

*Oxford House*TM

Self-run, Self-supported Recovery Housing



Commemorative Program

2018 Annual Oxford House World Convention

October 4th through October 7th

Sheraton Hotel at Crown Center

Kansas City, Missouri

20th Annual Oxford House World Convention

Oxford House: Recovery, Fellowship and Fun

October 4-7, 2018

Sheraton Hotel at Crown Center – Kansas City, Missouri

CONVENTION SCHEDULE				
FRIDAY 10/5		SATURDAY 10/6		SUNDAY 10/7
7:00-8:15 AM	Breakfast Buffet <i>World Council Nominations Due by Noon</i>	7:00-8:15 AM	Breakfast Buffet <i>Voting until Noon for World Council by Houses attending the Convention</i>	Breakfast Buffet
8:00-9:30 AM	Opening General Session Invocation <ul style="list-style-type: none"> Roderick Williams, Associate Pastor Welcoming Remarks <ul style="list-style-type: none"> Scott Wagner, Mayor Pro Tem, KS, MO Capt. Chideha Oluooha, M.D., Dir. CSAT Welcome and Convention Overview <ul style="list-style-type: none"> Kathleen Gibson and Paul Molloy World Council Election Rules <ul style="list-style-type: none"> James McClain Keynote Speaker <ul style="list-style-type: none"> Bertha Madras, Ph.D. 	8:15- 9:30	Third Breakout Panels <ol style="list-style-type: none"> Medication in Oxford Houses Going Back to School as Residents or Alumni – Tips from Those Who’ve Done It. Filling Vacancies – Where to Look and How To Do It. Dealing with Children in Oxford Houses Keeping Alumni Involved and Forming Alumni Associations 	Closing General Session <ul style="list-style-type: none"> Convention Summary Remembrance of OH Residents and Alumni Who Died During the Past Year Tradition Renewal and Closing
9:30-9:45 AM	<i>Break</i>	9:30-9:45	<i>Break</i>	
9:45-11:00 AM	First Breakout Panels <ol style="list-style-type: none"> Addiction Research – What’s New and News-worthy Working with Treatment Providers Conducting Successful House, Chapter and Association Meetings Oxford House World Council Update Oxford House and State Agencies 	9:45-11:00	Fourth Breakout Panels <ol style="list-style-type: none"> Millennials and Recovery MAT and MAR in in Oxford Houses Oxford House – Four Stages of Houses and Five Core Principles Civil Rights and the Law Current Oxford House Research and Upcoming Studies 	<p align="center">CONVENTION REGISTRATION</p> <p><i>Registration for the 20th Annual Oxford House Convention starts at 10:00 AM on October 4.</i></p> <p align="center">GOLF TOURNAMENT</p> <p><i>The Oxford House Golf Tournament check-in will be at 10:30 AM on Thursday, October 4 at Swope Memorial Golf Course</i></p> <p align="center">WOMEN’S CONFERENCE</p> <p><i>The Oxford House Women’s Conference is on Thursday, Oct. 4 2:00 PM - 7:00 PM Registration opens at noon.</i></p>
11:00-11:15	<i>Break</i>	11:00-11:15	<i>Break</i>	
11:15-12:30	Second Breakout Panels <ol style="list-style-type: none"> Working with Drug Courts, Parole and Prison Re-entry Finding a Good House to Rent Why Recovery Research Matters and Why Residents and Alumni Should Participate Educating the Public About Recovery Engaging with the Recovery Community 	11:15-12:30	Fifth Breakout Panels <ol style="list-style-type: none"> The Importance of Having Fun in Oxford House Opioid Overdose Prevention and Reversal Leadership v. Bossism – Promoting and Practicing Participatory Democracy in Houses and Chapters. Organizing Your Personal Finances Networking for Jobs 	
12:30 - 2:00 PM	Lunch on Your Own AA/NA meetings at hotel – 1:00-2:00 PM	12:30 - 2:00	Lunch on Your Own Alumni Lunch; 12:30-2:00 PM Buy Tickets at World Council table. AA/NA meetings at hotel – 1:00-2:00	
2:15-5:00 PM	Second General Session Keynote: Westley Clark, M.D. <ul style="list-style-type: none"> Eligible World Council Nominees give three-minute campaign speeches Presentation of Directors’ 100-Year Awards. 	2:15 - 5:00	Third General Session Keynote: Dr. Gitlow’s ‘Addiction 101’ <ul style="list-style-type: none"> Introduction of New World Council Members Vote on Resolutions 	
6:30	Event at Union Station Food, Fun, Fellowship and Entertainment!	6:30 - Midnight	Banquet and Dance <ul style="list-style-type: none"> Invocation Dinner and Awards Recovery Speaker Dance: 9:00 PM – Midnight 	
<p align="center"><i>Breakout panel rooms: (1) Exhibit Hall B, (2) Atlanta, (3) New York, (4) San Francisco (5) Chicago</i></p> <p align="center"><i>All General Sessions and first breakout panels will be in Exhibit Hall B</i></p> <p align="center"><i>AA meetings are in Empire A and NA meetings are in Empire B at 1:00-2:00 PM and 10:00-11:00 PM</i></p> <p align="center"><i>On Thursday, October 4, there will be AA and NA meetings only in the evening (10:00-11:00 PM).</i></p>				



Proclamation

RECOGNIZING OXFORD HOUSE FOR ITS IMPACT ON THE LIVES OF THOSE RECOVERING FROM ADDICTION

WHEREAS, Oxford House, founded in Silver Spring, Maryland, in 1975, is a concept in recovery from drug and alcohol addiction: a democratically run, self-supporting and drug-free home; and

WHEREAS, individuals living in an Oxford House learn or relearn values and responsible behavior and, slowly but surely, they develop long-term behavior to assure comfortable sobriety – forever; and

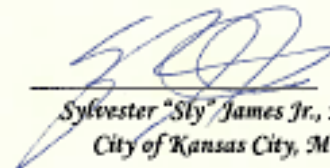
WHEREAS, in the past 43 years, Oxford House has grown from one to over 2,300 houses with a total of 18,025 beds throughout the United States and the world, including 9 in Kansas City, Missouri; and

WHEREAS, since its founding, Oxford House has helped over 400,000 individuals, including many residents of Kansas City, Missouri, to remain clean and sober without relapse; and

WHEREAS, the Oxford House model continues to help persons in recovery here in Kansas City, and around the country become productive contributors to their local communities; and

WHEREAS, the 20th Annual Oxford House World Convention will be held October 4th to October 7th in Kansas City, Missouri, and provide a place for members to celebrate successes, share experiences and come together as a family in unity.

NOW, THEREFORE, I Sylvester James, Mayor of the City of Kansas City, Missouri, on behalf of the citizens of this great city and the City Council, do hereby do hereby congratulate Oxford House for making a difference in the lives of individuals recovering from alcohol and drug addiction as well as their families and communities.


Sylvester "Sly" James Jr., Mayor
City of Kansas City, Missouri



Office of the Mayor
Mayor Sylvester “Sly” James, Jr.

29th Floor, City Hall
414 East 12th Street
Kansas City, Missouri 64106

(816) 513-3500
Fax (816) 513-3518

Dear Convention Attendees,

It is my great pleasure to welcome you to Oxford House’s 20th Annual Convention. For over 42 years, Oxford House, Inc., has remained committed to helping individuals restore their lives and remain clean and sober without relapse. It is truly an honor to host a group of such individuals, committed to making a difference in the lives of others. Congratulations to each and every one of you for participating in such a tremendous event.

While you are with us, we invite you to enjoy every district of our city. Regardless of what area of Kansas City you find yourself, you won’t be far away from great restaurants, retail establishments and cultural events. With attractions ranging from the Sprint Center, to the Nelson-Atkins Museum of Art, the 18th & Vine Jazz District and a number of award-winning barbeque restaurants all around, Kansas City has something for everyone.

Again, I welcome you to Kansas City and thank you for the important work you do!

Sincerely,

Sylvester “Sly” James, Jr.
Mayor of Kansas City, Missouri



Congress of the United States
House of Representatives

September 14, 2018

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Oxford House National Convention
Sheraton Kansas City Hotel at Crown Center
2345 McGee Street
Kansas City, Missouri 64108

Dear Oxford House residents and alumni,

Congratulations to the entire Oxford House Community on 43 years of successfully combatting addiction. Your 20th Annual Convention is a fitting way for everybody to gather and celebrate, then plan for another year where self-help and individual commitment will achieve even more.

About a year ago, I visited one of the 188 Oxford Houses in my home state of Oregon. I was so impressed. Your organization provides the wrap-around support that is so critical to achieving recovery without relapse.

At the House, I met veterans, drug court clients, individuals re-entering society from incarceration, and those just getting out of treatment. All the residents felt they were finally on the right track to long-term recovery.

As we continue to work on passing comprehensive opioid legislation here in the U.S. Congress, I want to thank you for what you've already accomplished, and I look forward to watching you continue your growth and success in the coming year.

Best regards,

Greg Walden
Member of Congress

Oxford House™ *Recovery – Fellowship – Fun*

Welcome to the 2018 Oxford House™ World Convention in Kansas City, Missouri. The convention theme this year sums up the key elements of the Oxford House™ program. Throughout the convention, we will be talking about these elements as we focus on a broad set of topics ranging from basic Oxford House ‘housekeeping’ issues to broader issues about addiction and recovery. There is also plenty of time allotted for socializing and networking. Attend all the sessions. You’ll learn a lot and have fun in the process. If you’re here with other members of your House or Chapter, consider splitting up in order to hit as many panels as possible. That way you’ll have far more information to bring home to those who weren’t able to attend this year.

Introduction

Oxford House™ was born in 1975 when I was one of thirteen men living in a county-run halfway house that was closing. We needed a safe place to live to continue our recovery and we started the first Oxford House. From that beginning, Oxford House has drawn on three legacies inherent in American history: individual liberty, participatory democracy and entrepreneurial freedom. Over the past 43 years, our sole emphasis has been on providing the opportunity for long-term recovery without relapse; we own no real property and don’t accumulate wealth. The focus has paid off. We have a national network of more than 2,400 Oxford House, continued expansion and recovery outcomes second to none. None of that could have happened without the buy-in of Oxford House residents and alumni – then and now. Congratulations to all of you – and keep up the good work!

Oxford House™ has set the standard for making long-term recovery the norm – not the exception. Very early on, the residents of Oxford House invited researchers to study the program and assess its outcomes. This notion of being open about recovery was uncommon at the time; after all, ‘anonymity’ is the hallmark of the 12-Step programs. Nonetheless, Oxford House residents chose to be open about their program and recovery and the result has been the wealth of research that has been done. We’ve also not been afraid to litigate to protect the right to have Oxford Houses in good neighborhoods – and we’ve won, even in the U. S. Supreme Court.

In 1987, when Oxford House was celebrating its 12th anniversary, Dr. Bill Spillane released a study he had done involving 1,280 recovering individuals who had lived in the 13 original Oxford Houses that found that 80% of those individuals had stayed clean and sober from the time they had moved into an Oxford House. That finding was the first verification that somehow the Oxford House concept and system of operation was producing results that were substantially better than traditional ways of dealing with alcoholism, drug addiction and co-occurring mental illness.

Let me give you a few of my thoughts on the three elements mentioned in this year’s convention theme – what they mean and how they contribute to the development of long-term recovery. While recovery itself is central, it’s not enough. Abstinence alone doesn’t work; long term-recovery requires more than just abstinence. In the ‘rooms,’ it’s often said that newcomers need to change their “people, places and things” if they are to achieve recovery. Oxford Houses residents make these changes. They begin to practice recovery and find fellowship among others seeking the same goal. There is also an essential third element – fun. As I said back in 1975 when we started the first Oxford House, “If we can’t have fun in recovery, what’s the point?” All three elements – recovery, fellowship and fun – are necessary for sustained long-term recovery without relapse and are a big part of what makes Oxford House work.

Recovery

From its inception, the Oxford House culture adopted the idea that long-term recovery without relapse should be the normal outcome of addiction treatment – not the exception. Even in 1975, this belief was out of step with the professionals who were preaching that relapse was part of the disease. Those of us in Oxford house knew that relapse – whether or not part of the disease – would be a disaster for an Oxford House. If one resident were allowed a second chance, soon everyone would feel entitled to a second chance, and soon everyone would relapse. The “Keep it Simple” slogan of AA was taken to heart. One drink or use of an illicit drug guaranteed immediate expulsion from the House. It is still a charter requirement. It is simple and it works well. If you use, you lose!

Oxford House also emphasizes the importance of self-determination consistent with responsibility. Each Oxford House obtains a charter that spells out three conditions each Oxford House must follow to achieve the maintenance of an alcohol and drug-free living environment; namely, the House must be democratically self-run, financially self-supported and the residents must agree to immediately expel anyone who uses alcohol or illicit drugs. All Houses have a copy of the Oxford House Manual. It explains how Oxford House works, how to elect House officers, how to hold business meetings, manage finances and run the House on a democratic basic.



Participatory democracy is key to individual freedom, including recovery from the dependence on alcohol or illicit drugs, and it is egalitarian. Within the Oxford House family, it is not uncommon to hear that the only good thing that can be said about addiction is that it is egalitarian. Rich and poor, male and female, Black and White, educated and under-educated, straight or LGBT, young and old – all can become addicted. The very diverse Oxford House population features egalitarianism as a core principle – each individual has an equal vote, officers are term-limited and expenses are divided equally among all residents. This participatory democracy minimizes the “we versus them” attitude that can detract from a focus on recovery and development of self-confidence and self-reliance.

While participation in 12-step programs is not required, most Oxford House members voluntarily participate in these programs.

In 1975, when Oxford House™ began, there was considerable doubt that the Oxford House™ concept and system of operation would work. Few believed that the “inmates could run the asylum.” Time has shown the Oxford House™ concept and system of operation has worked well. More than 450,000 individuals have lived in Oxford House and most have stayed clean and sober. In an Oxford House, residents buy into the concept that relapse doesn’t need to be part of the disease and, as a result of that belief, most residents don’t relapse and achieve long-term recovery.

Oxford House residents achieve long-term recovery without relapse because Oxford House provides the structure that leads to self-confidence and success.

Fellowship

Go to any homeless shelter, jail, prison or detox unit and you'll find out that the residents' family and friends are long gone. Underneath the shakes and hard-luck stories, you usually find isolation, loneliness and hopelessness. All of us addicts have been there and most of us didn't find it fun.

