

# *Oxford House: Saving Money – Saving Lives*



## *Commemorative Program*

13<sup>th</sup> Oxford House World Convention

Grand Hyatt Hotel • Washington, DC

September 1-4, 2011

# Oxford House World Convention

## Convention Schedule

	Friday	Saturday	Sunday
7 AM – 8:00 AM	Continental Breakfast <ul style="list-style-type: none"> <li>Reminder – World Council Nominations Due by Noon</li> </ul>	Continental Breakfast <ul style="list-style-type: none"> <li>Voting until Noon for World Council By Houses Attending Convention</li> </ul>	Continental Breakfast 7AM – 8:15 AM [General Session Begins at 8:15AM – Closes at 10:15AM]
8:00AM – 9:30AM	<b>First General Session</b> <ul style="list-style-type: none"> <li>Invocation</li> <li>Welcome</li> <li>Worth Bolton, UNC [How Oxford House Saves Money in Healthcare]</li> <li>Election Process</li> </ul>	<b>Third Breakout Panels</b> <ol style="list-style-type: none"> <li>Accommodating Disabilities</li> <li>Drug Courts &amp; Recovery</li> <li>Oxford House in New Health Insurance Environment</li> <li>Latest DePaul Research</li> </ol>	<b>Closing General Session</b> <ul style="list-style-type: none"> <li>Remembrance of Members Who Have Died</li> <li>Tradition Renewal – Alumni and Current Members</li> <li>Conference Summary</li> <li>Closing Remarks</li> </ul>
9:35AM – 10:50AM	<b>First Breakout Panels</b> <ol style="list-style-type: none"> <li>Oxford House and Veterans</li> <li>Co-occurring Mental Illness</li> <li>Re-entry from Incarceration</li> <li>Oxford and State Agencies</li> </ol>	<b>Fourth Breakout Panels</b> <ol style="list-style-type: none"> <li>Using Technology: Interviews</li> <li>DePaul Study Update</li> <li>Women in Oxford House – The Challenges and Successes</li> <li>Civil Rights under FHA</li> </ol>	
11:00AM – 12:15PM	<b>Second Breakout Panels</b> <ol style="list-style-type: none"> <li>Why Behavioral Research Matters</li> <li>Educating the Public</li> <li>Prevention Saving Dollars</li> <li>Medication in Oxford Houses</li> </ol>	<b>Fifth Breakout Panels</b> <ol style="list-style-type: none"> <li>Developing Chapters and State Associations</li> <li>Landlord Tenant</li> <li>Using Technology: Records</li> <li>International Expansion</li> </ol>	
12:15PM – 1:45PM	Luncheon on Your Own [Petitions for Oxford House World Council election to be turned in by 12:45 PM.]	Luncheon on Your Own [AA/NA meetings at hotel] Alumni Lunch; Get Tickets	
2:00 PM – 4:15 PM	<b>Second General Session</b> <ul style="list-style-type: none"> <li>Westley Clark, MD, Director Center for Substance Abuse Treatment</li> <li>David Mineta, Deputy Director for Demand Reduction, ONDCP</li> <li>Eligible Nominees to World Council each give 3 minute speeches</li> </ul>	<b>Third General Session [2:15]</b> <ul style="list-style-type: none"> <li>Recognize New World Council Members</li> <li>The New Oxford House Website</li> <li>Vote on Resolutions</li> </ul>	
Evening	<b>RECEPTION AND FOOD</b> (6 –9 PM) <ul style="list-style-type: none"> <li>➤ Invocation</li> <li>➤ Board Member Remarks</li> <li>➤ Awards</li> <li>➤ Food and Show</li> <li>➤ Night Bus Tours</li> </ul>	<b>Banquet at Convention Hotel</b> (6:00 – 8:30) <ul style="list-style-type: none"> <li>➤ Invocation</li> <li>➤ Dinner</li> <li>➤ AA/NA Speaker</li> <li>➤ Awards</li> <li>➤ Dance; 9:30PM – Midnight</li> </ul>	

**Meeting Rooms:** General Sessions: Constitution A-B – Panels #1 Cabin John; #2 Wilson; #3 Constitution C, #4 Lafayette

## *Oxford House: Saving Money – Saving Lives*

AA and NA Meetings Throughout Convention

AA - Burnham

NA - Latrobe

Candidates for World Council: *Get Petitions In On Time*

### Oxford House World Services

1010 Wayne Avenue, Suite 300  
Silver Spring, Maryland 20910

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## Welcome to the 13<sup>th</sup> Oxford House World Convention

Thirty-six years ago government budgets were tight – just as they are today. Montgomery County decided to close one of its four halfway houses. Thirteen men were scared to death because each of them knew they would drink or use drugs if they were back on the streets. After an AA meeting, the new and old members of Alcoholics Anonymous went to the Hot Shoppes for coffee as was the usual routine. Four of the men from the halfway house that was scheduled to close expressed their fear to the others in the group. After a very few minutes the AA old-timers said: “Why don’t you run the halfway house yourselves?” The rest has become a very exciting history. With a start-up loan from an AA member and advice and counsel from a lot of old-timers in AA, Oxford House was born just a few miles north of this convention site. As they say – the rest is history.

Today, 1,504 Oxford Houses provide 11,894 beds for men and women in recovery to have the time and peer support necessary to achieve recovery without relapse. In its 36-year history Oxford House has helped more than 200,000 individuals stay clean and sober long enough for sobriety to become a way of life. For the last 13 years there have been enough of us who are living or have lived in an Oxford House to gather together in a convention to celebrate our success and plan for future expansion. This year our convention theme is simple and timely – *Oxford House: Saving Money and Saving Lives*.

As in our last twelve conventions, this one will bring together experts in academia, government, medicine, treatment and recovery to share with us their knowledge as we seek to continue expansion so that every individuals trying to recover from alcoholism, drug addiction or co-occurring mental illness can have the opportunity to live in an Oxford House and gain comfortable sobriety without relapse.

Learn and teach as much as you can at the convention. Elect members of Oxford House World Council to help keep our movement alive. Enjoy all the new friends you will meet and share the good news of Oxford House.” While in our Nation’s Capital, you might want to take time to visit the new memorial to Dr. Martin Luther King a few blocks away at the Tidal Basin. His example should be a reminder to us all that it only takes a few people to set a path leading to major changes in our country, our lives and our goals.

# 13<sup>th</sup> Annual Oxford House Convention

Grand Hyatt Hotel  
Washington, DC

September 1 - September 4, 2011

Thursday, September 1, 2011

## Annual Oxford House Golf Tournament

9:45 AM Tee Time

This is the Thirteenth Annual Oxford House Golf Tournament. It is held in conjunction with the annual world convention both for the enjoyment of the participants and to underscore the fact that recovery without relapse enables all recovering individuals to enjoy all aspects of life. This year's four-man best ball format tournament is held at **Enterprise Golf Course** 2802 **Enterprise Road Mitchellville, MD 20721** 301-249-2040. Our tee time 9:45 on Thursday, September 1, 2011

## Registration

10:00 AM - 8:00 PM

Constitution A & B Foyer

## Women's Pre-convention Conference

3:00 PM - 7:00 PM

Constitution A & B

## World Council Meeting

7:30 PM - 9:00 PM

Wilson

## AA Meeting

9:30 PM - 10:30 PM

Burnham

## NA Meeting

9:30 PM - 10:30 PM

Latrobe/ Bullfinch

Candidates for World Council should pick up nominating petitions at Registration Desk. **Nominating petitions must be turned in by noon on Friday.** Resident member candidates need signatures from residents representing five different houses. Alumni candidates need signatures from five alumni members.



# *Congratulations*

## *Oxford House*

September 1, 2011

A PROCLAMATION BY THE MAYOR OF THE DISTRICT OF COLUMBIA

**WHEREAS**, Oxford House is celebrating its 36<sup>th</sup> Anniversary and hosting its 13<sup>th</sup> Annual World Convention at the Grand Hyatt Hotel in Washington, D.C.; and

**WHEREAS**, Oxford House, Incorporated is a nonprofit organization with an international network of group recovery homes for individuals recovering alcohol and drug addiction; and

**WHEREAS**, there are over 1,450 Oxford Houses across the United States, including 35 in the District of Columbia, 32 in Canada, 6 in Australia, 1 in England and 2 in Ghana; and

**WHEREAS**, for 36 years, the Oxford House program has successfully helped persons living with alcohol and drug addiction to remain sober without relapse;

**NOW, THEREFORE, I, THE MAYOR OF THE DISTRICT OF COLUMBIA**, do hereby congratulate Oxford House for helping to make a difference in the lives of individuals recovering from alcohol and drug addiction.



*Vincent C. Gray*  
Vincent C. Gray  
Mayor, District of Columbia

Friday, September 2<sup>nd</sup>

**Continental Breakfast**  
Constitution Foyer

7:00 AM - 8:00 AM

**Opening General Session**  
Constitution A & B

8:00 AM - 9:30 AM

An Invocation by Major David Smith, Salvation Army Adult Rehabilitation Center, Bladensburg, Maryland, will officially open the 13<sup>th</sup> Oxford House World Convention. Welcome to DC from Mayor Vincent Gray, Washington, DC. Paul Molloy will provide an overview of the convention and set the convention theme: "Oxford House: Saving Money – Saving Lives". James McClain will welcome the delegates on behalf of the Oxford House, Inc. Board of Directors and describe the process for the election of World Council Members.

