

Oxford House Profile Series – 2021

# Nebraska Network of Oxford Houses



**December 27, 2021**

**Oxford House, Inc.**  
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Silver Spring, Maryland 20910

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## About Oxford House, Inc.

Oxford House, Inc. is the Delaware nonprofit, 501(c)(3) corporation that serves as the umbrella organization of the worldwide network of more than 3,200 individual Oxford Houses. Its central office is at 1010 Wayne Avenue, Suite 300, Silver Spring, Maryland 20910.

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

The Oxford House Manual® is the basic blueprint that provides the organization and structure that permit groups of recovering individuals to successfully live together in a supportive environment. All Oxford Houses are rented, ordinary, single-family houses in good neighborhoods. There are Oxford Houses for men and Oxford Houses for women but there are no co-ed houses. The average number of residents per house is about 8 with a range per house of 6 to 12.

Oxford Houses work because they have no time limit on how long a resident can live in an Oxford House™ and because they all adhere to the charter conditions that require that: [1] the group must be democratically self-run following the policies and procedures of the Oxford House Manual®; [2] the group must be financially self-supporting; and [3] the group must immediately expel any resident who returns to using alcohol or illicit drugs.

Oxford House™ charters are provided free to groups of 6 or more recovering individuals of the same gender starting an Oxford House™. Oxford Houses provide the time, peer support and structured living environment necessary for long-term behavior change to take hold.

The oldest Oxford House™ in Nebraska is nearly 30 years old. The first Oxford House in the state – Oxford House-E Street was started in Omaha March 1, 1993. That seven-person House has served more than 400 individuals – initially as a men’s house and since 2009 as a women’s house. Today, there are 56 Oxford Houses in Nebraska. This report is based on a survey of residents in September 2021.

Oxford House™ was the only recovery-housing program listed on the 2011 federal National Registry of Evidence-based Programs and Practices [NREPP]. Oxford House™ was also singled out in the 2016 Surgeon General’s Report “Facing Addiction in America.” Moreover, more than 200 DePaul University studies since 1992 have confirmed the value of Oxford House™ in fostering long-term recovery.

Silver Spring, Maryland  
December 27, 2021

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## The Nebraska Oxford House Survey

In September 2021, 342 of 374 residents then in the Nebraska Oxford Houses [91.4%] completed a detailed survey describing them and their recovery progress. The survey questions have been asked of Oxford House residents since 1988. The surveys provide an indication of who is being served by Oxford House™ and how Oxford House living is fueling their road to long-term recovery.

This report presents the results of the survey and describes how Oxford Houses fit into the continuum of care that many professionals believe is essential for long-term recovery from alcoholism, drug addiction and co-occurring mental illness. In 2011, Oxford House™ was listed as a best practice on the federal government's National Registry of Evidence-based Program and Practices [NREPP] maintained by SAMHSA. In 2016, the then-Surgeon General, in his report, "Facing Addiction", singled out Oxford House™ as a model for recovery homes. The current Surgeon General reiterated that conclusion when he spoke at the 2019 Oxford House World Convention in Washington, DC.<sup>1</sup>

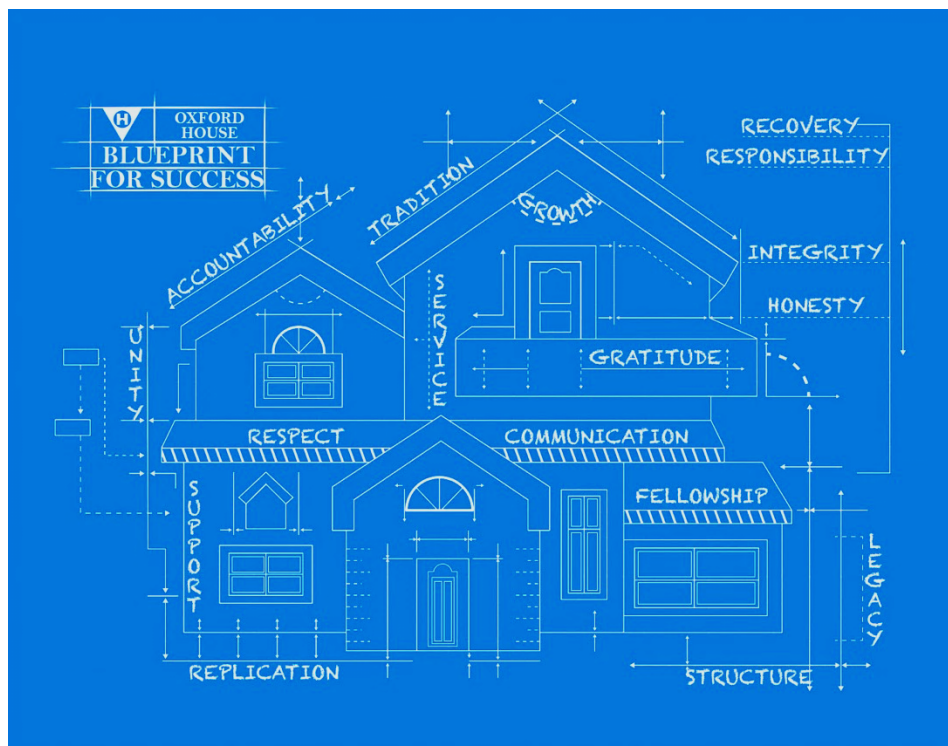
### Part 1 – Profile of the Current Nebraska Oxford House Population

### Part 2 – How Oxford Houses Work

### Part 3 – Research and Oxford House

### Part 4 – List of Nebraska Oxford Houses

## The Oxford House Blueprint for Success



<sup>1</sup> Videos of the 2019 convention are available on the Oxford House website at [www.oxfordhouse.org](http://www.oxfordhouse.org). Labor Day weekend 2021 Oxford House also held a convention and that is also available at the website. Both provide detail about the national network of Oxford Houses and why they foster recovery without relapse.

# 2021 Nebraska Oxford House Survey Results

*The table presents the results of a confidential survey given to all the residents living in Nebraska Oxford Houses in September 2021. Responses were received from 342 of the 374 individuals then in residence, yielding a response rate of 91.4 percent.*

Total Number of Oxford House residents who completed the survey: [91.4% of residents]	<b>342</b>	Average Age of residents: (Range 19 – 73: Median 36)	<b>37.1 Years</b>
Number of Men in survey:	<b>248</b>	Number of Women in survey:	<b>94</b>
Average Weekly Cost Per Person for household expenses [Range \$80 to \$125]	<b>\$102</b>	Rent Per Group Per Month Average: (Range \$1,200-\$3500 per month)	<b>\$1,668</b>
Percent Military Veterans:	<b>7%</b>	Average Years of Education (Median 12. College Graduation 8.5%, HS graduate 82.5%)	<b>12.1</b>
Residents Employed 9/15/2021:	<b>91.2%</b>	Average Monthly Earnings: [Median \$2,000 per month]	<b>\$2,093</b>
Addicted to only Alcohol:	<b>26%</b>	Addicted to Alcohol and other Drugs: (Opioids 73.7%; MAT 42.7%)	<b>74%</b>
Race–		Marital Status –	
White	<b>79.5%</b>	Never Married	<b>61.4%</b>
Black	<b>4.1%</b>	Separated	<b>4.7%</b>
Native American	<b>3.2%</b>	Divorced	<b>27.5%</b>
Hispanic	<b>4.4%</b>	Married	<b>3.8%</b>
Multiple Races	<b>8.8%</b>	Widowed	<b>2.6%</b>
Prior Homelessness:	<b>69.6%</b>	Median Time Homeless: [Median Times 2 • Average times 2.8]	<b>14.0 Mos.</b>
Prior Jail:	<b>88%</b>	Average Jail Time: Median Jail Time:	<b>23 Mos. 11 Mos.</b>
Percent going to AA or NA	<b>98%</b>	Average Number AA or NA Meetings Attended Per Week:	<b>3.5</b>
Percent Going To Counseling <i>in addition to</i> AA or NA (weekly):	<b>40.4%</b>	Average Length of Sobriety of House Residents:	<b>1.1 Mos.</b>
Residents Expelled During FY 2020 Because of Relapse:	<b>27.6%</b>	Average Number of Applicants For Each Vacant Bed:	<b>1.8+</b>
Average Length of Stay In a Nebraska Oxford House:	<b>9.7 Mos.</b>	New NE Houses started in CY 2021 CY 2020 CY 2019	<b>5 4 8</b>

## Number of Nebraska Oxford Houses and Beds as of December 20, 2021

Number of Men’s Houses:	<b>39</b>	Number of Men’s Recovery Beds:	<b>317</b>
Number of Women’s Houses:	<b>17</b>	Number of Women’s Beds:	<b>125</b>
Total Nebraska Oxford Houses:	<b>56</b>	Total Number of Beds:	<b>442</b>

## Background

Nebraska began fully supporting the development of self-run, self-supported Oxford Houses in 2018.<sup>2</sup> In that year and ever since the contract between OHI and the state has been adequate to fund at least a full-time outreach worker and several workers for the last two years. The investment paid off. Today, there are 56 Oxford Houses in the state having 442 beds.

