

# Oxford House Profile Series 2020

## Commonwealth of Virginia



## The Network of Virginia Oxford Houses

2020

This report is an evaluation of the current network of 152 Oxford Houses in the State of Virginia. The Commonwealth began working with Oxford House, Inc. in 1990 to encourage the development of Oxford Houses within the Commonwealth. Since the first Virginia Oxford House started in 1989, more than 12,000 individuals recovering from alcoholism, drug addiction or addiction with mental illness had benefited from living in a Virginia Oxford House.

Oxford House, Inc. is a 501(c)(3) nonprofit umbrella organization dedicated to helping recovering individuals achieve comfortable, long-term sobriety without relapse.

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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 2,900 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 16.

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. Once started an Oxford House tends to continue year after year.

The oldest Oxford House in Virginia is Oxford House - Wesleyan in Vienna started July 1, 1990. It has served 567 recovering individuals and approximately 450 stayed clean and sober. Today, there are 152 Oxford Houses in Virginia. This report is a profile of the Virginia success in building a statewide network of Oxford Houses.

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  
July 30, 2020

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## The Virginia Oxford House™ Survey

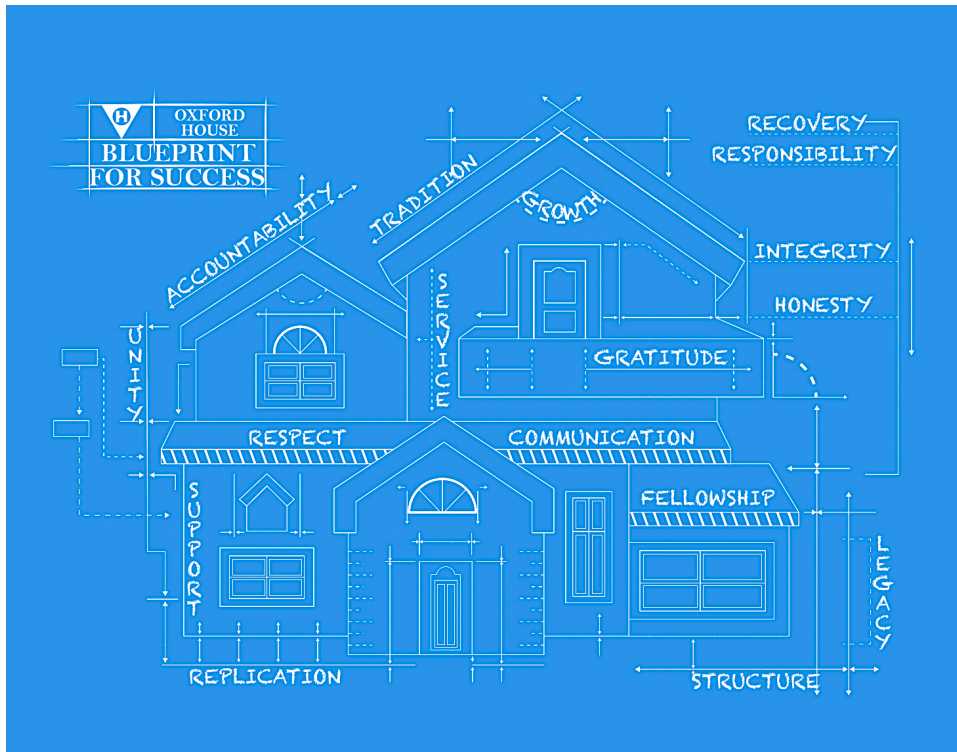
In November 2019, Oxford House, Inc. [OHI] asked the residents in the Virginia Oxford Houses to complete the profile survey questionnaire that has been used by Oxford House residents since 1987. 721 Virginia residents participated in the November survey. That number represents 78% of the 922 residents living in Virginia Oxford Houses at the time.

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>

This evaluation is divided into three parts:

- Part 1 – Profile of the Current Virginia Oxford House Population**
- Part 2 – How Oxford Houses Work**
- Part 3 – Research and Oxford House**
- Part 4 – List of Virginia Oxford Houses**

### Oxford House Blueprint for Success



<sup>1</sup> Videos of the convention are available on the Oxford House website at [www.oxfordhouse.org](http://www.oxfordhouse.org).

## Virginia November 2019 Oxford House Survey Results

<b>The profile was derived from the 721 confidential responses to a survey conducted in November 2019, yielding a response rate of 78.2% of those then in Virginia Oxford Houses</b>			
<b>Total Number of Oxford House residents who completed the survey: [78.2% of residents]</b>	<b>721</b>	<b>Average Age of residents: (Range 17 – 74) [Median age:40]</b>	<b>41.6 Years</b>
<b>Number of Men in survey:</b>	<b>524</b>	<b>Number of Women in survey:</b>	<b>197</b>
<b>Average Equal Cost/Person/Week [Range \$95 to \$165]</b>	<b>\$135</b>	<b>Rent Per Group Per Month Average: [Range \$900-\$5600 per month]</b>	<b>\$2,320</b>
<b>Percent Military Veterans:</b>	<b>9.7%</b>	<b>Average Years of Education [Median 12]</b>	<b>12.5</b>
<b>Residents Employed 11/15/2019:</b>	<b>85.7%</b>	<b>Average Monthly Earnings: [Median \$1,600/month]</b>	<b>\$1,940</b>
<b>Addicted to only Alcohol:</b>	<b>27%</b>	<b>Addicted to Alcohol and other Drugs: [54.5% addicted to opioids]</b>	<b>73%</b>
<b>Race–</b>		<b>Marital Status –</b>	
White	74.6%	Never Married	56.4%
Hispanic	2.1%	Separated	10.0%
Black	19.5%	Divorced	27.6%
Native American	1.0%	Married	4.7%
Pacific Islander	.2%	Widowed	1.2%
Asian	1.1%		
Other	1.4%		
<b>Prior Homelessness:</b>	<b>61.3%</b>	<b>Median Time Homeless:</b>	<b>4 Mos.</b>
<b>Prior Jail:</b>	<b>79.6%</b>	<b>Average Jail Time:</b>	<b>25 Mos.</b>
		<b>Median Jail Time:</b>	<b>7 Mos.</b>
<b>Percent going to AA or NA</b>	<b>98%</b>	<b>Average Number AA or NA Meetings Attended Per Week:</b>	<b>3.2</b>
<b>Percent Going To Counseling <i>in addition to</i> AA or NA (weekly):</b>	<b>38.4%</b>	<b>Average Length of Sobriety of House Residents: [median 11 mos.]</b>	<b>20.4 Mos.</b>
<b>Relapses Expelled During FY 2020 [908 of 3,004 served]</b>	<b>30.2%</b>	<b>Average Number of Applicants For Each Vacant Bed:</b>	<b>24+</b>
<b>Average Length of Stay In An Oxford House: [median 5 mos.]</b>	<b>9 Months</b>	<b>Would recommend Oxford House.</b>	<b>96%</b>
<b>Number of Houses and Beds as of July 2020</b>			
<b>Number of Men’s Houses:</b>	<b>115</b>	<b>Number of Men’s Beds:</b>	<b>956</b>
<b>Number of Women’s Houses:</b>	<b>37</b>	<b>Number of Women’s Beds:</b>	<b>296</b>
<b>Total Houses</b>	<b>152</b>	<b>Total Beds</b>	<b>1,252</b>

**Part 1**  
**PROFILE OF THE CURRENT VIRGINIA OXFORD HOUSE POPULATION**

The survey was completed by 78.2% of all Virginia Oxford House residents during November of 2019. The sample size and resident participation rate are sufficiently large to accurately reflect the profile of residents.

In June 2006, Oxford House, Inc. [OHI] – the national umbrella organization of Oxford Houses – entered a contract with the Virginia Alcohol and Drug Addiction agency to provide technical assistance to establish and maintain a network of Oxford Houses. The contract brought paid outreach workers to the Commonwealth to help recovering individuals establish and maintain a network of Virginia Oxford Houses. This began a process that has produced a strong network of self-run, self-supported Oxford Houses throughout the state. Part of the development process conducted by OHI includes periodic evaluations to measure progress.

The earlier evaluations of the development of Oxford Houses in Virginia [2007 and 2015] are on the website: [www.oxfordhouse.org](http://www.oxfordhouse.org) under “Publications/Evaluations/State” and can be downloaded to get a fuller understanding of the successful partnership between the Commonwealth and Oxford House, Inc. The table below shows the increase in the number of Oxford Houses operating in the Commonwealth over time.<sup>2</sup>

**Table 1**  
**Oxford House Growth in Virginia**

	2007	2011	2015	2020
<b>Oxford Houses</b>	77	93	116	152
<b>Recovery Beds</b>	622	760	946	1,252

There are now 152 Oxford Houses in the Commonwealth – 37 for women and 115 for

men. Together, the houses provide 1,252 recovery beds – 296 for women and 956 for men.



**Oxford House - Fair Oaks**  
**3010 Steven Martin**  
**Fairfax, VA 22031**  
**10 Men • Established July 1, 1995**

**Treatment History**

The treatment history of the residents in Oxford House shows that most of these individuals have tried to achieve long-term sobriety many times before admission to an Oxford House. The following table compares the treatment history of Oxford House residents in various states. Virginia residents have a treatment history similar to residents in other states. On average they have been through treatment 3 times.