Oxford Houses provide a way back to a life worth living. Residents find fellowship in their House from the minute they are accepted. Entry into an Oxford House requires being voted into the House by an 80% vote of the members. No house manager or outside organizer decides who can get into an Oxford House; the members of the House make that decision themselves by democratic vote following an interview with the individual seeking admission. Once admitted, residents immediately feel part of the group (though perhaps awkwardly at first) because they know that they have been selected to join the group. It's like a sorority or fraternity or country club – you have to be voted in.

Residents get together weekly for their House meeting and hash out problems, go over finances, elect officers and occasionally vote to evict a resident who has relapsed. It doesn't happen often but when it does, residents call a special House meeting to vote on expulsion. In addition to weekly House meetings, residents get together regularly just to socialize and bond with each other. In the photo above, residents of a Women with Children's Oxford House in Colorado are shown in their living room.



Fun

The structure of Oxford House is more than just participatory democracy and self-support. Residents and alumni get together to learn, to support each other – and to have fun together. We all know that if we can't have fun as recovering individuals, why should we bother to stay clean and sober? Residents and alumni participate in workshops, conventions, training sessions, picnics, bowling leagues, open houses and enjoyment of each other without the use of booze or illicit drugs. They work together, they help each other and they have fun together.



In all states, Oxford Houses get together as chapters and state associations to socialize and offer support to each other and particularly to newcomers and members of new Oxford Houses. The picture above shows a group of Oxford House residents at a chapter gathering in Delaware. The picture at right shows a group of Oxford House residents cooking out at Oxford House Castle 55 in Norman, Oklahoma.



Residents also help fellow Oxford House residents in need – just recently, when Hurricane Florence hit the Carolinas, fleeing residents were invited in and welcomed warmly into other Oxford Houses. Residents and alumni are also offering other support to dislocated residents.

One of the many fundraising events in 2017 was a ‘Rastlin’ for Recovery’ event in July sponsored by the Oxford Houses of Charlotte, NC. The event featured 6 wrestling matches, 5 recovery speakers, a Bounce House for children and food for all. It was very successful. The annual Oxford House conventions are places for learning and also for having fun.

Those folks who have been to the last two conventions also probably remember the dinosaur that showed up at the panel on fun and in other locales. And many remember the fun that was had by all at Medieval Times in Dallas. It’s important to have these moments of levity along with a serious focus on recovery and fellowship.



Wherever there are Oxford Houses, residents and alumni support each other and have fun.

Conclusion

The theme is correct. Oxford House fosters recovery, fellowship and fun. And, as was emphasized at last year’s convention, it is also ‘unique, time-tested and evidence-based.’ We are all fortunate to be part of it. Keep in mind that each of us plays an important role in the success of Oxford House. There really are no big bosses. All of you are what makes Oxford House work. Because each of us pays an equal share of expenses and has an equal vote in House decisions, we learn self-confidence first-hand. That makes us feel good about ourselves and sooner or later we tie the “feeling good about ourselves” to the fact that we are staying clean and sober and contributing to the successful running of our Oxford House. Oxford House provides the structure we need to evolve from scared, addicted human beings into confident human beings comfortable in sobriety and long-term recovery. And we have fun!

PARTICIPATE IN THIS 2018 CONVENTION AND ENJOY IT!

This convention provides a place for us to celebrate our success and learn how to make Oxford House™ even bigger and better. There are 25 breakout sessions in which specific aspects of addiction and recovery will be discussed. There is an election that affirms the democratic foundation of the entire organization. There will be lots of opportunity to have fun also.

Take advantage of all that is offered. Listen to the speakers and panel experts to learn more about Oxford House and about addiction. House residents should split up and plan to cover as many breakout panels as possible so as to be able to go back home and tell others about all the sessions.

While this convention is a place to learn more about addiction and how to master long-term recovery, it is also a place to make new friends. Oxford House membership is like membership in a big family. We have common ground. We have tolerance of each other. We have support for living a worthwhile life helping others. Take advantage of it. And have fun!

A handwritten signature in black ink that reads "Paul". The signature is written in a cursive, flowing style.

OPIOID ADDICTION AND OXFORD HOUSE

The Opioid Crisis and the Oxford House Experience

Opioid addiction continues to be a national crisis and the nation is actively engaged in considering what can be done to stop the epidemic and rescue those who have become addicted to opioids. The topic will be discussed at many points during this convention. Bertha Madras, Ph.D., was a member of the Presidents' Opioid Commission and she will give us an overview of the Commission's Final report during the Opening General Session. The topic will also come up in other remarks and panel discussions – some of which will be policy-related while others are more practical dealing with issues like the use of MAT in Oxford Houses and how to deal with overdoses in Oxford Houses (rare events – but they occur and residents need to know what to do if they do occur).

To those of us in Oxford House, opioid addiction is not a new issue. Since its beginnings in 1975, Oxford Houses have been home to residents recovering from addiction to opioids and most of them have achieved long-term recovery. The Oxford House experience may be useful in helping to inform policymakers and others on the elements of successful recovery and what's needed to support long-term recovery for individuals addicted to opioids – as well as those addicted to alcohol and other illicit drugs – alone or in combination. The issues are the same.

It is important to recognize what it takes to achieve recovery – whether the addiction is to alcohol or illicit drugs, including opioids. Unfortunately, there's no pill or magic wand that can guarantee long-term recovery; it's a long-term project for most people and that fact needs to be more widely acknowledged. It is generally accepted that there are four tools to foster recovery: (1) intervention; (2) detoxification (ending physical dependency); (3) treatment (motivation and education); and (4) long-term behavior change. All of these tools are important and are particularly effective when used together.

Traditionally, there has been support for the first three stages of recovery but the weakest link is support for environments that foster long-term behavior change; and, too often, the long-term behavioral change element of recovery is neglected altogether. While 12-Step programs have long preached the need to 'change people, places and things', that is easier said than done. More often than not, individuals completing the treatment stage of recovery go back to where they came from before treatment. Returning 'home' may thwart even the most highly-motivated individual. For example, the recovering incarcerated person re-entering society who goes back to his or her old neighborhood is likely to be welcomed home only by his or her former drug dealer. That's a recipe for relapse. Oxford Houses, which provide the opportunity for recovering individuals to live together to support each other's recovery work, are highly successful in fostering long-term recovery without relapse. While relapses may occur, they occur far, far less than if residents return to the place they used to call 'home.'

The skyrocketing use and abuse of opioids has resulted in overdoses and many of them are fatal. Fortunately, Narcan (Naloxone) is an antidote that has immediate results and it has been made widely available. Oxford Houses stock Narcan and residents are trained in its use. While most Oxford House residents don't relapse, some do, and Narcan is a rescue drug. But, while Narcan can save lives, it's only a temporary fix and many addicts will continue using opioids after detoxification unless they get more sustained recovery support. Drugs such as Suboxone (buprenorphine/naloxone) curb cravings and reduce physical withdrawal symptoms and they can be a path to longer-term recovery but recipients sometimes supplement them with street drugs. While the medical profession tends to support Medically-Assisted Treatment (MAT), many in the recovery community have their doubts about its use as a long-term solution. While the evidence seems to show that MAT works well in the short run as a harm reduction measure that reduces the number of fatal overdoses, reduces drug use and reduces crime, the question whether this approach supports real recovery or serves mainly as a method of harm reduction for the wider community is unresolved.

Oxford House residents will generally accept individuals using MAT and some residents may encourage the MAT recipient to taper off the use of these drugs. All Oxford House residents will monitor MAT users to make certain that they stay on their prescription. The fact is that MAT has not been widely-used long enough to know how well it works in supporting sustained long-term recovery. DePaul University researchers have just begun a longitudinal study of Oxford House residents using MAT to determine how they do over the longer term and other studies will likely be conducted.

Oxford House residents and alumni addicted to opioids achieve long-term recovery mainly because Oxford Houses offer peer support, a time-tested structure and no time limits on residency. Most formal treatment programs are too short to permit an individual to become ‘comfortable’ in sobriety during that time. As noted in the table to the right, many people need treatment and many have already gone through treatment many times. Recovery requires long-term behavior change such as becomes possible by living in an Oxford House for as long as needed. Oxford House™ living builds self-confidence in recovery. Residents share in the elected leadership of their House, participate in Oxford House social activities, get a job, mentor new residents voted into the House, and abstain from the use of alcohol and illicit drugs. These Oxford House characteristics work to support long-term recovery for most Oxford House residents, whether or not they also use medication to support recovery.

Oxford House™ is unique among recovery houses. Its system of operations has been time-tested and its principle of not owning real property or accumulating wealth has shielded it from the malpractice of many recovery home operators whose acceptance of kickbacks, overcharges, poor management and indifference to sobriety standards often plague ordinary recovery house operations. Some are obviously fly-by-night folks anxious to make money. These operations need to be challenged but that needs to be done in a way that protects the proven method of programs like Oxford House™ that rely on being treated as ordinary families and not as treatment facilities that require certification and regulation.

As a nation we need to do more to prevent addiction – both through education and through demand reduction – and we also need to give more thought to programs and policies that support long-term recovery without relapse. Narcan is a rescue drug for the short term; long-term recovery requires behavior change. As a nation, we need to recognize and support programs that achieve that long-term change.

Oxford House residents and alumni, including many who have been addicted to opioids, have proven the value of peer-supported recovery housing that requires residents to govern themselves, pay their own rent and expenses, and immediately expel any House resident who relapses. The program works.

<p style="text-align: center;">ALCOHOLISM AND DRUG ADDICTION</p> <ul style="list-style-type: none">• About 25 million Americans are actively addicted to drugs with 17 million alcoholics, 2 million opioid addict and another 6 million addicted to other drugs. (SAMHSA)• 22.7 million persons aged 18 or older needed treatment for an illicit drug or alcohol abuse problem in 2013 (8.6 percent of persons aged 18 or older). (SAMHSA)• Of these, only 1.25 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 and 14% five times or more. [TEDS] <p style="text-align: center;">Oxford Houses Provide a Low-Cost, Highly Effective Method of Reducing Recidivism</p>

RECOVERY WITHOUT RELAPSE WORKS OXFORD HOUSE RESIDENTS PROVE THAT DAILY

2018 Annual Oxford House Convention

Sheraton Hotel at Crown Center
October 4 –7, 2018

Thursday, October 4, 2018

Annual Oxford House Golf Tournament

Swope Memorial Golf Course

This is the twentieth Annual Oxford House Golf Tournament. There is an \$85 fee per player. Transportation to and from the tournament will be available. Check-in time is at 10:30 AM; lunch will be at 11:00 AM and tee time will be at noon. The play will be ‘Shotgun’ style. There will be four winners.

Convention Registration

The Terrace

- Thursday, 10:00 AM – 8:00 PM
- Friday, 7:00 AM – 4:00 PM
- Saturday, 7:00 AM – Noon

Women’s Conference

Thursday, 2:00 – 7:00 PM

Registration opens at noon on Thursday

Hallway in front of Atlanta/New York

World Council Meeting

Thursday evening
Empire C

AA and NA Meetings

10:00 – 11:00 PM

- AA meeting
- NA meeting

Empire A
Empire B

HINTS FOR GETTING THE MOST OUT OF THE CONVENTION

1. Attend as many sessions as you can.
2. Participate in the election of World Council members.
3. Members of the same House or Chapter should split up and go to different breakout sessions.
4. Get to know folks from other states to extend your Oxford House family.
5. Enjoy your sobriety. Learn and have fun at the convention.

Friday, October 5, 2018

Breakfast Buffet

7:00 A.M. – 8:15 AM
Exhibit Hall A

OPENING GENERAL SESSION

8:00 AM – 9:30 AM
Exhibit Hall B

Invocation: Roderick Williams, Associate Pastor

First Baptist Church, Kansas City, KS

Welcoming Remarks: Scott Wagner, City Councilman and Mayor Pro Tem Kansas City, MO

Welcoming Remarks: CSAT Director Captain Chideha Ohuoha, M.D., M.P.H.



Captain Chideha Ohuoha serves as the Director of the Center for Substance Abuse Treatment Center (CSAT). He was stationed at Fort Belvoir, Md., as an officer of the U.S. Public Health Service (USPHS) from 2008 - 2017. Before that, he was the Deputy Director of Addiction Medicine, Director of Addiction Medicine Research, and the chief psychiatrist for the Wounded Warrior Transition Brigade.

He did his psychiatric residency at St. Elizabeth's Hospital in DC and completed an addiction psychiatry fellowship at the National Institute of Mental Health. He earned his master's in public health from Harvard.

Convention Overview: Kathleen Gibson, OHI COO and J. Paul Molloy, OHI CEO

Oxford House, Inc. (OHI) is run by a dedicated staff under the leadership of CEO Paul Molloy and COO Kathleen Gibson. Both are Oxford House alumni. Together, they direct the activities of Oxford House outreach workers – all Oxford House alumni – who work around the country helping groups of recovering individuals start new Oxford Houses and helping existing Oxford House networks stay on track. OHI is the sole provider of charters to new Houses that agree to meet charter conditions. OHI also publishes manuals and other publications that support the network of Oxford Houses and organizes the annual World Convention.



Oxford House World Council Election Rules – James McClain

Keynote Speaker: Bertha Madras, Ph.D.



Bertha K. Madras, PhD is a professor of Psychobiology at Harvard Medical School, based at McLean Hospital and cross-appointed at the Massachusetts General Hospital. Her research focuses on neurobiology, imaging, and medications development (19 US and 27 international patents) for neuropsychiatric disorders. In public policy, she was Deputy Director for Demand Reduction in the White House Office of National Drug Control Policy, a presidential appointment confirmed unanimously by the US Senate. Dr. Madras recently served as a panelist at the Vatican Pontifical Academy of Sciences and in 2017, was appointed as one of six members of the President's Commission on Combating Drug Addiction and the Opioid Crisis. In service to the public, she developed a museum exhibit, a CD (licensed by Disney) with the Museum of Science, Boston. She is recipient of an NIH MERIT award, a NIDA Public Service Award, and others.

FIRST BREAKOUT PANELS

FRIDAY 9:45 – 11:00 AM

**Addiction Research – What’s New and Newsworthy
Working with Treatment Providers
Conducting Successful House Chapter and Association Meetings
Oxford House World Council Update
Oxford House and State Agencies**

**Exhibit Hall B
Atlanta
New York
San Francisco
Chicago**

SECOND BREAKOUT PANELS

Friday 11:15 AM - 12:30 PM

**Working with Drug Courts, Parole and Prison Re-entry
Finding a Good House to Rent
Why Recovery Research Matters and Why Residents and Alumni Should Participate
Educating the Public About Recovery
Engaging with the Recovery Community**

**Exhibit Hall B
Atlanta
New York
San Francisco
Chicago**

**Lunch on your own - Grab something to eat and go to an AA meeting (Empire A)
or an NA meeting (Empire B)**

**REMEMBER TO GET WORLD COUNCIL NOMINATING PETITIONS IN BY 1:00 PM
Campaign speeches by each of the nominated candidates will be made at the Second General Session**

SECOND GENERAL SESSION

**2:15 PM – 5:00 PM
Exhibit Hall B**

Keynote Address – H. Westley Clark, M.D., J.D., M.P.H., CAS and FASAM

Dr. Westley Clark will be making his 14th presentation at an Oxford House convention. He retired three years ago after 16 years at SAMHSA as Director of CSAT and currently serves as Dean’s Executive Professor in the Public Health Program at Santa Clara University.