During September of this year, 342 [91.4% of then available Nebraska Oxford House residents] completed a detailed survey about their addiction and Oxford House living. The survey provides a snapshot of the persons living in the statewide network of Oxford Houses in Nebraska. The four houses shown below have all been operating for more than one year and provide the foundation for today's network of 56 Nebraska Oxford Houses.



**Oxford House - E Street**  
2320 E Street  
Omaha, NE 68107  
7 W • Established March 1, 1999



**Oxford House - Elmwood**  
5027 Maple St  
Omaha, NE 68104  
7 W • Established December 1, 2001



**Oxford House - Embassy Park**  
2302 N 70th St  
Omaha, NE 68114  
9 W • Established March 1, 2004

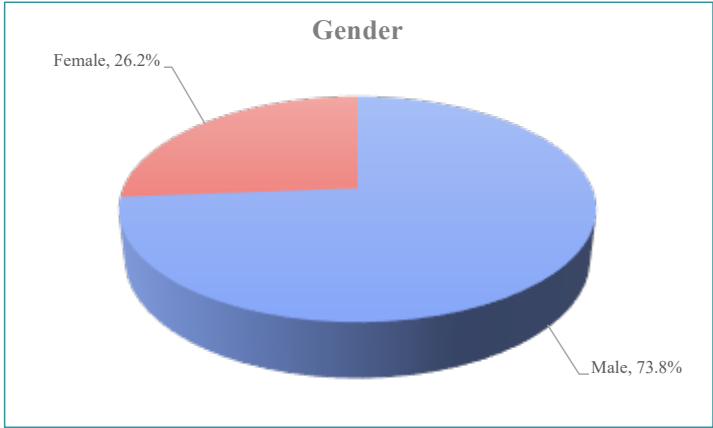


**Oxford House - Goodhue**  
1900 A Street  
Lincoln, NE 68502  
12 M • Established December 15, 2019

<sup>2</sup> Beginning in 2010 Nebraska provided a small contract [\$40,000 / year] to allow OHI to pay a part-time employee to begin establishment of Oxford Houses in the state.

These are all ordinary single-family houses that are being used for the extraordinary purpose of providing groups of individuals recovering from addiction the opportunity to gain the peer recovery support they need to become comfortable enough in recovery to avoid relapse.

**Part 1 – Profile of the Current Nebraska Oxford House Population**



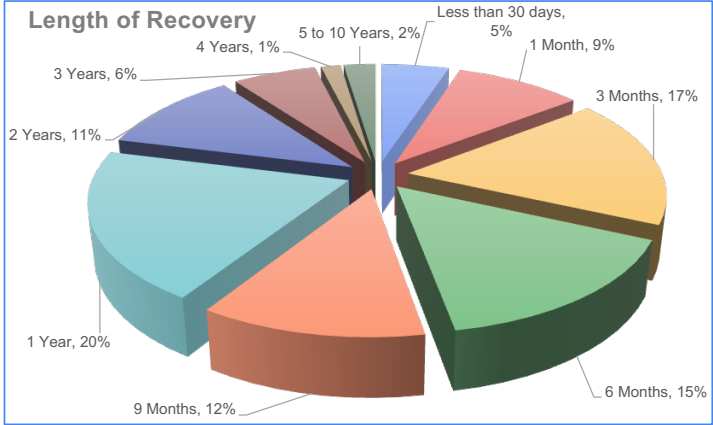
When the residents were surveyed in September 2021, 342 of the then 374 Nebraska Oxford House residents completed the survey [91%]. All the existing houses participated; 73.8% [N 252] of the participants were men and 26.2% [N 90] were women. As of September 2021, Nebraska has 17 women’s Oxford Houses in the state and 39 men’s houses for a total network of 56 Oxford Houses in the state. Six of the houses for women

accepted women with children.

The Oxford Houses have bed space in the state for 317 men and 125 women [total beds 442]. During FY 2020 [July 1, 2019 – June 30, 2020], the statewide network of Oxford Houses served 1,385 individuals. Of the individuals living in Nebraska Oxford Houses in FY 2021, 382 [27.6%] were expelled because of relapse. *(For more discussion of relapse, see the section on treatment history later in this report.)*

**Length of Recovery**

Within each Oxford House there are differences in how long residents have been in recovery. Partly because there is no time limit on residency within an Oxford House, individuals are able



to stay as long as they want, provided they do not drink alcohol or use illicit drugs. The absence of a residency time limit contributes greatly to the overall success rate of Oxford House living. Every individual is different, and some adapt to the behavior change needed for long-term recovery quickly; others take years to become comfortable in the behavior needed to assure long-term recovery.

The current length of sobriety does not necessarily mean that an individual’s total time of recovery falls within the timeframe of living in an Oxford House. Some individuals may have some length of sobriety before moving into a house. For example, the survey shows that 6.5% of the respondents have 2 years or more of sobriety. Some may have picked up sober time in prison before coming into an Oxford House. The various lengths of recovery time allow “new-comers” to learn the value of long-term recovery from the “old-timers” in recovery. They also learn that their own stay in an Oxford House does not have to be limited.

## Treatment History

The federal government maintains the Treatment Episode Data Set [TEDS], which identifies the prior treatment characteristics for the one in seven individuals who actually gets treatment.<sup>3</sup> The TEDS data shows that, on average, those in treatment have had a little more than three previous treatment episodes. A remarkable 15% of those in treatment have been in treatment five times or more. Fewer than 25% are in treatment for the first time.

The prior treatment episodes for the Oxford House population also shows repeated times in formal treatment, usually followed by relapse. As a matter of fact, many professionals in the field proclaim relapse to be part of the disease. Oxford House™ from its beginning has emphasized that relapse does not have to be the norm. The Oxford House™ emphasis is on recovery without relapse.

**Table 1**  
**Times in Treatment Prior to Living in Oxford House**  
 (Percent by selected states: 2019-21)

No. of Times in Formal Treatment	NE %	VA %	OK %	TX %	NC %	WV %	IN %
<b>One</b>	16.6	16.1	25.6	23.9	18.2	22.3	18.9
<b>Two</b>	20.5	24.2	23.5	18.8	20.0	18.9	24.8
<b>Three to Five</b>	32.2	41.9	27.4	31.9	44.1	27.7	49.7
<b>Six to Ten</b>	19.6	12.9	16.7	13.8	10.9	16.8	4.6
<b>More than Ten</b>	11.1	04.8	6.8	11.6	06.3	14.3	2.0

Slightly more than a quarter [27.6%] of the individuals living in Nebraska Oxford Houses during FY 2020 were asked to leave because of relapse. Most residents did not relapse. Oxford House does not track individuals after they stop living in an Oxford House, but studies suggest that the system of operations and the open-ended residency policy enables the development of long-term recovery. A National Institute of Drug Abuse [NIDA] - financed study by DePaul University [Grant # DA 13231] followed 897 residents living in 219 Oxford Houses across the country for 27 months. The DePaul researchers found that only 13% returned to using alcohol or illicit drugs.<sup>4</sup> The DePaul study took place in 2007 – a number of years before the current opioid epidemic.

While 41.1% of the surveyed Nebraska Oxford House residents had abused opioids, only 13.6% are using medically assisted treatment [MAT]. For most of those, the medicine is buprenorphine, although several are on methadone. In a recent article in *ALCOHOLISM TREATMENT QUARTERLY*, John Majer, PhD, Leonard Jason, PhD and others found that “Oxford Houses provide valuable social support that helps persons utilizing MATs in their recovery.”<sup>5</sup>

Because prior opioid users are in the Oxford House population, each Oxford House group teaches its residents about the use of Narcan. The survey did not inquire as to whether or not opioid overdoses had occurred to residents during the past year. However, Oxford House outreach personnel train house residents to have and to be able to use Narcan. In the event an opioid overdose happens, the individual is hopefully ‘saved’ and then expelled from the House.