### **Integrating Oxford House As A Best Practice**



L. Worth Bolton is currently working with the Behavioral Health Care Resource Program in the School of Social Work at the University of North Carolina at Chapel Hill as a clinical instructor in the graduate social work program. Worth has over 20 years of work experience in behavioral health services in a wide variety of service settings. Worth is past Chair and Board Member of the NC Foundation for Alcohol & Drug Studies and the Substance Abuse Professional Certification Board. He currently chairs the Steering Committee of NASW in the Alcohol, Tobacco & Other Drugs Practice Section. He has provided training, consultation and technical assistance to business/industry, social services and the military. Worth is a licensed clinical social worker and is certified in clinical supervision and addiction services. He received Oxford House's Tom Fellows Award last year.

### **First Breakout Panels**

9:35 AM - 10:50 AM

Oxford House and Veterans  
Cabin John  
Co-Occurring Mental Illness  
Wilson  
Re-Entry from Incarceration  
Constitution C  
Oxford House and State Agencies  
Lafayette

### **Second Breakout Panels**

11:00 AM - 12:15 PM

Why Behavioral Research and Data Collection Matter  
Cabin John  
Educating the Public  
Wilson  
Prevention: Saving Dollars  
Constitution C  
Medication in Oxford Houses  
Lafayette

### **Lunch and AA/NA Meetings**

12:15 PM - 1:45 PM

Lunch on your own - Immediate area has lots of places to eat in or carry out. Be back by 1:45 PM  
AA meeting in Burnham      NA meeting in Latrobe/Bulfinch [12:30- 1:30]

Second General Session  
Constitution A & B Ballroom

2:00 PM - 4:15 PM



- ◆ First Speaker: Westley Clark, M.D., JD, M.P.H., CAS, FASAM
  - Director Center on Substance Abuse Treatment

Dr. Clark, Director of the Center for Substance Abuse Treatment [CSAT] is making his ninth presentation to an Oxford House World Convention. He has held his job in the Clinton, Bush and Obama Administrations and is a nationally recognized leader in treatment for alcoholism and drug addiction. This is his 9<sup>th</sup> Oxford House World Convention.



- ◆ Second Speaker: David Mineta, MSW
  - Deputy Director Demand Reduction ONDCP

David Mineta worked with Asian American Recovery Services (AARS) throughout the San Francisco Bay Area. He started as a manager of a youth prevention program, but rose quickly to Associate Director and then Deputy Director. The United States Senate unanimously confirmed him on June 22, 2010 to be Deputy Director of Demand Reduction for the Office of National Drug Control Policy. He has led the agency's newly created focus on programs for individuals in recovery from addiction.

**World Council Candidates Present Election Speeches [3 minutes each]**

Friday Evening Reception, Awards and Entertainment

6:00 PM - 9:00 PM

Presentation of Director's Awards, Jerry Conlon, Chairman of Board of Directors  
Presentation of Tom Fellows Award by Paul Molloy, CEO  
Food • Entertainment • Jazz Bands

More entertainment or bus tours of Washington, DC at night

### **Hints on Getting the Most out of the Convention**

1. Attend as many sessions as you can.
2. Participate in election of World Council officers.
3. Individuals from same houses or chapters split up to learn as much as possible to bring home.
4. Get to know folks from other states to extend your Oxford House family.
5. Enjoy your sobriety. Learn and have fun.

Watch Postings for Panel Breakout Sessions to cover officer duties, chapter activity, state association formation and learn about the duties of house secretary required to keep the new website up-to-date. Submit any proposed resolutions to World Council for clearance.

## Saturday September 3<sup>rd</sup>

**Continental Breakfast**  
Constitution Ballroom Foyer

7:00 AM - 8:00 AM

### Third Breakout Panels

8:00 AM - 9:10 AM

Accommodating HIV and other Disabilities in Oxford House  
Cabin John  
Drug Courts and Recovery  
Wilson  
Oxford House in the new Health Insurance Environment  
Constitution C  
DePaul Studies Overview  
Lafayette

### Fourth Breakout Panels

9:15 AM - 10:30 AM

Using Skype for Interviews, Conferences and Workshops  
Cabin John  
Women in Oxford Houses: The Challenges and Successes  
Wilson  
Behavioral Healthcare - Where does Oxford House fit in?  
Constitution C  
Civil Rights under FHA  
Lafayette

### Fifth Breakout Panels

10:40 AM - 11:50 PM

Developing Chapters and State Associations  
Cabin John  
Landlords and Tenants  
Wilson  
Technology: Record Keeping  
Constitution C  
International Expansion  
Lafayette

### Lunch

12:00 PM - 1:30 PM

AA in Burnham      NA in Latrobe [12:30 - 1:30]  
Alumni Luncheon at McCormick & Schmick's Seafood Restaurant, 901 F Street NW  
[Tickets at Registration Desk: \$25 per person]

### Third General Session

2:00 PM - 4:30 PM

Regency Ballroom  
Call out for States to share new growth new events  
Report of World Council  
Introduction of New World Council Members  
Presentation on Steps for Enlisting the Nation to Multiply Oxford Houses  
Vote on Convention Resolutions  
Veterans Committee Meeting immediately following General Session



## Saturday Evening

Banquet

6:00 PM – 8:30 PM

- ◆ Invocation
- ◆ Reggie Midget Award
- ◆ Founder's Awards
- ◆ Recovery Speaker:

Dance

9:00 PM to 12:00 PM

### Remembering Betty Ford [1918 – 2011]

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Few individuals did more to remove the stigma of recovery from alcoholism and drug addiction than did Betty Ford. When she died this year on Friday July 8, 2011 at age 93, she was remembered in thousands of church basements by millions of recovering alcoholics and drug addicts. Not since Bill W. and Doctor Bob has an individual received such widespread admiration and respect. Betty Ford had become an alcoholic and drug addict starting as early as 1964 when she began taking pain pills to help a bad back. In 1978 – about a year after President Gerald Ford left the White House – her family performed a successful intervention and she went to treatment at the Long Beach Naval Hospital in California. It was successful – for her

and for thousands of us because Betty Ford was direct and open about her addiction and recovery. In 1982 she was the force behind the establishment of the Betty Ford Center, a 28-day residential treatment facility on the campus of the Eisenhower Medical Center near Palm Springs, California.

In later years, when a grateful recovering alcoholic or drug addict would thank her she would respond in a fashion similar to her quotes in her autobiography:

“It’s hard to make anyone understand what it’s like to have your name on something, to be given credit for things you haven’t done,” Mrs. Ford wrote. “I’ve been at meetings where someone turned and thanked me, and I hugged the person and said, ‘Don’t thank me, thank yourself, you’re the one who did it, with God’s help.’ From the beginning, we have wanted every patient at the center to feel, ‘I’m important here, I have some dignity.’ ”

Betty Anne Bloomer Ford was brought up in Grand Rapids, Michigan and, after high school, in 1938, she went to Bennington College in Bennington, Vermont for two summer sessions at their school of modern dance. Little did she realize that less than 20 miles north of the college was East Dorset – where Bill Wilson was brought up. Forty years later, she found her sobriety and recovery without relapse in the 12-Step program – Alcoholics Anonymous – that the two Vermonters – Bill W. and Dr. Bob – had set in motion at about the same time she was a dance student just down the road.

It is a small world and for those of us in recovery it is a much more accepting world because of the openness and candor of Betty Ford. We shall miss her presence but always remember her joy in recovery and the gift of acceptance she gave us all.

Paul Molloy • 2011

# Summary of Breakout Sessions

Meeting Rooms: General Sessions: Constitution A-B – Panels #1 Cabin John; #2 Wilson; #3 Constitution C, #4 Lafayette

## Friday Breakouts: First Breakout Panels

1. Veterans and Oxford House
2. Oxford House and Co-occurring Mental Illness
3. Re-entry from Incarceration
4. Oxford and State Agencies

### Veterans and Oxford House

#### Cabin John Room

9:35 AM – 10:50 AM

Panelists: Worth Bolton, MSW Clinical Instructor UNC Chapel Hill  
Robert Kershaw Veteran, District of Columbia Oxford House Outreach  
Pete Dougherty Associate Director, Homeless Veteran Program, Department of Veterans Affairs  
Moderator: Joe Chavez Veteran, Hawaii Oxford House Outreach

About 20% of the nearly 12,000 residents in the national network of Oxford Houses are veterans. During the course of CY 2010 about 4,800 men and women who had served in the armed services lived in the national network of Oxford Houses. The majority of veterans served in the Vietnam War era. However, as the men and women come home from the current Iraq or Afghanistan Wars, some veterans with alcohol and drug addictions – and sometimes with PTSD – are moving into Oxford Houses. It can be anticipated that demand will increase in the next few years as the number of vets who have seen action increases. This panel will discuss how to build better bridges between our returning and older veterans in recovery from substance abuse and co-occurring mental illness including PTSD.