He is a graduate of Detroit’s Wayne State University, the University of Michigan Schools of Medicine and Public Health, and Harvard Law School. He also completed a Substance Abuse Fellowship at the Department of Veteran Affairs Medical Center in San Francisco, where he served as Associate Clinical Professor, Department of Psychiatry, of the University of California at San Francisco (UCSF).

Dr. Clark’s support of Oxford House and its message of the possibility of long-term recovery without relapse is exemplified by his attendance at most of our annual conventions. In 2009, Oxford House presented Dr. Clark its coveted Tom Fellows award.



World Council Candidates Present 3-Minute Election Speeches

The Oxford House World Council is an advisory council made up of Oxford House residents and alumni who serve staggered three-year terms. Each year at the convention, residents and alumni vie for open seats on the World Council. They circulate campaign material and make three-minute campaign speeches on Friday afternoon. This year residents will vote for four Resident Members and one Alternate Resident Member. One of the new Resident Members will fill a vacant seat. Residents and alumni will vote for one Alumni Member and one Alternate Alumni Member. Both Resident and Alumni Alternate Members serve one-year terms.

Votes are counted on Saturday and the new members are introduced at the Saturday afternoon General Session.

Presentation of Directors' 100-Year Awards

The Directors' 100-year awards are given to those Oxford Houses, Chapters and State Associations that have voluntarily contributed at least \$600 over the past year to Oxford House, Inc. to support expansion of Oxford Houses in areas where no other support is available. Oxford House, Inc. levies no fees or charges of any type to individual Oxford Houses. Many Houses, Chapters and State Associations choose to make voluntary contribution to show their gratitude for what Oxford has done for them and to enable others to receive the same opportunity. Over the past fiscal year, Oxford House, Inc. received over \$500,000 in contributions from grateful Oxford House residents and alumni.

**Friday Evening Event
Union Station**

6:30 – 10:30 PM

Saturday, October 6, 2018

Breakfast Buffet

7:00 AM – 8:15 AM

THIRD BREAKOUT PANELS

Saturday, 8:15 - 9:30 AM

Medication in Oxford Houses

Exhibit Hall B

Going Back to School as Residents or Alumni – Tips from Those Who've Done it

Atlanta

Filling Vacancies – Where to Look and How to Do It

New York

Dealing with Children in Oxford Houses

San Francisco

Keeping Alumni Involved and Forming Alumni Associations

Chicago

FOURTH BREAKOUT PANELS

Saturday 9:45-11:00 AM

Millennials and Recovery

Exhibit Hall B

MAT and MAR in Oxford Houses

Atlanta

Oxford House – Four Stages of Houses and Five Core Principles

New York

Civil Rights and the Law

San Francisco

Current Oxford House Research and Upcoming Studies

Chicago

Remember to Vote for World Council Nominees Before Noon!

FIFTH BREAKOUT PANELS

Saturday 11:15 AM - 12:30 PM

The Importance of Having Fun in Oxford House

Exhibit Hall B

Opioid Overdose Prevention and Reversal

Atlanta

**Leadership v. Bossism – Promoting and Practicing Participatory Democracy
in Houses and Chapters**

New York

Organizing Your Personal Finances – Budgeting and Saving

San Francisco

Networking for Jobs

Chicago

LUNCH ON YOUR OWN

12:30 PM – 2:00 PM

Grab something to eat and hit an AA meeting in Empire A or an NA meeting in Empire B or go nearby to the Alumni Lunch.

ALUMNI LUNCH [Tickets at World Council Desk: \$35 per person]
MTH Theater in Crown Center Plaza

12:30 PM -2:00 PM

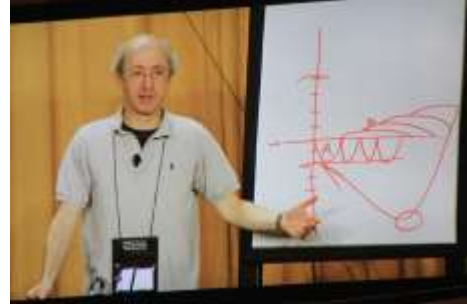
THIRD GENERAL SESSION

2:15 PM – 4:30 PM
Exhibit Hall B

Keynote Address: Stuart Gitlow, M.D., MPH, MBA

Stuart Gitlow, MD, MPH, MBA, is the Executive Director of the Annenberg Physician Training Program in Addictive Disease, which he started in 2005 to ensure medical student access to training that stimulates them to develop and maintain interest in working with patients with addiction. He serves as Chair of the AMA's Council on Science and Public Health. Dr. Gitlow is the past President of the American Society of Addiction Medicine, and serves as ASAM's delegate to the AMA. Board certified in general, addiction, and forensic psychiatry, Dr. Gitlow has an active addiction medicine practice.

A graduate of MIT and the Mount Sinai School of Medicine, Dr. Gitlow's psychiatric and public health training took place in Pittsburgh, following which he went to Harvard for his forensic fellowship. He now divides his time between his clinical practice in New England and his academic work in New York City; he is on faculty at both Dartmouth and Mount Sinai. Dr. Gitlow formerly produced programs for the Health Channel and ABC.



Dr. Gitlow is a strong supporter of Oxford House and sits on the Oxford House, Inc Board of Directors. His presentations on addiction to Oxford House audiences have always been met with great enthusiasm and have been very informative, inspirational and entertaining. No one works with an old-fashioned flip chart as well as he does.

- **Announcement and Introduction of New World Council Members**
- **Discussion and Vote on Convention Resolutions**

Saturday Evening, October 6, 2018

Banquet

6:30 PM – 9:00 PM
Grand Ballroom

Invocation

Dinner

Presentation of Awards

- **Reggie Midget Award**

When Reggie Midget was an Oxford House outreach worker in the State of Missouri, he spent free time getting an Oxford House established in his old hometown of Tulsa, Oklahoma. Sadly, Reggie was murdered in Kansas City in 1999. This award is given annually to the person who best reflects Reggie's dedication to spreading the Oxford House movement to new geographic areas.

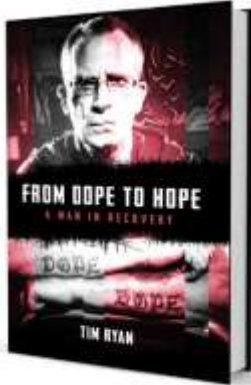
- **Founder's Award**

Each year the Founder's Award is given to one or more individuals who have made a lasting contribution to the growth and success of Oxford House.

- **Tom Fellows Award**

Tom Fellows was a Friend of Bill's but never lived in an Oxford House. Tom spent his last eight years as an advocate of Oxford House and helped start a cluster of houses serving graduates of the Salvation Army's Rehabilitation Facility in Maryland. When Tom died, his wife asked his friends to remember him with contributions to Oxford House. The annual Tom Fellows award is an award given to an individual who has given outstanding service to Oxford House even though he or she was never an Oxford House resident.

Recovery Speaker: Tim Ryan



Tim Ryan, the author “**From Dope To Hope,**” is no stranger to addiction – including heroin, cocaine, and alcohol. Despite a successful business career, Tim found himself in the grips of heroin and, ultimately, was sentenced to seven years in prison for a number of drug-related convictions. Tim got clean and sober behind bars and was released in just 14 months.

He founded the **A Man in Recovery Foundation**, a successful 501(c)(3) nonprofit corporation dedicated to facilitating free or reduced-cost recovery services to addicts and their families. He also runs addiction recovery groups for addicts and families. He was the subject of the A&E documentary, *Dope Man*, reaching millions and He is the National Outreach Director for Transformations Drug and Alcohol Treatment Center. Tim frequently speaks to schools, healthcare providers, municipalities, community groups, corporations, and others who care to hear his message.

Dance

**9:00 PM – Midnight
Exhibit Hall B**

Sunday, October 7, 2018

Breakfast Buffet

7:00 AM – 8:15 AM

CLOSING GENERAL SESSION

**8:15 AM to 9:45 AM
Exhibit Hall B**

- **Convention Summary** **Paul Molloy, CEO**
- **Remembrance Of Those Who Have Died** **Oxford House Residents and Alumni**
- **Tradition Renewal and Closing** **Kathleen Gibson, COO**

OXFORD HOUSE:

RECOVERY – FELLOWSHIP – FUN

Make plans now to attend the 2019 Annual Oxford House World Convention!

SUMMARY OF ALL BREAKOUT PANELS

FIRST BREAKOUT PANELS

FRIDAY 9:45 – 11:00 AM

Addiction Research – What’s New and Newsworthy

Exhibit Hall B

Friday 9:45 - 11:00 AM

Panelists: Westley Clark, M.D., J.D., M.P.H. CAS and FASAM Faculty, University of Santa Clara, CA
Leonard Jason, Ph. D. Director, Center for Community Research, DePaul University
Caleb Alexander, M.D., M.S. Johns Hopkins Bloomberg School of Public Health, MD
Elizabeth Mahoney, M. A. Research Project Coordinator at Public Health Institute, CA
Stuart Gitlow, M.D., MPH, MBA, DFAPA Past President of the ASAM Board of Directors;
Director, Annenberg Physician Training Program in Addictive Disease

Moderator: Bertha Madras, Ph. D. Harvard University, MA

The panel will focus on what’s new in research on addiction, long-term recovery and recovery housing. The panel will open with an overview of the research by the moderator. Following brief presentations by each of the panelists, a moderated discussion will focus on implications of the recent research, what more is needed and how the research should inform policy.

Recent research has provided some insights into the effects of marijuana, particularly as it relates to use by teenagers. Other research on the effects of addiction will also be noted. A particular concern is the research on medication-assisted treatment (MAT). Research to date seems to indicate that MAT works well as *harm reduction* in reducing opioid deaths, opioid use and crime. Less clear is its effect on long-term recovery when used for more than a short period. What research has been done or is underway that seeks to address that issue? Is there longer-term research comparing outcomes for opioid users who use or have used MAT and those using abstinence-based recovery? Is the research on methadone use and its effect on long-term recovery insightful as to effects on long-term recovery?

The panelists are all highly-regarded researchers in the field. Oxford House is honored by their presence and all participants looks forward to their assessment of the research.

Working with Treatment Providers

Atlanta

Friday 9:45 AM – 11:00 AM

Panelists: Jenna Neasbitt, M.S. LCDC Recovery Consultant, Center for Social Innovation, TX
Ed Smith Oxford House Alumnus and Housing Director, Bridges to Change, OR
Shawna Taylor CDPT, Royal Life Treatment Center, WA
Tom Hill VP for Addictions and Recovery, National Council for Behavioral Health
Dillan Soph, M.A., LMAC Clinical Program Director, Valley Hope of Atchison, KS
Daniel Fuchs Oxford House Alumnus and Outreach, CO

Moderator: Julie Marshall, M.A. Oxford House Alumna and OHI Special Projects, NC

Most individuals recovering from alcoholism or drug addiction initially go through formal treatment programs. Individuals who get into an Oxford House following formal treatment are generally more likely to achieve successful long-term recovery than if they go directly back to the community after treatment.

The panelists will discuss how treatment programs and Oxford Houses can work together to support long-term recovery without relapse. They will also discuss what Oxford House residents can do to establish and foster good working relationships with treatment providers. The panelists will discuss the value of presentations at treatment provider sites and having real-time vacancy information for primary treatment providers and the recovery community.

Conducting House, Chapter and Association Meetings

New York

Friday 9:45 AM – 11:00 AM

Panelists:

Mathew Duncan
Sam Sears
Carlos Vilorio
De Wysocki
Meagan Norton

Oxford House Alumnus and Outreach TX
Oxford House Alumnus NE
Oxford House Alumnus and Outreach NC
Oxford House Alumna and Outreach
TX Oxford House Alumna and
Outreach VA
Oxford House Alumnus and Outreach OK

Moderator: Dan Hahn

The panel will focus on the nuts and bolts of how to conduct business meetings in Oxford House. Topics will include conducting applicant interviews, conducting weekly and special business meetings, parliamentary procedure and setting the right meeting tone – and length.

Regularly-scheduled weekly House meetings are critical components of successfully operating an Oxford House. It is in these meetings that residents engage in formally running their House democratically, as is required by their Oxford House Charter. House meetings are not always fun – sometimes they're boring; sometimes tempers flare; sometimes they are too long; other times, they do what they need to do and everyone is proud to be a member of a democratically-run Oxford House. The panelists will emphasize how to run your House meetings to make them productive and even enjoyable. Each of the panelists has experienced good and bad House meetings. They'll provide tips for holding good meetings.

The panel will also focus on Chapter and Association meetings. Participation in these meetings is voluntary and the focus should be on making them helpful and informative – and even fun – so as to attract participants. While Chapter meetings sometimes focus on problems in Houses, the focus should always be on being helpful, making useful suggestions and emphasizing and fostering the need for having fun and enjoyment in recovery.

Oxford House World Council Update

San Francisco

Friday 9:45 AM – 11:00 AM

Panelists: World Council Members

Resident and Alumni Members of World Council

Moderator: Tim Ring

World Council Chair

The Oxford House World Council is made up of Oxford House residents and alumni who are elected annually at the convention to serve staggered three-year terms of office. Elections take place annually at the Oxford House Convention. Resident and Alumni members serve staggered three-year terms of office; Alternate Resident and Alumni Members serve one-year terms. The Oxford House World Council is an advisory council that identifies problems and issues, develops draft solutions and resolutions and makes suggestions and recommendations to the organization. The World Council members meet in person twice a year and hold periodic meetings by telephone conference call.

At this 2018 Oxford House World Convention, residents will elect four Resident Members (one fills an existing vacancy) and one Resident Alternate Member. Residents and alumni will also elect one Alumni Member and one Alumni Alternate Member.

World Council members will report to the convention on their activities over the past year. In many ways, the World Council serves as a 'canary in a coal mine.' Its members all over the country keep their eyes and ears open to learn new ways to improve Oxford House operations. When they detect a problem or improvement, they share their views with the Oxford House, Inc. Since the World Council Chair is an *ex officio* member of the Oxford House Board, lines of direct communication are always open.