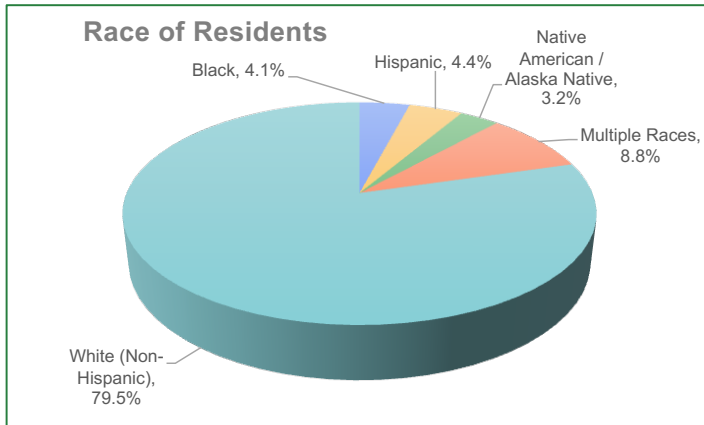
<sup>3</sup> There are about 25 million alcoholics, drug addicts and those with co-occurring mental illness. Of that number, fewer than 1.7 million get formal treatment each year. TEDS data includes information from the annual pool of those in treatment.

<sup>4</sup> Addictive Behaviors 32 (2007) 803-818

<sup>5</sup> ALCOHOLISM TREATMENT QUARTERLY, 2020, VOL. 38, NO. 2, 199–214  
<https://doi.org/10.1080/07347324.2019.1678445>

## Racial Diversity

The egalitarian nature of alcoholism and drug addiction cuts across all racial and ethnic groups of individuals. The graph below reflects the diversity of the Nebraska Oxford House population.

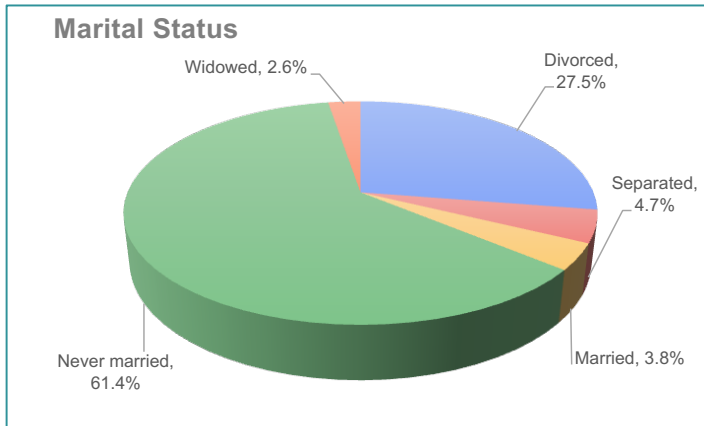


This diversity is reflected in the individual houses throughout the state. African Americans are under-represented slightly [4.1% vs. 5.2%] but, as development continues, Oxford Houses will become located in places more likely to attract residents from all ethnic and racial groups within the state. Native Americans are slightly over-

represented [3.2% vs. 1.5%]. Already there are clusters of houses throughout the state so expansion into other areas of the state can be undertaken effectively and over time the percentages by race will tend to be the same as the racial composition of the state.

## Marital Status

Well over half of the Nebraska Oxford House residents [61.4%] have never been married.



Addiction wreaks havoc with relationships and over thirty percent who had been married are divorced or separated by the time they arrive at an Oxford House. The graph at the left shows the marital status of the residents in the Nebraska network of Oxford Houses. This finding tracks the marital status of residents in the national network of Oxford Houses. However, the “never married” category is about 5% higher for Nebraska residents and this factor is

probably related to the fact that residents in Nebraska Oxford Houses are quite a bit younger than Oxford House residents in other states. [See below.]

## Age of Residents

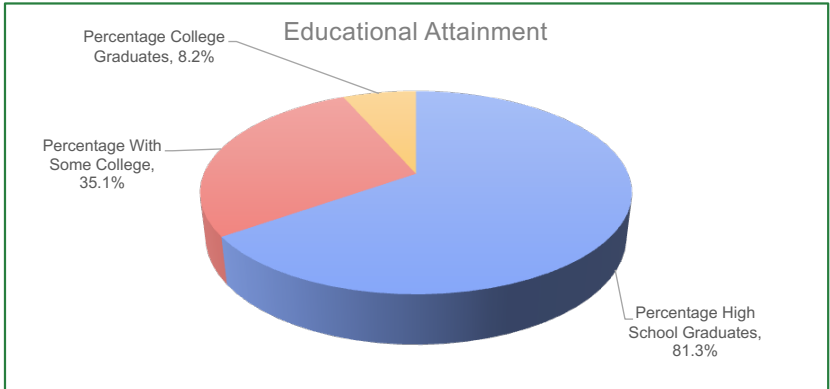
The average age of residents in Nebraska Oxford Houses is 37.2. The ages range from 19 to 73. The median age is 36, which is about a year younger than the national average median age. The reason for the younger average and median ages seems to be that the opioid epidemic has adversely affected younger individuals although only about 40.1 percent of the Nebraska Oxford House residents indicated that opioid addiction was their primary addiction. Alcohol continues to be the primary addiction in Nebraska and throughout the national Oxford House network of houses.



Nebraska Oxford Houses have a lower percentage of veterans [7%] than do networks of Houses nationally [13%]. However, the Census data shows that Nebraska has about 5% of its population who are veterans so on that basis the Oxford House residents are representative of the population. Nationally, the percentage of the population who are veterans has dropped to about 7% from about 18% in 1980. Over the last 20 years the percentage of Oxford House residents who are veterans has also dropped but it remains higher than the percentage of veterans in the country as a whole and varies among the various states. It now ranges from 4% in New Jersey to 14% in Hawaii. Forty years ago, when Oxford Houses were primarily in DC, Virginia and North Carolina the percentage of veterans in Oxford Houses was 18%.

**Education**

The diversity of the Oxford House population is also demonstrated by the variation in educational attainment among the residents. The highest level of formal education among the Nebraska Oxford House residents ranges from the 2<sup>nd</sup> grade to college graduation.



The range of educational attainment level among residents serves as a reminder of the egalitarian nature of alcoholism, drug addiction and co-occurring mental illness. The median educational attainment level is 12 years, as is the average. Since nearly 20% of the residents have not graduated from high school, the state

and OHI should make certain that all the Oxford Houses in the state have up-to-date information about how to obtain a GED. On the other hand, 8.2% have a four-year college degree and 35.1% have had some education beyond high school. It is possible to build into the recovery culture within Oxford House an understanding that early recovery can be a good time to improve educational attainment.

In some states, community colleges and universities welcome Oxford House residents and the residents take advantage of their open-ended residency in an Oxford House to gain further education. The University of North Carolina at Chapel Hill has two Oxford Houses dedicated to students and there are 17 other Oxford Houses in Chapel Hill where some students live. When the Covid-19 pandemic passes, OHI will reach out to community colleges and universities in the state to share how some schools are using Oxford Houses to support recovery among students.

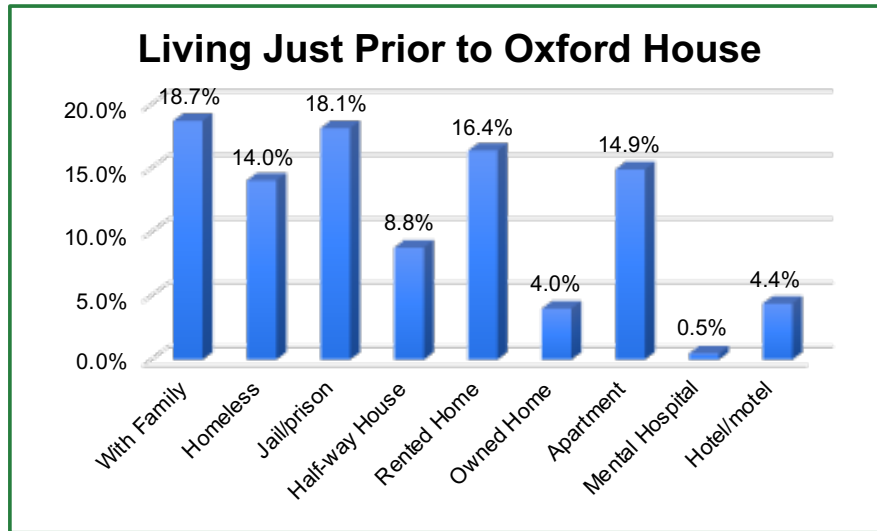
**Employment**

The survey of residents took place in September 2021. At that time, 91% of respondents were employed. The average monthly income – from both employment and other sources – was \$2,093, a quite a bit more than the June 2019 Nebraska average income of \$1,695 per month. The median income in September 2021 was \$2,000 per month.

