



OXFORD HOUSE

THE SELF-HELP
SOLUTION TO DRUG AND
ALCOHOL
REHABILITATION




HERE IS WHO I AM AND I AM A SUBSTANCE ABUSER

- ◆ Admitting the problem is the First step in Drug and Alcohol Rehabilitation. Programs such as Alcoholics Anonymous and Narcotics Anonymous offer initial support.
- ◆ Some individuals choose detoxification or a 28 day Rehabilitation -- if they can find or afford these services.
- ◆ In many cases, individuals detoxify in criminal custody.




I'VE BEEN SOBER FOR 28 DAYS, NOW WHAT???

- ◆ Most substance abusers in need of rehabilitation have created a lifestyle based on their substance fixation; and it results in isolation from reality.
- ◆ Once detoxified, individuals are forced to face a reality that in most cases will not fit; and it leads to relapse.
- ◆ Recovering individuals need balance: a support system without creating a dependent situation.
- ◆ What sort of rehabilitation facility exists that is going to create this self-help support system that is needed for a successful recovery? Look no further...



OXFORD HOUSE


HOUSING, FELLOWSHIP, SELF-
RELIANCE, SELF RESPECT, AND
MUTUAL SUPPORT FOR
RECOVERING INDIVIDUALS



WHAT MAKES OXFORD HOUSE DIFFERENT?

THE OXFORD HOUSE MODEL, SUPERIOR RESULTS
FOR THIRTY 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.



TELL ME MORE...

- ◆ Oxford House started with one house in Silver Spring, Maryland in 1975.
- ◆ They have since spread throughout the world and there are now 1,123 houses.
- ◆ People can live in an Oxford House as long as they are drug and alcohol free and contribute to House solidarity which includes an equal amount of the household expenses.
- ◆ Residents stay as long as they think they need Oxford House. Residents move on *when they believe* it is the "right thing to do".
- ◆ Houses available to both men and women, and women with children.

www.oxfordhouse.org

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


- Other privately run substance abuse rehabilitation facilities and government mandated programs yield a major difference in success rate of their patients.
 - 20% success according to Dr. George E. Vaillant, (*Natural History of Alcoholism Revisited* Harvard University Press, Cambridge, 1995, P.300)
- In Contrast two studies released at the annual meeting of the American Psychological Association in Washington, D.C., Aug. 18, 2005 and conducted by a team of researchers at DePaul University's Center for Community Research (CCR) conclude that recovering substance abusers who live together in self-governed Oxford Houses attain a phenomenal abstinence rate of 65 to 87 percent. This is in contrast to published evidence that a majority of substance abusers relapse after treatment.

GROUP HOME LIVING IN FRIENDLY NEIGHBORHOODS
WHERE ARE OXFORD HOUSES LOCATED?

- Oxford Houses are situated in prosperous, friendly neighborhoods throughout the nation.
- Houses located in 40 states including Washington, DC. Worldwide in Canada and Australia.

OXFORD HOUSES AROUND THE COUNTRY


Number of Houses Per State
 1-10 • 11-25 • 26-45 • 46-75 • 76-100 • Over 100 • zero



Oxford House Criminal Justice Initiative Pilot Project in North Carolina

- ◆ Our purpose is to assist inmates in successfully transitioning from incarceration to becoming responsible and productive members of society through a partnership with the *NC Department of Correction, NC Department of Health and Human Services* and all other available community resources.


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Our Plan of Action In North Carolina

- ◆ To mentor re-entering individuals by arranging for house interviews, assisting them in getting established in an Oxford House, and providing assistance with obtaining necessary community services to ensure their successful transition.
- ◆ To educate individuals and institutions on the Oxford House model and the value of Oxford House living through orientation seminars at various Department of Corrections Facilities and Criminal Justice Programs.


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First Year Data

- ◆ Criminal Justice outreach staff has interviewed 65 and placed 36 men and women in Oxford Houses. Staff and Oxford House Volunteers have provided various needs when requested by ex-offender entering the Oxford House. Staff and/or Oxford House Volunteers call or have face to face contact weekly with each ex-offender.


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Summary Of Data For First Year

◆ Placed	36	◆ Average Age	39
◆ Raleigh	16	◆ Males	30
◆ Garner	4	◆ Females	6
◆ Greensboro	3	◆ Caucasian	16
◆ Durham	5	◆ African American	20
◆ Cary	1		
◆ Charlotte	5		
◆ Morganton	1		
◆ Smithfield	1		


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Program Activities

- ◆ Met with DOC Research & Planning staff regularly to discuss the status of the program.
- ◆ Programs have been established at the following correctional facilities:
 - ◆ Wake Correctional
 - ◆ RCCW
 - ◆ Central Prison
 - ◆ NCCIW
 - ◆ Evergreen
 - ◆ Wayne Correctional
 - ◆ Dart Cherry
 - ◆ Avery Mitchell
 - ◆ Charlotte Correctional
 - ◆ Johnston County Correctional
 - ◆ Tyrell Correctional


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Re-Entry Needs

- ◆ All needed some type of support services such as: Transportation, Drivers License, Mental Health Services, and Assistance with finding employment, Food, Household Items, Clothing, and Assistance to 12 Step Meetings.


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Preliminary Data Second Year

- ◆ Over 135 inmates screened
- ◆ Placed over 70 men and women into Oxford Houses across North Carolina.
- ◆ Individuals have lived clean and sober in Oxford House for up to 15 months as of April 2007.


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Factors To Be Considered In Screening Potential Clients:

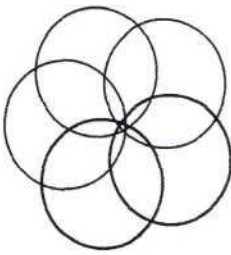
- ◆ Is the individual willing and able to live in a shared housing arrangement?
- ◆ Has the individual shown reasonable behavior in their present setting?
- ◆ Has the individual expressed a determination to succeed in his/her own recovery and is he/she determined for recovery?
- ◆ Does the individual have a recovery plan when he/she is released?
- ◆ Is the individual employable?

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INVESTMENT IN OXFORD HOUSE IS AN INVESTMENT IN THE FUTURE OF A PROSPEROUS SOCIETY

- ◆ The cost to society of drug and alcohol addiction is measured in both dollars and human misery. State funding of Oxford House, Inc. is an investment to help dramatically reduce those costs. We all see the cost and feel the misery. Through Oxford House we are helping to solve both.



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