**Table 2**  
**Percent of Prior Treatment Tries**

No. of Sobriety Tries in Residential Treatment	VA	OK	TX	NC
<b>One time</b>	16.1	25.6	23.9	18.2
<b>Twice</b>	24.2	23.5	18.8	20.0
<b>Three to Five</b>	41.9	27.4	31.9	44.1
<b>Six to Ten</b>	12.9	16.7	13.8	10.9
<b>More than Ten</b>	04.8	6.8	11.6	06.3

Prior residential treatment followed by

<sup>2</sup> The figures for 2007, 2011 and 2015 are year-end. The figures for 2020 are as of the August 1, 2020.

relapse underscores the fact that behavior change – the only cure for alcoholism and drug addiction – is not easy. It takes time, motivation and a supportive peer living environment to develop sobriety comfortable enough to avoid relapse.

About 51% of the Virginia Oxford House residents have been through residential treatment 3 or more times. Recycling in and out of treatment has been the norm. Oxford House™ works to change that norm so that recovery without relapse becomes the new norm rather than the exception for residents.

Put another way, the individual resident in an Oxford House is given the opportunity to become comfortable enough in sobriety to avoid relapse. That opportunity arises from the disciplined system of operation used in an Oxford House, the requirement of absolute sobriety, peer support for recovery participatory democracy and the absence of residency time limits for those who stay clean and sober and pay their equal share of household expenses.

Two findings from the Virginia Oxford House studies – expulsion rate and length of stay – show that Oxford Houses are providing the time, motivation and supportive peer environment for residents to develop sobriety without relapse. The Oxford House charter requires the immediate expulsion of any resident who resumes using alcohol or drugs. Nationally, fewer than 25% [24.7%] of Oxford House residents are expelled because they return to using alcohol or drugs while residents of a house. The relapse rate among Virginia residents is about 30.2%<sup>3</sup>. This is far higher than what it was in 2015 – 18.7%. However, in spite of an increased relapse

<sup>3</sup> 3,004 persons lived in VA Oxford Houses during FY 2020 and 908 were expelled for relapse.

<sup>4</sup> About 35% of the residents have been in an Oxford House less than six months with the other 65% having lived in a house more than six months. Length of recovery is longer

percentage, the residents in Virginia Oxford Houses have accumulated a significant length of sobriety – an average of 24.4 months.<sup>4</sup>

**Average Age**

The average age of those residing in VA Oxford Houses is 41.6 years. The median is slightly younger – 40 years.

**Table 3  
Average Age of Residents**

Gender	Mean Age 2012	Mean Age 2014	Mean Age 2019
<b>M&amp;W</b>	37.1	40.4	41.6

The age range is from age 18 to age 77. Sometimes a person under age 18 applies to an Oxford House and can be admitted if the person’s guardian approves. Distribution among age groups exists within all the Oxford Houses in Virginia.

**Racial Diversity**

The racial composition of Oxford House residents in Virginia is not statistically different from that of the population within the Commonwealth in general.

**Table 4  
Racial Diversity**

[Comparison of VA 2010 Census Data and OH Survey]

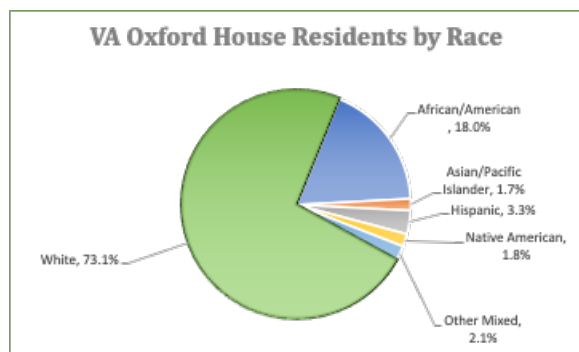
Race	2010 VA/US Census	VA OH 2007	VA OH 2014	VA OH 2019
<b>White</b>	70.8%	40.2%	74.6%	73.1%
<b>Black</b>	19.7%	56.0%	19.5%	18.2%
<b>Asian</b>	6.1%	0.0%	1.1%	0.0%
<b>Native Am</b>	0.5%	1.0%	1.0%	1.8%
<b>Other</b>	2.9%	4.7%	3.7%	6.9%

The shift of racial composition in the Virginia Oxford Houses between 2007 and 2015 is primarily the result of expansion of the

because some recovery is gained before admission – particularly among the formerly incarcerated. 28% have more than 2 years of recovery. 8% have 5-10 years of recovery.

number of houses throughout the state. The percentage of Blacks is almost identical to the Census data even with the expansion of houses to parts of the state having smaller percentage of African-American residents. Specifically, the expansion of Oxford Houses into areas such as Winchester, Arlington, Falls Church and Fairfax City that have a lower percentage of African Americans, has led to a higher percentage of Whites living in the network of Virginia Oxford Houses.

**Figure 1  
Racial Breakdown**



### Marital Status

A majority of the residents of Virginia Oxford Houses had never married [56.4%]. Of those who had married, most were currently either separated [10.0%] or divorced [27.6%] and a few were widowed (1.2%). Only 4.7% are still married. This status is typical for alcoholics and drug addicts coming into recovery. [See Table 5]

**Table 5  
Marital Status**

Marital State	2007	2014	2019
Never Married	40.8%	58.2%	56.4%
Married	4.5%	4.1%	4.7%
Separated	11.2%	10.5%	10.0%
Divorced	40.8%	25.9%	27.6%
Widowed	2.6%	1.3%	1.2%

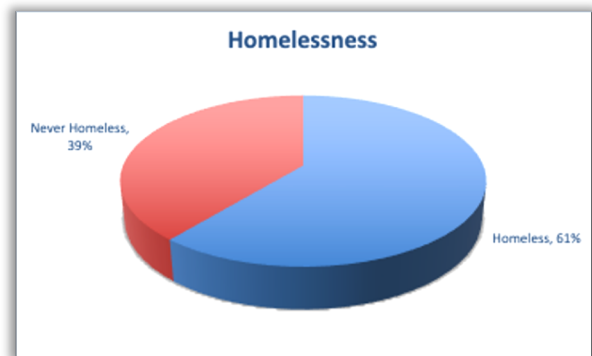
Addiction wreaks havoc on relationships. Fewer residents had been never married in 2007 than in 2014 or 2019. As previously discussed, most of the residents have

recycled in and out of treatment. [See Table 2.] More than a quarter of the residents had been through residential treatment four times or more. More than 10% had been through treatment eight times or more. The normal treatment outcome is relapse – except for those who get into an Oxford House. The residents in Oxford House have histories full of treatment, relapse and subsequent treatment.

### Homelessness

Relapse has other consequences as well. Homelessness is one and spending time incarcerated in jail or prison is another.

**Figure 2  
Homelessness**



Homelessness has been experienced by 61% of the Virginia Oxford House residents. On average, the residents in the survey had been homeless an average of 2.1 times and the average total length of homelessness was 120 days – four months.

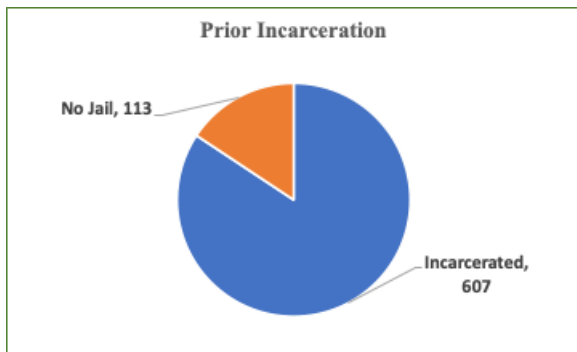
### Jail Time

More than three-quarters [84.3%] of Virginia Oxford House residents have done jail time. Put another way, all but 16 percent of the Virginia Oxford House residents had served jail time prior to getting into an Oxford House.

About half of those who had done jail time had also been homeless at some point during

their addiction. Homelessness provides a greater opportunity than incarceration for continuation of an individual’s active addiction but many report that incarceration does not guarantee that drugs and alcohol cannot be obtained while incarcerated. Therefore, neither jail nor homelessness provide much incentive to recover.

**Figure 2  
Jail/Prison**



The average number of arrests leading to jail time is 4 and the average length of jail time is 25 months. [median 7 months]

Oxford House opens access to an alternative to relapse, incarceration or homelessness by providing peer recovery support, an alcohol and drug-free living environment, disciplined democratic governance and open-ended residency.

The open-ended residency is particularly important because everyone takes a different amount of time to master behavior change. In an Oxford House, a resident who stays clean and sober and pays an equal share of household expenses can stay as long as it takes to master sobriety or achieve long-term recovery.