Oxford House and State Agencies

Chicago

Friday 9:45 - 11:00 AM

Panelists: Linda McCorkle Director of Treatment and Recovery Services, TN
Angela Harper King, M.A. Supportive Housing Specialist, CMH/DD/SA Services, NCHHA, NC
Tricialand Hilliard, Ed.D. Treatment Program Coordinator, DC Dept. of Behavioral Health. DC
Adam Trosper, M.S.W. Program Administrator, DBHDID, KY
Amy Modlin, M.P.A. Housing Director, Trillium Health Resources, NC

Moderator: Christine Scalise NJ Dept. of Alcohol and Substance Abuse, NJ

Expansion of the Oxford House network of houses has occurred fastest where Oxford House has a close working relationship with the state agency or designated Behavioral Health contractor. Expansion is particularly strong where a state has financially supported both a start-up revolving loan fund and on-site technical assistance. This panel will discuss whether state agencies are fully utilizing Oxford House as a cost-effective best practice for promoting long-term recovery without relapse and, if not, what Oxford House, Inc. (or State agencies) should be doing to encourage greater support. Does the fact that Oxford House has been listed on the National Registry of Evidence-based Practices and Procedures matter? Should long-term sobriety be the measure of treatment success? From the standpoint of state agencies, what could Oxford House be doing better to increase support? To what extent do NIMBY issues and occasional overdose incidents and deaths discourage state support? Do state agencies understand how Oxford House can serve as a NIMBY buffer for them?

The panelists each work to foster development of networks of self-run, self-supported Oxford Houses. The moderator is with the New Jersey state agency and has managed the contract with OHI for many years. They are each in a good position to assess the working relationship between state agencies and Oxford House and discuss ways in which the partnership is effective and ways in which it might be improved.

SECOND BREAKOUT PANELS

Friday 11:15 AM - 12:30 PM

Working with Drug Courts, Parole and Prison Re-entry

Exhibit Hall B

Friday 11:15 AM - 12:30 PM

Panelists: Dan Hahn Oxford House Alumnus and State Coordinator, OK
Kurtis Taylor Oxford House Alumnus and Executive Director, ADCNC. NC
Steve Polin, J.D. Oxford House Alumnus and OHI General Counsel
Christine Carpenter, J.D. Former Drug Court Judge, MO
Justin Loeser Oxford House Alumnus and Re-entry Coordinator, NC
Ashely Young Oxford House Resident, KS

Moderator: George Kent Oxford House Alumnus and Regional Outreach Manager NJ/WV

Over three-quarters of the Oxford House population has served some jail or prison time. In America today, approximately 60% of those in jails or prison are addicted to alcohol and/or drugs. Each year, thousands of those who are incarcerated re-enter society. However, within one year of re-entry, about half of the individuals will commit another crime and be headed to conviction and re-entry into incarceration.

The experience of those who enter an Oxford House following incarceration or drug court intervention is usually long-term recovery and crime-free behavior. In some states, Oxford House has developed relationships with re-entry programs that permit those leaving incarceration to go straight to an Oxford House. Other residents come to Oxford House at the recommendation of drug courts or parole officers, who have found that their clients tend to do well if they live in an Oxford House. Not only does such intervention motivate clients to begin to master the recovery process, it also saves taxpayers the costs of incarceration and recidivism. Oxford House residents who enter an Oxford

House from incarceration are exposed to participatory democracy rather than institutional authority. They are elected to leadership positions and undertake shared responsibility for the operation of the house. Most residents rise to the occasion. This kind of real-life training is rare for most individuals re-entering society.

The panel will discuss: [1] the need for post-incarceration recovery opportunities; [2] practical ways to facilitate getting individuals leaving incarceration into an Oxford House; (3) how Oxford Houses can help drug court clients achieve long-term recovery and meet the expectations of the drug courts and (4) how Oxford House living facilitates the transition to long-term, crime-free recovery for most residents.

The panelists are all experienced in the field. Judge Carpenter served as a judge court judge in Missouri for almost 20 years in Missouri. The other panelists include experienced Oxford House alumni (including an ex-con) and a resident.

Finding a Good House to Rent

Atlanta

Friday 11:15 AM - 12:30 PM

Panelists:	Emily Catoe Stacie Hatfield Marty Walker Gene McVae Stacy Levin	Oxford House Alumna and Outreach, KY Oxford House Alumna and Outreach, WA Oxford House Alumnus and Outreach, TN Oxford House Alumnus and Outreach, OR Oxford House Alumna and Outreach, MD
Moderator:	Elizabeth Lewis	Oxford House Alumna and Outreach, TX

Oxford House needs to continually open new Oxford Houses to meet the demand for beds. Oxford House expansion happened in the early years because members of existing Oxford Houses found new houses to rent and some members of the older Oxford Houses would move in to help get the new House running. That can and should still happen. The early members of Oxford House were particularly adept at convincing new members to do most of the work themselves – the Tom Sawyer effect. It worked then and can still work. Outreach workers can also be used as resource persons by individual Oxford Houses and Chapters that want to learn how to start new Houses. This panel will review the basic elements involved in finding a new House – what’s an appropriate house and neighborhood and what should be done once a possible house is identified. The panelists are all experienced in helping to open new Oxford Houses and they will discuss what it takes to open new Oxford Houses and identify practices that work and that don’t work.

Why Research Matters and Why Oxford House Residents and Alumni Should Participate

New York

Friday 11:15 AM - 12:30 PM

Panelists:	John Majer, Ph. D. Researcher and Clinical Psychology Professor, Truman College, Chicago, IL Leonard Jason, Ph. D. Director, Center for Community Research, DePaul University Caleb Alexander, M.D., M.S Johns Hopkins Bloomberg School of Public Health, MD Elizabeth Mahoney, M. A. Research Project Coordinator at Public Health Institute, CA
Moderator:	Stuart Gitlow, M.D., MPH, MBA, DFAPA Past President of the ASAM Board of Directors, and Director, Annenberg Physician Training Program in Addictive Disease

Oxford House has been in the forefront of encouraging Oxford House residents to participate in behavioral research and data collection. This encompasses both in-house research conducted by Oxford House and independent, third-party academic research conducted by researchers such as those associated with the DePaul program. Recovery research has been hampered by the historic focus on anonymity by 12-step groups. While anonymity has its purposes, it has also had the effect of limiting research on recovery and determining more definitively what works and what doesn’t. This panel will discuss why behavioral research – particularly that related to addiction and recovery – is so important and why Oxford House residents should participate in such research. They will identify concrete conclusions that have been reached as a result of addiction/recovery research, implications of such findings and what more needs to be done.

Educating the Public about Recovery

San Francisco

Friday 11:15 AM - 12:30 PM

Panelists: Dan Fuchs Oxford House Alumnus and Outreach CO
Westley Clark, M. D., Board Member, Faces and Voices of Recovery
Carol Kane Generous Oxford House Donor and Volunteer and Member,
New Mexico Governor's Behavioral Health Planning Council
Art Kleinschmidt, Ph. D. Oxford House Alumnus and Senior Advisor, SAMHSA
Patty McCarthy Metcalf Executive Director, Faces and Voices of Recovery

Moderator: Keith Gibson Oxford House Alumnus and Outreach NC

Throughout the 43-year history of Oxford House, Oxford House residents have been open about their addiction. Historically, this openness came about because the location of Oxford Houses in residential neighborhoods and the publicity surrounding NIMBY lawsuits made anonymity impossible. Also, the Oxford House program emphasized the positive aspects of recovery and encouraged residents to focus on their recovery and not on the stigma of active addiction. These factors kept Oxford House residents from maintaining anonymity in the broader community. Furthermore, this openness led Oxford House residents to be pioneers in encouraging and participating in academic research on addiction and recovery. As a result, researchers and the public now have a far better understanding of addiction and recovery. This research would not have been possible without piercing the veil of anonymity.

Panelists from government and private sector organizations that focus on public drug and alcohol education will discuss the purpose, value and need to educate the public on the fact that alcoholics, drug addicts and those with co-occurring mental illness can and do recover. The panel will discuss the approaches they use – what works and what doesn't – and provide insight into the recovery community's role in these efforts. The recovery community is also recognizing that, while there is a role for anonymity, there is also a need to be more forthright about recovery. Oxford House residents have long been open about their addiction and recovery.

Engaging the Recovery Community

Chicago

Friday 11:15 AM - 12:30 PM

Panelists: Shawn Wister Oxford House Alumnus and Outreach DE
Anissa Elsey Co-founder, In the Name of Grace, MO
Tom Hill Vice Pres. , Practice Improvement, National Council for Behavioral Health
Kitty Thomas Director, Friends of Recovery Association (FORA) KS
David Christenson Oxford House Resident, Vancouver, WA

Moderator: Anna Mable Jones Oxford House Alumna and Outreach DC/MD

The recovery community covers a vast cross-section of America, from recovering individuals, family members, employers, 12-step groups, EAP programs, and other groups focused on addiction recovery. Oxford House residents engage with these groups to help mobilize the community to support recovery. In recent years, the recovery community has become very active in establishing, promoting and participating in activities that raise community awareness. Such activities include involvement in marches for recovery and related events particularly during September, which has become known as Recovery Month.

Oxford House residents and alumni also use this involvement to enlist support from the recovery community for the Oxford House community. They also find folks in the recovery community who can be helpful in getting furnishings for new Oxford Houses and in introducing residents of new Oxford Houses to their neighbors. All of this helps to make Oxford Houses and their residents part of the local neighborhood and community.

THIRD BREAKOUT PANELS

Saturday 8:15 - 9:30 AM

Medication in Oxford Houses

Exhibit Hall B

Saturday 8:15 - 9:30 AM

Panelists: Ken Hoffman, M.D., M.P.H. Colonel (retired) Medical Corps, US Army
Paul Stevens, M.S. Oxford House Alumnus and Regional Outreach Manager, VA/DC/MD
Darryl Joiner Oxford House Alumnus and Central Office Staff, MD
Capt. Chideha Ohuoha, M.D. Director, Center for Substance Abuse Treatment (CSAT)

Moderator: Jason Brand Oxford House Alumnus and Outreach, SC

About half of the residents of Oxford House have a physical or mental health disorder that requires medication to control. This panel will sort through the medicines that fit within an Oxford House environment and those that undermine the alcohol and drug-free foundation of Oxford House living. The panelists will discuss the use and misuse of medicine within an Oxford House. Some medicines are not permitted because they may be illicit or cause mood-changing behavior and be addictive. On the other hand, some medicines are correctly prescribed and may be necessary for controlling serious mental illness or making a transition from addictive use to comfortable sobriety. The panel will consider how such situations are handled and steps taken by Oxford Houses to assure that the person with the prescription or others in the house do not misuse legitimate medication or provide easy access to the medication to others residents.

Understanding different medicines as well as their use and abuse is the first step to knowing how an individual Oxford House should monitor and control the presence of legal drugs within Houses. The use of medication 'lock boxes' in Houses will also be discussed. Following opening remarks by the panelists, the panel will focus on responding to questions from the moderator and the audience members. The panel consists of medical experts and Oxford House alumni experienced in dealing with these issues in Oxford Houses.

Going Back to School as Residents and Alumni

Atlanta

Saturday 8:15 - 9:30 AM

Panelists: Jeremy Weatherspoon Oxford House Alumnus/LA
Tim Rabolt Executive Director for the Association of Recovery in Higher Education (ARHE)
Max Harris Oxford House Resident, NC
Joe Page Oxford House Alumnus and Attorney, KS
Logan Beard Oxford House Resident, NC

Moderator: Emily Catoe Oxford House Alumna and Outreach, KY

Active addiction served to interrupt the educational plans of many Oxford House residents and alumni. Now in recovery, many of them have ventured back to school – some to get GEDs; some take certification courses and others get undergraduate and graduate degrees. The panelists at this session panel have all taken this route and will discuss their own journeys and offer tips for others contemplating such action.

Many colleges now recognize the need for recovery housing and provide support for students in recovery. UNC has been a leader in recognizing and supporting Oxford Houses for students and two of the panelists are students at UNC and live in Oxford Houses associated with the school. On-campus organizations for those in recovery have also gained prominence in recent years on many campuses.

Most of the panelists are Oxford House residents or alumni who have continued their education while in recovery. Tim Rabolt was not in an Oxford House but he is very familiar with various programs for students around the country and completed his own education while in recovery.

Filling Vacancies – Where to Look and How to Do It

New York

Saturday 8:15 - 9:30 AM

Panelists:	Jacklyn Feliciano	Oxford House Alumna and Outreach, NC
	Shaunna Mellons	Oxford House Alumna and Outreach, TN
	Tim Diehl	Oxford House Alumnus and OHI IT Support, NJ
	Mary Taylor	Oxford House Alumna and Outreach, TN
	Bruce Ricketts	Oxford House Resident, DE
	James McClain	Oxford House Alumnus and OHI Board Member, DC
	Daniel Fuchs	Oxford House Alumna and Outreach, CO
Moderator:	Paula Harrington	Oxford House Alumna and Outreach, NC

Overall, there are many more individuals seeking recovery housing than can be accommodated in Oxford House but when Houses have vacancies, residents sometimes have trouble filling the vacancy and aren't sure how to find applicants. It takes a certain amount of know-how and knowledge of the local recovery community to become good at getting the word out and finding folks new to recovery who need Oxford Houses and would benefit from living in one of them. It's also in the economic self-interest of every resident to keep the beds full.

All of the panelists have proven themselves adept at letting people know about vacancies and finding people in recovery looking for recovery housing. Tim Diehl created the vacancy system. The panelists will talk about methods they have found successful, where to look for possible applicants, how they get the word out and related tips on how to keep beds filled. Keep in mind that filling beds is not only important to keep everyone's EES at an affordable level, it's also giving someone new to recovery the opportunity to discover the many benefits of living in an Oxford House.

Dealing with Children in Oxford Houses

San Francisco

Saturday 8:15 AM - 9:30 AM

Panelists:	Sean Bossen	Oxford House Alumnus and Outreach, OR
	Megan Mason	Oxford House Resident NC
	Judy Maxwell	Oxford House Alumna and Regional Outreach Manager, OR
	Melinda Trujillo	Program Manager, Health Care Authority, WA
	Myrna Brown	Oxford House Alumna, WA
Moderator:	Bessie Jeffers	Oxford House Alumna and Outreach, NC

Many Oxford House residents have young children. Some are living with relatives or other people but may sometimes visit their parent in an Oxford House. In some Oxford Houses, children live there with a parent. The panel will discuss how Oxford Houses with Children work and what challenges they pose – for the parent, the children, and the other Oxford House residents.

