

Program Name: Sober Homes/Oxford House

Your name and date: Susan Foley 8/8/02

Mission: To provide clean and sober living for people who are in recovery. To promote taking responsibility for one's life and to promote self-efficacy. Oxford House has as its primary goal the provision of housing and rehabilitative support for the alcoholic or drug addict who wants to stop drinking or using and stay stopped.

Principles: (expressed)

The goals of Oxford house are:

Recovery - Become free of addiction

Responsibility - Take control of lifestyle and make better life choices to support recovery

Replication - Starting other recovery homes

Program Structure:

Oxford houses are self-run, self-supported recovery houses. There is generally no outside funding, except the possibility of help with first months rent and security deposit. Most leases are held by the residents and fall under regular residential homes. Oxford House, Inc. is the non-profit agency which the houses are affiliated with and chartered through to Network about recovery and recovery homes, but they do not own any property. They are based on the Charter stated below. The way to become an Oxford House is to Contact Oxford House, Inc. to obtain information about how Oxford Houses work, get members for the house, and apply for a Charter. Oxford House, Inc. assures that each house is following the charter and intervenes when necessary. Dues are paid to Oxford House, Inc. to be part of a Chapter of Oxford Houses. Each house must agree to abide by the Oxford House Charter, but can develop it's own individual rules within the house. Rent is established based on the amount of lease and expenses. It is divided among the number of members in the house and collected weekly.

The Oxford House Charter

- The House must be democratically self-run.
- The House membership is responsible for all household expenses.
- The House must immediately expel any member who uses alcohol or drugs (Each house must fulfill this requirement in order to obtain and retain its Oxford House Charter).

Once an oxford house and membership is established it elects officers for a 6 month period to ensure the smooth running of the house. The positions are President, Treasurer, Secretary, and Comptroller. They conduct regular house meetings to assure the House Traditions (see below) are followed, and they keep the finances of the house in good order. The number of residents range from six residents to fifteen. There is no professional therapy or formal

counseling, and they utilize no paid staff. It's based on peer support and group consensus. There are house meetings, usually held weekly to discuss "house issues." There is generally a house manager. Residents are expected to be clean and sober at all times and while not mandatory, should be participating in a recovery program, generally AA/NA. Residents need to pay rent on time and be responsible for paying all other house expenses. They use a majority vote to make decisions, except for the 80 percent rule when accepting a new resident.

TRADITION ONE

Oxford House has as its primary goal the provision of housing and rehabilitative support for the alcoholic or drug addict who wants to stop drinking or using and stay stopped.

TRADITION TWO

All Oxford Houses are run on a democratic basis. Our officers are but trusted servants, serving continuous periods of no longer than six months in any one office.

TRADITION THREE

No member of an Oxford House is ever asked to leave without cause -- a dismissal vote by the membership because of drinking, drug use, or disruptive behavior.

TRADITION FOUR

Oxford House is not affiliated with Alcoholics Anonymous and Narcotics Anonymous, organizationally or financially, but Oxford House members realize that only active participation in Alcoholics Anonymous and/or Narcotics Anonymous offers assurance of continued sobriety.

TRADITION FIVE

Each Oxford House should be autonomous except in matters affecting other houses or Oxford House, Inc., as a whole.

TRADITION SIX

Each Oxford House should be financially self-supporting although financially secure houses may, with approval or encouragement of Oxford House, Inc., provide new or financially needy houses a loan for a term not to exceed one year.

TRADITION SEVEN

Oxford House should remain forever non-professional, although individual members may be encouraged to utilize outside professionals whenever such utilization is likely to enhance recovery from alcoholism.

TRADITION EIGHT

Propagation of the Oxford House, Inc. concept should always be conceived as public education rather than promotion. Principles should always be placed before personalities.

TRADITION NINE

Members who leave an Oxford House in good standing are encouraged to become associate members and offer friendship, support, and example to newer members.

How does the program define or measure success?

This program would define success as someone who has "made it". They've remained clean and sober and are living a healthy, responsible lifestyle. They've maintained their housing and continue to live either in the sober home, or have moved on to a different living situation.

Describe a successful participant.

A successful participant would be one who remains clean and sober, is working on recovery, and has maintained housing.

At what level would a participant enter the program?

They need to be clean and sober, wanting a clean and sober environment, and have the ability to pay for rent. Length of sobriety varies from house to house.

Program Approach (Application)	Method (How it's used?)	Outcome (What would it look at COTS?)	Measurement (How do we measure success?)
Human Growth & Transformation	The concept of self-responsibility and self-efficacy, as well as peer support combined with a 12 Step Recovery program is the main model for Human Growth and transformation.	We could use some of the ideas and principles in our transitional housing programs. However, the basic premise of these homes is that they are self-run without staff and have no time-limits - so maybe we could serve as the "land-lord"?	Success would be that a member remains clean and sober and retains housing.
Staff Interaction with Clients	Since there is no "staff" on site at these sober homes, I could see staff in a peripheral role, such as offering case management services for a set amount of time.	Staff could be intentional in their interactions with clients and help support a sober, responsible lifestyle. I could see them helping clients to think through different life choices as they arise.	Minimal use of staff time and services
Client-to-Client Interaction	Peer support to help maintain a clean and sober environment and to understand and support the recovery process.	Some level of this could work at the Op Center, overall it's meant for a housing situation. This could promote healthier interactions among our clients. Peer support to help clients move toward recovery.	Success here would be that more clients are able to get into housing based on support from each other. A camping group could get together, become sober, establish incomes and decide to open a sober house.
Client self-help	It's up to the individual to take responsibility for their lives. They are meant to be engaged in a recovery program, usually the 12 steps, which is all about self-help.	Client would begin the recovery process and establish the necessary tools to enable them to move into housing.	Clients become clean and sober and make better life choices that enables them to become stable.

Does this promote a responsible and accountable lifestyle? How?

Yes. You are meant to be working on your recovery and taking responsibility for your life. It uses the 12-step approach, but overall it's about leading a healthy life style and making good healthy choices.

What are the client decision points in this program?

The decision point is to want to remain clean and sober, and to recognize a need for a supportive environment in which to achieve that. Clients will have to have the means to have income to pay for living expenses.

What would you change to make the program or concept more useful in our setting?

As this is not a "program" in the way that we understand that term, I wouldn't necessarily change the model at all. However, I could see utilizing some of the principles, in our existing transitional homes to promote more self-responsibility and encourage more cohesion among the house members. I would also think about how our existing programs can feed into this process, such as workshops held, the rent-right program, and beginning to get our clients thinking about all these possibilities for housing. I may think about implementing an aftercare case-management component to the houses. Maybe we could serve as the "landlord" to help support the process initially.

Additional Issues:

- **Staffing** - no change

- **Aftercare** - as it is, none, but with a slight change, perhaps some case management services.

- **Costs** - minimal

Additional Comments

Sources

Center for Substance Abuse Treatment: Self-Run, Self-Supported Houses for More Effective Recovery from Alcohol and Drug Addiction

<http://www.oxfordhouse.org>

<http://www.soberhousing.net/vision.html>

TLC Clean & Sober Living Homes brochure

C.A.S.T.L.E. Clean & Sober Living brochure

Frank's Place - resident handbook