### Oxford House and Co-occurring Mental Illness

#### Wilson Room

9:35 AM – 10:50 AM

Panelists: Rochelle Head-Dunham, MD Medical Director, Behavioral Health,  
Louisiana Department of Health and Hospitals  
Leonard Jason, PhD DePaul University, Chicago, Illinois  
John Majer, PhD Truman College, Chicago, Illinois  
Riley Regan Therapist, Former State Director  
Moderator: Judy Maxwell Washington Oxford House Outreach

Many Oxford House residents have a mental illness in addition to addiction. This panel will discuss how Oxford Houses can help individuals suffering from both afflictions. Dr. Rochelle Head-Dunham is a practicing psychiatrist from New Orleans and Baton Rouge, LA. Among other jobs she is Medical Director for Behavioral Health and was formerly interim director of Addictive Services, which is now part of Behavioral Health. Leonard Jason, PhD is Director of the DePaul University Community Research Center in Chicago and has been studying Oxford House and recovery for twenty years. He has received a number of important research grants from NIDA and NIAAA and has published more than 125 peer-reviewed articles related to Oxford House and recovery. John Majer, PhD was on the DePaul Research team and is lead author of *A Longitudinal Analysis of Psychiatric Severity Upon Outcomes Among Substance Abusers Residing in Self-Help Settings* in the current issue of the American Journal of Community Psychology. Riley Regan, a therapist in New Jersey, worked for the State of Maryland in 1975 when the first Oxford House was started. In 1989 as Director of the New Jersey single-state agency for alcoholism and drug addiction, he employed Oxford House World Services to help start a network of Oxford Houses in New Jersey. Today there are 77 Oxford Houses in New Jersey. Moderator Judy Maxwell is an Oxford House outreach worker in the State of Washington and an alumnus of Oxford House.

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## Re-entry from Incarceration

### Constitution C Room

9:35 AM – 10:50 AM

Panelists:	Deacon Ron Ealey	St. Michael Archangel Parish, Silver Spring and DC Prison Ministries
	Charles Thornton	Director, Mayor's Office of Returning Citizens
	Marty Walker	Oxford House Outreach in Louisiana
	Kurtis Taylor	OHI Prison Outreach in North Carolina
Moderator	Tony Perkins	Washington State Oxford House Prison Outreach

Deacon Ron Ealey has been active in prison ministries for more than 20 years. Charles Thornton, a recovering individual, heads Mayor Vincent Gray's Office of Returning Citizens, which examines ways and means to assist individuals to make a successful transition from incarceration back to the community. Marty Walker is the Oxford House outreach worker in Louisiana and an alumnus of prison and then Oxford Houses in Oregon. Kurtis Taylor specializes in convincing and helping those in recovery getting out of prison to get into an Oxford House. Tony Perkins has introduced creative ways for individuals leaving prison to line up acceptance into an Oxford House before they leave the prison environment. Four themes will highlight this panel: [1] the great need for post-incarceration recovery opportunity; [2] the value of Oxford House as a transitional residence; [3] practical ways to motivate returning prisoners to get into Oxford House and [4] practical ways to integrate post-incarceration and Oxford House admission practices.

## Oxford House and State Agencies

### Lafayette Room

9:35 AM – 10:50 AM

Panelists:	Kimberly Leonard, Ph. D.	Director, D.C. Alcohol and Drug Agency
	Janice Jordan	Retired Contract Mgr. Virginia Single State Agency
	Melinda Trujillo	Contract Manager, Washington
	Laura Griffith	Former Contract Manager, Wyoming
	Steven Dettwyler, Ph. D.	Director, Delaware Community Mental Health and Addiction Services
Moderator:	Gino Pugliese	Washington State Oxford House Outreach

Each state and the District of Columbia have a single agency that is responsible for administering funds from the federal block grants to combat alcoholism, drug addiction and mental illness. These agencies also get state funding and sometimes other grant funding. More and more states are combining substance abuse and mental illness activities into a behavioral health agency. This panel is a "big picture" panel with experienced state directors and program managers looking at where the money comes from, how it is used and how well it meets the needs of their respective jurisdictions. The purpose of the panel is to help everyone to understand present funding streams and the adequacy of funding for states to meet the needs imposed by alcoholism, drug addiction and mental illness. In addition the panel will discuss what changes, if any, they foresee as a result of the new federal health insurance laws including use of Medicaid and parity for mental illness and substance abuse under private health insurance plans. Specifically, how well does the status quo integrate treatment for those who are homeless and/or in the criminal justice system [drug courts/prison re-entry/parole/probation] and how could that change in the new health insurance environment. The panel will address the general benefits of having statewide or area wide networks of Oxford Houses in order to reduce recidivism. It will also discuss the ways that Oxford Houses can provide a low-cost continuum of care and the benefits of thinking in terms of recovery rather than only detoxification or specialty treatment.

### Friday Second Breakout Session

1. Why Behavioral Research and Data Matter
2. Prevention: Saving Dollars
3. Educating the Public About Recovery
4. Medication in Oxford Houses

## Why Behavioral Research and Data Matter

### Cabin John Room

11:00 AM – 12:15 PM

Panelists:	Leonard Jason, Ph. D. Thomas Hilton, Ph.D. Judy Arroyo, Ph. D. Alina McClerklin, M.S.W. Thomasina Borkman, Ph. D.	Director Center for Community Research DePaul University National Institute on Drug Abuse National Institute on Alcohol Abuse and Alcoholism Performance Manger DC Addiction Prevention and Recovery Administration Professor of Sociology Emeritus George Mason University
Moderator:	Paul Stevens	Virginia Oxford House Outreach Coordinator

Jeffrey D. Roth MD, FASAM, a Chicago addictions psychiatrist who edits the Journal of Groups in Addiction and Recovery wrote: “While research on AA has been limited by the role of anonymity in recovery, the willingness of the Oxford Houses to open their doors to academic research gives us an opportunity to see recovery from addiction in action.” This panel is made up of experts who understand the contributions that men and women in recovery can make to everyone interested in helping alcoholics, drug addicts and those with co-occurring mental illness to become comfortable enough in sobriety to avoid relapse. Leonard Jason, PhD, is Director of the DePaul University Center for Community Research has research every aspect of Oxford House for nearly twenty years. He has authored or co-authored more than 125 peer-reviewed articles reporting his findings. Thomas Hilton, Ph. D. is an individual at NIDA who has directed research into the recovery process and managed NIH grants to assure a better understanding of the recovery process. Judy Arroyo, Ph D, has played the same role at NIAAA. Alina McClerkin, M.S.W. as Performance Manager at APRA knows first hand the value good data can play in measuring the success or failure of programs to assist alcoholics and drug addicts to successfully achieve long-term recovery. Thomasina Borkman, Ph.D. has more than four decades studying the social model as a vehicle for enabling the transition from active addiction to comfortable sobriety. She has published numerous articles that defined a field of study for sociologists, psychologists, counselors and psychiatrists. She is author of *Understanding Self-Help/Mutual Aid: Experiential Learning in the Commons*, Rutgers University Press.

## Prevention Saving Dollars

### Wilson Room

11:00 AM – 12:15 PM

Panelists:	Nancy Kennedy Steven Dettwyler, Ph. D. Kimberly Leonard, Ph. D. Steve Glaude	Division of Systems Development CSAP SAMHSA Director, Delaware Community Mental Health and Addiction Services Director, D.C. Alcohol and Drug Agency Mayor’s Office DC Director of Community Affairs
Moderator:	Stacie Anderson	Oxford House Outreach Washington State

The Center on Substance Abuse Prevention [CSAP] has a mandate to help Americans lead healthier and longer lives. CSAP promotes a structured, community-based approach to substance abuse prevention through the Strategic Prevention Framework (SPF). The framework aims to promote youth development, reduce risk-taking behaviors, build assets and resilience, and prevent problem behaviors across the individual's life span. This approach provides information and tools that can be used by States and communities to build an effective and sustainable prevention infrastructure. Recovering individuals within Oxford Houses often have families or neighbors who want information about prevention. Also many in recovery can get addicted to medicine themselves. The up-to-date means for encouraging prevention of alcoholism and/or drug addiction are important to everyone. Within the network of Oxford Houses are hundreds of recovering individuals who have experience alcoholism, drug addiction and co-occurring mental illness. Residents and alumni of Oxford Houses are not only “good examples” showing that long-term recovery is possible but also can encourage the young and those on medication to avoid the path to addiction. This panel will share what government agencies are doing to discourage the formation of addiction.

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## Educating The Public About Recovery

### Constitution C Room

11:00 AM – 12:15 PM

Panelists: Robert J. Lindsey, M.ED.,CEAP President and CEO, National Council on Alcoholism and Drug Dependence, Inc. [NCADD]  
Anne Doolen Executive Director, Alcohol/Drug Council of NC  
Pat Taylor Executive Director, Faces and Voices of Recovery  
Ivette Torres Recovery Month Coordinator SAMHSA  
Johnny W. Allem Former President, Johnson Institute  
Moderator: Anna Mable Jones Oxford House Outreach, DC/MD

In 1940 Marty Mann became the first woman alcoholic to enter recovery with the help of AA. She was thirty-five years old and a well-known New York public relations person. She went public about her alcoholism and her recovery and, because AA was already committed to anonymity, she started the National Council on Alcoholism in order to educate the public about her belief that alcoholism is a irreversible disease, but that recovery is possible by learning behavior that includes absolute sobriety. She and the NCA encouraged the school on alcohol studies at Yale [now at Rutgers] and encouraged establishment of state chapters of NCA throughout the country.