Issues to be addressed will include: (1) what makes an Oxford House with Children work well; (2) how does a House deal with an unruly or undisciplined child; (3) should a House have age limits for children in residence; (4) is it better if only 1 or 2 residents of a particular Oxford House have a child or children living with them; and (5) how should a House explain an expulsion to children still in the House; and (6) do individual Oxford Houses – those without children in residence – make special rules for when children may visit. Are there any other issues that Houses might need to consider?

The panelists all are familiar with Oxford Houses for Women with Children (and a few Oxford Houses for Men with Children). They know the ins and outs of what problems can arise and how others have dealt with such problems in the past.

Keeping Alumni Involved and Forming Alumni Associations

Chicago

Saturday 8:15 AM - 9:30 AM

Panelists: Hamilton Barton Oxford House Alumnus, TX
Tim Ring Oxford House Alumnus and World Council Chair, OK
Lynn Williams Oxford House Alumna, NC
Eric Cannaday Oxford House Alumnus, OK
Chuck Liston Oxford House Alumnus, KS
Amanda Hemric Oxford House Alumna, OK

Moderator: Misty Hahn Oxford House Alumna and Outreach, OK

Every year, many residents leave their Oxford House and begin living independently. Most of them stay clean and sober and remain grateful for their Oxford House experience. Oxford House, Inc. and individual Oxford Houses, Chapters and State Associations need to do a better job of staying in touch with alumni who leave in good standing and help keep them involved in Oxford House. Tradition Nine, the final Oxford House Tradition, tries to set the proper tone but alone it falls short. Residents, individual houses, Chapters and State Associations need to do more to motivate alumni to stay involved and suggest ways in which they can be helpful. The Oxford House World Council also supports alumni associations and its members can be helpful.

The panelists have experience in creating alumni groups and maintaining contact with them. They will talk about how they've done it; how alumni have stayed involved in their areas and also provide tips on how others can create similar alumni networks. Alumni can play a strong role in spreading the word about Oxford House and can take on other roles. They can share their strength and experience with current residents but they should avoid overreaching and taking on responsibilities that belong to House residents.

FOURTH BREAKOUT PANELS

Saturday 9:45-11:00 AM

Millennials in Recovery

Exhibit Hall B

Saturday 9:45 – 11:00 AM

Panelists: Wesley Ford Oxford House Alumnus and Outreach, SC
Jeremy Weatherspoon Oxford House Alumnus, LA
Kaitlin Kuzman Oxford House Resident, TN
Austin Connell Oxford House Resident, OR
Katie Moore Oxford House Resident, NC
Raquel Azua Oxford House Resident, TX

Moderator: Shawn Johnson Oxford House Alumnus and Outreach, TX

The panel will focus on young people (*a.k.a.*, the millennial generation) in recovery and discuss opportunities that exist for that cohort. In the early days of Oxford House, most incoming residents were older and were addicted primarily to alcohol. Today, when drug addiction is more prevalent and addiction seems to occur soon, incoming residents tend to be younger. Both Oxford Houses and the recovery community in general have adapted to this trend and seek to provide new opportunities for younger recovering individuals. While older and younger Oxford House residents have much in common, there are also some significant differences in interests and experiences. Both older and younger residents can learn from each other but sometimes interests diverge. Many of the younger folks are more into social media and many have started going back to complete their education – whether by getting a GED or advanced degree.

The panelists – all younger Oxford House residents and alumni, will discuss these trends and talk about the resources they have found (or developed) and the various opportunities available for the millennial generation.

MAT and MAR in Oxford Houses

Atlanta

Saturday 9:45 – 11:00 AM

Panelists: Ray Caesar Oklahoma Dept. of Mental Health & Substance Abuse Services
DeDe Severino, M.A. Section Chief, Division of Mental Health, NC
Jenna Neasbitt, M.S. LCDC Recovery Consultant, Center for Social Innovation, TX
Lori Holtzclaw Oxford House Regional Manager, LA/MS/AL

Moderator: Paul Stevens, M.S. Oxford House Regional Outreach Manager, VA/DC/MD

Medication-Assisted Treatment (MAT) is currently offered to most individuals seeking recovery from opioid addiction. Oxford Houses will accept an applicant using MAT as long as there is a vacancy and the applicant demonstrates a commitment to recovery and the willingness to use only prescribed medication.

Opioid addiction is not new to Oxford House residents but the use of MAT has been somewhat controversial in the recovery community and in Oxford Houses. Over the years, many of the residents of Oxford House have been addicted to opioids and have achieved long-term recovery. Since most of them did so without medication, some of them harbor some apprehension about this new protocol – particularly when recommended for long-term use rather than as a tapering-off mechanism. Today, however, MAT has become the norm for recovering opioid users and Oxford Houses are recognizing that fact.

Many Oxford Houses now have residents who are using MAT or who used MAT initially but have since tapered-off and are no longer using it. The panel will discuss the use of MAT, its role in recovery and how Oxford Houses are dealing with the use of MAT among residents.

Oxford Houses – Four Stages of Houses and Five Core Principles

New York

Saturday 9:45 AM – 11:00 AM

Presenters: Jackson Longan Oxford House Alumnus and Regional Outreach Manager, OK/NE/TX/NM/WI
Jason Paul Jarreau Oxford Houses Alumnus and Manager, Contracts and Development, OH

The Oxford House Manual is the basic guide for operating an Oxford House. All Oxford Houses follow the Oxford House Manual but some Houses are more successful than others. The presenters will discuss a continuum of practices that differentiate between an Oxford House that is following its charter but not doing much else and an Oxford House in which members are actively involved in recovery-enhancing activities. The ideas presented don't constitute a formal rating system but it's a useful checklist that residents can use to consider how their Oxford House can do better.

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Civil Rights and the Law

San Francisco

Saturday 9:45 –11:00 AM

Panelists: Steve Polin, J.D. Oxford House Alumnus and General Counsel, OHI
Joe Page, J.D. Oxford House Alumnus and Attorney, MO

Moderator: Blair Tinkle, J.D. Oxford House Alumnus and Attorney, OHI

From its establishment in 1975, Oxford House has sought good houses to rent in good neighborhoods. Until the 1988 Amendments to the Federal Fair Housing Act, zoning laws often kept group homes out of the better residential neighborhoods. Oxford House served as the trailblazer in seeking court definition and affirmation of the 1988 Amendments to the Federal FHA, including the landmark US Supreme Court decision in *City of Edmonds, WA v. Oxford House, Inc.* decided in 1995. In spite of that favorable decision, some localities continue to try to avoid accommodating Oxford House residents. Oxford House, Inc. continues to challenge these barriers in court whenever they crop up.

This panel will discuss the current state of the law and how Oxford House has successfully applied the law to thwart insurance companies that try to discriminate against landlords renting to Oxford House as well as jurisdictions that dream up new tactics to continue NIMBY discrimination, including discriminatory application of fire/safety codes. Oxford House Inc. is not hesitant to litigate these cases when necessary and usually wins.

Steve Polin, an Oxford House alumnus, is a leading litigator in the application of the Federal Fair Housing Act to protect rights of individuals with disabilities. Joe Page is an Oxford House alumnus and attorney in Missouri. Blair Tinkle is an Oxford House alumnus and an attorney on the staff of Oxford House, Inc.

Current Oxford House Research and Upcoming Studies

Chicago

Saturday 9:45 – 11:00 AM

Panelists: John Majer, Ph. D. Researcher and Clinical Psychology Professor, Truman College, Chicago, IL
Casey Longan Oxford House Alumna and Research Assistant
Alex Snowden Oxford House Resident and Research Assistant
Ted Bobak Community Psychology Graduate Student, DePaul University
Joshua Norris Research Assistant
Jack O'Brien Research Assistant

Moderator: Leonard Jason, Ph. D. Director, Center for Community Research, DePaul University

The panelists will discuss recovery research with particular emphasis on studies involving Oxford House residents. Over the years there has been an enormous amount of research done on the Oxford House program and on Oxford House residents. The large body of data about Oxford House and its successful outcomes led the federal government to list Oxford House as a best practice on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). The Oxford House program was also singled out as a successful program in the 2016 Surgeon General's report on Addiction.

Oxford House, Inc. and Oxford House residents have been in the forefront of fostering recovery research. Recovery research was long hampered by the historic focus on anonymity by 12-Step groups. While anonymity has its purposes, it has also had the effect of limiting research on recovery. Oxford house residents and alumni work to overcome this limitation.

Lenny Jason and his team at DePaul have studied Oxford House since 1991. John Majer has worked with the DePaul teach and has also led significant studies on Oxford House and the recovery process in general. The researchers have been assisted in their work by Oxford House residents and alumni and by their own graduate students, some of whom are represented on the panel.

FIFTH BREAKOUT PANELS

Saturday 11:15 AM - 12:30 PM

The Importance of Having Fun in Oxford Houses

Exhibit Hall B

Saturday 11:15 AM -12:30 PM

Panelists: Elizabeth Lewis Oxford House Alumna and Outreach, TX
Jeremy Weatherspoon Oxford House Alumnus, LA
Brandie Bauer Oxford House Alumna, LA
Shawn Wister Oxford House Alumnus and Outreach, DE
Chandra Brown Oxford House Alumna, LA
Greg 'Goose' Weisz Oxford House Alumnus and Outreach, NC

Moderator: Ricky Mogel Oxford House Alumnus and Outreach, WA

Oxford House CEO Paul Molloy has long said that, "If recovery isn't as much fun as drinking, or using drugs, why stay clean and sober?" Many Oxford Houses and Oxford House Chapters take that admonition to heart and make sure that they find ways to encourage fun in recovery. Houses and Chapters should emphasize attraction rather than enforcement; sometimes that's hard, but it's worth it. Among the types of activities some Houses and Chapters undertake are: picnics, fishing trips, retreats, progressive dinners, softball teams and tournaments, cookouts, spaghetti dinners, pancake breakfasts, bowling and participation in bowling leagues. Many Houses and Chapters emphasize these activities during Recovery Month in particular. Chapter membership by individual Oxford Houses is voluntary; many Chapters use social activities of the type mentioned to generate increases in House membership in the Chapter.

The panelists will discuss various ways of having fun in Oxford House while also using the democratic, disciplined system of house operation to master self-confidence, sobriety and living a comfortable life without booze and drugs.

Opioid Overdose Prevention and Reversal

Atlanta

Saturday 11:15 AM -12:30 PM

Panelists: Alicia Carson Oxford House Alumna and Outreach, NJ
Jackie Feliciano Oxford House Alumna and Outreach, NC
Will Madison Oxford House Alumnus and Outreach, NC
Michael Trupiano Oxford House Resident, VA
Sarah Williams Oxford House Alumna and Outreach, WV

Moderator: George Kent Oxford House Regional Outreach Mgr., NJ,

The current opioid epidemic is a major concern. Most Oxford House residents don't relapse but, occasionally, it will happen. Relapses involving opioids, such as heroin, are more difficult to pick up than other relapses. Relapse is most likely to happen during early stages of residency in an Oxford House; this is why Houses are strongly encouraged to have newcomers share a room with another resident for socialization purposes and as a check on behavior that may suggest a relapse has occurred or is imminent. Relapse always requires immediate expulsion. Opioid overdoses can be fatal and residents should be aware of what action should be taken if a resident is believed to have overdosed. Once the immediate crisis is over, residents can move on to expulsion as required by the Oxford House Charter.

This panel will discuss how to recognize overdoses and what actions Oxford House residents should take to respond to a possible overdose by a resident. Narcan (Naloxone) and other antidotes can save the life of an opioid abuser who has overdosed. Oxford Houses typically keep an overdose antidote on hand. One of the panelists was revived by Narcan in an Oxford House, was expelled as required, was subsequently readmitted to a House, and is now actively involved in Oxford House. All House members should know the signs of an overdose and what to do in the event of a relapse/overdose. The panelists are all knowledgeable about overdoses and how to deal with them. They will provide valuable guidance to Oxford House residents who may have to deal with an overdose in their Oxford House.

Leadership v. Bossism – Practicing Democracy

New York

Saturday 11:15 AM - 12:30 PM

Panelists: Marty Walker Oxford House Alumnus and Outreach, TN
Dave Horstmann Oxford House Alumnus, TX
Shawn Wister Oxford House Alumnus and Outreach, DE
Jason Hildreth Oxford House Resident, NC
Timothy Marini Oxford House Resident, NC

Moderator: Emily Catoe Oxford House Alumna and Outreach, KY

The traditional halfway house that led to the formation of Oxford House was beset by an adversarial “we versus them” culture that often pitted the residents against the authority figures in the house. The “we versus them” culture detracts from the culture of recovery. Early on, Oxford House recognized that an egalitarian, democratic culture could alleviate the “we versus them” culture and keep the focus on the achievement of comfortable recovery. In many states, Houses, chapters and state associations all work together, recognizing the different roles of each. Sometimes, however, there is bureaucratic overreach and this should be avoided. One of the biggest challenges is fostering democracy in Houses and in Chapters. The system is purposely ‘rigged’ to foster democracy by its emphasis on House meetings, election of officers, the equal sharing of expenses and the autonomy of each individual Oxford House. It’s important in all Houses and Chapters to ensure that everyone is treated equally. By establishing term limits on House officers, everyone has the chance to rise to the occasion, accept responsibility, learn leadership and strengthen sobriety. It’s also important for Oxford House outreach workers to serve as resource persons for residents, teaching them how the Oxford House system works but, like Tom Sawyer, challenging residents to do the work themselves.

Since membership in a Chapter or State Association is always voluntary, emphasizing fellowship over enforcement and education over authoritarianism is necessary and it builds membership. While Housing Service Committees play an important educational role, members need to remember that their role is to act as ‘helpers’, not as ‘enforcers’ or ‘bullies.’ Chapters and State associations have an important role to play in supporting individual Oxford Houses and their residents but, at all times, they need to recognize the autonomy of each individual Oxford House. The panel will discuss what Oxford Houses, chapters and state associations can do to build constructive relationships with each other.

Organizing Your Personal Finances – Budgeting and Saving

San Francisco

Saturday 11:15 AM - 12:30 PM

Panelists: Genny Slater Oxford House Alumna and Outreach, TX
Anthony Lewis Oxford House Alumnus and Outreach, DE Oxford
Lori Holtzclaw House Alumna and Regional Manager, LA/MS
Jonathan Gildart Oxford House Alumnus and Outreach, KY
Amanda Wells Oxford House Resident, Louisville, KY

Moderator: Debbie Robinson Oxford House Alumna and Outreach, VA

As a consequence of active addiction, most Oxford House residents have left a trail of bad debts and bad credit. Even clean and sober, some Oxford House residents are better than others at managing their money. Some residents figured out how to save for a rainy day; other residents are mostly figuring out where they can ‘borrow from Peter to pay Paul’ or how to escape a mountain of debt. And some residents would like to figure out how to become credit-worthy.