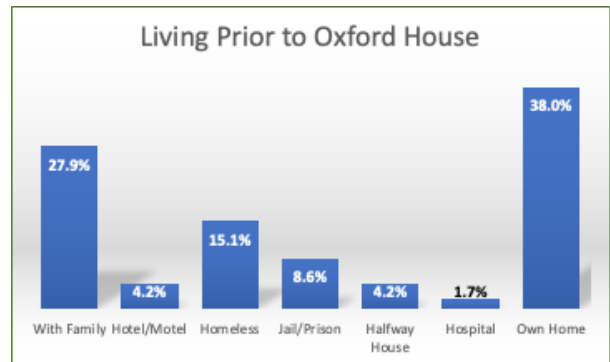
**Last Prior Residence**

When one looks at where a resident was living just prior to moving into an Oxford

House it is easy to understand why Oxford House living reduces the risk of relapse.

As shown in Figure 3 below, only slightly over 40% of the residents were living in relatively stable situations prior to living in an Oxford House – own home, rented home or apartment.

**Figure 3  
Prior Residence [Percentage]**



About 34% of residents came to Oxford House immediately following homelessness, jail, a hotel or motel, a hospital or a halfway house – each of which could be termed marginal housing situations. The likelihood that those individuals would have been able to develop sobriety comfortable enough to avoid relapse without living in an Oxford House is remote. Another 28% were living with a family member but not as a spouse. Nevertheless, about 70% of those individuals who do live in an Oxford House are able to develop sobriety comfortable enough to avoid relapse.

The findings from this 2019 survey of residents in Virginia Oxford Houses are similar to the finding of the 2007 and 2015 surveys.<sup>5</sup>

Likewise, the multiple DePaul University studies of Oxford Houses and their residents parallel the profile and outcomes of the

<sup>5</sup> The 2007 and 2015 Oxford House Virginia Evaluations are downloadable from the website: [www.oxfordhouse.org](http://www.oxfordhouse.org) – “Publications/Evaluations/State.”



current Virginia Oxford House resident survey. Alcoholism, drug addiction and co-occurring mental illness tend to be egalitarian and the effects caused by the diseases do not vary much among populations in different locations.

### **Veterans**

Nationally about 18% of the Oxford House residents are military veterans even though existing Oxford Houses have limited outreach to VA hospitals and other places where veterans are likely to congregate. The percentage of veterans in the Virginia Oxford Houses is 9.7% – somewhat less than the percentage of veterans in the Virginia population. The VA facilities in the state could put a greater emphasis on the availability of Oxford Houses within the state. Oxford Houses should reach out to VA facilities to encourage veterans in recovery to live in Oxford Houses.

Just like other recovering individuals, veterans do well in the Oxford House environment. In 2011, DePaul University and the DePaul Community Research Center examined a subset of veterans living in Oxford Houses throughout the country. They found that:

Abstinence rates for the veteran subsample were high. Additionally, results suggested that participants experienced a reduction in anxiety and depression over time.<sup>6</sup>

The common bond of past addiction and hoped-for recovery provides a common ground for development of sobriety comfortable enough to avoid relapse. The degree of comfort includes development of habits that may require regular use of medication for psychiatric disorders [co-occurring mental illness] and behavior

patterns that reduce periodic flashbacks associated with PTSD. In effect, the housemates of the veteran with co-occurring mental illness are able to provide the tolerance and peer support for comfortable sobriety that also reduces the stress in living with PTSD that can often exacerbate the problem. Slowly but surely, the individual with co-occurring mental illness is able to develop behavior that minimizes the symptoms that can lead to dysfunction.

Because of the diversity of the Oxford House population and the disciplined democratic self-rule and self-support, Oxford House residency provides a smooth transition for integration into society at large. This ease of transition works for both those afflicted solely with addiction or with addiction plus an underlying psychiatric disorder including many forms of PTSD. Oxford House, Inc. is attempting to encourage it to utilize the cost-effective Oxford House program to serve veterans in recovery better – both for the benefit of the veteran and the benefits veterans can bring to the self-run aspect of the program.

### **Education**

The average educational level among Oxford House residents is 12.4 years – a little more than the national average educational attainment [12.1 years] among Oxford House residents nationwide. Two-thirds of the residents had completed high school. While only 6.7% graduated from college, nearly 40% had some formal education beyond high school. There is no relationship between educational level and the mastery of sobriety.

The egalitarian nature of alcoholism and drug addiction cuts across the least and most

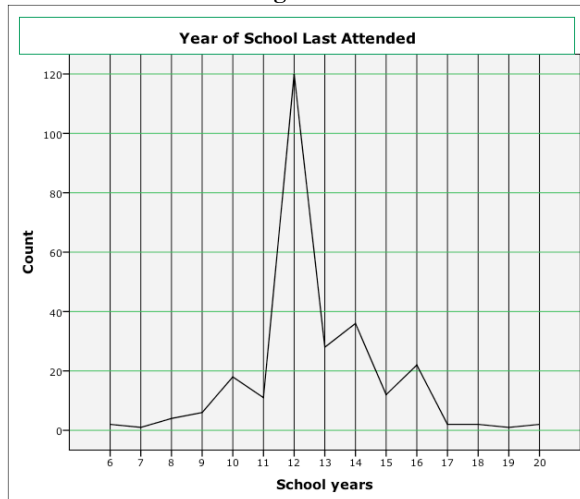
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<sup>6</sup> James R. Millar, Darrin M. Aase, and Leonard A. Jason, DePaul University Center for Community Research, Joseph R. Ferrari, DePaul University, Department of Psychology,

VETERANS RESIDING IN SELF-GOVERNED RECOVERY HOMES FOR SUBSTANCE ABUSE: SOCIODEMOGRAPHIC AND PSYCHIATRIC CHARACTERISTICS, *Psychiatric Rehabilitation Journal* 2011, Volume 35, No. 2, 141–144,

educated individuals in society. While the completed educational level among Virginia Oxford House residents ranges from fourth grade to post graduate, the following chart illustrates the spread.

Figure 4



Sobriety comfortable enough to avoid relapse is related to length of sobriety and the building of habits that focus on the value of not using any alcohol or other addictive drugs. The foundation for good habit-building is not using alcohol or other addictive drugs a day at a time. The days accumulate and, with the passage of time, habits are formed to develop long-term comfortable sobriety.

### Recovery Support Group Attendance

While residents of Oxford Houses are not required to attend 12-Step recovery meetings [AA/NA], almost all of the residents (98%) do so [706 of the 721 surveyed]. Meeting attendance becomes part of the social life of living in an Oxford House. The reasons for this vary from following suggestions of others in recovery to recognizing that attending a 12-Step meeting is an inexpensive social night out. The Virginia

Oxford House residents attend an average of 3.4 AA or NA 12-Step meetings every week. This is more than 50% more meetings than is attended by the average member of those 12-step groups.<sup>7</sup> The 75<sup>th</sup> percentile of surveyed residents attended an average of 5 meetings per week and the 25<sup>th</sup> percentile average 2 meetings per week.

### Outpatient Treatment

For 38% of the residents, weekly outpatient treatment supplements their attending 12-Step meetings. Some residents are on medically-assisted treatment and weekly counselling sessions go hand in hand with their treatment. While 55% of the surveyed residents abused opioids, not all are using medically-assisted treatment. Of those surveyed, 29.1% indicated they were using medically-assisted recovery with buprenorphine generally the medication used. However, several of the respondents were on methadone maintenance.

Because prior opioid users are in the Oxford House population, each group home teaches its residents about the use of Narcan that can be a lifesaver for the overdose of opioids. 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 know it can occur and have trained house residents to have and be able to use Narcan.

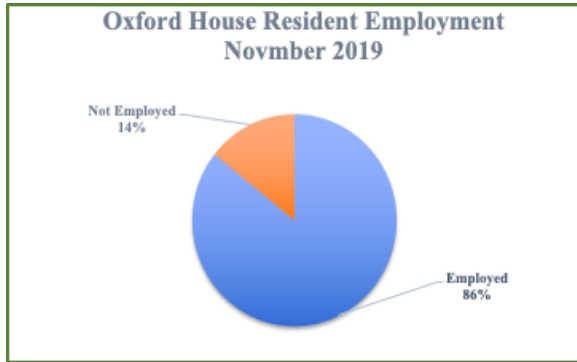
### Employment

Most individuals living in an Oxford House get a job so that they can pay their equal share of household expenses including rent due the landlord. The equal share of expenses for each resident average about \$135 a week, with a range of \$90 to \$175. Of those who participated in the survey, 85.7% were

<sup>7</sup> Every two years AA does a survey on meeting attendance and, on average, AA members attend 2 meetings per week.

employed with the remainder [14.3%] being between jobs, looking for work, or receiving retirement, disability, or unemployment benefits.

**Figure 5  
Employment Status**



The average monthly income of Virginia Oxford House residents is \$ 1,940 – up about 30% from the average income of \$1,465 found in the 2015 survey. Monthly income ranges from a few hundred dollars to \$5,000 a month. Of course, when the survey was conducted last November the economy was much better than it is now.

When considering monthly income, keep in mind that the average weekly equal share of household expenses per resident averages \$135 a week. The equal share of household expenses covers all the living costs for the resident except food, which is provided by each resident.