Since the equal expense share cost of living in an Oxford House averages \$102 per week [range \$80-\$125] in Nebraska, the income per person is more than adequate. The equal expense share covers all household expenses except for a resident’s food. The largest household expense is the rent the group pays the landlord, which in Nebraska averages \$1,668 a month with a range from \$1,200 to \$3,500 a month.

### Prior Living Situation

Almost all residents of Oxford House are enjoying a significant improvement in living arrangements over what they had before moving into an Oxford House. Nearly half [45.8%]



of the individuals who moved into a Nebraska Oxford House were previously living in what can best be described as marginal living situations – homeless, jail, hotel, mental hospital, or halfway house. The 18.7% “living with family” could be added to the marginal living situation in most cases. In all cases, the prior living situation failed to get or keep the individuals on the path to recovery. If it had, they would not have applied to and been accepted to move into an Oxford House. In this regard, it is appropriate to recall the decades long mantra of the 12-step programs to “avoid people, places, and things, associated with addictive use.” As a practical matter, but for the availability of Oxford Houses, or their equivalent, it is almost impossible to move into a bubble conducive to development of long-term recovery without relapse.

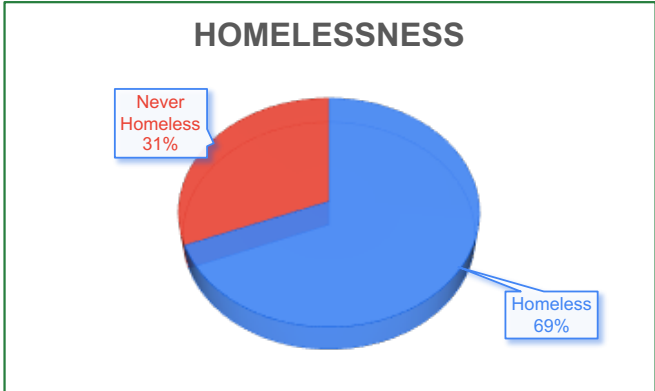
Fortunately, Oxford House, Inc. has encouraged third party analysis of Oxford House outcomes since 1987. Prior to that time the anonymity practices of AA/NA and other 12-step programs made it difficult, if not impossible, for third party researchers to study recovery from addiction in any meaningful way. William Spillane, Ph.D., a teacher at Catholic University of America in Washington, DC had retired from the National Institute on Drug Abuse prior to teaching at the university. He asked to study outcomes of then 13 Oxford Houses which were all located in the Washington, DC metro area. The Oxford Houses agreed and over the next year he was able to track down 1,280 of the residents who had lived in the small network of Oxford Houses between their beginning in 1975 to his study of 1987.<sup>6</sup> The results of Spillane’s research were that 80% of the residents had stayed clean and sober from the time they had moved into an Oxford House until he had found them – at least based upon their individual recollections.

<sup>6</sup> Each Oxford House kept a large binder of resident’s applications and Spillane was able to track down most of the individuals who had lived in one of the small network of Oxford Houses that existed between 1975 and 1987.

The Spillane study had a positive influence on those in the treatment field and politicians on Capitol Hill and contributed to the enactment of the recovery home section of the 1988 Federal Anti-Drug Act. Nearly 20 years later in 2007, an extensive study sponsored by the National Drug Abuse Institute (NIDA) involving 897 residents of 219 Oxford Houses throughout the country and conducted by DePaul University in Chicago confirmed the remarkable outcome for those living in an Oxford House. (See [The need for substance abuse after-care: Longitudinal analysis of Oxford House](#) for a Journal report of the DePaul study.) As a matter of fact, DePaul has published more than 200 academic reports about a number of aspects concerning the effectiveness of the Oxford House model. Click [Summary of DePaul Research](#) for a link to discussing the breath and scope of the DePaul research.

**Homelessness**

When we look at the survey responses in more detail, past homelessness and incarceration stand out. Homelessness was experienced at least twice by 69% of all respondents and was for



a median length of time of 5 months. When an addict goes through detoxification and returns to homelessness, the chance that he or she will stay clean and sober is very unlikely. For the person who has been homeless who moves into an Oxford House, the difference is great. Among other things, in an Oxford House a person has a safe place to live rather than in a crowded homeless shelter or on the streets. A

person also has his or her own key to a real house in a real neighborhood. For many, that fact alone provides a sense of self-esteem and pride.

The fact that the Oxford House provides a safe, clean and comfortable living environment is in and of itself a big incentive to continue on the path of recovery. To stay in that place to live requires not taking a drink of alcohol or using an illicit drug because such action would result in immediate expulsion. Postponing taking a drink of alcohol or using an illicit drug becomes a small price to pay for staying in an Oxford House. Soon, days become weeks, and weeks, months and recovery becomes a valuable habit. The Oxford House resident then has substantially increased the odds that long-term recovery without relapse is likely.

**Jail Time**

The vast majority [88%] of Nebraska Oxford House residents have served jail or prison time. The median time of incarceration was 9 months, with an average of 19 months. The length of



incarceration is from a few days to well over ten years. Most have been introduced to recovery programs while in jail or prison. In the 12-Step programs, there is a saying that addicts in recovery need to avoid the places, people and things associated with their addictive use. That is easier said than done but, for individuals leaving jail or prison, Oxford House becomes a feasible way to avoid

old associates and old neighborhoods. Nearly 20 percent of the residents came directly from jail or prison into an Oxford House.

### 12-Step Meetings and Counselling

Living in an Oxford House provides 24/7 peer recovery support and the living environment encourages attending a lot of 12-Step meetings outside of the house. The respondents indicated that the average number of such meetings they attend each week is 5. That number is more than twice the number that a person not living in an Oxford House attends. AA tries to estimate the number of AA meetings members attend each week and has found that it is slightly more than two meetings a week.

In addition to attending lots of AA/NA meetings, 49.3% of respondents to the survey indicated they attended weekly counselling sessions with a therapist. Many of these individuals were participants in medically-assisted treatment programs. As indicated previously, 42% of those who are addicted to opioids are using MAT.

### Importance of Oxford House Living to Recovery



Respondents to the survey were asked two questions to measure their personal satisfaction with Oxford House: [1] how important is it to your own recovery, and [2] would you recommend it to others? Fewer than 1% would not recommend Oxford House to others. However, 98% felt it was very important to their own recovery. It should be noted that two

respondents who would not recommend Oxford House to others had each been in Oxford House less than one month. Only one individual, who had lived in an Oxford House for less than a week, indicated he would not recommend Oxford House to others. It is likely he has changed his mind or perhaps returned to an active addiction!