The panelists are not financial experts; they are all Oxford House alumni and staff who do a good job of dealing with their own finances, establishing good credit ratings, and setting up their own budgeting and saving processes. They will talk about some of their strategies for managing debt, credit and expenses while also saving a bit for the future. Their advice may prove very useful.

Networking for Jobs

Chicago

Saturday 11:15 AM - 12:30 PM

Panelists: Karen McKinnon Oxford House Alumna and Outreach, NC
Anna Mable Jones Oxford House Alumna and Resource Coordinator, DC/MD
Angela Smith Oxford House Resident, VA
DeShawn Aquino Oxford House Resident and Outreach, KY
Tim MacLean Oxford House Resident, VA
Krista Hamilton Oxford House Resident, Chattanooga, TN

Moderator: Lindsey Humphrey Oxford House Alumna and Outreach, OK

Oxford House residents create networks that work. Oxford House residents help each other attain long-term sobriety and also create social and employment networks. It's in the interest of all House residents to see that everyone in the House has a job so as to pay an equal share of expenses so they help residents find jobs. Residents set examples and use House and chapter meetings – as well as social media – to publicize job opportunities.

The panelists will discuss various ways networking works in their areas and the many ways they and other residents and alumni have helped other residents by helping them find job openings as well as training and service opportunities.

OXFORD HOUSE:

RECOVERY – FELLOWSHIP – FUN

**PLAN NOW TO ATTEND THE NEXT ANNUAL OXFORD HOUSE WORLD
CONVENTION TO BE HELD OVER LABOR DAY WEEKEND IN WASHINGTON DC
August 29 – September 1, 2019**

**HAVE A SAFE TRIP HOME
and
Remember To Share What You Have Learned With Residents And
Alumni Who Weren't Able To Attend This Year's Convention.**

OXFORD HOUSE RECOVERY STORIES

This segment of the program contains a selection of autobiographical sketches by current and former residents of Oxford Houses. These recovering individuals are sharing their stories in order to help others afflicted by alcoholism and drug addiction to understand the hope afforded by Oxford House. Together with the 12-Step programs, Oxford House offers its residents the opportunity and time to use peer support, a safe living environment and a disciplined system of operation to achieve the behavior changes necessary to avoid a return to the use of alcohol and addictive drugs. Some of the stories are from current residents; others are from alumni. Some of the authors have been in recovery for many years; others are fairly new to recovery. All have a story to tell and they strengthen the sobriety of themselves and others by telling their stories. Some stories have been edited for clarity or length.

For forty-three years, thousands of individuals have found a path to recovery by living in an Oxford House. All members of the Oxford House family hope that by sharing these personal stories of hard-won recovery, they will contribute to the growth of the Oxford House network, guide those not yet in recovery toward an effective program, and foster the understanding and support of the broader community. Many more Oxford House stories of the transition from addiction to ‘comfortable sobriety without relapse’ are on the Oxford House web site (www.oxfordhouse.org) under “About Us/Stories.”

2018 OXFORD HOUSE STORIES BY RESIDENTS AND ALUMNI

Andrew Ponkevitch - Oregon

My name is Andrew Ponkevitch. You all know me as the Co-chair of the Oregon State Association as well as serving in many capacities in Chapter 8. I live at the Glencoe House and have done so since June 15, 2012. I would like to indulge you by telling a little of my story and how I ended up in Oxford.

I was born in Scranton, PA on July 17, 1963 and grew up in Taylor, PA. I had a great childhood with a strong family and wonderful extended family. Even so, I started smoking pot at 16 and quickly graduated to all manner of drugs and alcohol. I graduated from high school and joined the Marine Corps in 1981. Man, there were so many drugs in the service that I quickly got caught up in the whole thing and next thing I knew I was serving 175 days at hard labor and getting a bad conduct discharge. You would have thought that this would have been my bottom and that a serious lesson would have been learned but, no – that's not for me. This was only a setback getting in the way of what I wanted to do. After getting discharged in 1985, I went to Seattle where I quickly immersed myself into the club scene, consuming huge quantities of club drugs and dancing ‘til all hours while holding a good job at an upscale hotel.

In 1989, I got married and we had 2 kids and two houses. The 12 years of my marriage were the tamest of my addiction; that is, if you count smoking pot every day and drinking to excess tame. In 1999 we moved from Seattle to Lake Oswego. The resentments I held against my wife for ...in my mind....forcing me to move from Seattle quickly doomed our marriage and I was divorced in 2001.

Well, it was ON NOW!!!! Step work has shown that pity, self-loathing and mid-life identity crisis had turned loose my addiction with no boundaries. I was partying and using untold amounts of meth, ecstasy, mushrooms, pot, alcohol etc.....dancing at clubs and after hours parties and spending all of my money in pursuit of this destruction. I was fired from my job as a successful foodservice consultant, kicked out of two apartments, and lost both of my cars to impound. I ended up living in a doorway.

On May 25, 2011, I was arrested for a child support warrant and guess what I happened to have a bunch of drugs on me. I spent that June of 2011 in the Clackamas and Multnomah county jail. On July 2,

2011, I petitioned into Multnomah County drug court and last used and drank on July 8, 2011.....my clean date. Do you know what is so great about that date.....I never have to change it!

In addition to STOP court, I was accepted into V.O.A, LIRT treatment [Low Intensity Residential Treatment] . I graduated LIRT in 10 months and STOP court in 17 months. I had my case dismissed and my record expunged. As I was getting close to graduating LIRT, my mentor suggested that I look into Oxford House for the next step in my journey of recovery. I got an interview and was accepted into the Glencoe house on June 15, 2012. I had no idea what Oxford was but I was willing to listen to the suggestions given to me. Boy, do I know what Oxford is now!!!! Within the first week I was given a House position, four months later I got a Chapter position and now I am honored to be of service at the state level.

What this means for me is that, rather than in treatment where I learned the skills of recovery and being introduced to all manner of outside groups to help my recovery evolve in an institutional setting, Oxford has given me the chance to do these things with accountability yet being able to feel a sense of normalcy about the process for me. Oxford has allowed me to be of service with that service feeling as if I was helping my own family, as if I was teaching my own friends a way of living that does not have to includeof course drugs and alcohol.....but all of the behaviors that arise in sobriety that might need adjusting. That I can be an inspiration to my kids and have them look up to me.....and that I can say "I'm sorry" to my sisters and be a part of their lives again is due to the foundation that Oxford House has been in my recovery. Oxford House has allowed me to provide this snapshot of my story in the hopes that it may inspire another suffering addict to want a new way of living.

Well, this is a lot of typing for me so I will conclude by saying this: I often think of Oxford when I say a portion of the Third Step prayer in my head.....which I do about a 100 times a day....." ...Take my will and my life....Guide me in my recovery....and show me how to live...clean....".

Angela "Punkin" T. – Asheville, N.C.

“MADE IN DETROIT.” My Mom was born in Eloise Hospital, a psychiatric asylum in suburban Detroit and is now known as a haunted and abandoned building. My grandmother committed suicide by intentional overdose when my mom was in her early teens leaving her and all of the siblings to fend for their selves in the streets of Detroit. My Dad was sent off to a military camp when he was very young where he eventually broke out and went to wreak havoc in the same city.

To hear my parents’ stories is like watching a really badass movie – only it’s real and their lives affected and made mine. Dad says he remembers my Mom having to lie over top of me from the shoot-outs on the block at our house. Mom and my Uncle got into a fist fight over my Dad’s last beer once. Dad had asked the neighbor to watch over my Mom and, well, let’s just say he didn’t know that was my mom’s brother she was fighting. My uncle took his last breath that day from a bullet to the head by the neighbor. My parents don’t talk about guilt too often. I guess that’s something we addicts try to be humble about. I saw my first overdose pretty early. We were pumping my aunt’s heart until the ambulance could get to us and bring her back. She denied doing drugs and didn’t seem too happy about being brought back.

Back then I didn’t know my Dad was banging dope. I didn’t know my Mom was a raging alcoholic. Most of the names you hear in my story are not here to tell the tale so R.I.P. to my blood and the still-suffering addict. I could tell you a lot more but guess I’ll save some of the details for my hour-long story in the rooms one day in hopes of helping a newcomer. I didn’t know there was another way. I didn’t know what my Mom and I were running from my entire childhood – all of the schools, homeless shelters and sleeping in a car or on a Greyhound bus.

It was only in my early twenties when I was in a hospital bed from my own addictions that someone handed me a 'Big Book' and told me I was an addict with a disease and just needed a little bit of willingness to recover. I thought there was no hope for someone like me. I still struggle. Hell, I'm still in my twenties. I'm far from perfect. I can tally up my near-death misses that make addiction look like a demon I'm related to. Since I was handed a 'Big Book,' it has been one hell of a ride trying to get and maintain sobriety. I've had the jails, rehabs, long-term treatment, judges, and ankle monitors but the miracles and blessings I have to share now are far better than the bad ones. .. All's I have is today, ya'll, I can only live JUST FOR TODAY.

My recovery above all else comes first. I start my day with a gratitude list and sometimes I can't finish writing it before it brings tears to my eyes. I am grateful: grateful to be alive; grateful to live in an Oxford House; grateful that the program and for all of you in Narcotics Anonymous who found me before it was too late. I follow the suggestions and I read my Big Book. I work a program. I call my sponsor every day and I network with someone new every day. I do service work. I give back what has been freely given to me. This is a simple program for complicated people. I can't do it but WE CAN. To the newcomer, "Keep Coming Back." To the addict who has a hard time sitting through a meeting. "Don't Leave Before The Miracle Happens." To all my other family members in Narcotics Anonymous "It Works If You Work It".

Austin Connell – Bend, Oregon

My name is Austin Connell, I am a person in long-term recovery and what that means to me is that I haven't had a drink or drug since April 16, 2016. My birth date was September 13, 1988. I was born and raised here in Bend Oregon by my mom and currently still live here. My dad left when I was two years old so I was raised a mama's boy. As early as I can remember, I developed a resentment toward my father for never being in my life. As young as I can remember I made a lifelong goal to succeed and be successful and graduate high school because my dad never did.

I began wrestling when I was three years old. For some reason wrestling was the only thing that kept me together through everything. There was nothing higher to me than taking a person down to the mat, putting them on their back and getting the crowd screaming for me. At the age of 16, I followed some of my friends outside before class started and they busted out a weed pipe. I didn't smoke that day but I did smoke the very next day..... Smoking weed finally gave me a social network of friends to talk to people to, hang-out with parties to go to, and I finally felt like I was somebody important and that I belonged somewhere. I told myself I would never do anything else but smoke weed. Sound familiar? Within a year after I started smoking weed, I ate mushrooms. I was 17 years old and I was eating mushrooms and smoking pot almost regularly every week. High school was my social network among friends with whom I'd partied and smoked pot with and had fun. ... My addiction to marijuana and mushrooms grew quickly to the point where I was getting financially stressed. This led me to stealing money from the wrestling team my senior year and I ended up getting caught. my first time ever in trouble. Three months later, during the wrestling season, I got caught up with a couple of friends got into some serious trouble which got me kicked off the wrestling team in my senior year. All I can tell you is that wrestling was the one thing growing up that structurally kept me together. I don't even really understand why, but it did.

Within a month or two after I got kicked off the wrestling team, I dropped out of high school and started using cocaine and smoking crack – a drug I said that I would never do and an experience I said I would never have. At that point in time it was against my moral integrity to do any white powder substance. I managed to sober up enough the next year to go in as a super senior and managed to graduate from high school because it was a lifelong goal that I set for myself to one-up my father.

Then I found myself lost asking, "What's next?" It was very simple – I continued to use crack cocaine for two years until I was 20; to get off the crack cocaine I switched to alcohol; to get off the alcohol, I got sober and went back to the party drugs to get off the party drugs, I started hustling. I got caught and went to

prison did a year and a half. I got out of prison and became a workaholic until I put a needle in my arm the first time doing methamphetamine. The moral of my story here is that my addiction started at a very young age with wrestling and continued to change and adapt to cigarettes, weed, crack cocaine, alcohol party drugs. It took me many years to understand that addiction is not just a substance abuse problem, it is a problem with myself that prevents me from having any sort of control on anything that I do. I'm always 'balls to the walls' or always going to the extreme.

After two years of doing meth I finally decided to put down the drugs. I was homeless, jobless and lifeless. I had no friends and no family; I burned all my bridges. spent about half my time either on the street or in jail. and I was just done. On April 16, 2016, I made the decision to get clean and stay clean no matter what it took. I was sitting down in my camp on the west side of Bend. I looked around and I realized I was way more capable of having what I had sitting right in front of me. During my first few days clean, I slept and ate food and, after I got up the energy to move around, I started going to NA meetings every single day. I got a sponsor at 8 days clean. I broke up with my girlfriend because she relapsed and I was serious about staying clean. So I walked away from that camp and reached out and asked for help.

I didn't know what I was going to do but I needed to go to a meeting. I made it from the west side to about the library before I had a mental meltdown; I just started crying and let it all out. I jumped on my phone and started calling people on the phone list that I had gotten from the NA meeting. It was a Sunday morning that morning and nobody answered the phone at first. ... After people started to wake up that Sunday morning they started calling me back. Coincidentally, the first couple of people I called lived in Oxford House; one was the Chapter Outreach and the other one was just a member of Oxford House. The Chapter Outreach asked me if I wanted to interview for Oxford and I said I will do whatever it takes. He picked me up and gave me a ride to the House meeting. I entered the house to find a few people who had witnessed me come in and out of jail and in and out of treatment. Internally, I was thinking, "Oh, great! These guys know my rap sheet and I'm not going to get into this Oxford House," There was only one vacancy and there were 12 people interviewing for it. I had absolutely nothing to offer these guys in the house. They called me back that night and accepted me into their house – Tanglewood Oxford House in Bend, Oregon. I was only eight days clean and I can't tell you how grateful I was just to lie on the twin-size mattress laying on the floor and fall asleep. I didn't even care about the roommate who snored super loudly right next me. I knew at that very moment that my life was going to change and that my life was going to get better. However, it was not easy.