**How Residents View Oxford House**

The fact that the number of Oxford Houses in Virginia continues to expand suggests that they are effectively serving individuals in recovery from alcoholism, drug addiction and co-occurring mental illness. Another piece of evidence of success comes from asking residents two relevant questions: [1] How important is Oxford House living to your sobriety and, [2] Would you recommend Oxford House living to someone else. In response to both questions, more than 95% of

respondents indicated that Oxford House living was very important to their personal recovery and would recommend Oxford House living to others in recovery.

**Self - Evaluation of Health**

Alcoholism, drug addiction and addiction with co-occurring mental illness usually take a toll on physical health. The range of problems runs from relatively minor dental problems to very serious physical problems. During the first few months of living in an Oxford House, each individual begins the process of getting medical or dental help in fixing problems left over or caused from getting drunk and high on a regular basis – usually for a long time. During the survey residents were asked how they would rate their health.

Most (96%) of the respondents reported “very good” or “pretty good” health and less than 1% of the respondents responded that their health was “quite poor.” Within each house, the illness of any resident is considered just as a family member’s sickness would be and the resident is assisted in every way.





**Oxford House - Hampton**

39 Rockingham Drive  
Hampton, VA 23669

*8 Men • Established February 1998*

**Duration of Residency**

There is no time limit as to how long a resident can live in an Oxford House provided the resident stays clean and sober and pays his or her equal share of expenses. This unique feature of Oxford House is possible because the individual group rents the house.. When a house is full and turnover is non-existent or minimal, OHI, the chapter or residents of the house will suggest that another house be rented. In brief, when the supply of beds is less than the demand for beds, expansion takes place. Such expansion is simple because there is no need to raise or accumulate the capital to buy property. Neither is there any need to hire or train new staff because the self-run nature of Oxford House makes it possible for the residents themselves to run the house and pay all the

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<sup>8</sup> OHI has been a pathfinder in developing the case law ensuring that recovering alcoholics, drug addicts and those with co-occurring mental illness are a protected class. See *City of Edmonds, WA v. Oxford House, Inc.* 514 U.S. 725 (1995) in which the U. S. Supreme Court affirmed OHI's position that such individuals fall within the scope of 'handicap' under the FHA and are thereby a protected class of individuals, requiring that neighborhoods and local jurisdictions afford them a reasonable accommodation

household expenses.

**Housing Availability**

Examination of a website like Zillow shows that single-family rental housing is widely available in the Commonwealth. The ability of an Oxford House group to rent a house is assured by the protections afforded under the federal 1988 Amendments to the Federal Fair Housing Act.<sup>8</sup> Even if an area has restrictive zoning classifications, it must make a reasonable accommodation to provide the opportunity for a group of individuals to live in a residential area.

Of course, the experience and support of OHI is a significant factor in the ease of expansion



**Oxford House - Diva**

1401 Pickett Street  
Alexandria, VA 22304

*8 women • Established June 1, 1996  
Moved from Arlington in 2016*

characteristic of Oxford House development and expansion. OHI reviews the prospective lease of a new house and the supply/demand

under zoning laws and any neighborhood exclusionary restrictions. OHI has won a number of other cases prohibiting discrimination by property insurance companies and fire safety regulators. The end result is that an Oxford House group must be treated the same as an ordinary family. The groups in both houses pictured above moved when their original landlords decided to sell the original property. The charter for the original homes continued.

conditions of the particular area. In the event of neighborhood opposition or other impediments to expansion, OHI is available to make certain that the residents of a new Oxford House are afforded the full protection of the civil rights laws prohibiting discrimination against group homes for recovering alcoholics and drug addicts. Furthermore, the initial charter given the expansion group is probationary to make certain that the new group understands the way Oxford Houses operate.

Generally, it takes three to six months for a new group to meet the requirements necessary to be granted a permanent charter.

The chapter or field technician work with the group having the conditional charter to show that they have mastered the Oxford House concept and system of operation.

### **Prior Treatment Programs**

Participation of residents from both private and public treatment programs adds to the diversity among Oxford House residents and improves networking. This improvement in networking helps more individuals to get jobs, necessary medical services and, often, leads to residents getting additional education and training. Above all, it makes long-term sobriety a reality.



Pictured above are some of the Virginia Oxford House residents and alumni at the 2019 Oxford House World Convention held in Washington, D.C.

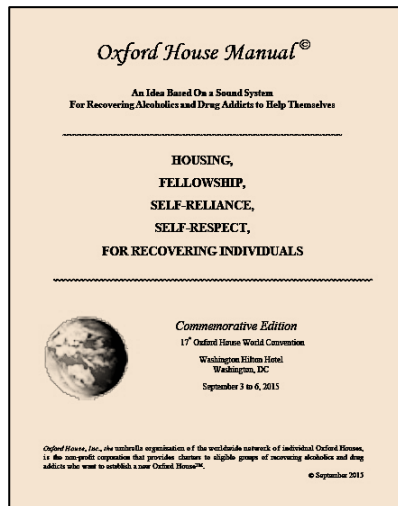
Conventions are a way for Oxford Houses to bond by sharing their experiences and knowledge. There are both state and national conventions. Both attract expert speakers and attendees share experiences by having leaders discuss the nuts and bolts of their particular networks of Oxford Houses. Virginia has had state conventions in Richmond each winter for the last eight years. The most recent convention had more than 300 persons attend coming from one end of the commonwealth to the other.

The national convention is held annually. The last convention was held in Washington, DC and had almost 2,000 Oxford House residents and alumni from all over the country. The Virginia attendees are pictured above. Programs for the annual conventions since 2006 are downloadable from [www.oxfordhouse.org](http://www.oxfordhouse.org) under "About Us/History." The programs illustrate the substance of material covered at the conventions and include a number of recovery stories.

## 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 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 process and procedures are set forth in the Oxford House Manual® and related materials.<sup>9</sup> Along with the mutual support and supervision individual Oxford Houses provide for each other through chapters and statewide associations, uniformity and quality control is assured. In Virginia one can visit an Oxford House in Richmond, Fredericksburg, Norfolk, Roanoke, Alexandria, Winchester, Fairfax 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 help the group learn the basic procedures that enable a recovery group to function well. Visiting any one of the more than 2,900 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 and majority vote. Robert’s Rules of Order dictates parliamentary procedures. The Treasurer reports on the balances 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.

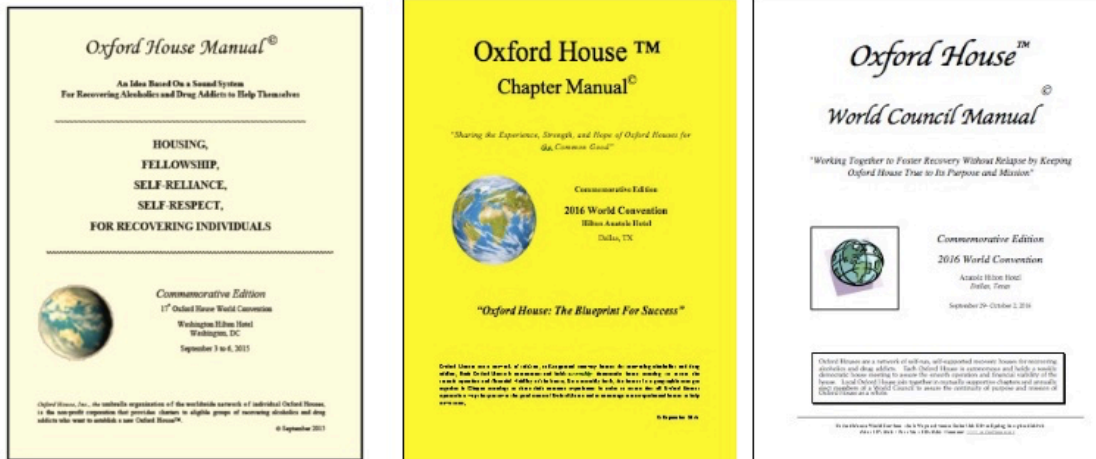
#### Oxford House Officers

- 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 each other in non-drinking, non-using “fun” activities.

<sup>9</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-based 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.

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 one individual in order to make room for another. When a particular house is staying full, stable and operating well, renting another house is the 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 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 the Commonwealth of Virginia and 48 other states.

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 to

help keep the model on track.

## Part 3

### Research and Oxford House

Oxford House, Inc. [OHI] – the 501[c] [3] nonprofit umbrella organization – uses trained outreach workers, legal civil rights enforcement and disciplined start-up loan management to develop new houses. OHI also relies on internal and third-party research to better understand not only the recovery process, but 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 Spillaine, Ph.D., started teaching at Catholic University after he retired from NIDA. Dr. Spillaine 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. Spillaine 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% of relapse?” Dr. Spillaine explained that the normal rate of sobriety without relapse was less than 20% and that the Oxford House resident outcome was exceptionally good. Certainly, Spillaine’s report fueled interest in 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 help Oxford House grown from a small network of 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 follow 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>10</sup>

A 2004 study by John Majer, PhD, compared recovery between regular 12-Step meeting attendees who live in an Oxford House and those who do not. His summary of the outcome was unambiguous.