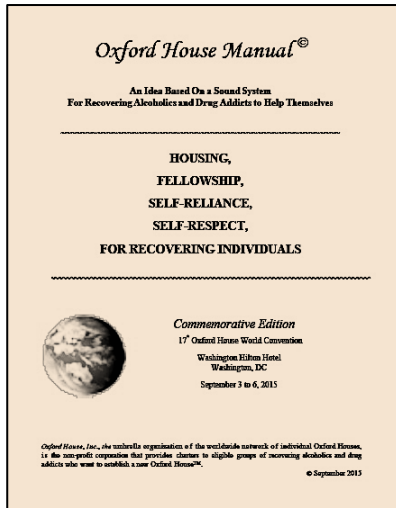
### Rating Your Own State of Health

As with most behavioral research, it is necessary to temper findings with the fact that individuals may not always tell the truth. A more generous way to put it may be that individuals often see facts through an individualized prism. However, absent a full physical and mental examination one way to determine the health of a group of individual is to ask them their assessment of their health. Given the opportunity to rate their health on a scale of 1 to 5 – with 4 being very healthy, 5 being perfect health and 1 being very poor health, nearly three-quarters [72%] of Nebraska Oxford House residents ranked their health at “4” or “5”. (249 of 342) Only 11 individuals [3%] rated their health at “1” – very poor or “2” “not so good”. Coupled with the other factors of Oxford House residency it is safe to say that residents seem satisfied and seem to be achieving healthier outlooks on life and perhaps health itself than the population at large.<sup>7</sup>

<sup>7</sup>2021 Annual Report America’s Health Rating, the percentage of adults reporting that their health was very good or excellent increased 13% nationally between 2019 and 2020, from 49.7% to 56.3% — reversing a downward trend that began in 2012,

## Part 2 – How Oxford Houses Work

Each Oxford House™ is self-run and self-supported. Within the Oxford House™ community, it is often remarked that “The inmates run the asylum.” They do. Such participatory democracy



not only is cost-efficient, but it also provides the foundation for personal change. Each resident rises to the occasion whether it is by voting on acceptance of a new resident, expelling a resident who relapses, carrying out the duties of being a house officer, or simply voting on an issue at a weekly House business meeting. All of the processes and procedures are set forth in the Oxford House Manual® and related materials.<sup>8</sup> With the mutual support and supervision that individual Oxford Houses provide for each other through chapters and statewide associations, uniformity and quality control is assured. In Nebraska, one can visit an Oxford House in Omaha, Grand Island, Fremont, Lincoln or anywhere else in the state and immediately recognize that the particular recovery group within each house is following the same set of procedures and protocols. Oxford House, Inc. has

not only provided a full set of operational manuals but also has taken the time to teach the group the basic procedures than enable a recovery group to function well. Visiting any one of the more than 3,200 Oxford Houses throughout the country provides the same affirmation.

Each weekly House business meeting illustrates participatory democracy and pragmatic problem-solving in action. Each meeting opens with a reading of one of the nine Oxford House Traditions. This underscores the purpose of Oxford House and sets the tone for the entire meeting. The House President calls the meeting to Order and asks the Secretary to read the minutes of the last business meeting. The minutes are then either accepted by majority vote or amended based on a motion to amend followed by majority vote. Robert’s Rules of Order dictates parliamentary procedures. The Treasurer reports on the balance of the group’s checking account; the Comptroller reports on whether every resident is up to date in paying an equal share of household expenses; and the Chore Coordinator reports on how well the residents have adhered to the chore list during the previous week. The group then considers new business, which may range from a personality issue within the house or plans for a social event such as a picnic or bowling. Since each office is term limited to six-months every resident is likely to serve in one or more of the offices.

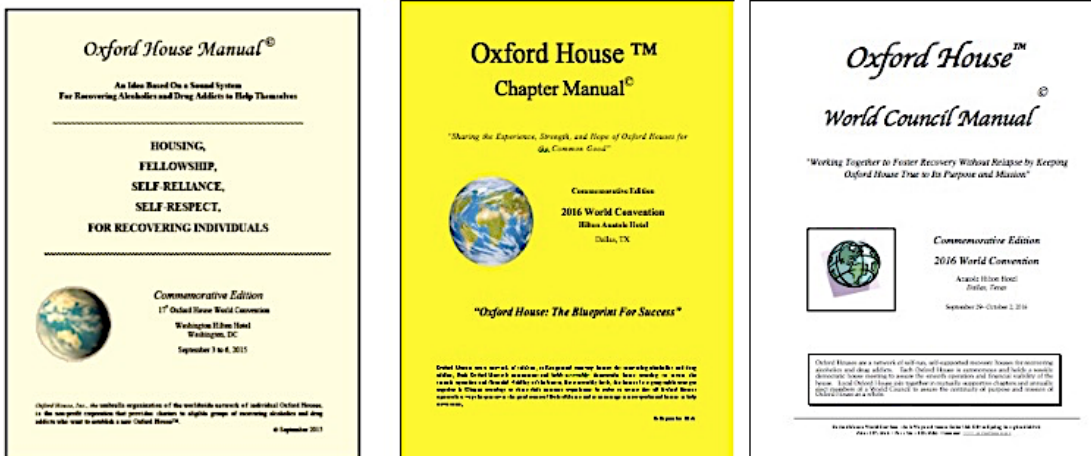
### Oxford House Officers

- President
- Secretary
- Treasurer
- Comptroller
- Chore Coordinator

Just as many large families have get-togethers to share each other’s company and knowledge, Oxford Houses do too. The officers of each individual house get together once a month at a Chapter meeting. Those meetings also follow disciplined procedures and elect officers. They also stage events to enjoy getting together in non-drinking, non-using “fun” activities. During the pandemic most of these get-togethers are via Zoom.

<sup>8</sup> Oxford House is organized from the bottom-up. In addition to the basic Oxford House Manual® there is an Oxford House Chapter Manual®, an Oxford House World Council Manual® and an Oxford House State Association Manual®. Along with a growing number of standardized forms these manuals provide a definitive blueprint for each Oxford House to uniformly follow processes and procedures that reflect the successful formula that makes Oxford House™ the only best practice listed on the National Registry of Evidence-base Programs and Practices.

## Key Manuals To Keep Oxford Houses On Track



Common to all Oxford Houses is participatory democracy and pragmatic problem-solving, whether it involves personality problems or a broken dishwasher. If there is a problem, the group faces it and comes up with ways to resolve it. Each resident has an equal vote and pays an equal share of household expenses. Stigma associated with recovery from addiction is discouraged but stigma with respect to active addiction is not discouraged. A return to active addiction results in immediate expulsion from an Oxford House. The reason for this is that active addiction almost always results in bad behavior that adversely affects the individual and his or her family and community.

As suggested by the picture above of three basic Oxford House Manuals, expanding to meet the need has required organization of chapters, conventions, training sessions, state associations and periodic conventions in order for houses to monitor the performance of each other. The charter conditions are simple, but they require everyone's support to help keep the model on track.



Not everyone masters the new behavior necessary to stay away from using alcohol or other addictive drugs at the same pace. Some quickly adapt and some take a lifetime. The Oxford House concept is based on easy expansion of a supply of beds – simply rent another house – rather than arbitrarily limiting the time of residency of one individual in order to make room for another. When a particular house is staying full, stable and operating well, renting another house is a better way than imposing a time limit on residency in order to make room for the newcomer.

The “expanding to meet the need” is something that began 45 years ago in the first Oxford House. The beds were full. Newcomers to recovery applied and needed a place to live that would support their road to recovery. The men in the first Oxford House pooled their resources after just three months of existence and rented a second house. That spirit of expanding to meet the need has followed the Oxford House model across Nebraska and the 48 other states.

All the Oxford Houses in the state belong to chapters. A chapter is a local cluster of Oxford Houses designed to provide mutual assistance among its members. It elects chapter officers from among the officers of the individual houses making up a chapter. Chapters also organize fun events from picnics to sports and the monthly chapter meeting usually provides a common meal. Nothing like good food to attract a crowd! During the pandemic chapters meet via zoom.

The group pictured at the right is doing what Oxford House residents often do – training each other about the system of operation that allows participatory democracy to provide every resident with an opportunity to make each house a success for recovery. Few people entering an Oxford House picture themselves as leaders, but the system of operation soon has them acting as leaders and gaining confidence that recovery without relapse is not only possible but the probable outcome of Oxford House living. Most residents are elected to one of the five offices in each house and learn and carry out specific duties to enable the group to operate smoothly.



The picture at the left is the Oxford House-Koenig in Grand Isle. It started in January last year and serves nine men. There was a time when only one house existed in Grand Isle and now there are four. There are also Oxford Houses in Lincoln, North Platt, Columbus, Kearney, and Fremont. Omaha still is home to 35 Oxford Houses, but the rest of the state is also being served. The recovery movement has spread, and the Oxford House family is growing to serve more and more folks who are moving from addiction to long-term recovery without relapse. The Oxford House model depends upon expanding to meet the need

as opposed to sharing the opportunity to live in an Oxford House by limiting the length of time a person can stay in a house. The principle of renting rather than vis the noting that recovering individuals can operate and manage recovery homes on their own. This saves the cost of professional staff and above all it affords every resident of an Oxford House to gain the confidence and self-esteem essential for maintain recovery without relapse.