I'd always lived in Bend – never lived anywhere else so I never got the luxury of doing a geographical change to get away from the people I used to use with. On a daily basis, I had to change my people, places and things. Every time I go into 7-Eleven or every time I go into Safeway or even in just passing general places still to this day, I see people and run into people from my former life. I always have to reset my boundaries with them and say that I am not a drug user any more and that I'm not about that lifestyle any more and, if they don't appreciate or respect that, then they've got nothing coming for me. I do not hang out with these people anymore. Life changes, I got a car at six months clean and I got a job at 16 days clean that I still have.

I've gotten involved with Oxford, which was about the best thing I ever did for myself. I was doing random service work and supported a fundraiser and then, one day, the Chapter chair position dropped in my lap. Being the Chapter Chair helped me and showed me how to be more humble and how to be more of service to people and houses. The more I got involved in Oxford, the more fun I had. I always had this motto that. "If you could not have fun in recovery, why the fuck were you going to stay clean? This stuck with me and I had a lot of fun. Some things were not easy but I just kept moving forward. The guys in the house showed me how to be a better person; pointed out my behaviors that I needed to address and change; and walked me into a better life. I went on to help assist in opening the Onyx Street Oxford house, which was one of the most amazing experiences I've got to experience living in Oxford.

Oxford House is the foundation of my recovery and is the most important thing for me in my life. I do not understand why the Oregon State Association voted me in as the Oregon State Housing Services Co-chair or to be a state representative but they did and I'm so grateful for it. I will always be of service to Oxford House because Oxford House has given me everything I have in my life today – my family and my friends. I still do have addictions like playing games and going on adventures but they're healthy addictions. Addictions that don't control me and my everyday life. Also, I quit smoking cigarettes on December 7, 2017 and managed to stay off the nicotine. Yes, people, it is possible to quit smoking cigarettes. I did it.

Brett Hilyer – Alabama

Hi my name is Brett Hilyer, I currently live in Oxford House Rebirth. My sobriety date is May 29, 2018. When I first got to Oxford House, I was ready for a change. I was tired of the life I was living!! I felt like I could not get out of it. Oxford House has provided me with a safe place to start a better life. I have the structure and responsibility to better myself. I am not hopeless anymore and I have a purpose in life. I am very grateful to have come into Oxford House. I now have a sponsor, am working my Steps and building back broken relationships in my life, taking one day at a time!!

Bryan D. - North Carolina

My name is Bryan Doerr and I am an alcoholic. I'm a full-blooded Native American Indian who was adopted at birth into a loving family. Growing up and to this day, my parents have always been there for me and my brother. None of them have ever had a problem with alcohol.

I clearly remember the day I tried some Bacardi rum from the liquor cabinet with one of my friends from the neighborhood. I was fourteen when I discovered how this could work for me. In the beginning, it was a lot of fun and pretty normal. Very quickly though, alcohol began to consume my life. Near the end, I wouldn't participate in anything in life without drinking, and if I couldn't drink, I wouldn't participate at all. Thinking that I knew what was best for me I had selfishly pushed everyone who cared about me away. I was completely alone and lost. Now, through all this, I could see life as I wished it could be going on around me daily. So, I knew it was attainable but had no idea how to achieve it.

One day I had gotten kicked out of another apartment the day before my parents were leaving for Australia to visit my brother. There was no possibility of finding a place for me with such short notice. So it was either treatment center or homeless. This was my first introduction to the term "recovery". Of course being a grown man knowing what's best for me, I hated it. But it kept me safe and once I got out they were kind enough to get me a bed in a sober living home in the area. This particular house was not structured very well at all. So I was drinking immediately and soon dismissed. It was then that I was asked, "Have you ever heard of an Oxford House?"

I had not. I was given a list of houses and numbers. Growing up in the area I recognized one Jones Franklin road. It was a Monday morning I called and they had one vacancy with an interview scheduled at 9 pm. If I could get there, they would interview me also and decide who to accept. I got lost was late and the spot was taken. Throughout the rest of that week I was drinking and staying at a Days Inn. That Friday I was about to go back to treatment and for some reason I called the Jones Franklin house again. They answered and remembered who I was. I was then told the guy they accepted drank and was dismissed and could I be there Saturday at 4 pm for an interview. I had no idea my last drink was going to be that Friday and that Saturday February the 23rd 2013 would be my sobriety date.

Oxford House has not only saved my life, it has allowed me to create a whole new life I never thought was even possible. Once I was accepted I knew almost immediately that the way I want to do things was not

going to work there. I had to try something new. Had I not been accepted I would have never gone to Alcoholics Anonymous and found a solution to live the life I was intended to live.

I have held every position in our house, and been the Chapter treasurer. I'm also currently a peer advocate for several other houses in our Chapter. Through the recovery program of AA and Oxford House I have learned how to be a part of that life I for so long thought was unreachable. I've been told the World Conventions are life changing. I'm looking forward to my first.

Carl Cash – Roanoke, Virginia

My name is Carl Cash. When I was 6, I was removed from my biological parents and placed in foster care. I struggled to identify with others my own age. My insecurities and fear caused me to act out in ways that resulted in serious consequences. When I started using drugs at the age of fifteen, I found instant gratification that gave me temporary relief over my painful existence. I became dependent. By the time I was twenty-two, I had been charged with one felony, twenty-five misdemeanors, and had been to jail sixteen times. I was lost and could not find a way out. I could recall brief moments of my life, times where I was temporarily at peace with myself. I knew that this wasn't what I wanted for myself. I knew that life had something better in store for me. In 2012, my biological dad passed away, and despite making promises that I was going to take care of my mom, all I could do was drown my sorrows in substances.

My last arrest was on 02/08/16. The shame I felt being arrested in front of my mother, in this circumstance, allowed my denial to be shattered for a brief moment. Reality set in, I couldn't deny it anymore, I was an addict, and I was desperate for help. God's will brought me to Roanoke on 03/05/18 for an intensive out-patient program known as the Roanoke Rescue Mission. At that program I learned about accountability and community living. I graduated from the Rescue Mission, but continued to reside there until 02/06/18.

Exactly two years after being at the Rescue Mission, I continued to practice my recovery by being accepted into the Elm Street Oxford House. The fear of rejection was still real, but the acceptance of others with the same purpose provided the conditions to grow. My name is Carl Cash, and as of today's date, I have 928 days clean. I am now the President of the Elm Street Oxford House. I am currently enrolled as Human Services major at Virginia Western Community College, and last semester I made the president's list. I am in a position to support my family both financially and emotionally. Most importantly, every single day, I am in a position to share and receive recovery from my brothers in Oxford.

Carlos Vilorio – Greensboro, North Carolina

Five days after my relapse I'd managed to drink my way to the end of the world. I woke up at the edge of a bamboo walking bridge, dangling my feet over a nameless ravine that wended its way through the impossible limestone peaks of the Laotian jungle. The jagged summits lining the horizon were nothing like the mountains I'd grown up in. They were all sheer cliffs, eternally wreathed in mist, shot through with staircases and hidden shrines. Vang Vieng was stunning, but I'd never felt so far away from home.

A confluence of miracles brought me back from that jungle—that's a story we don't have time for here—but upon arriving back on American soil my real journey was only just beginning. I knew I needed to go to treatment, and I went, but the day I stepped out of Fellowship Hall, I was just as scared as I had been back on that bamboo bridge over the Nam Song river, half a world away. It dawned on me then, as I waited for my ride, that 'home' still felt just as far away as it ever had.

Treatment had provided me with a refuge, but I didn't trust myself out in the world. I spent an afternoon looking at places in Asheville, and I knew that if I moved into any one of them on my own I'd have a drink in my hand within the day. So I packed my bags and struck out for Greensboro having no idea where I'd

spend the night. I'd inquired about sober living situations with a friend in the area earlier that day. He'd called around on my behalf. And when I was about an hour outside of the city I received a text message from an Oxford House resident inquiring whether or not I'd be interested in an interview that day.

Seven months later I'm writing this story from a place that truly feels like home. I have no idea where I'd be this morning if I hadn't landed in an Oxford House that night. Addiction has taken many of us to some insane places, and my disease in particular seems to have a proclivity for the far-flung corners of the world. In the last half a year at Oxford House Jefferson, I've become a fledgling member of Alcoholics Anonymous in Greensboro, NC. I've begun working the steps with a sponsor who inspires me every day with his spirituality and grace. I've been accepted to graduate school at the University of North Carolina, Greensboro. I've even finished my first novel.

Without a safe, sober haven to rest my head at night, I wouldn't have accomplished any of those things. Our beautiful home is nestled amidst a hardwood forest on the western edge of the city. I woke up this morning to muse over my writing and stumbled upon one of my housemates pouring over his NA workbook at a table in our lush backyard. I opted not to disturb him, but it reinforced why Oxford House has been so essential to my recovery. Going to treatment is a great transition into recovery. Attending meetings is an essential facet of my spiritual journey. But my time at Oxford House Jefferson has afforded me the opportunity to LIVE recovery. My roommates are my brothers on that journey. We hold each other accountable. We make each other laugh—all day long. If there's one sound that synonymous with our Oxford House, it's uproarious laughter. At the heart of that mirth is the fact that we know we're safe here so long as we stay on a spiritual path and hold one another accountable. So long as we honor the traditions of Oxford House within these walls, grand opportunities await the lot of us. When we move on, there's no doubt in my mind but that Oxford House will continue to yield those benefits to still more wayward souls.

Christian Tanner – Texas

.....In my last year of active addiction, I showered every two or three weeks. I didn't get two consecutive nights of sleep. I ate vitamins instead of food at every chance I got and convinced myself I was getting enough vitamins to stay alive. I loved calcium. I hated myself. I shook. I cried. I was numb to all things but pain. I suffocated myself with misery. I put myself, my friends and my closest family in dangerous positions they would have never seen if it wasn't for my actions. I knew this then, and I know this now. The only difference between then and now is my hard work and most importantly, my decision to turn my will and my life over to the care of my Higher Power to my own understanding.

This is my first time sober and working a 12-step program. I didn't go to treatment because I am not insured nor could I pay the out-of-pocket costs. I spent a few days in detox and the clinicians explained to me what sober living is. I called an Oxford House, I got an interview and tonight I picked up a chip celebrating 9 consecutive months of sobriety.

What means the most to me today is that I don't want to kill myself anymore. In fact, I'm very much alive. Oxford has done more than teach me how to live a civilized life in society. I've learned self-confidence and discipline; I've learned happiness and purpose; I've learned what accountability and true friendship can do in my life. I smile and laugh authentically today. Oxford is very much a vessel my God uses to construct my life into what he suggests I live. I don't regret anything I've been through. I don't regret my self-will and my disservice to humanity in my active addiction. I can be unapologetically me today. I look in the mirror and smile. I am not a perfect being, and I do not feel like I deserve what I have. Nevertheless, it does not prevent me from humbly appreciating what I've been freely given. I will never forget what brought me to my knees, because I found misery and then I found God, whom I spent many, many years desperately and passionately hating and disproving. Yes, I found misery and then I found God.

Clifford Ratcliff – Oklahoma

Blessings! Hi. I'm from Oxford House Three Lakes. I'm an alcoholic and this is my story. I moved to Owasso in 2014 to be closer to my job and a few months later I received my 6th DUI and this one really dropped me to my knees. So, when I got out of jail (which was one prayer answered), I still didn't know what I was going to do so I got a lawyer and he told me about AA which I knew nothing about.

I got into AA and became good friends with two brothers of AA who told me about the Oxford House Three Lakes that they lived in. They said I should move in and I told them I would think about it. Oh, hell, no! I'm not moving into a half-way house even though money was tight and I was in my first month of Drug-Court but they talked me into going over and checking Oxford House Three Lakes out.

In February of 2015, I moved into Oxford House Three Lakes and, in one month, Drug Court took my ankle bracelet off and I became really strong with my AA group. I went around to other counties helping give direction with their AA groups. Without that secure feeling of a home, I couldn't have done this. I got to thinking that, after a year in Oxford, I should give back to it and, in 2016, I became Chapter HSC which was something new to me. This area in Oxford had HSC but it never really developed so with the Outreach direction, I did it for 2 years and have trained so many people.

Oxford House Three Lakes has given me the ability to help people grow and give them a home that feels like home. The ability to keep it going and to see that person succeed in life is all I need. Now it's 2018 and I live at Oxford House Three Lakes and this is my BLESSINGS!

Cory Cross – Tennessee

There are a million places this story could begin, but for the sake of time, I will start when my addiction began. The year was 2013. From an outsiders' perspective I was living the dream, but that wasn't anything close to the truth. My career was on the up and up and my relationship to my then-partner was off to a beautiful start. Sadly, my friends and family were nowhere close to understanding the chaos that plagued my mind daily. As I continued trying to deny my truth, I began drinking even heavier than I had in the past. By day, I was a business professional with last night's alcohol on my breath; by night, I was working as a bartender to make "extra cash." Extra cash was my way of convincing my partner who was three years sober at the time that the job was necessary. In retrospect, it was my way of manipulating the situation just so I could drink. This was only the beginning.

As I started slipping further and further into my own demise, I was crying out for attention. I couldn't even admit to myself that I was in desperate need of something to solve my crisis. My nights of drinking turned into using and in the beginning it was the answer I had been searching for. I white-knuckled my recovery for the next 5 years, using for months at a time, then stopping. Ultimately, I landed in Los Angeles with a dream job and all the bright lights one could handle. As I progressed with work and developing friendships in the City of Angels, I became complacent with my surroundings and my sobriety. Before long, I was drinking heavily and we all know where that leads. So there I was, in full blown active addiction once again. Only this time, I was spiritually bankrupt. Friends disappeared, hygiene vanquished, and self worth was obsolete. I became homeless after a few short months and my desire to live was gone. I recall thinking I'd be better off dead almost daily.....

After close to a year of sleeping in parks and putting my body through absolute hell, my memory started fading. I could no longer remember who I was, where I was going, or how to care for myself. One night, I picked up my phone my best friend back in Tennessee [*then arranged to fly there*]. Looking back, I believe I left that little afraid boy in LA and landed in Knoxville a new man. After two weeks of desperately searching for a treatment center that had a bed, I finally found one in Kingsport, Tennessee. Twenty-eight

days of treatment later, I was ready to plan my aftercare. This is where a dream of recovery and family became reality.

During treatment I had heard of Oxford House from several counselors. One of their stories hit me in such a profound way, I knew then this would be the right fit. I applied and waited patiently for my interview. Oxford House Stone Manor had just opened in Knoxville and had several vacancies. The bougie side of me was elated to hear it was brand new. I was pumped! At the time I couldn't differentiate happiness to be out of treatment or happiness to potentially live in a new house. I interviewed and was voted in! The same guy that thought life was over and no one cared a month previously just landed a spot to live!! The best part was knowing I was 100% honest about my story and these people still wanted me to be a part of what they had. This, of course, reassured me I was on the right path. Riding shotgun in my dad's car my mind was racing. What if they don't like me? What if they have an issue with me being gay? What if the house is not what I imagined? And that's just to name a few. Nothing could have prepared me for what happened next.