This study investigated two community samples of recovering substance abusers in which participant response came from natural settings, and this adds to the credibility of findings. Overall, findings suggest that cognitive resources facilitate substance abusers’ recovery and that the Oxford House model provides recovering substance abusers with an environment that provides greater support in their development of cognitive resourcefulness for ongoing abstinence.<sup>11</sup>

Research has been key to affirmation that Oxford House™ can make a big difference for 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

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

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<sup>10</sup> Addictive Behaviors 32 (2007) 803-818

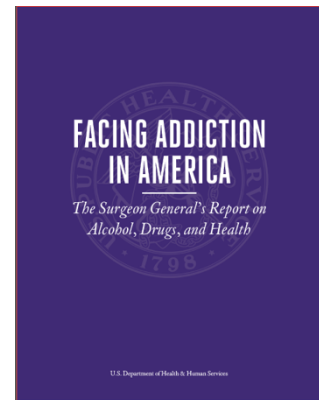
<sup>11</sup> Assessment, Volume 11, No. 1, March 2004 57-63



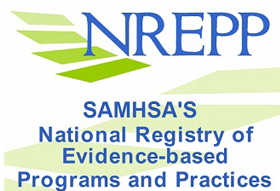
also learn to have fun without the use of alcohol or drugs. By developing a new lifestyle, individuals gain confidence that life with using alcohol or illicit drugs is possible. That confidence carries over whenever a resident moves out of an Oxford House clean and sober. It has also produced general acceptance in the addiction treatment field that Oxford House living is an effective path to long-term recovery.

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).



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 is a searchable online registry of mental health and substance abuse interventions that have been reviewed and rated by independent reviewers. The purpose of the registry is to assist the public in identifying scientifically based approaches to preventing and treating mental and/or substance use disorders that can be readily disseminated to the field. The Oxford House Model is the only recovery house concept and system of operation that is listed on the NREPP.

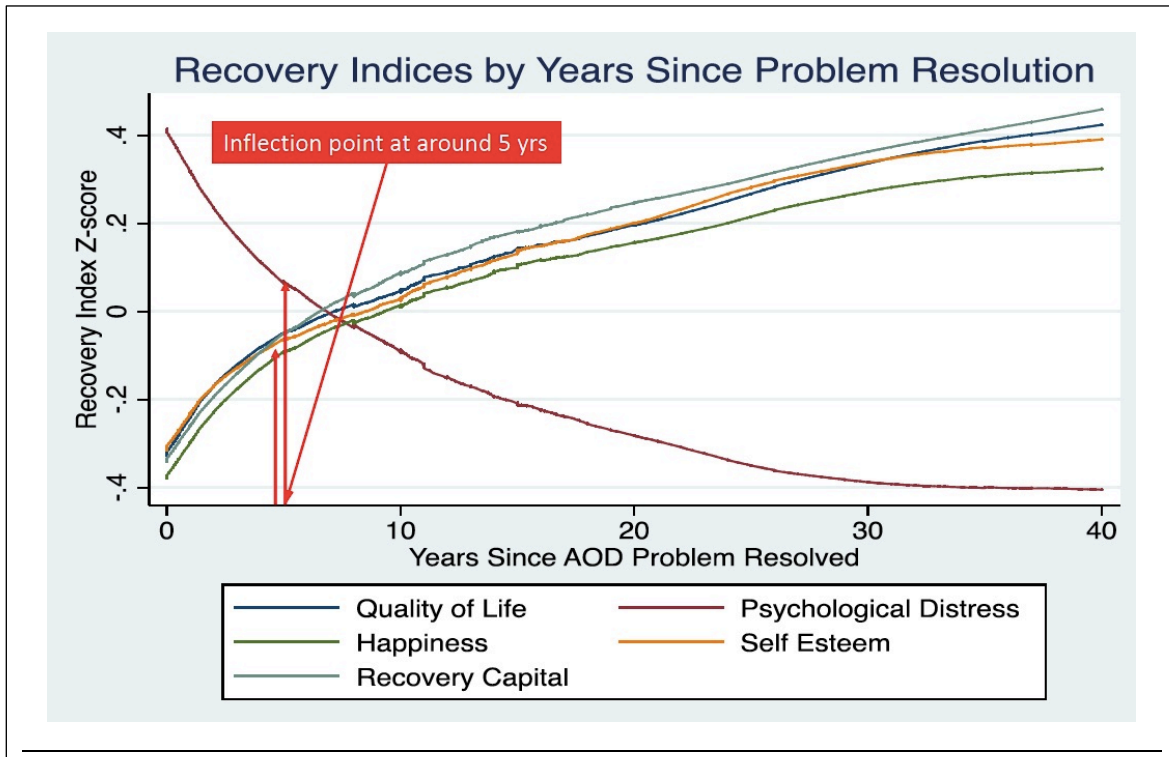


The annual Oxford House National Convention has become a place where experts in the field of addiction present their most recent finding about the nature of alcoholism, drug addiction and the process of long-term recovery. Over the years, the fact that recovery takes time and peer support and a safe place to live has become a best practice. Oxford House has played an important role in that evolution.

At the most recent Oxford House Convention last September, the first of the four General Sessions 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 Dr. John Kelly of Harvard. The audience of over 1,900 Oxford House residents and alumni heard why what they were doing was making a big difference. Of course, they all knew the good works of Oxford House but it was nice to be recognized by experts in the addiction field. A video of the entire convention is available on the Oxford House website: [www.oxfordhouse.org](http://www.oxfordhouse.org).

Dr. John Kelly of Harvard in a keynote address emphasized that alcoholism and illicit drug addiction are chronic diseases and require measurement over time. Kelly 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.



The willingness of Oxford House residents to share their experiences in recovery with researchers has change the way many used to look at alcoholism and drug addiction as acute illnesses. In fact, the chronic nature of these diseases require a comprehensive and wrap around therapy for successful long-term recovery. 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 increasing clear that the self-help aspects of the Oxford House model provide a common purpose and sturdy support to achieve comfortable and life-long recovery. The “Blueprint for Success” symbolism is worthwhile goal for anyone but for recovering alcoholics and drug addicts its attainment often requires 24/7 support in a safe, caring living environment called Oxford House.

# Oxford Houses of Virginia Directory

## Alexandria

**Belle Haven**  
6216 Quander Road  
Alexandria, VA 22307-1004  
703-768-5659  
7 / M  
*Oxford House since 6/1/1999*

**Diva**  
1401 Pickett Street  
Alexandria, VA 22304-1804  
703-888-2506  
12 / W  
*Oxford House since 6/1/1996*

**Glebe Road**  
2720 N. Rosser Street  
Alexandria, VA 22311-1342  
703-820-0191  
8 / M  
*Oxford House since 2/1/1991*

**Mt Vernon Square**  
7916 Holland Road  
Alexandria, VA 22306-2604  
703-718-0119  
8 / M  
*Oxford House since 11/18/2006*

**Landmark**  
5201 Redwing Drive  
Alexandria, VA 22312-2046  
571-620-7751  
8 / M  
*Oxford House since 4/1/2016*

## Annandale

**Pence Court**  
3510 Pence Court  
Annandale, VA 22003-1426  
571-202-4544  
10 / M  
*Oxford House since 1/1/1995*

**Manor**  
7712 Newcastle Dr  
Annandale, VA 22003-5424  
703-941-4333  
8 / M  
*Oxford House since 4/1/1995*

**Crossman**  
6815 Crossman Street  
Annandale, VA 22003-3406  
703-992-6784  
9 / M  
*Oxford House since 9/1/2004*

**Chapel Hill**  
4504 Wakefield Chapel Road  
Annandale, VA 22003-4527  
703-764-8247  
8 / W  
*Oxford House since 8/1/2006*

**Brandy Jo**  
7304 Austin Street  
Annandale, VA 22003-1601  
703-205-0990  
10 / WC  
*Oxford House since 10/1/2010*

**Ravensworth**  
4800 Ravensworth Rd  
Annandale, VA 22003-5550  
703-256-3043  
10 / M  
*Oxford House since 10/1/2013*

**Columbia Pike**  
4021 Oxford Street  
Annandale, VA 22003  
703-333-2965  
9 / M  
*Oxford House since 8/1/2015*

**Endurance**  
4025 Oxford Street  
Annandale, VA 22003  
703.256.4906  
8 / M  
*Oxford House since 10/1/2017*

## Arlington

**Thomas Street**  
1114 N Stuart Street  
Arlington, VA 22201-4718  
703.248.0637  
10 / M  
*Oxford House since 2/1/1992*

**Glen Carlyn**  
2320 South Monroe Street  
Arlington, VA 22206-2439  
703-486-0204  
8 / W  
*Oxford House since 3/1/2010*

**Waverly Hills**  
1714 N Glebe Rd  
Arlington, VA 22207-2038  
703-528-1899  
9 / M  
*Oxford House since 6/1/2012*

**Glebewood**  
5945 Arlington Blvd  
Arlington, VA 22203-1105  
703-528-6345  
8 / M  
*Oxford House since 12/1/2012*

**Ballston**  
4246 15th Street, North  
Arlington, VA 22207-3157  
703.527.2313  
8 / M  
*Oxford House since 1/15/2017*