Marty Mann died at age 75 in 1980. Today, the National Council on Alcoholism is known as the National Council on Alcoholism and Drug Dependence [NCADD]. Robert Lindsey is its President and CEO and has undertaken efforts to revitalize state chapters throughout the country. Anne Doolen is Executive Director of the chapter in North Carolina, one of the strongest state chapters. Ivette Torres is the SAMHSA coordinator of Recovery Month and has established a network of individuals throughout the country to change public understanding about recovery. Johnny Allem is a leader in educating the public about alcoholism, drug addiction and recovery. He has served as President of the Johnson Institute and is President of DC RCA. Pat Taylor is Executive Director of Faces and Voices of Recovery – a relatively new grassroots movement among recovering alcoholics and/or drug addicts doing similar work in educating the public, government and business about the nature of alcoholism and drug addiction and emphasizing that individual recovery can replace addiction if society provides a reasonable opportunity for individual recovery to take place. The theory is that if the public understands the disease and the recovery process it will support intervention, treatment and long-term recovery and will be tolerant enough to invite recovering individuals back as productive members of society. The panel will discuss how those in recovery can encourage the rest of society to reach out to the still-suffering drug addict and alcoholic. Oxford House – since its expansion beyond the DC area in 1989 – has worked with all recovery groups to increase the opportunity for recovery without relapse and gain public acceptance of the idea that recovering individuals can be productive members of society – if given the chance.

## Medication in Oxford Houses

### Lafayette Room

11:00 AM – 12:15 PM

Panelists: Walter Faggett, MD, District of Columbia APRA  
Kirstin Hallburg, CAC, Counselor and Outreach Omaha, Nebraska  
John Majer, Ph.D., Truman College, Chicago, Ill.  
Paula Harrington, UNC Human Resources and Oxford House Outreach  
Moderator: Keith Gibson, Oxford House Outreach, NC

Recovering alcoholics and drug addicts enter Oxford House with a clear understanding that a condition of residence is to stay clean and sober. However, about half of the residents of Oxford House may also have mental health disorders that require medication to control. Medication for some maladies is not only consistent with the clean and sober bedrock of Oxford House but is also essential to maintain the health of the resident. Other medication has many of the characteristics of alcohol or mood-altering drugs that can trigger relapse either for the user or others in the house. This panel will sort through the medications that fit within an Oxford House environment and those that undermine the alcohol and drug free foundation for Oxford House living. Dr. Faggett is medical director at APRA. Kirstin Hallburg is a counselor and outreach specialist from Nebraska and Dr. John Majer, has experience as a counselor and has a Ph.D. in clinical psychology. He has been part of the DePaul University research team. Paula Harrington works on special projects with Oxford Houses in North Carolina.

**Saturday – Third Breakout Session**

**8:00 AM – 9:10 AM**

1. Accommodating HIV and other Disabilities in Oxford House
2. Drug Courts and Recovery
3. Behavioral Health Care: Where does Oxford House Fit?
4. DePaul Studies Overview

**Accommodating HIV and Other Disabilities in Oxford House**

**Cabin John Room**

**8:00 AM – 9:10 AM**

Panelists:	Joshua L. Holmes, JD Gregory Pappas, MD, PhD Mike Doolen, MSW, LCSW, LCAS	Staff Attorney, AIDS Law of Louisiana Senior Deputy Director HAHSTA Tri-County Community Health Ctr.
Eastern NC	Darryl Joiner	OH Alumnus, World Services Outreach
Moderator:	Keith Gibson	Oxford House Outreach, NC

In the national network of Oxford Houses there are hundreds of individual residents who have tested positive for HIV. Historically HIV and AIDS patients have resided in Oxford Houses ever since the disease was discovered in the early 1980s. However, because the turnover rate in Oxford Houses is about 2.1 persons per bed per year, education about HIV is ongoing. Last year Oxford House, Inc. was sued because a house in Louisiana rejected a person by a vote that was less than the 80% needed for acceptance. The applicant was rejected by two of the members living in the house and told a third resident that it was because he was HIV. While reasons for not accepting an applicant can be a subjective assessment as to whether the person is serious about recovery rejection should not be based on a handicapping condition. This panel will discuss the nature of HIV and the fact that it is not contagious and can only be spread through intimate sexual contact.

**Drug Courts and Recovery**

**Wilson Room**

**8:00 AM – 9:10 AM**

Panelists:	Samantha Lyons Anna Jones Joe Chavez	Montgomery Maryland Drug Court Treatment Coordinator DC Oxford House Outreach Worker HI Oxford House Outreach Worker
Moderator:	Daniel Fuchs	CO Oxford House Outreach

In 1990 there was one or two drug courts in the country. Today there are more than 2,300. The practice and theory of drug courts is simple. It is better to route an alcoholic or drug addict into treatment rather than send him or her to jail. In jurisdiction after jurisdiction drug court judges have found that drug court participants tend to do much better if they live in an Oxford House. The NADCP is the national nonprofit organization that has promoted, developed and educated judges around the country of the value of drug court intervention. NADCP has proven itself very effective at coordinating and motivating local governments to adopt the drug court model as an effective tool for intervention in the behavior of alcoholics and drug addicts. Not only does such intervention motivate alcoholics and drug addicts to begin and master the recovery process, but it also save taxpayers the costs of incarceration or the repeated recycling in and out of detoxification and treatment.

**Oxford House: Saving Money - Saving Lives**

## Behavioral Health Care: Where Does Oxford House Fit

### Constitution C Room

8:00 AM – 9:10 AM

Panelists: Dr. Rochelle Head-Dunham Medical Director, Behavioral Health,  
Louisiana Department of Health and Hospitals  
Anne Doolen Executive Director, Alcohol/Drug Council of NC  
Warren Hewitt AIDS coordinator SAMHSA  
Peter Gaumont Demand Reduction, ONDCP

Moderator: Chris McGuire CO Oxford House Outreach

Within the last five years Congress has made substantial changes in the laws related to coverage for treatment of alcoholism, drug addiction and co-occurring mental illness. Many states and insurers are placing treatment within the broader category of behavioral health care. As everyone focuses on best practices and cost-containment the success of Oxford House in facilitating long-term recovery becomes more important. This panel of experts in both the treatment of addiction and delivery of cost-effective health care will examine what role Oxford House can play in helping behavioral health care providers and insurers to utilize best practices for assuring long-term recovery. The TEDS [Treatment Episode Data Series] maintained by HHS shows that most individuals in treatment are repeat customers. How can Oxford House fit into a more integrated health care system to improve treatment outcome by reducing relapse and recidivism? The easy answer is to develop statewide networks of Oxford Houses that by example can drive utilization by providers and insurers. The more difficult question is how to fund outreach workers to find suitable houses, recruit initial residents and teach them the Oxford House system of operation. The panel will discuss their experiences in how supportive living environments such as Oxford House can be integrated into traditional health care to improve outcomes.

## DePaul Research Studies Overview

### Lafayette Room

8:00 AM – 9:10 AM

Panelists: Leonard Jason, Ph D Director DePaul Community Research Center  
John Majer, Ph D Truman College, Chicago, Illinois

Moderator: Misty Wilkins NC Oxford House Outreach

Dr. Leonard Jason has been studying Oxford House for twenty years. He has authored or co-authored more than 125 peer-reviewed articles in academic journals describing his research and findings. Dr. John Majer has worked with Dr. Jason for a decade and continues to work with him and the DePaul University Community Research team. The purpose of this panel is to review their major studies and to place Oxford House in the context of its value to recovery from alcoholism, drug addiction and co-occurring mental illness. While the major part of the discussion will relate to the major studies funded by NIDA and NIAAA grants, they will also discuss how special groups such as veterans, Latinos and recovering individuals who are deaf function within the Oxford House environment. Dr. Major will also discuss his latest findings related to gambling, addiction and recovery.

**Oxford House: Saving Money - Saving Lives**

**Saturday – Fourth Breakout Panels**

**9:15 AM – 10:30 AM**

1. Using Skype for Interviews, Conferences and Workshops
2. Oxford House: The Model for Quality Control
3. Women in Oxford Houses: The Challenges and Successes
4. Landlords and Oxford Houses

**Using Skype for Interviews, Training, Conferences and Workshops**

**Cabin John Room**

**9:15 AM – 10:30 AM**

Panelists:	John Parker Andrew Clark	Expert on Skype and Resident in NC Oxford House Expert on Skype and Resident in NC Oxford House
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Moderator:	Jackson Longan	OK Oxford House Outreach
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Skype is a modern Internet communication system that enables individuals and groups to communicate with face-to-face interaction. Calls to other users within the Skype service are free, while calls to both traditional landline telephones and mobile phones can be made for a fee using a debit-based user account system. Skype has also become popular for its additional features, which include instant messaging, file transfer, and videoconferencing. Skype has 663 million registered users as of 2010. Unlike other VoIP services, Skype is a peer-to-peer system rather than a client-server system, and makes use of background processing on computers running Skype software; the original name proposed – Sky peer-to-peer – reflects this. Oxford Houses can use Skype to interview applicants who are out-of-town or incarcerated. Moreover, chapters, state associations or World Council can use Skype to train newcomers or to share information as part of the Oxford House quality control system. This panel will explain how Skype works. Modern technology from the website to low cost intercity telephone service has contributed to the successful expansion of Oxford House. Skype may fall into that category as the national and international network of Oxford Houses continues to grow.