### **Part 3 – Research and Oxford House**

OHI relies on internal and third-party research to understand better not only the recovery process but also, more specifically, the role Oxford Houses can play in making long-term recovery without relapse the norm rather than the exception. The independent third-party research began in 1987 when Bill Spillane, Ph.D., started teaching at Catholic University after he retired from NIDA. Dr. Spillane asked to review the outcome records of individuals who had lived in an Oxford House from its beginning in 1975 through 1987. Everyone living in all 13 Oxford Houses at that time agreed to cooperate with him. Dr. Spillane tracked down more

than 1,200 former Oxford House residents to learn how many had stayed clean and sober. When he came to the leaders of Oxford House and reported that 80% had stayed clean and sober without relapse, the leaders asked, “What are we doing wrong to have 20% relapse rate?” Dr. Spillane explained that the normal rate of sobriety without relapse was less than 20% and that the Oxford House resident outcome was exceptionally good.

Spillane’s report led Congress to include a provision in the 1988 Anti-Drug Abuse Act [§2036 of PL 100-690, codified at 42 USC 300x-25] to encourage states to promote Oxford House development. That small start-up loan provision became the catalyst that helped Oxford House grow from 13 houses in the Washington, DC area to a national network of more than 2,900 houses.

Independent third-party research about Oxford House took off following a 1991 CBS “60 Minutes” segment about Oxford House. Dr. Leonard Jason, head of the DePaul University Community Research Center saw the program and immediately became interested in researching how Oxford Houses worked. His organization has now published more than 200 peer-reviewed articles and studies about Oxford House and its effect on recovery from addiction. One of his studies followed 897 residents in 219 Oxford Houses across the country and found that, over a 27-month period, only 13% had returned to active addiction.<sup>1</sup>

Research has been key to concluding that Oxford House™ can enable individuals to achieve long-term recovery without relapse. Because ‘recovery without relapse’ is the desired norm, not the exception, every Oxford House resident tries to accept responsibility for being a productive member of his or her Oxford House and also learn to have fun without the use of alcohol or drugs. By developing a new lifestyle, individuals gain confidence that life with using alcohol or illicit drugs is possible. That confidence carries over whenever a resident moves out of an Oxford House clean and sober. It has also produced general acceptance in the addiction treatment field that Oxford House living is an effective path to long-term recovery.

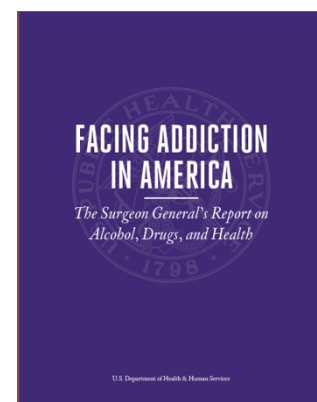
While research on AA has been limited by the role of anonymity in recovery, the willingness of Oxford Houses to open their doors to academic research gives us an opportunity to see recovery from addiction in action.

Dr. Jeffery Roth, M.D.  
Editor, *Journal of Groups in Addiction and Recovery*  
July 2010

The November 2016 US Surgeon General’s Report, “*Facing Addiction In America*,” singled out Oxford House™ as a key program in the continuum of successful treatment for addiction. The Report summarized the evidence-based treatment outcomes as follows:

Outcomes:

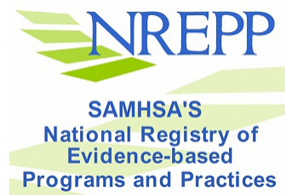
- An 87 percent abstinence rate at the end of a 2-year period living in an Oxford House, four to five times greater than typical outcomes following detoxification and treatment.
- Comparisons between a group living in Oxford House and going to AA/NA versus a similar group that only goes to AA/NA show that the group living in an Oxford House had higher and more positive rates of self-efficacy and self-mastery.
- In a comparison study between Oxford House residents and a group that was assigned usual aftercare services, the Oxford House group had significantly lower substance use (31.3 percent vs. 64.8 percent), higher monthly income (\$989 vs. \$440), and lower incarceration rates (3 percent vs. 9 percent).



<sup>1</sup> Addictive Behaviors 32 (2007) 803-818



The Oxford House program was listed as a best practice on the National Registry of Evidence-based Programs and Practices [NREPP] in 2011. The NREPP was a searchable online registry of mental health and substance abuse interventions that had been reviewed and rated by independent reviewers. The purpose of the registry was to assist the public in identifying scientifically-based approaches to preventing and treating mental and/or substance use disorders that could be readily disseminated to the field. The Oxford House Model is the only recovery house concept and system of operation listed on the NREPP.



The annual Oxford House National Convention has become a place where experts in the field of addiction present their most recent findings about the nature of alcoholism, drug addiction and the process of long-term recovery. Every Director of the federal Office of Drug Control Policy has been a speaker at the convention as have other leaders in the field of alcohol and drug addiction. While Covid-19 caused the cancellation of the 2020 Convention, the 2021 Convention is on track to take place.

At the Oxford House 2019 Convention, the first General Session included the following speakers: Dr. William Compton, Deputy Director of NIDA; Dr. Westley Clark, former 20-year Director of CSAT; Dr. Stuart Gitlow, former President ASAM; Dr. Jerome Adams, current Surgeon General, Dr. Joshua Sharfstein, head of Bloomberg Health Initiative at Johns Hopkins, and Professor John Kelly, Ph.D. of Harvard. A video of the session is available on the Oxford House website: [www.oxfordhouse.org](http://www.oxfordhouse.org).

Dr. John Kelly emphasized that alcoholism and illicit drug addiction are chronic diseases and require measurement over time. He used five-point criteria for measuring the predictability of long-term successful recovery: Quality of Life; Happiness; Recovery Capital; Self-Esteem and Psychological Distress. At the five-year point following the start of recovery, life becomes balanced and continues to get even better. The Oxford House model is particularly well suited to help those new in recovery to make it to and beyond the initial five years.