## Chantilly

**Briarwood 2**  
4521 Fillingame Drive  
Chantilly, VA 20151-2820  
703-378-2580  
8 / M  
*Oxford House since 8/1/2012*

## Charlottesville

**Forest Hills Park**  
1418 Forest Ridge Road  
Charlottesville, VA 22903-3820  
434-872-0019  
7 / M  
*Oxford House since 3/1/2007*

**Wakefield**  
1088 Rio Road East  
Charlottesville, VA 22901-1804  
434-202-0432  
7 / M  
*Oxford House since 9/25/2009*

**Fry's Spring**  
421-A Moseley Drive  
Charlottesville, VA 22903-4304  
434-422-8987  
7 / W  
*Oxford House since 11/1/2009*

**Washington Park**  
815 Cabell Avenue  
Charlottesville, VA 22903-2012  
434-202-2844  
9 / M  
*Oxford House since 8/1/2010*

**Pen Park**  
1100 Locust Ave  
Charlottesville, VA 22901  
434-202-8800  
7 / M  
*Oxford House since 12/1/2014*

## Chesapeake

**Chesapeake**  
1200 Earle Avenue  
Chesapeake, VA 23324-1422  
757-962-5054  
7 / M  
*Oxford House since 10/1/2003*

**Greenbrier**  
1122 Turtle Rock Terrace  
Chesapeake, VA 23320  
757-410-4147  
7 / M  
*Oxford House since 2/1/2019*

## Christianburg

**New River**  
501 W. Main St.  
Christiansburg, VA 24073  
540-251-3278  
8 / M  
*Oxford House since 7/1/2020*

## Culpeper

**Cottonwood**  
2157 Cottonwood Ln.  
Culpeper, VA 22701  
540.733.3033  
7 / M  
*Oxford House since 1/1/2020*

## Fairfax

**Pentagon**  
5300 Portsmouth Road  
Fairfax, VA 22032-3427  
703-426-2515  
8 / W  
*Oxford House since 2/1/1994*

**Beau Lane**  
2900 Beau Lane  
Fairfax, VA 22031-1303  
571-340-3850  
8 / M  
*Oxford House since 10/1/1995*

**Fair Oaks**  
3010 Steven Martin  
Fairfax, VA 22031-1030  
703.255.2568  
10 / M  
*Oxford House since 7/1/1995*

**Hunter Street**  
3940 Fairview Dr.  
Fairfax, VA 22031-3408  
703-383-9292  
8 / W  
*Oxford House since 5/1/1996*

**Prosperity**  
3317 Prosperity Avenue  
Fairfax, VA 22031-2823  
703-289-9632  
9 / M  
*Oxford House since 1/1/1999*

**Little River**  
8714 Leroy Place  
Fairfax, VA 22031-3309  
703-425-0827  
8 / M  
*Oxford House since 1/1/2009*

**Hermosa**  
9150 Hermosa Drive  
Fairfax, VA 22031  
703-359-1400  
8 / W  
*Oxford House since 10/1/2016*

**Fairchester Woods**  
3611 Hill Street  
Fairfax, VA 22030-3004  
703-259-3934  
7 / M  
*Oxford House since 10/1/2018*

**Fairhill**  
2916 Cedar Ln  
Fairfax, VA 22031  
703-272-3904  
12 / M  
*Oxford House since 4/1/2020*

### Falls Church

**Annandale**  
3816 Sleepy Hollow Road  
Falls Church, VA 22041-1024  
703-462-9331  
8 / M  
*Oxford House since 5/1/1991*

**Lemon Road**  
7103 Norwalk Street  
Falls Church, VA 22043-1518  
703-821-1281  
9 / M  
*Oxford House since 3/1/1995*

**Forest Glen**  
5840 Glen Forest Drive  
Falls Church, VA 22041-2513  
703-820-0450  
8 / M  
*Oxford House since 12/1/2009*

**Berkley Park**  
7017 Oak Ridge Road  
Falls Church, VA 22042-2520  
703-560-1639  
8 / M  
*Oxford House since 4/1/2011*

**Merrifield**  
2809 Mary Street  
Falls Church, VA 22042-7714  
703-573-2407  
10 / M  
*Oxford House since 9/1/2014*

**Bailey's Crossroads**  
3302 Glen Carlyn Road  
Falls Church, VA 22041-2408  
703-379-1704  
12 / M  
*Oxford House since 11/1/2014*

**Pinewood**  
3810 Pinewood Terrace  
Falls Church, VA 22041  
703.813.1796  
7 / W  
*Oxford House since 6/1/2015*

**South Lee**  
114 South Lee Street  
Falls Church, VA 22046-3922  
571-641-3222  
7 / M  
*Oxford House since 9/1/2017*

### Fredericksburg

**Orchid**  
204 Breezewood Drive  
Fredericksburg, VA 22407-1308  
540-898-8622  
7 / M  
*Oxford House since 1/1/2010*

**Rising Sun**  
1315 Rowe Street  
Fredericksburg, VA 22401-4622  
540.479.1423  
7 / M  
*Oxford House since 4/18/2018*

**Hazel Run**  
11801 Taft Dr.  
Fredericksburg, VA 22407  
10 / M  
*Oxford House since 1/1/2020*

**Glen Allen**  
**Mountain Road**  
9500 Emmett Road  
Glen Allen, VA 23060-3400  
804.270.1391  
10 / W  
*Oxford House since 9/1/2018*

### Hampton

**Beall Drive**  
107A N. First Street  
Hampton, VA 23664  
757-851-1832  
7 / M  
*Oxford House since 3/1/2003*

**Hampton**  
38 Rockingham Drive  
Hampton, VA 23669-3697  
757-251-2917  
9 / M  
*Oxford House since 2/1/1998*

**Lynnhaven**  
210 Bailey Park Road  
Hampton, VA 23669-2573  
757-722-6495  
7 / W  
*Oxford House since 2/1/1992*

**Little Back**  
1034 E. Little Back River Road  
Hampton, VA 23669-1030  
757-850-0441  
11 / M  
*Oxford House since 12/1/2010*

**Brookfield**  
2 Brookfield Drive  
Hampton, VA 23666-3502  
757-251-2468  
15 / M  
*Oxford House since 7/1/2011*

**Peninsula**  
227 Springdale Way  
Hampton, VA 23666  
757-224-9966  
7 / M  
*Oxford House since 9/1/2014*

### Harrisonburg

**Summit**  
760 Collicello Street  
Harrisonburg, VA 22802-2511  
540.209.8168  
8 / M  
*Oxford House since 11-16-2018*

**Trillium**  
339 W. Water Street  
Harrisonburg, VA 22801  
8 / W  
*Oxford House since 1/1/2020*

### Herndon

**Briar Patch**  
306 Missouri Avenue  
Herndon, VA 20170  
703-430-2170  
8 / M  
*Oxford House since 10/1/2014*

**Angel Park**  
542 Madison Street  
Herndon, VA 20170-4510  
703.435.5794  
8 / W  
*Oxford House since 6/1/2019*

### Highland Springs

**Highland Springs**  
1000 E Nine Mile Road  
Highland Springs, VA 23075  
804.326.1234  
7 / M  
*Oxford House since 5/1/2015*

### Lynchburg

**Scholar**  
288 Myrtle Lane  
Lynchburg, VA 24502  
434.215.3136  
9 / M  
*Oxford House since 5/15/2018*

**Birdie**  
1413 Rittenhouse Street  
Lynchburg, VA 24502-1331  
434-386-8834  
7 / W  
*Oxford House since 11/16/2018*

**Kyber**  
744 Sherman Dr.  
Lynchburg, VA 24502  
757.556.7475  
8 / M  
*Oxford House since 3/1/2020*

### Manassas

**Manassas**  
8522 Thomas Drive  
Manassas, VA 20110-3631  
703-335-5049  
7 / M  
*Oxford House since 5/1/2000*

## N. Chesterfield

**Thomas II**  
8520 Thomas Drive  
Manassas, VA 20110-3631  
703-361-0491  
7 / M  
*Oxford House since 6/1/2000*

**Chester**  
10213 Kayvee Rd.  
N. Chesterfield, VA 23236  
804-709-1774  
7 / M  
*Oxford House since 10/1/1996*

**Westhaven Park**  
3522 King Street  
Portsmouth, VA 23707  
757-673-4913  
7 / W  
*Oxford House since 9/1/2016*

**Ramekin**  
510 W. 26th Street  
Richmond, VA 23225-3830  
804-230-8771  
8 / M  
*Oxford House since 5/1/2011*

**Roseberry**  
9504 Lincoln Ave  
Manassas, VA 20110-5612  
571-208-0075  
7 / W  
*Oxford House since 7/1/2014*

**Norfolk**  
**Bayview Gardens**  
1622 Broadfield Road  
Norfolk, VA 23503-4138  
757.383.6826  
7 / M  
*Oxford House since 6/1/2007*

**Radford**  
**Willow Woods**  
909 Custis St.  
Radford, VA 24141  
540-838-2404  
8 / W  
*Oxford House since 2/1/2020*