**Oxford House: The Model for Quality Control**

**Wilson Room**

**9:15 AM – 10:30 AM**

Panelists:	Paul Molloy Kathleen Gibson Riley Regan	CEO, Oxford House, Inc. COO, Oxford House, Inc. NJ Therapist, Former State Director
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Moderator:	Ricky Mogel	WA Oxford House Outreach
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Built into the Oxford House concept and system of operation are processes and procedures that assure quality control. There is a movement among some non-self-run, self-supported recovery homes to develop a different type of model based on regulation by the state or local government. The purpose of this panel is to examine how the Oxford House model has successfully maintained quality control over its 36-year history. The question will be raised and discussed the degree to which a government-regulated system of quality control would or could maintain quality. Specifically, would residents react differently when an outside authority imposes regulations. The panel will spell out the things Oxford Houses take for granted that help keep houses on track and in compliance with their charters.

**Oxford House: Saving Money - Saving Lives**



## Women in Oxford Houses: The Challenges and Successes

### Constitution C Room

9:15 AM – 10:30 AM

Panelists:	Myrna Brown	Alumna and former Washington State Coordinator
	Judy Maxwell	Washington State Oxford House Outreach
	Paul Harrington	Alumni, Oxford Houses of NC
	Lori Holtzclaw	Oxford Outreach Oklahoma
	Stacie Anderson	Oxford Outreach Washington State
Moderator:	Robin Breckenridge	Louisiana Oxford House Outreach

Oxford Houses for women encounter different problems than do Oxford Houses for men – both in establishment and in subsequent operation. However, notwithstanding these differences, Oxford Houses for women and for women with children work as well as Oxford Houses for men. This panel of women experienced in Oxford House living and long-term recovery will discuss the challenges and successes of Oxford Houses for women. Each of the panelists has lived in an Oxford House and each has established houses for women and houses for women with children. They will discuss the ways that new houses for women or women with children are established and how the women who move in deal with the challenges and opportunities they face. The long history of women successfully becoming comfortable enough in sobriety to avoid relapse by living in an Oxford House underscores the fact that women's houses are successful. In achieving successful long-term recovery and a stable Oxford House women have demonstrated that they can overcome personality issues, childcare issues and stormy relationships that often precede their residency in an Oxford House.

## Landlords and Oxford Houses

### Lafayette Room

9:15 AM – 10:30 AM

Panelists:	David Loring	Investor Landlord, Montgomery County, Maryland
	John Majer	Longtime Landlord Severna Park, Maryland
	George Kent	Oxford Outreach, New Jersey
	Daniel Fuchs	Oxford House Outreach, Colorado
	Anna Mable Jones	Oxford House Outreach, Maryland
Moderator:	John Fox	Oxford House Outreach, North Carolina

Generally, Oxford Houses enter into two-year leases to provide the landlord and the men or women who will establish and operate an Oxford House an opportunity to extend or terminate a lease after the two-year period. Most Oxford House/Landlord relationships continue year after year. For example, Oxford House-Northampton in Northwest Washington, DC has been an Oxford House since 1977. Oxford House-Severna Park, Maryland has been an Oxford House since June 1998. This panel made up of landlords and Oxford House outreach persons who do business with landlords will discuss the relationship between landlords and individual Oxford Houses.

Because Oxford House, Inc. and individual Oxford Houses own no property [and are prohibited by OHI by-laws from owning real estate], it is important that a good working relationship is established between an Oxford House group and a landlord. This panel will examine ways to build such relationships.

### Saturday – Fifth Breakout Panels

10:40 AM – 11:50 AM

1. Developing Chapters and State Associations
2. Civil Rights and the Federal Fair Housing Act
3. Utilizing Technology and Dealing With Reporting
4. International Expansion

## Developing Chapters and State Associations

### Cabin John Room

10:40 AM – 11:50 AM

Panelists: James McClain Alumnum and Member, Oxford House Inc. Board  
Jackson Longan Oxford Outreach Coordinator, Oklahoma  
Gino Pugliese Oxford Outreach Coordinator, Washington  
Terri Martin Oxford Outreach, Texas

Moderator: Troy Manns Oxford Outreach, North Carolina

Quality control throughout the international network of Oxford Houses depends upon good organization by clusters of houses themselves so that houses can provide mutual support and charter compliance supervision. At the local level, two to twelve houses form chapters where officers of each house meet once a month to share experience, strength and hope. In the United States, when there are enough houses to form several chapters, the chapters form a state association. The chapters then meet as a state association to help all the houses in a state and measure the supply of and demand for Oxford House recovery beds throughout the state. James McClain as an alumni and board member of OHI – the umbrella organization for all Oxford Houses – has organized chapters and state associations since the beginning of Oxford House expansion and helped to build their duties, procedures and processes used to teach and monitor member houses. Jackson, Gino and Terri have implemented state associations in their respective states. This panel will share the mechanics of starting chapters and state associations and the experiences of utilizing these organizations to assure high quality operations by every Oxford House in their respective states.

## Civil Rights and Federal Fair Housing Act

### Wilson Room

10:40 AM – 11:50 AM

Panelists: Steve Polin Civil Rights Attorney, Member of DC Bar  
Greg Heafner Civil Rights Attorney, Member of NC Bar  
To Be Announced Attorney, Civil Rights Division, U.S. Department of Justice  
Riley Regan NJ Therapist, former State Director

Moderator: Marty Walker Louisiana Oxford House Outreach

From its establishment in 1975, Oxford House has sought good houses to rent in good neighborhoods. The oldest house in the national network of Oxford House [rented in 1977] is Oxford House-Northampton, which is in one of the best areas in DC. However, until the 1988 Amendments to the Federal Fair Housing Act, zoning laws kept group homes out of the better residential neighborhoods. When Oxford House was invited to expand with enactment of the recovery home start-up loan mandate in the 1988 Anti-Drug Abuse Act, it took advantage of the FHA to rent houses in good neighborhoods even if they were limited to families. The FHA extended the prohibition against discrimination to “handicapped” individuals. Since everyone in an Oxford House is utilizing the group home to overcome alcoholism, drug addiction or co-occurring mental illness, they qualify as handicapped and thereby a protected class under the FHA. As such, local governments must make a “reasonable accommodation” in their zoning laws to avoid discrimination against Oxford Houses. Oxford House served as the trailblazer in seeking court definition and affirmation of the 1988 Amendments to the FHA including the US Supreme Court in *City of Edmonds, WA v. Oxford House, Inc.* decided in 1995. In spite of that favorable decision, localities continue to try to avoid accommodating Oxford House residents trying one barrier after another. This panel will discuss the current state of the law and explain how Oxford House has successfully applied the law to thwart insurance companies that try to discriminate against landlords renting to Oxford House as well as jurisdictions that dream up new tactics to satisfy those who continue NIMBY discrimination.

**Oxford House: Saving Money - Saving Lives**

## Utilizing Technology and Dealing With Reporting

### Constitution C Room

10:40 AM – 11:50 AM

Panelists: Paul Stevens  
David Blake

Outreach Coordinator: Virginia  
Oxford House World Services

Moderator: Blake Bippes

Washington State Outreach

Paul Stevens has been starting new Oxford Houses and organizing existing houses into effective chapters and state associations for a number of years. In the process he has seen that many residents could benefit from knowing how modern technology could help them personally and their group home as well. This presentation covers how to use the computer for House use and to report house data to OHI to strengthen the statewide network of Oxford Houses. He, David and Blake have the technical know-how and have put together an effective presentation to help everyone get the most out the “modern age” for themselves and Oxford House, as a whole.

## International Expansion

### Lafayette Room

10:40 AM – 11:50 AM

Panelists: Tony Brown  
Byron Merriweather  
Myrna Brown  
Ron MacMillan

Established first Oxford House in England  
Established first Oxford House in Ghana  
Established first Oxford House in Australia  
Founder Oxford Houses of Canada

Moderator: Debbie Dungee

Oxford House World Services

Alcoholism, drug addiction and co-occurring mental illness know no border. Individuals are afflicted with these illnesses all around the world. Unfortunately, in many places 12-Step groups do not exist nor do Oxford Houses. These panel members have first-hand knowledge about expanding Oxford House and 12-Step meeting everywhere. Tony Brown – who attended the Chicago Convention last year – has brought Oxford House to England and opened the first Oxford House there. Byron Merriweather, formerly an Oxford House resident in Virginia, has travelled to Ghana and helped an AA member to start the first Oxford House there. Myrna Brown – formerly an outreach worker in the State of Washington – went to Australia ten years ago and began a cluster of Oxford House there. Ron MacMillan, a former Tom Fellows Award winner, began the network of Oxford Houses in Alberta Providence Canada. The panel will consider what Oxford House can do to more effectively share the benefits of Oxford House living throughout the world. It is a task easier said than done because Oxford House is built upon two uniquely American characteristics – democracy and self-help. The panelists will discuss ways and means to teach these American values to others so as to enable effective Oxford House development.