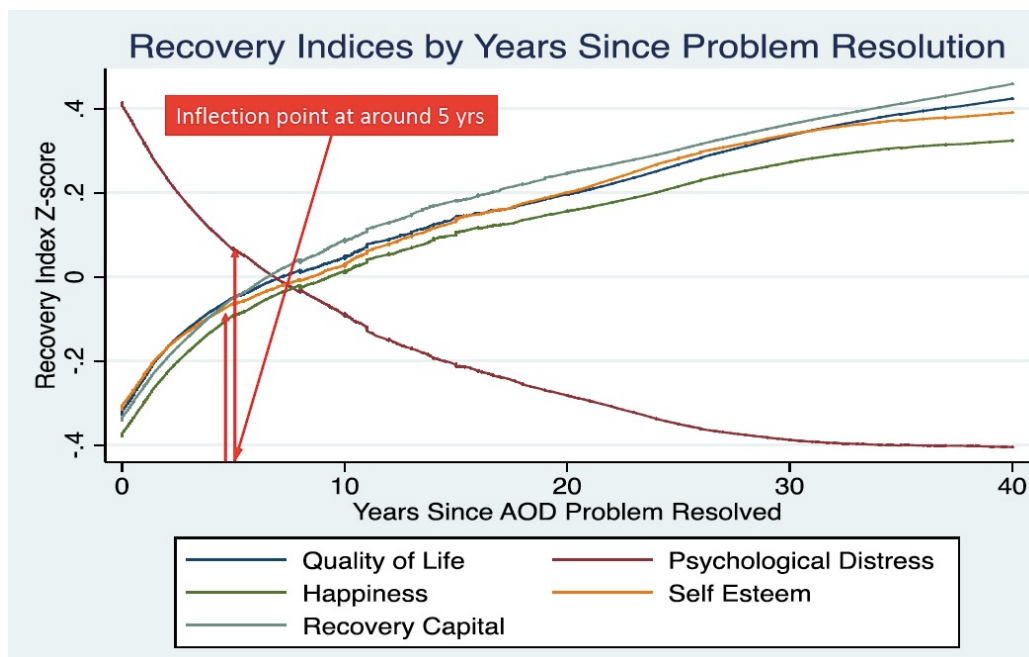
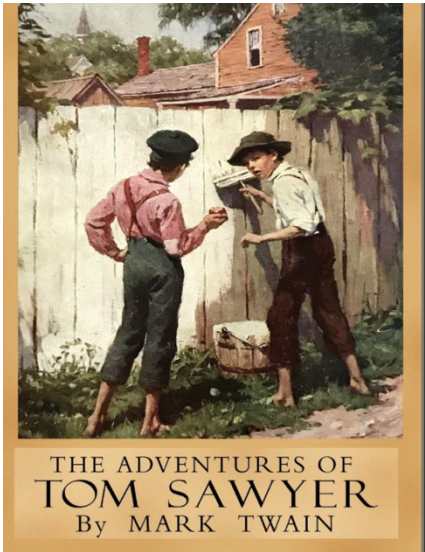
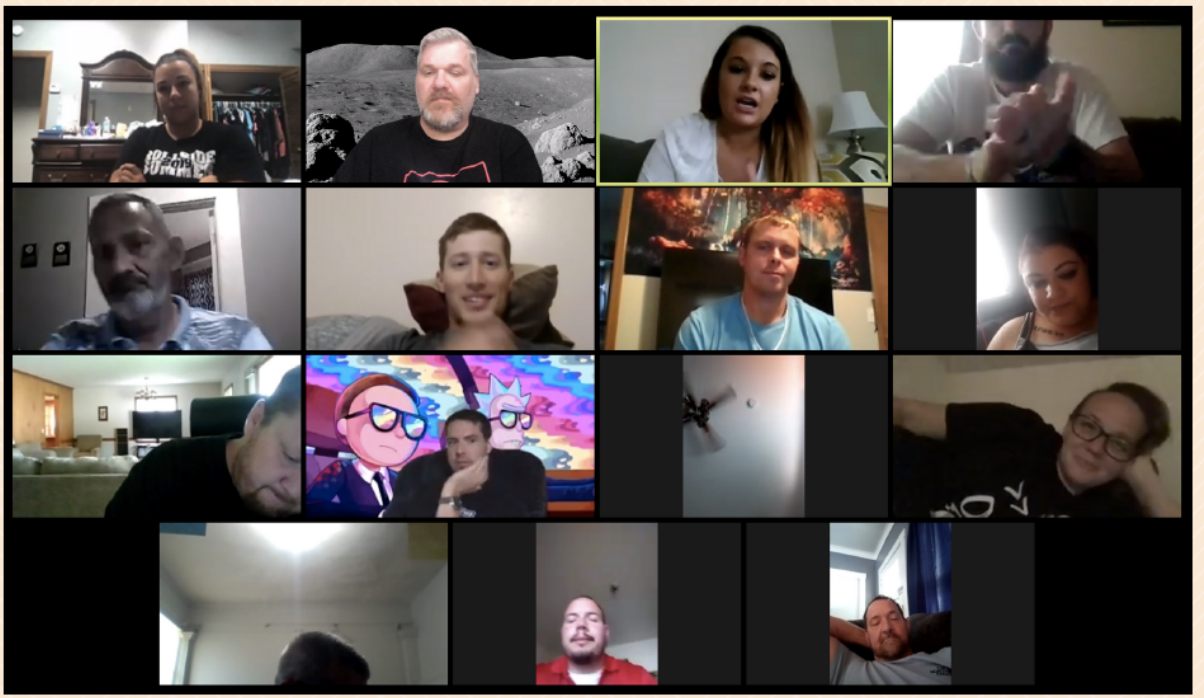


Chart prepared by Dr. John Kelly for his presentation at the Oxford House Convention

The on-going research underscores that there are many paths to recovery. However, basic to any sure path of recovery is the need to recognize that every individual has unique characteristics that require time and a lot of support to bring about change. Dr. Kelly’s five-factor criteria for successful recovery provides the metrics for measuring an individual’s progress toward an increase in quality of life, happiness, recovery capital and self-esteem while having a decrease in psychological distress.

It is becoming increasingly clear that the self-help aspects of the Oxford House model provide a common purpose and sturdy support in achieving a comfortable and life-long recovery. It is also clear that despite Covid or any other distraction the family aspect of Oxford House living tends to overcome all obstacles. Picture below is a zoom call enabling the Nebraska leaders of Oxford House to share their strength, hope and experiences with each other at a statewide meeting of Oxford House chapter officers.



While Mark Twain is not one of the founders of Oxford House his book describing the adventures of Tom is alive and well among Oxford House residents and outreach workers. How Tom convinces his friends that it is a great joy and a lot of fun to paint the fence his Aunt Polly has made him a bullwork of how Oxford Houses are able to entice newcomers into being productive member of the sober family making up each Oxford House. In short order the newcomer is voted into Office, made a full participant in weekly house meetings and made to feel like a long-time member of the particular Oxford House family. The full participation of each and every Oxford House resident not only makes certain that all household chores are done but that the value added by Oxford Houses is always shared throughout the ever growing recovery community.

# Oxford Houses of Nebraska Directory

## Columbus

### Tresler

1610 11th Street  
Columbus, NE 68601  
402-606-4778  
8 / M  
*Oxford House since 4/1/2021*

