10.90%
More than 10	30	6.30%
Total	478	100%

# CURRENT SOBRIETY IN MONTHS

Months	Count	Percentage
1-6	244	49.60%
6-11	75	15.20%
11-16	57	11.60%
16-21	28	5.70%
21-26	27	5.50%
26-31	10	2.00%
31-36	20	4.10%
36-41	1	0.20%
41-46	1	0.20%
46-51	8	1.60%
Total	471	95.70%

# ANNUAL STATE CONVENTION

- ◆ In 1998 the NCOHSA held their first Annual State Convention in Greensboro, NC for the purpose of on-going training of the Oxford House Model.
- ◆ In 2008 The Annual State Convention was attended by 280 Residents at the North Raleigh Hilton in Raleigh, NC.
- ◆ Until 2005 the Annual Convention was totally funded by the Oxford Houses and Chapters.
- ◆ In 2005 an Annual Golf Tournament began to help defray growing cost of Convention.

# EDUCATION AND TRAINING

- ◆ Ongoing Training of the Oxford House Model and Safety Issues are done in several ways:
  - ◆ Annual State Convention.
  - ◆ By-yearly workshops given by Chapters.
  - ◆ In House by Outreach Services.

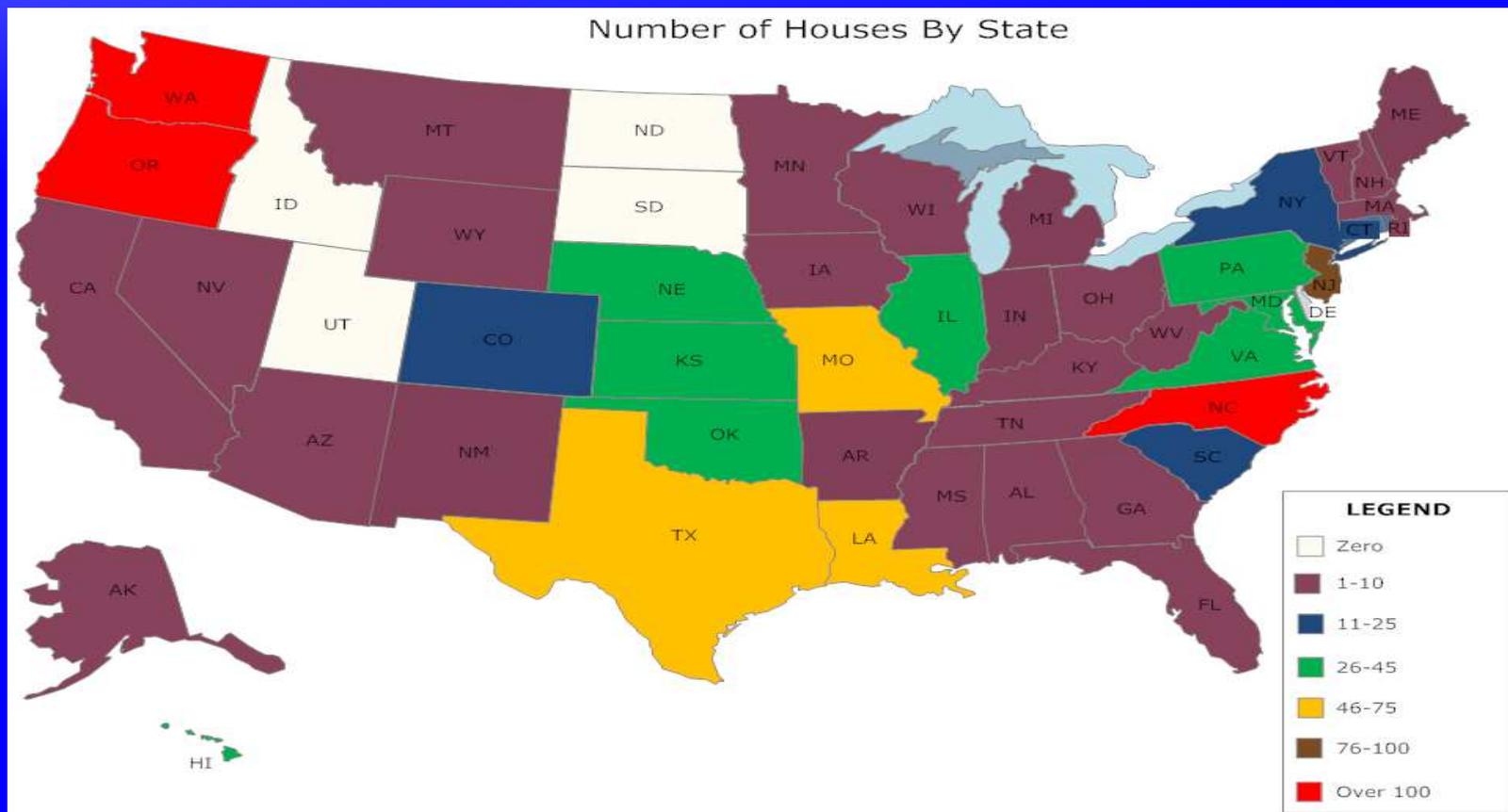
# WHY IS MY INVESTMENT GOING TO BE WORTH IT? OXFORD HOUSE RESIDENTS ARE MORE SUCCESSFUL

- ◆ According to DePaul research compiled over the last 5 years the average rate of success for Oxford House alumni has consistently remained between **65-87%**. More specific information regarding this study may be accessed through:
- ◆ <http://condor.depaul.edu/~ljason/oxford/index.html>

# CONNECTION TO OXFORD HOUSE, INC.

- ◆ In North Carolina houses are encouraged to charter with Oxford House Inc., the national non-profit organization.
- ◆ When houses are opened they receive a manual that provides all the information needed to operate a house. Included are job descriptions for house officers, how to maintain a bookkeeping systems, how to run meetings, the philosophy of the model, and other topics. Experienced members of other houses and outreach staff also mentor the new house.

# OXFORD HOUSES AROUND THE COUNTRY



# NEW INITIATIVES SHOWING SUCCESS

- ◆ Use of OHI web-based house/vacancy tools.
- ◆ Criminal Justice Initiative
  - ◆ 218 Referral
  - ◆ 134 Placed
- ◆ Peer Advocate Initiative
  - ◆ Wake County Human Service
  - ◆ Freedom House

# MOVING FORWARD

- ◆ Additional Oxford Houses throughout state.
- ◆ Streamlined funding for additional Outreach Staff.
- ◆ Additional one time funding for the North Carolina Revolving Loan Fund.
- ◆ Development of Volunteer Base.

# THE NORTH CAROLINA TEAM

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**[www.oxfordhousenc.org](http://www.oxfordhousenc.org) or [www.oxfordhouse.org](http://www.oxfordhouse.org)**