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## Oxford House Stories

*This segment of the program contains a selection of autobiographical sketches by current and former residents of Oxford Houses. These recovering individuals are sharing their stories in order to help others afflicted by alcoholism and drug addiction to understand the hope afforded by Oxford House. Many readers will be struck by the devastating damage associated with alcoholism and drug addiction. There is no pill or magic bullet that can produce a cure for addiction. The only path to recovery is total abstinence from alcohol and addictive drugs. Few are able to master such behavior change alone. Together with the 12-Step programs, Oxford House offers its residents the opportunity and time to use peer support, a safe living environment*

*and a disciplined system of operation to achieve the behavior changes necessary to avoid a return to the use of alcohol and addictive drugs.*

*The thousands of individuals who have found a path to recovery by living in an Oxford House know that Oxford House has come of age. All members of the Oxford House family hope that by sharing these personal stories of hard-won recovery, they will contribute to the growth of the Oxford House network, guide those not yet in recovery toward an effective program, and foster the understanding and support of the broader community. Many Oxford House stories of the transition from addiction to sobriety – comfortable enough to assure long-term recovery without relapse – are at the website: [www.oxfordhouse.org](http://www.oxfordhouse.org) under “About Us/Stories”.*

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### **Kevin J’s Story**

It was January of 1974, streaking was the craze, the war was just about over and it was two weeks before the spring trip to the most southern tip of Texas. I was 18 years old, a freshman scholarship baseball player at the University of Missouri at Columbia and the world was my oyster.

The oyster shell cracked when I looked at my right ankle and it was turned 90 degrees from its normal position. Gone was the starting position, the spring trip, the feeding of my ego, and the team. My mother would always say that I changed that day. I now know how prophetic my mother was.

Instead of being in Texas, I was in my dorm room drowning my sorrows with tequila, pot, and acid. I may not have been feeling any pain but for the first time in my life the core values instilled in me – the importance of an education, striving to be the best I could be, accepting challenges, and being honest – all went up literally in smoke.

I dropped out of school, still couldn’t play on the ankle in the summer of ’74 but managed to find the ‘heads’ who I would not have given the time of day a few months earlier. In 1976 I discovered cocaine and my life went into overdrive. I criss-crossed the country from California, to Texas, to Illinois, and to Washington, DC. GPS devices had been not invented but my internal GPS always knew where to find the drug I craved. It goes without saying that I have lost more good jobs than I can count. I did manage to earn recognition as a Certified Purchasing Manager. The certification earned me more money to be used to continue along my addiction road.

Along the way I did earn another title. As a purchasing manager, I had the pick of which Atlanta Falcons game to attend in a private box at the Georgia Dome. As a convicted felon, my choices narrowed considerably and the decision of what games to watch on Sunday was made by my fellow inmates in the recreation area of a work camp or the day room of a prison unit.

The revolving door of substance abuse, treatment, doing things my way, jobs, and breaking the law went on and on until I added another victim to my madness. I was married in 2001 and was even sober for 4 years before ruining what had been the happiest years of my adult life. To celebrate my joy I told myself it was all right to drink as long as I stayed away from cocaine. Eventually I got pretty bored with drinking and told myself since I was managing the alcohol I could surely do the same with cocaine. Needless to say, the revolving door that had screeched to a halt became a well-oiled machine turning faster than ever. Lost another job, broke more laws, and went back to jail – same old story.

My wife had had enough and ended our marriage of 5 years. No way was she at fault but she had been sucked into the vortex of my addiction. ‘Should I try another treatment program in jail?’, I asked myself. I have never been one to give up on myself and decided that just doing time was not for me. While in the program I heard about this place called Oxford House and didn’t give it much thought until it became evident that I was not going to have a place to live upon my release. With no other options, Oxford House was going to be my next stop. I had completed the application in jail and arrived at the house carrying a plastic bag of personal items. I interviewed that same evening and my first night out of incarceration I was in my next home at Oxford House-Valley View in Roanoke, Virginia.

I began to take pride in the house and wanted ours to be the best house in the chapter. I was nominated for my first chapter officer's position by a person I didn't even know. He told me later that he liked what I had to say. I accepted my first State Association Officers nomination without trepidation after receiving a 'you better or else' glare from Kelly Crowder. Oxford House has provided me with a different avenue of keeping contact with the recovering community and helping others, while keeping me grounded. My life has transformed because of my Oxford House experience. Today I am putting the sum total of my life experiences to the test as an Outreach Representative in Virginia. My days and nights are filled with an array of challenges but the thrill of opening new houses and filling beds for those who are just like me is indescribable.

Sometimes I think about where I might be today if I had found Oxford House earlier in my life but I know I am where God wants me to be. My ex-wife Alice and I are best friends now and the moments I spend with her mean as much to me now as when we were married. My mother is no longer alive but I can hear her words from above, '*the day you moved into Oxford House is the day you changed back into the son I raised.*' Thank you Oxford House.

### **Kelly C's Story**

This will not be a war story. I will qualify myself by saying that my clean date is July 11, 2005. I had a good childhood; I did well in school and graduated with good grades. I got married right after graduation, and was happy for a while. In 1999, my father was diagnosed with a brain tumor and given 6 months to live, and I found out that my unborn child had kidney problems and would need surgery as soon as he was born. My dad died in March of 2000; my son was born in July of that same year and had kidney surgery in November. The following April, my husband and I separated. Until this point, I had never used or ever even seen drugs.

After leaving my husband and my son, I met people who appeared to have it all together. On the surface, they were fun loving, accepting and kind. I wanted to be a part of that crowd, so I did what they did. I never had much use for alcohol or downers of any kind, but uppers were good to me. I found my "true love" when I tried crystal meth. I realized I could do it all; work, party, be outgoing, and there was the added benefit of weight loss since I didn't ever want to eat. I only slept about every seven days, and it seemed to me that all was well. About six months after I was first introduced to meth, I was jobless and homeless. I was living in my car, and the only friend I had left was going back home to the mountains of North Carolina. I was lost, alone, and had no idea how to get my life back on track. I did know that the drugs weren't helping, and that something had to change.

I called a woman who I had previously considered a friend, and while she wouldn't allow me to stay with her, she did offer to take me to treatment. Since I was pretty low on options, I took her up on the offer. After being in treatment for four days, I was released and had plans to go stay with a "friend" that I had known while I was using. I got to the person's house, and no one would open the door for me. I spent my first night out of treatment sleeping in my car outside of a Wal-Mart. The next morning I went back to the treatment center and asked to be allowed to come back in. They wouldn't do that, but they did give me the numbers of some local Oxford Houses. I had never heard of Oxford House before, but I called and was set up for an interview 3 days later on Monday afternoon. About that time, a group from AA was bringing a meeting to the treatment center. One of the ladies there offered to take me back to the club where all the meetings were held, and another lady from the club offered to let me stay on the floor of her apartment until my interview.

I remember showing up to this house for my interview, and being greeted with coffee, cheesecake and laughter. I was early, so before my interview ever started, I sat at the kitchen table and talked with the women in the house. During the interview I was very nervous, but honest, and when they sent me downstairs so they could vote, I just kept praying. The next thing I remember was my new housemate coming downstairs, hugging me and telling me that I no longer had to be homeless. I moved in to Oxford House - Brentwood that night, and so began my journey in Oxford House.

My house had the expectation that everyone went to chapter meetings, so I got a good idea of what was going on pretty early. After about a year in the house, I started working with other houses in my chapter as a Service Co-Chair. I went to the World Convention in DC in 2007, and after that I just knew that I wanted to spend my life working with Oxford House and people in recovery. I continued to work with houses in my area, and kept asking Kathleen about available jobs. I really meant local jobs, but God had a different plan. In November of 2007 I went to West Virginia to help the woman's house there, and on New Years day of 2008 I moved to Fairfax, Virginia to

become the Outreach Worker for the Oxford Houses of Northern Virginia. Through this job, I have met so many wonderful people, and have formed real friendships that will last a lifetime. I have the opportunity to help people every day, and sometimes it doesn't even feel like a job.

Oxford House really did change my life. I have no doubt that without this program and the ladies at Oxford House - Brentwood, I wouldn't have made it through early recovery. I remember being told by a counselor in my treatment center that he knew he would see me again because meth addicts didn't recover. Thanks to Oxford House, the only time he saw me was when I did a presentation to the patients of that treatment center about Oxford House and what it was like to have stayed clean and sober for over two years. I owe my life to Oxford House, and I will always believe that this program has been specially blessed by God Himself. I know that to be true because I see the proof everyday in the miracles that surround me. Thank you for letting me share.

### **Rosce' 's Story**

First of all, I give God all the Glory and Praise. It's God's Love that has brought me here today and that's why today I live in peace with myself and others. Be patient with me, I won't be able to remember much but I do know why "It's Called Grace".

If it wasn't for God's Grace and His love, I wouldn't be here today being able to testify of the love He has given me. My name is Rosce' M., born February 4, 1959, in a small city called Gastonia, N.C. just south of Charlotte, N.C. Like most people, I come from a loving family, growing-up in the church – the whole-nine yards. I didn't realize that the church I knew as a child would come back to me later in life so many times. I lost my father at the age of 8 yrs old and after the loss of my mother in April 2006, it's like my three brothers and one sister all went their separate ways. It was like I lost everything – until, now. Now I have a new Father and a new family. I'm still in contact with my biological family but it's totally different. Now I have a family of sobriety and much love.