### Beskar

316 E. 23rd Street  
Kearney, NE 68847  
308-455-1354  
9 / M  
*Oxford House since 3/12/2021*

### Wyuka

4245 W. Street  
Lincoln, NE 68503  
6 / W  
*Oxford House since 12/1/2019*

### Columbus Park

2553 Hickory Street  
Omaha, NE 68105-2621  
402-884-0081  
7 / M  
*Oxford House since 7/1/2002*

## Fremont

### Linden Square

1127 N K St.  
Fremont, NE 68025  
402-816-4520  
7 / WC  
*Oxford House since 5/1/2014*

## Lincoln

### Sunset Place

2328 Garfield St  
Lincoln, NE 68502  
402-488-5046  
6 / W  
*Oxford House since 12/1/2015*

### Mopac

2418 Y Street  
Lincoln, NE 68503  
7 / M  
*Oxford House since 2/1/2020*

### Dundee Place

366 N. 40th St  
Omaha, NE 68131  
402-763-8792  
8 / M  
*Oxford House since 2/1/1999*

## Barnard Park

725 E Military Ave.  
Fremont, NE 68025  
402-721-6259  
9 / M  
*Oxford House since 4/1/2015*

## Hansen Manor

1035 S. 12th St.  
Lincoln, NE 68508  
402-261-5752  
8 / M  
*Oxford House since 6/15/2016*

## Breta

2223 B Street  
Lincoln, NE 68502  
12 / M  
*Oxford House since 9/1/2020*

## E Street

2320 E Street  
Omaha, NE 68107-1836  
402-738-9912  
7 / W  
*Oxford House since 3/1/1993*

## Grand Island

### Stolley Park

2620 W State St.  
Grand Island, NE 68803  
308-675-2550  
6 / W  
*Oxford House since 11/15/2014*

### Hartley

645 N 30th St  
Lincoln, NE 68503  
402-937-7791  
8 / M  
*Oxford House since 7/1/2017*

### Sunken Gardens

2444 B. Street  
North Platte, NE 68502  
10 / M  
*Oxford House since 11/1/2020*

### Elmwood

5027 Maple St  
Omaha, NE 68104-3552  
402-553-4283  
7 / W  
*Oxford House since 12/1/2001*

## Islander

2203 North Lafayette Ave  
Grand Island, NE 68803  
308-675-0030  
9 / M  
*Oxford House since 2/1/2019*

## Everett

2009 S 16th Street  
Lincoln, NE 68504  
402-975-2050  
8 / W  
*Oxford House since 3/1/2018*

## North Platte

### Hayes

217 E 11th St  
North Platte, NE 69101  
308-221-6679  
7 / M  
*Oxford House since 7/1/2017*

## Farnam

824 N 47th St.  
Omaha, NE 68132-3113  
402-281-4181  
7 / M  
*Oxford House since 8/1/2002*

## Kruse

703 E. 8th Street  
Grand Island, NE 68801  
9 / M  
*Oxford House since 9/1/2020*

## South Street

2035 Jefferson Ave  
Lincoln, NE 68502  
402-261-5000  
6 / M  
*Oxford House since 1/15/2019*

## Omaha

### Benson Gardens

2538 North 75th Street  
Omaha, NE 68134-6811  
402-934-2018  
6 / M  
*Oxford House since 12/1/2001*

### Lake Castle

7218 Lake Street  
Omaha, NE 68134-7027  
531-999-2440  
7 / WC  
*Oxford House since 8/1/2002*

## Koenig

810 W. Koenig  
Grand Island, NE 68801  
308-675-0667  
9 / M  
*Oxford House since 1/11/2021*

## Upco

3080 S St  
Lincoln, NE 68503  
(531) 500-4603  
9 / M  
*Oxford House since 6/15/2019*

## Blackstone

3562 Jones Street  
Omaha, NE 68105-1310  
402-932-7094  
8 / WC  
*Oxford House since 10/1/2001*

## Maenner Manor

3820 Terrace Dr.  
Omaha, NE 68134-2273  
402-800-2142  
7 / M  
*Oxford House since 6/1/2001*

## Kearney

### Harmon Park

2806 Central Avenue  
Kearney, NE 68847-3577  
308-224-3500  
8 / M  
*Oxford House since 5/1/2010*

### Goodhue

1900 A Street  
Lincoln, NE 68502  
402-805-4073  
12 / M  
*Oxford House since 9/15/2019*

### Castelar

1618 Dorcus  
Omaha, NE 68108-1058  
402-614-1809  
9 / W  
*Oxford House since 8/1/2002*

### Meadow View

7054 Franklin St.  
Omaha, NE 68104  
402-614-9309  
6 / W  
*Oxford House since 7/1/2002*

**Stockman**  
4532 South 41st Street  
Omaha, NE 68107-1150  
402-934-7412  
10 / M  
*Oxford House since 2/1/2003*

**Grace Park**  
4203 Walnut St  
Omaha, NE 68105  
402-551-9984  
6 / W  
*Oxford House since 6/1/2015*

**Timber**  
119 S 37th Street  
Omaha, NE 68131  
531-466-8581  
6 / M  
*Oxford House since 12/8/2017*

**Embassy Park**  
2302 N 70th St  
Omaha, NE 68114  
402-505-4687  
9 / W  
*Oxford House since 3/1/2004*

**Orchard Park**  
6424 Fowler Ave  
Omaha, NE 68104  
402-504-4936  
6 / M  
*Oxford House since 6/1/2015*

**Mason**  
3010 Mason St.  
Omaha, NE 68105  
531-301-5704  
11 / WC  
*Oxford House since 5/20/2018*

**Spring Lake**  
1015 S. 30th Ave  
Omaha, NE 68108-1946  
402-932-1579  
7 / W  
*Oxford House since 6/1/2004*

**Mapleview Heights**  
9706 Corby Street  
Omaha, NE 68134  
531-772-0215  
7 / M  
*Oxford House since 12/5/2015*

**Blondo**  
2028 N 68th Street  
Omaha, NE 68104  
531-444-0774  
9 / M  
*Oxford House since 7/1/2018*

**South Pointe**  
3703 U Street  
Omaha, NE 68107-3237  
402-614-6182  
8 / WC  
*Oxford House since 7/1/2004*

**Midtown Crossing**  
112 N 40th St  
Omaha, NE 86131  
402-502-5010  
9 / M  
*Oxford House since 7/15/2016*

**Westover**  
709 S 114th St  
Omaha, NE 68154  
531-772-0848  
8 / M  
*Oxford House since 1/15/2019*

**Rosenblatt**  
4231 S. 12th Street  
Omaha, NE 68107-2310  
531-999-2230  
7 / WC  
*Oxford House since 7/1/2004*

**Hillside**  
7410 Decatur Street  
Omaha, NE 68114  
402-810-9708  
6 / M  
*Oxford House since 2/1/2017*

**Templeton**  
5119 North 87th Ave  
Omaha, NE 68134  
531-466-1284  
7 / M  
*Oxford House since 6/1/2019*

**Morton Meadows**  
4201 Barker Avenue  
Omaha, NE 68105-1703  
402-505-5495  
8 / M  
*Oxford House since 12/8/2011*

**Liberty**  
2511 48th St  
Omaha, NE 68106  
402-933-4834  
8 / M  
*Oxford House since 3/15/2017*

**Hagman**  
1630 N. 75th St.  
Omaha, NE 68114  
531-999-1137  
10 / M  
*Oxford House since 12/1/2019*

**Brookhill**  
8304 Parker St  
Omaha, NE 68114-1546  
402-502-5751  
7 / M  
*Oxford House since 3/15/2014*

**Cole Creek**  
2506 N 69th Street  
Omaha, NE 68104  
531-365-2041  
7 / M  
*Oxford House since 5/5/2017*

**Bancroft**  
2312 S. 15th Street  
Omaha, NE 68108  
531-999-3637  
8 / M  
*Oxford House since 1/19/2021*

**Aksarben Park**  
7701 Shirley Street  
Omaha, NE 68124  
531-999-3176  
7 / M  
*Oxford House since 5/1/2015*

**Brennan**  
412 N. 39th St.  
Omaha, NE 68131  
402-884-3782  
8 / M  
*Oxford House since 12/1/2017*

**Odyssey**  
1124 S. 29th Street  
Omaha, NE 68105  
531-466-1020  
11 / M  
*Oxford House since 4/1/2021*

## Nebraska Network of Oxford Houses

56 Individual Houses

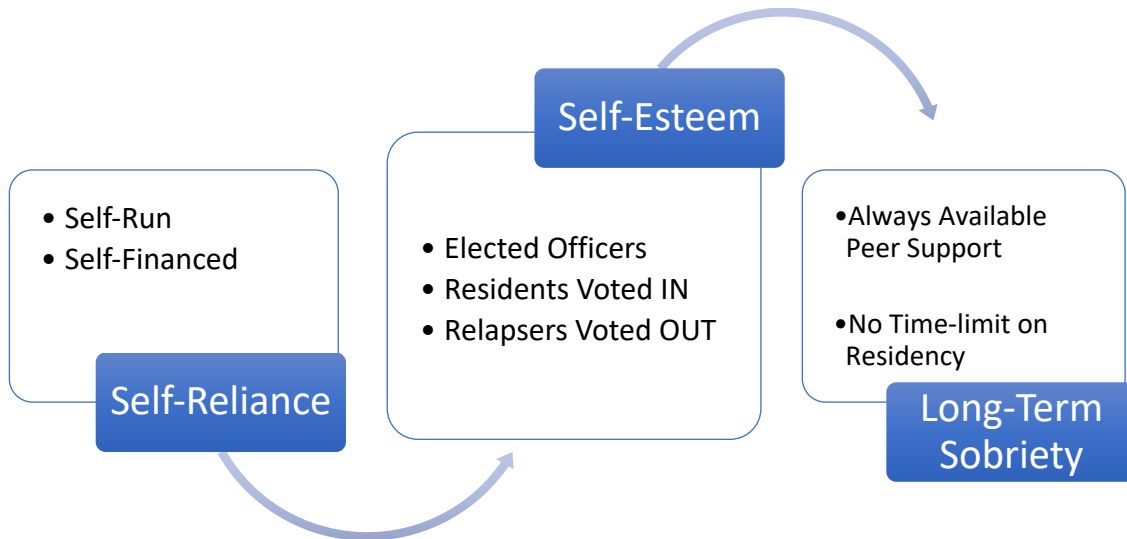
39 for Men  
17 for Women

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

[www.oxfordhouse.org](http://www.oxfordhouse.org)  
[www.oxfordvacancies.com](http://www.oxfordvacancies.com)

# Oxford House™

Unique • Evidenced-based • Time-tested



## FACTS ABOUT ALCOHOLISM AND DRUG ADDICTION

- About 17 million Americans are primarily active alcoholics with another 8 million addicted to illicit drugs. (SAMHSA)
- 25.3 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2019 (8.5 percent of persons aged 18 or older). (SAMHSA)
- Of these, only 1.27 million – 6.2 percent of those who needed treatment – received it.
- Government reports show that alcohol and drug abuse is responsible for the admission of almost 1.5 million people to emergency rooms nationwide and drug addiction results in nearly half a trillion dollars’ economic loss annually or \$1,426 per American.
- For those receiving treatment, 60% had been in prior treatment an average of more than three times. [TEDS]

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

## The Process of Recovery

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

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

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

The evidence shows that the concept and standardized system of operation used by Oxford

Houses for 47 years works for alcoholics, drug addicts and those with co-occurring mental illness.

# Oxford House™

1975-2022

*47 Years of Organized Self-Help To Enable Alcoholics and Drug Addicts to Recover Without Relapse*

- Providing Sole Authority for Oxford House Charters
  - Providing Technical Assistance to Establish New Oxford Houses
  - Providing Technical Assistance to Keep Existing Oxford Houses on Track
  - Providing Organization of Chapters to Help Oxford Houses to Help Themselves
  - Providing the Time, Living Environment and Support to Enable Alcoholics and Drug Addicts to Achieve Recovery Without Relapse
  - Providing the Legal, Philosophical, and Scientific Framework for a Cost-effective, Worldwide Network of Supportive Recovery Housing.
- 

Write or Call

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Facsimile 301-589-0302

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