**Serenity Path**  
3019 North Ave  
Richmond, VA 23222-2644  
804.709.1676  
9 / M  
*Oxford House since 2/1/2018*

**Sudley Manor**  
7504 Donset Ct  
Manassas, VA 20109  
703-257-3412  
7 / M  
*Oxford House since 7/1/2016*

**Little Creek**  
2900 David Avenue  
Norfolk, VA 23518-3328  
757-351-0165  
7 / W  
*Oxford House since 3/1/2010*

**Richmond**  
**Commonwealth**  
4500 Patterson Avenue  
Richmond, VA 23221-1816  
804-308-0497  
10 / M  
*Oxford House since 12/1/1991*

**Carver**  
1206 W Clay Street  
Richmond, VA 23220-2218  
804.213.3078  
7 / M  
*Oxford House since 8/8/2018*

**Court Square**  
9208 Peabody Street  
Manassas, VA 20110  
703.334.2529  
8 / M  
*Oxford House since 11/1/2019*

**Seaview**  
118 W Seaview Avenue  
Norfolk, VA 23503  
757-227-4458  
7 / M  
*Oxford House since 10/1/2015*

**Chamberlayne**  
2918 Chamberlayne Avenue  
Richmond, VA 23222-3506  
804-716-0028  
10 / M  
*Oxford House since 5/1/2005*

**Pollard Park II**  
2914 Edgewood Dr  
Richmond, VA 23222  
804-716-4649  
9 / M  
*Oxford House since 2/15/2020*

**Liberia Woods**  
8901 Weir St  
Manassas, VA 20110  
703.368.3937  
9 / WC  
*Oxford House since 2/1/2020*

**New Horizon**  
314 E McGinnis Circle  
Norfolk, VA 23502  
757-962-2406  
8 / M  
*Oxford House since 6/1/2016*

**Clay Street**  
719 1/2 West Clay Street  
Richmond, VA 23220-3113  
804-308-0255  
7 / M  
*Oxford House since 9/1/2006*

**Roanoke**  
**Mill Mountain**  
1702 Kenwood Blvd. SE  
Roanoke, VA 24013-2119  
540-904-5921  
7 / M  
*Oxford House since 3/1/1999*

**Wellington**  
9533 School St.  
Manassas, VA 20110  
703-570-4478  
9 / M  
*Oxford House since 3/1/2020*

**North Chesterfield**  
**Bon Air**  
200 N Pinetta Drive  
North Chesterfield, VA 23235-4916  
804.330.6788  
8 / W  
*Oxford House since 8/1/2016*

**Woodland Heights**  
2719 Semmes Avenue  
Richmond, VA 23225-3857  
804-562-9183  
9 / M  
*Oxford House since 6/15/2010*

**Star City**  
2440 Grandin Road SW  
Roanoke, VA 24015  
540-685-4688  
8 / W  
*Oxford House since 4/1/1998*

## McLean

**King's Manor**  
1101 Pine Hill Road  
McLean, VA 22101-2904  
703-288-9644  
11 / M  
*Oxford House since 7/1/2001*

**Petersburg**  
**Appomattox**  
1846 Sycamore Street  
Petersburg, VA 23805-2733  
804-431-5724  
10 / M  
*Oxford House since 11/1/2018*

**River City**  
3211 Semmes Avenue  
Richmond, VA 23225-3449  
804-232-5448  
9 / M  
*Oxford House since 12/1/2010*

**Valley View**  
4005 Richland Avenue, NW  
Roanoke, VA 24012-2842  
540-561-0703  
8 / M  
*Oxford House since 5/1/2006*

**Chain Bridge**  
6903 Dillon Avenue  
McLean, VA 22101-4437  
703-442-0458  
9 / M  
*Oxford House since 3/1/2015*

**Portsmouth**  
**Gosport**  
2512 Greenwood Drive  
Portsmouth, VA 23702  
757-393-2535  
7 / M  
*Oxford House since 11/20/2015*

**Edgehill**  
2504 Brook Road  
Richmond, VA 23220-1514  
804-303-0555  
7 / W  
*Oxford House since 2/1/2011*

**Horizon**  
2507 Floraland Drive NW  
Roanoke, VA 24012-2721  
540-206-2647  
7 / M  
*Oxford House since 1/1/2006*

**Wasena**  
624 Ferdinand Avenue SW  
Roanoke, VA 24016-3826  
540.400.6225  
6 / M  
*Oxford House since 6/1/2010*

**Salem**  
**Kenwood**  
1325 Roanoke Blvd  
Salem, VA 24153-5201  
540.389.0815  
13 / M  
*Oxford House since 8/1/2001*

**Vienna**  
**Pike Place**  
905 Dale Court SE  
Vienna, VA 22180-5826  
703.916-1898  
8 / M  
*Oxford House since 8/1/1995*

**Victoria**  
367 Dillon Drive  
Virginia Beach, VA 23452-6754  
757-340-0236  
6 / W  
*Oxford House since 11/17/2007*

**Springfield**  
**Springfield**  
6012 Frederick Street  
Springfield, VA 22150-3705  
703-462-9539  
9 / M  
*Oxford House since 5/11/2008*

**Tyson's Corner**  
2229 Chain Bridge Road  
Vienna, VA 22182-3735  
703-938-0151  
10 / M  
*Oxford House since 2/1/1992*

**Lake Smith**  
5541 Quarterpath Gate  
Virginia Beach, VA 23455-6716  
757-228-1910  
8 / M  
*Oxford House since 8/15/2009*

**Raleigh Court**  
2135 Sherwood Avenue, SW  
Roanoke, VA 24015-2741  
540-344-2201  
7 / W  
*Oxford House since 11/1/2013*

**Melita**  
5213 Ferndale Street  
Springfield, VA 22151  
703-256-2099  
9 / W  
*Oxford House since 11/1/2014*

**Wesleyan**  
8415 Wesleyan Street  
Vienna, VA 22180-7125  
703-573-9115  
9 / M  
*Oxford House since 7/1/1990*

**Salem**  
1805 Summerhedge Close  
Virginia Beach, VA 23456-5451  
757-321-3129  
10 / M  
*Oxford House since 8/15/2010*

**Old Dominion**  
2012 Colgate Street, NE  
Roanoke, VA 24012  
540-563-1181  
7 / M  
*Oxford House since 9/1/2014*

**Sterling**  
**Sterling**  
510 Cardinal Glen Circle  
Sterling, VA 20164-5517  
703-421-8575  
8 / M  
*Oxford House since 2/1/1996*

**Brilyn**  
2823 Yeonas Drive  
Vienna, VA 22180-6124  
703-242-1819  
9 / M  
*Oxford House since 4/1/2013*

**Golden Maple**  
340 Golden Maple Drive  
Virginia Beach, VA 23452-6857  
757-351-3689  
8 / M  
*Oxford House since 8/1/2011*

**Tarpley Park**  
1911 Oxford Avenue  
Roanoke, VA 24015-5116  
540-342-0842  
7 / WC  
*Oxford House since 4/1/2016*

**North Upton**  
900 N. Upton Street  
Sterling, VA 20164-3737  
703-444-5898  
7 / M  
*Oxford House since 4/1/2003*

**Oakdale Park**  
2428 Luckett Ave  
Vienna, VA 22180  
703-297.3444  
9 / M  
*Oxford House since 1/1/2020*

**Coral**  
4732 Brompton Drive  
Virginia Beach, VA 23456  
757.471.4053  
9 / W  
*Oxford House since 10/1/2012*

**Sunnyside**  
612 Elm Ave SW  
Roanoke, VA 24016  
540-344-0457  
8 / M  
*Oxford House since 4/1/2016*

**Sugarland**  
104 Seneca Chase Court  
Sterling, VA 20164  
703.421.4060  
9 / M  
*Oxford House since 11/1/2015*

**Virginia Beach**  
**Pembroke**  
3032 Birch Bark Drive  
Virginia Beach, VA 23452-6794  
757-497-5880  
8 / W  
*Oxford House since 11/1/1994*

**Neptune**  
3508 Stancil Street  
Virginia Beach, VA 23452-4207  
757-364-3762  
8 / M  
*Oxford House since 10/1/2012*