I'd like to take this time to thank God, the Oxford House, Inc., my friend and mentor, Mr. Kurtis T., for another opportunity in becoming a productive citizen, maintaining a life free from drugs, alcohol, and violence. Again, "It's Called Grace. While doing a 16 month prison sentence, a divorce after 8 years, I was tired of being tired. I let go and let God into my life. A decision had to be made. I constantly filled my heart and soul with the Word and what my God was saying to me. I was moved from Gastonia to Raleigh, Wake Correctional Center; there I did my time and there I attended a job fair and there is where I met Mr. Kurtis Taylor and he spoke with me and others about the Oxford Houses, what it stands for, what the Oxford House offers and what's expected from you as an individual. No problem! So to make a long story short, here I am 5 months after my release, which was March 7, 2011.

My Lord blessed me in meeting Mr. Taylor, who set me up with a telephone interview for Oxford House Cary. God then blessed me with a job and He blessed me with all the members of my Oxford House who have been so encouraging. Today, I am zero-balance and I'm living a productive life! I have goals and dreams and, with God's help, I know that I can achieve them. But, it all started with God's grace that allowed me to be accepted in an interview over the phone with an Oxford House. Thank you very much to Oxford House Inc., Mr. Kurtis Taylor, my Oxford House family, and all of my new friends for all of your loving support. Now, I give back to those that will listen and pray for those that choose not to. My goal is to help others that want to help themselves. My prayers and love are with you all!

### **Jim H.'s Story**

I started using and drinking at an early age. I grew up as a skinny kid, never good at sports and never quite fit in with any group. I was diagnosed with ADD at an early age and was introduced to substances that have controlled my life in one way or another for 40+ years. I've lived my life fighting various mental health and substance use challenges.

I entered my first treatment center when I was 19 years old. For the next 8 years, I went in and out of treatment centers and psychiatric units, at least one a year. I wasn't ready. I was always going away for someone else, never for myself. I thought I was too young. I kept comparing myself out: "That hasn't happened to me yet – I'm different." I blamed everyone else for the things that kept happening to me over and over again.

April 11, 1982 was my clean date for the next 13 years. What did I do to maintain my clean time? Whatever it took? I went to meetings regularly, worked the steps, got involved in service and sponsored other men. I truly surrendered to my disease and knew I had to have help from a Higher Power.

I worked for a company that I eventually bought. I had everything materially anyone could have ever wanted. What went wrong? I was having problems in my marriage. I didn't understand the word 'balance'. Now my career was my addiction. It was all or nothing, just like it was with my using. Instead of dealing with life on life's terms in my marriage, I had a mid-life crisis and started going out with my secretary. I fell in love – I thought. Instead of doing what I needed to do to take care of my marriage, I went the opposite direction. I was on the beginning of my spiral downward. I was convinced in my mind that I would never use again. I quit taking my psychiatric meds and started self-medicating.

For the next 11 years, my life was a living hell. I did things that I never dreamed I would or could ever do. I did whatever I had to do to get my drugs. I pawned everything I had. Every dollar I got whether earned or stolen was spent on anything that would make me feel different. I thought I was at the bottom. I kept on, going in and out of treatment centers. The sad thing is, it got comfortable. I would get in trouble with the law and at the same time was going further and further in debt on the street. I got convicted of a drug-related felony and absconded to North Carolina. I moved almost 1,000 miles away to avoid extradition.

I landed up in Greensboro and was living with my oldest daughter. I finally came back into the rooms of NA. I was a little over 60 days clean and something happened in my daughter's life and I had to move out of her house. I was scared to death that I would pick up again. I was willing to do anything. I was about to move into the Mission and some friends of mine in the rooms told me about Oxford Houses. I had never heard of Oxford Houses and didn't know anything about them. Some phone calls were made and they found me a bed. Within 24 hours, I went for my interview and I moved into Oxford House – Harvard in Greensboro. Another addict and I then opened Oxford House – Repon. The feeling I had that others would trust us enough to open a new house was gratifying.

I owe my life to God, the rooms of NA and Oxford Houses. I needed the structure and accountability that were in the Houses. I made friends. I didn't have to do this deal by myself. I'm not going to sit here and say that everything was great. I had to learn how to live with others again, get a job and start paying my bills.

I got involved in the Service Structure at a Chapter level. I was Housing Service Committee Chair for Chapter 14. I felt like I was giving back. I became Secretary of the State Association for North Carolina Oxford Houses. I had the opportunity to meet other people in the Houses from across the state. At one of our State Board meetings, Kathleen G. asked me if I would be willing to move to the Outer Banks of North Carolina – some place called Kill Devil Hills. I asked for guidance from my sponsor and other friends of mine in NA. I accepted and moved here on blind faith in 2007. I was told it would be a 3 -4 month job assignment to open a Men's House. Well, I'm still here today.

There were a number of struggles getting Oxford House – Outer Banks opened. There weren't any Detox Centers or Treatment Centers within 100 miles. This is a very close-knit island and no one was willing to talk about addiction much less be open-minded to opening up an Oxford House. Kathleen Gibson and John Fox found us a house. We found the furniture, set up the house and through a lot of networking found the first 8 men to fill the House. On August 3, 2007, I came home and found an eviction notice posted on the House stating we had to be out in 12 hours. They threatened to turn off the power and the water. They kept their word – they did just that. I owe so much to Oxford House, Inc. in Maryland and North Carolina State Oxford Houses. None of us gave up. We lived in hotel rooms and then a small apartment until we could find another house.

After we were evicted from our first house, it was hard finding another house because of local politics. I found a realtor that went to bat for us. She had addiction in her own family and was empathetic to what Oxford Houses was all about. We found an old, a very old house, in Nags Head. I had established a network of contacts with Treatment Centers across the state. Oxford House – Soundside stayed full and we thought all was well until we started getting our utility bills. We had signed a lease and things were getting ridiculously tight financially. In trying to figure out what we were going to do, we needed more beds. I found a brand new house and a realtor willing to work with us. We opened up Oxford House – Ocean Acres in Kill Devil Hills, another Men's house. By the way, God works in mysterious ways – the owner of Soundside sold the house and we were able to get our deposit back and move to a much more livable and affordable house in Kill Devil Hills.

One of the scariest things I've ever had to do was go back to the state I absconded from and turn myself in. I knew inside that, to represent the Houses and work in the substance use field, I had to start cleaning up my past. I went back armed with a number of personal reference letters for the judge. I knew God would take care of me. Today, I am off probation. The judge, after two years, discharged my last year of probation.

I got involved as a volunteer with the Dare County Recovery Planning Committee and Dare CASA (Coalition Against Substance Use). The substance use education/prevention movement was taking off on the Outer Banks. Oxford Houses had become a part of the local culture. Then, three years ago, I felt like my life was falling apart. In a 3 month period, my Father died from heart failure, my son overdosed and died and my great grand sponsor (20 years clean) died of cancer. I'm thankful that I was in an Oxford House during this time of my life. I had the support of the other residents in the houses, my friends in NA and the Outer Banks community to get through these hard times.

John F. and I had batted about the idea of opening up a Women's house on more than one occasion. I kept getting requests from Treatment Centers and the local community to open a house. The decision was made. We found a beautiful house in Kill Devil Hills and opened Oxford House – Sea Breeze. I'm happy to say it has stayed full and it is one of the most stable Women's houses in North Carolina. We realized, now that there were three houses, that it was time to start Chapter 15.

I lived in Oxford Houses for 2½ years. I think there is a point to move on with your life and I moved out of the Houses and rented a 3 bedroom condo. I've always had roommates that were in the program. Like the majority of people that live in a tourist community, the jobs are focused around this May to September industry.

Last year, I was approached by a friend of mine who is well connected in substance use education/prevention. She told me she had been contacted by Recovery Innovations and recommended me for the job. I interviewed with the company and went to work as an Outreach Coordinator covering nine counties in eastern North Carolina. I work on a Team called Outreach Wellness City. There are three of us that serve nineteen counties. We take Recovery Education Classes to rural areas for persons with mental health and substance use challenges. Through lived experiences, we are able to help others through peer support services. I've gone back to school since I've been on the Outer Banks and taken a number of courses relating to substance use and mental health. Also, and what I am most proud of, is that I took the necessary curriculum to become a Certified Peer Support Specialist for the State of North Carolina.

Keith G. and I stay in touch on a regular basis. We have sat on substance use panels together and cross each other's paths as we continue to promote recovery on the Outer Banks. I constantly get asked about the Oxford Houses. What a blessing it has been to be a part of opening up two Men's Houses and one Women's House out here. I'm proud to say that the Houses are alive and well today. Thank you, Oxford Houses, for being there at my time of need.

### **Debra M's Story**

I was raised in a strict Southern Baptist family. There was no alcohol or drugs in our home. Even though I was a popular, straight A student, and active in my church, nothing I did was ever quite good enough for my Mom. When I was 5 years old my Mom got pregnant, sent me off to school and brought my new baby brother home. Low self esteem, insecurity, jealousy, manipulation, and fear of rejection were traits I developed at a very early age. Because of this I learned to become a chameleon so I could fit in with whatever group of people I was around.