**Fenix**  
2802 Mansfield Street NE  
Roanoke, VA 24012  
540.795.4152  
8 / W  
*Oxford House since 9/1/2017*

**Forest Ridge**  
107 Juneberry Ct.  
Sterling, VA 20164  
703.435.1700  
8 / M  
*Oxford House since 8/1/2016*

**Tidewater**  
315 16th Street  
Virginia Beach, VA 23451-3403  
757-917-5346  
12 / M  
*Oxford House since 5/1/1991*

**Oceana**  
5172 Allyne Road  
Virginia Beach, VA 23462  
757-499-3158  
8 / M  
*Oxford House since 4/1/2014*

**Roanoke River**  
634 Elm Ave SW  
Roanoke, VA 24016  
540-566-4522  
9 / M  
*Oxford House since 11/1/2019*

**Wyman**  
27 Jefferson Drive  
Sterling, VA 20165-8602  
703.444.9184  
8 / M  
*Oxford House since 4/1/2018*

**Plaza**  
300 Hospital Drive  
Virginia Beach, VA 23452-6734  
757-463-0168  
7 / M  
*Oxford House since 8/1/2006*

**Poseidon**  
3032 Red Maple Lane  
Virginia Beach, VA 23452  
757-305-9404  
7 / M  
*Oxford House since 9/1/2014*

**Luna**  
808 Earl of Chesterfield Ln  
Virginia Beach, VA 23452  
757.412.1493  
9 / W  
*Oxford House since 5/1/2017*

**Coastal**  
4432 John Jay Lane  
Virginia Beach, VA 23462  
757-351-3502  
9 / M  
*Oxford House since 10/1/2017*

**Hera**  
4552 Revere Dr.  
Virginia Beach, VA 23456-4803  
757.222.5527  
9 / WC  
*Oxford House since 11/1/2018*

**Oceanfront**  
811 23rd St.  
Virginia Beach, VA 23451  
757-355-3767  
9 / M  
*Oxford House since 1/1/2020*

**Triton**  
3540 Stancil Street  
Virginia Beach, VA 23452-4207  
757-917-5539  
8 / M  
*Oxford House since 5/10/2020*

### Williamsburg

**Williamsburg**  
107 Gilley Drive  
Williamsburg, VA 23188-2526  
757-206-1934  
7 / M  
*Oxford House since 5/1/2005*

**Jamestown**  
2588 Lake Powell Road  
Williamsburg, VA 23185-3706  
757-645-4567  
7 / M  
*Oxford House since 5/15/2011*

**Blossom**  
137 Leon Drive  
Williamsburg, VA 23188  
757-790-2258  
8 / W  
*Oxford House since 7/5/2012*

**York**  
607 Musket Drive  
Williamsburg, VA 23185-5303  
757-903-4383  
8 / M  
*Oxford House since 11/1/2015*

**Deer Springs**  
106 Deer Spring Road  
Williamsburg, VA 23188  
757.378.3611  
8 / M  
*Oxford House since 7/1/2016*

### Winchester

**South Cameron**  
618 S. Cameron Street  
Winchester, VA 22601-4620  
540-686-7161  
8 / W  
*Oxford House since 10/1/2005*

**Hill Top Heights**  
93 Christopher Drive  
Winchester, VA 22601-5257  
540-773-8089  
8 / M  
*Oxford House since 8/1/2006*

**Shenandoah Valley**  
605 S. Kent Street  
Winchester, VA 22601-4663  
540-667-4488  
8 / W  
*Oxford House since 11/18/2006*

**Fairview Park**  
356 Miller Street  
Winchester, VA 22601-5840  
540.504.7913  
8 / M  
*Oxford House since 4/15/2007*

**Amherst Street**  
132 Amherst Street  
Winchester, VA 22601-4114  
540-535-0774  
9 / M  
*Oxford House since 8/1/2007*

**Piccadilly Place**  
380 East Piccadilly Street  
Winchester, VA 22601-5217  
540-722-0270  
8 / W  
*Oxford House since 5/15/2008*

**Apple Blossom**  
326 N. Braddock Street  
Winchester, VA 22601-3920  
540-773-4228  
8 / W  
*Oxford House since 10/1/2009*

**North Ave**  
141 Allison Ave  
Winchester, VA 22601-3001  
540-773-4226  
7 / M  
*Oxford House since 2/15/2010*

**Old Town**  
24 West North Avenue  
Winchester, VA 22601-4836  
540-686-7487  
8 / M  
*Oxford House since 11/1/2011*

**Pleasant Valley**  
22 N. Pleasant Valley Rd  
Winchester, VA 22601-5234  
540-545-5348  
7 / M  
*Oxford House since 10/1/2013*

**Winchester Heights**  
312 Green Street  
Winchester, VA 22601-5318  
540-313-4668  
7 / M  
*Oxford House since 2/1/2014*

**Douglass Park**  
628 Watson Avenue  
Winchester, VA 22601  
540-773-3371  
6 / M  
*Oxford House since 2/1/2015*

**Serenity Park**  
378 East Piccadilly Street  
Winchester, VA 22601  
540.323.7396  
8 / WC  
*Oxford House since 12/15/2015*

**Jameswood**  
221 Fox Drive  
Winchester, VA 22601  
540-422-3732  
7 / M  
*Oxford House since*

## Virginia Oxford Houses

152 and growing

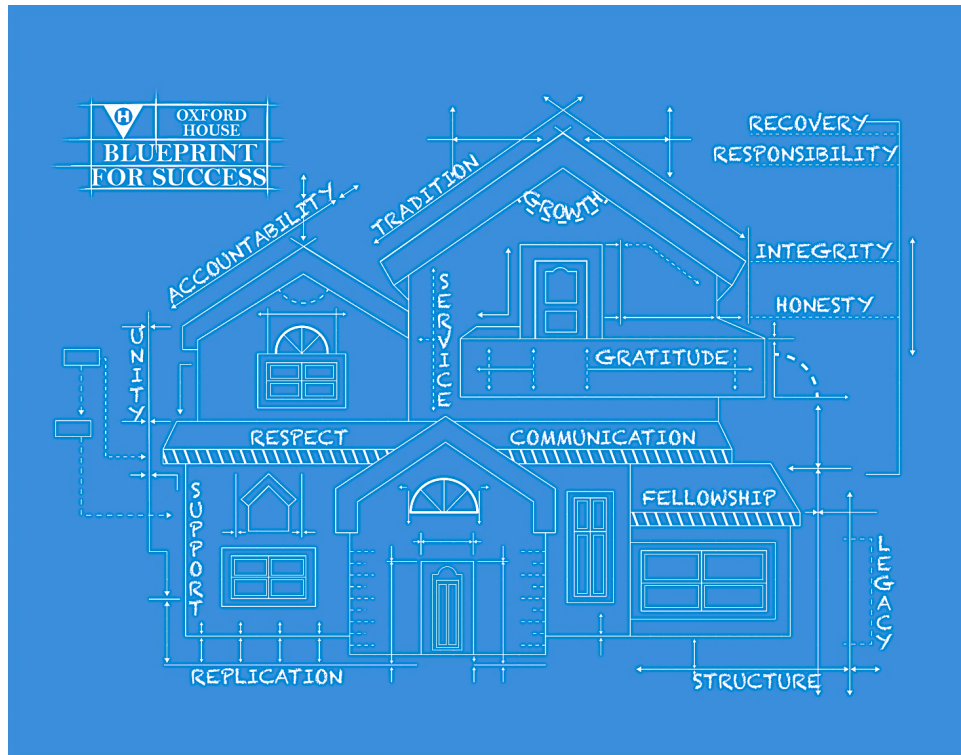
1,252 Beds

296 for women

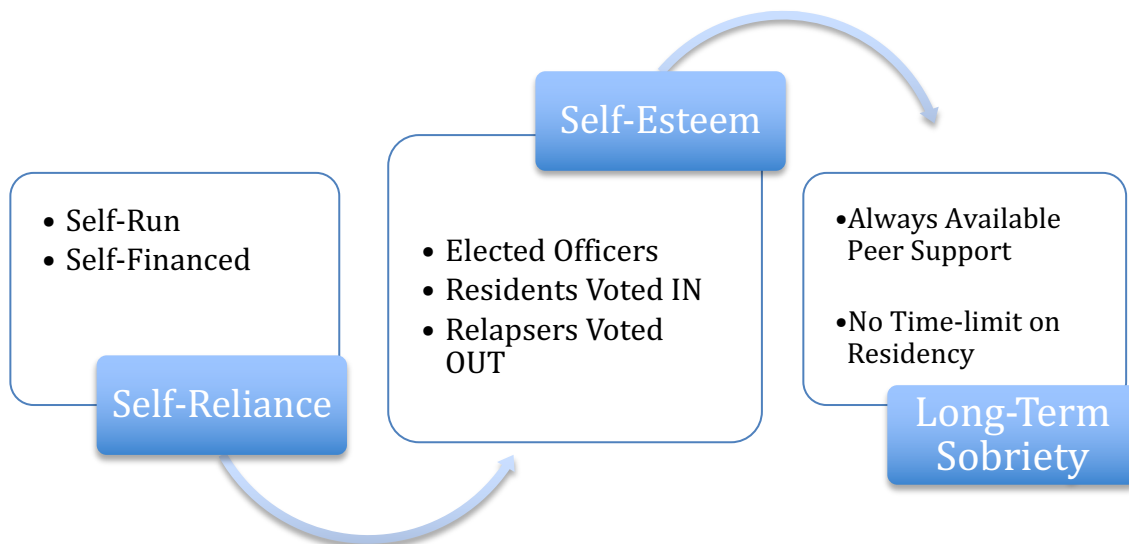
956 for men

Real time vacancy  
information:  
[www.oxfordvacancies.com](http://www.oxfordvacancies.com)





## The Oxford House™ Path to Recovery





## **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™

1975-2020

*45 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

***Oxford House World Services***

1010 Wayne Avenue, Suite 300  
Silver Spring, Maryland 20910

Telephone 301-587-2916

Facsimile 301-589-0302

E-Mail [Info@oxfordhouse.org](mailto:Info@oxfordhouse.org)

Web Site: [www.oxfordhouse.org](http://www.oxfordhouse.org)