I started drinking at age 15 (in the early 70's) to fit in with the crowd. I soon learned I had a very low alcohol tolerance level. Then I discovered pot. I could smoke all night, still remember what I did and not pass out. At age 19 I discovered cocaine. This is where the progressive nature of the disease started to really kick in. I continued on this downward spiral for another 33 years. I used to brag while in active addiction that I was a functioning addict (LOL). But I truly believed it. In my last years of using my life truly became unmanageable. At 50 years old I had lost everything I had, was living with my parents and doing what I had to do to support my habit. In June 2007 I knew my run was coming to an end. I was sick of my life. At this point I started contemplating suicide, but I couldn't even put the dope down long enough to do that. The first of July I started trying to find a treatment center that would take me. I checked into rehab on July 8, 2007. My last day using was 7/7/07.



I was really scared to go back home to a family who thought that enabling me was helping me. I knew I would be using shortly. While in treatment a girl started talking to me about her experience living in an Oxford House. I had never lived more than 30 minutes away from my family but at this point I knew I had to do the geographic relocation, as much to get away from my enabling family, as to get away from my using friends. I went to the after care counselor and ask her about Oxford House. We called the 2 Houses in Asheville and no one was home and she remembered they had just opened a House in Franklin, NC. We called, set up an interview for that night and I moved in 3 days later.

Because I was working on Sundays I was not able to get to the Chapter Meetings. Then it was made mandatory to go to at least 3. It was great to meet other members of the Houses in our Chapter. It was starting to think about going to the NC State Convention. I wanted to learn more about Oxford House and made plans to go. It was one of the greatest things to happen to me. Seeing so many people that OH had helped and was continuing to help was what I needed to fuel my desire to get involved in OH. I was elected Chapter Secretary and got more involved in the Chapter.

Then came time for the World Convention in New Orleans. At this point I had been in OH for 15 months. Our Outreach Worker caught me at the dance on Saturday night and asked if I might be interested in moving to open a new House in Hickory, NC. She is one smart lady. What better time to get someone more involved that during the middle of the World Convention? I told her I would pray about it and talk to my Sponsor about it. Within a month I was at the new House - December 1, 2008. I have continued to get more and more involved. I have been elected Chapter Chairman, State Board Secretary, and attend several House meetings besides ours each month. The House in Hickory was running full steam and I was ready to move on to the next project. After being there for a year I did move back home to help my elderly parents. I continued to stay in Oxford House on the Chapter and State level.

I believe that Oxford House saved my life. It has and is teaching me how to live. For that reason I don't think that I can ever give back enough to repay OH for the life I have today. I am passionate about OH and try to spread my passion to the other Houses that I am involved with. I would love the opportunity to share my experience, strength and hope through an Outreach position. Thank you for everything that you have done for me Oxford House.

### **Paul S.'s Story**

I was destined to become an addict long before I ever picked up my first drug. So in that sense, I started on a road that was unavoidably leading me to Oxford House twenty years before I had even heard of it. As a child, I knew I wanted to have as many life experiences as I could and for me, part of that intention meant I was planning to try every mind-altering substance there was to try. You don't find too many ten year-olds who will tell you they plan to do heroin someday. Between what I then thought of as an adventurous attitude (but would later realize was a self-sabotaging one), and the fact that there was a lot of alcoholism in my family, I was a disaster waiting to happen. But I was ambitious and managed to get through high school and into a prestigious university before really starting to self-destruct. I was naïve too. I knew that there were alcoholics in my family and by then my mother had gotten sober through the help of a twelve-step program. I thought if I just avoided alcohol, I could use other drugs and avoid any negative consequences. That was one of many lies I told myself in order to rationalize my addiction.

Another lie I told myself was that I chose to do drugs because I wanted to try things most people were afraid to do. In actuality, I was the one who was afraid – afraid of living life on its terms like the rest of the world and afraid of being me. I was uncomfortable in my own skin and when I started doing drugs, I thought I had found that answer to all that. I wasn't running to drugs as much as I was running away from life and my own feelings. As soon as I went off to school, I became a hard-core stoner, and experimentation with lots of other drugs followed. It took me a few extra years to graduate because of my drug use and the depression that followed. By the time I did, I had tried heroin. Again, I was so naïve, and I really thought I could use this highly addictive drug and avoid the terrible fate of all the other junkies out there. I thought I was better than all of them. Of course I wasn't. I had the disease of addiction as bad as anyone else I knew and eventually I was shooting heroin and cocaine, unable to keep a job, and wearing out my welcome with family and friends everywhere I went. I was starting to see the worst consequences of addiction happening to the people around me, including finding my girlfriend dead from an overdose, but that still wasn't enough to stop me. I ended up going to jail in Virginia for possession. I had fallen a long way from the guy who was voted "Most Likely to Become President" in his high school senior class. Even then, I was unwilling to admit my own powerlessness over drugs and I still thought I could figure out how to manage my using if I just tried

harder. I was on probation and randomly drug-tested. I was drinking all the time and even started to think I could outsmart the probation office. I was wrong again and they sent me back to jail. This time the reality of my situation finally hit me. I never thought I'd be back in jail again. I had abandoned someone I really cared about. I had lost everything and I was totally helpless to do anything about it. And I didn't have the slightest idea what to do about any of it. I had really hit rock bottom.

I was sent to a treatment unit inside the jail and fortunately, was finally miserable enough to approach the ideas of addiction and recovery with an appropriate level of open-mindedness and willingness. I was still skeptical, but I decided to give it a chance. It was here, as I approached my release, that I first heard about Oxford House. At first, I just wanted to find an alternative to them sending me to more residential treatment once I got out. I had been clean and sober for almost a year and I was anxious to start trying to live a life again. The judge really didn't want to let me go and only by agreeing to move into an Oxford House was I released. I found an Oxford House in Richmond that had an opening and was willing to accept me.

Right from the start, I was impressed with the Oxford House system. I remember thinking whoever came up with this must be a genius. The idea that you could set up an environment structured in a way that screw-up addicts and alcoholics like me could run the place themselves was unbelievable. But there I was, seeing it happen for myself. The inmates were really running the asylum. And they were doing a great job of it, too. We paid our bills on time, the house stayed clean, we treated each other respectfully (most of the time), and people were staying sober. The ones that didn't stay clean and sober were evicted immediately. I was really excited about what a wonderful thing Oxford House was. The most important thing is that Oxford House was and still continues to be the reason that I'm here today with over five years clean and sober, and not back in jail or dead. I know that I couldn't have done that if I hadn't come to live in an Oxford House. Even though I was released from jail with almost a year clean, I still wasn't ready to live on my own and navigate life sober without the kind of support that Oxford House provided. I owe so much to my 12-step recovery program but I remember there were many days in my first few months in Oxford House when I was shaky, and probably the only thing that kept my unwell mind from going to the idea of using, was knowing that the house wasn't going to tolerate it, and I'd be out on the street within a day. Soon though, the threat of negative consequences gave way to the power of service work as one of my main motivators for staying clean. Sometimes I think sobriety became a habit for me in spite of myself. Getting involved in being of service in my own house and then the local chapter was a way I sometimes say I tricked myself into staying clean. There were many times when I was neglecting my recovery program, maybe not doing enough step work or may not going to enough meetings. But on those days when I hardly felt like getting out of bed, let alone working on bettering myself, I usually had something to do for Oxford House. And sometimes, just showing up is enough. Knowing another addict was counting on me and getting outside of myself in that way has really been what has kept me clean and that's all because of Oxford House. After two and a half years of living in Oxford house, I left with a strong foundation of recovery, ready to take all the different things I had learned there and apply them in the rest of my life.

But the blessings Oxford House has brought to me didn't end with my residency. Oxford House gave me a sense of belonging to something greater than myself. Unlike most of what I did during my active addiction, this was something it felt good to be a part of. I began attending chapter and state workshops and conventions. I'll never forget the first time I met Paul M., the founder of Oxford House. It felt like I was meeting Bill W., the founder of AA. When I attended my first world convention, in Seattle, I truly realized I was a part of an amazing thing that was growing worldwide. I continued attending world conventions and learning more and more about Oxford House every time. Then, a few months after I became an alumnus of Oxford House, I was hired to be the state coordinator for Virginia. I never thought I would have the honor of working for Oxford House. Now I travel around the state opening new houses, making presentations, and training residents. The hours are crazy and sometimes there's so much to do, it can be overwhelming, but I always feels very lucky to have been given this opportunity. I have so much gratitude for how Oxford House saved my life. Now I'm able to express that gratitude all the time in being of service to Oxford House and all the alcoholics and addicts that are fortunate enough to find one. And there are so many more suffering alcoholics and addicts that need Oxford house, so it's nice to be a part of expanding this great program. I have never done anything in my life so rewarding, where I new I was really helping people and I could see the results every day. I have returned to school and hope to earn a graduate degree in sociology. I don't know what lies in store after that or whether I will continue to work for Oxford House. I do know that I will always be a part of Oxford House and whatever good things are coming in my life, I have Oxford House to thank for all of it.

### **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

1975-2011

## *36 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 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

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