I arrived! Sweaty palms and all. Dad kept reminding me, "YOU ARE AWESOME, CORY! GOD IS ALWAYS GOOD." Even that wasn't enough to calm my nerves. You see, when you throw yourself into recovery and give it all you have, it's like being a child again. You can no longer run from feelings or numb them, no, you have to face them. As I walked in the door to the house I was taken back! Brand new doesn't compare to what I found!! Stainless steel appliances, granite counter tops, a great neighborhood...even my dad was jealous. The men in the house welcomed me with open arms and I knew in that moment life would be just a little bit easier, because for the first time I wouldn't be doing it alone.

I joined the Oxford family July 5, 2018. Since that day, life continues to get better for me. I now have a job where I actually pay taxes. I attend a church that loves recovery just as much as I do. I have learned how to trust other men and, get this, I even lean on them when I feel like giving up. Our house is beautiful – don't get me wrong, but that physical beauty doesn't compare to the beauty of this organization or the people who are a part of it. In my first week I was elected Treasurer of our House. Yea, I said that right, people trust me with their money!!!! I was elected HSR for Chapter 10 on my fourth day in our chapter. Other houses are calling me when they need help or advice – the same guy who had given up on life. At my first State Association meeting. I was nominated and elected State Vice-Chair which is a true honor. This organization not only gave me my life back, a roof over my head, responsibilities, and accountability, Oxford gave me a heartbeat again. I feel more alive today than ever. The support I receive and the love I feel leaves me in awe to this day.

We may not know what tomorrow brings for us but it sure is easier facing that uncertainty with each of you by my side!!! I love you Oxford family!!!!!!!!!!!!!!!!!!!!!!!!!!!!

DaShawn Aquino - Owensboro KY

I came from a broken home. From a young age, I never felt a part of my family nor my community. So, I struggled with acceptance and validation from others. With my first drink and drug, I don't necessarily remember the effect produced, I just remember the validation and approval that I felt by my Mom giving me her "blessing". Sadly, I received it through a drink. There came a point in my life, after my mom passed, that I used to stay numb. I attempted suicide, I was so broke, busted, and disgusted I did not want to live!

I was finally rescued by Radcliff Police Department in September 2015 and was later sent to Owensboro Regional Recovery Center (O.R.R.C.) in January 2016. Even without drugs or alcohol, I still sought out validation, causing me to be discharged. While I sat in jail for 3 months, I asked myself, "What is My Life Worth?" I returned to O.R.R on June 14, 2016 and I persevered through adversity. Though I still battled with self, I completed the program.

I moved into Oxford on June 9th 2017; at first, I was just a resident, not involved at all. It wasn't until I was blessed with the opportunity to experience the 2017 Oxford House World Convention in Washington D.C, that I saw how big Oxford really was!! I jumped in head first! I came back, read the Oxford House Manual, and did my research. In October, I was later asked to open a HOME for men. Such a blessing it was to help an Oxford House come together and to watch someone as hopeless as I was come into a family and find hope! Oxford House has given me HOPE, PURPOSE, & LIFE!

To me, Oxford House is my HOME! I'm a lifer, I honestly don't think I'll ever move out! I love my relatives back home, wholeheartedly, but Oxford is my family. I was recently blessed with an opportunity to expand with Oxford House in a new territory. I am equally as passionate and emotional with Oxford House as I am my recovery, if not more so! To the Newcomer: I suggest only one thing, Love YOURSELF as much as we already love you! You're worth it!

Eddie K. – Tennessee

My name is Eddie and I am an addict. I have led a life of lies, stealing, drug addiction and alcoholism. I have tried many times to get sober, even being placed in the Hamilton County drug court program. I failed at all them. Every time, I would get too relaxed and slip back into the bottles (beer and pill bottles). Then one of my friends asked me to come to Oxford House. At first, I was like, "Hell No!" Then, with nowhere else to turn I did just that. When I did my interview I was like, "This is some crazy shit! Why all the questions...why all the record keeping....is this a set-up ...is this free jail?"

My first day in, I was accepted as family. not a friend, but family. I have brothers and sisters now who would fight for me till the end. I have my driver's license back and I haven't had one for 14 years. Of course, people will still talk about your past and bring it up at the drop of a hat but Oxford has taught me to face my problems, not run from them. I dove in head-first, knowing I couldn't swim but now I have a place where I feel I belong. I hold Chapter and State level positions. I will direct anyone I can to Oxford because, if it can save a junkie like me, then the sky's the limit for anybody!! Thank you, Oxford, for turning me into the person my Mom would have loved to have seen! I couldn't have done it without Oxford.

Eric C. – Oklahoma

My Oxford House experience started about three weeks into my 30-day in-patient treatment program. We had just finished the family week, and I realized I would have no support at home for my new-found sobriety. I had planned on moving back home and was struggling with what to do after treatment. I remembered seeing an Oxford House presentation at Treatment and knew a few fellow patients who had moved into Oxford House and were very satisfied with their experience. They talked about the family atmosphere and about being surrounded with peer support 24 hours a day.

I talked to my roommate, Justin, about it, and we decided, despite a few nagging concerns, to give Oxford House a try on the buddy system. I contacted another friend who had just moved into a House out of treatment the week before. He gave me the number to the outreach worker for the Oklahoma City area. I called Dan Hahn and told him my roommate and I were looking for a house in Norman, Oklahoma and could he recommend houses that had openings. I told him I had some concerns I wanted to talk about before deciding on which Oxford House was best.

My primary concern was that I was frequently required to be called into work at odd hours and I wasn't sure my profession was "really a good fit" for Oxford. He asked me what I did for a living and I told him I was a commissioned law enforcement officer. He immediately replied that he had the perfect house for me. Little did I know I had been hoodwinked.

Following treatment, I arrived at the Sooner Oxford House with a money order in hand. The guy who met me at the door didn't seem to know what was going on but told me to come in. I sat on the couch for a few hours after he bolted back upstairs and waited for Justin to arrive. When he walked through the door, I could see he was thinking, "What have we gotten ourselves into?", We decided to go to a meeting and discussed the apparent mistake we had made. We decided to stick it out until the house meeting. A few more residents came home and told us the house meeting was going to be the next evening. "Finally," we thought, "someone will explain what's going on here and how this all works." The house president came down from his room and said he was going to the casino, but we could put our stuff in one of the rooms.

The time for the Sunday evening house meeting came and went with four of the five residents anxiously watching the clock. The president had never come home from the casino, and no one knew what to do. I sent Dan a text and said this house wasn't anything like he talked about in the presentation. He called me and told us to "just stay sober and keep going to meetings," and he would be there the next week.

A few days later Dan and a few of the housemates were in our living room. We learned that the president had relapsed and we were residents of the sickest house in the sickest chapter in Oklahoma. However, it was difficult to maintain a negative outlook with Dan in the room. He was so excited about something he must have seen in us. With help, we elected our house officers and conducted our first house meeting. Dan promised to help us each week until we got the hang of it. He sat through our meetings for the next two weeks and, after hearing me make a friendly amendment to one of Justin's motions concerning our bylaws, the Sooner House was declared reborn and self-sufficient. Our house was struggling under a mountain of debt and didn't have enough residents to be considered viable but Dan assured us we would be fine if we just stayed sober, followed the manual, and didn't accept people purely out of financial need. Dan kept in frequent contact checking in via phone and drop-ins.

Dan was doing something else too. He was coming by and picking me up to visit other houses with him. Meanwhile, I was going to meetings, found a home group, had gotten a sponsor and started working steps. I didn't know it at the time but I was being introduced to service work. I soon was elected as the HSC Co-Chair and was working with other houses in the area. I was also elected as our Chapter Treasurer. I had a unique set of skills when it came to numbers and spreadsheets and thoroughly enjoyed the work.

After about a month, I went to my first Oxford House state convention. I look back on that experience and realize that is where my fire for Oxford had been ignited. The speakers sharing their stories, learning about the model, the hours listening for people talking about their love for Oxford House resonated with me. Soon after, I had the opportunity to go to the World Convention in Portland. The experience was awesome. I made friends there with whom I am still very close.

The Sooner house was really growing. I remember when we wrote our first full rent check to the landlord. We had been piecemealing payments every week but had finally established enough financial stability to pay all of our bills and even start catching up on our back rent. Dan had asked me several times about staying on after I moved out. I didn't know what he was talking about and had no plans to move out. I was still going to meetings and even sponsoring a few guys. I had become firmly ensconced in the recovery community in Norman. Working the program of Alcoholics Anonymous led to sufficient change in me where moving home became a viable option. I had worked through the steps with my sponsor, had developed a strong support network, and had a toolbox full of solution. After nine months at the Sooner House, I moved back home.

Again, I was asked if I would continue to hang around. I couldn't even think of separating myself from the fellowship I had found in Oxford. I attended every house meeting at my House for the following year and finished my term as Chapter Treasurer. After turning over that position to a resident, I was looking for

ways to stay plugged in. We didn't have an alumni group active in the Oklahoma City area. So, in true Paul Molloy fashion, two other alumni and I started an alumni group of our own. We struggled financially at first but continued to meet and talk to alumni groups from other areas. We finally found our niche and now have a thriving association of alumni serving the residents of central Oklahoma. Being an active alumnus has blessed me with many opportunities to be of service and to continue growing the bonds of friendship formed early in my tenure in Oxford.

One last thing: I was told early on that if I got into the middle of service work, the contact list in my phone would be full of people in recovery. I doubted that at the time but I find it's so true today. My phone and my life are full of friends in Oxford and recovery. And not just that, they have been there for every up and down I've experienced and endured. Moving into the Sooner House and getting involved was truly one of the best decisions I could have made in early sobriety and staying on as an active alumni member continues to provide opportunities to be of service in my program of recovery I continue to work today. Thanks.

Haley Roach – Texas

I was in the foster system at 3 months old and adopted at six months old. My parents were strict but raised me in a loving Christian home. I turned to methamphetamines after my first daughter was born and I was diagnosed with clinical depression because I was working full-time, mothering and going to college and I couldn't seem to balance it all. I was able to quit for about five years, during which time I obtained my bachelor's and master's degrees, had another child, and got married. I even went on a mission trip to Africa and met most of my biological family. When my husband and I separated, I turned back to meth to numb my pain, and I asked my parents to take in my children because I was financially unable to care for them. This went on for four years until something happened to one of my daughters while they were in my care, which made me re-evaluate my priorities.

I began going to meetings and soon befriended a resident of the Women's Oxford House. She was a smart, strong, beautiful woman that I looked up to and ended up being roommates with her. It was my desire to become more like her that led me to Oxford and being a part of Oxford has changed my life in immeasurable ways. I feel incredibly blessed to know the people I have met in Oxford House and have learned to love myself for possibly the first time in my life.

Janet Huey – Alabama

Hi. My name is Janet Lee Huey. My sobriety date is June 28, 2018. My addiction took me to the lowest point in my life; it broke me financially, spiritually, physically, mentally and emotionally. After losing everything and everyone, I found myself hopeless, desperate, alone and scared. At the age of 60, I finally decided to reach out, I started praying and hoping for the right answer. One day I started to research a safe place for me to go and discovered the Oxford House. Thankfully, when I reached out, I was interviewed immediately and was accepted in OH Catalyst, the first women's house in Alabama. I was scared coming in but I've been here 6 weeks and I have a great support system, accountability and a new family. Things in my life are looking up, and I have no doubt things will keep getting better from here.

John Fair – Texas

I was living in a Respite Center on 15th Street in Austin, TX and still continuing to use. I was waiting on an appointment with Medication Assisted Therapy (MAT). I woke up on the morning of February 6, 2018 and got high. I don't remember anything that happened for the next 24 hours. I woke up and was in the hospital. I had overdosed. I was asked to leave the Respite Center and was back on the street. I finally had my appointment with MAT on February 8, 2018. I had gotten high the night before and had my induction dose of medication that Friday morning. After I was finished at the doctor's office, I went to Psychiatric Emergency Services and tried to get back into the Respite Center. They wouldn't let me back, so I decided

to call one of my buddies and see if I could stay on his couch for a few days. I also called Austin Recovery Treatment Center and got a bed date of April 5, 2018 – almost 2 months away! My friend had moved back to an Oxford House. They already had someone staying on their couch and he told me to call around. The first house that I called was Oxford House Collingsworth. I was told it would take about an hour to get an answer from everyone, but that he would call me back. My caseworker who was driving me around needed to drop me off somewhere so that he could go home. About 10 minutes later, the guy from Oxford House called me back and told me to come over. I had less than 24 hours sober when they took me in.

I was greeted with open arms and immediately felt comfortable. After a few days I discussed with them what my plans were as far as going to treatment. After a week I started paying \$55 a week to stay on the couch. I was given the Comptroller position in the house. I began to feel a part of it. I started to attend meetings regularly. After two months of staying on the couch, I went to treatment on at Austin Recovery. After treatment I was accepted back into the Oxford House. I was again made the Comptroller. I went to my first Chapter Meeting and was asked if I would like to be of service. I said yes, and became a chapter officer. Since then my Chapter Position has changed and I have also become an Officer in Inter-chapter.

When I showed up that first day, still a little dope sick, I felt alone and felt as if I had no family. Oxford House took me in and showed me that family isn't just your blood, it is the people around you that care so much that they will drop what they're doing and talk to me when I am struggling. I am convinced that if the Oxford House wouldn't have couched me, I would have kept using and died that weekend. I cannot express how grateful I am that Oxford House took me in and loved me until I could love myself. I do have a family and sometimes they are a little weird and get on my last nerve, but at the end of the day I know that any of them would do anything they could to help me. **OXFORD SAVED MY LIFE!!**

John Wayer – Oregon

Hi family. My name is John Wayer and I am running for World Council this year. First, I would like to tell you a little about myself. I was born and raised in Portland, Oregon in a fairly dysfunctional family. Both parents were alcoholics and divorced by the time I was 7 so it was no surprise that I would become alcoholic myself. I don't remember at what age I had my first drink but I am sure it was before I was 6. I am German by descent, only second generation American and my family is very big on family gatherings and there is always lots of alcohol. The families all had these little shot glass size beer steins and would fill them for us kids. I learned to like the feeling I got when drinking beer and wine. Before long I was sneaking into the wine shed to get bottles of wine on my own. By the time I was 18, I was working and most all my money went to cigarettes, alcohol or drugs.

One of the lowest points in my life was when a DHS worker with a cop brought my daughter, wanting me to take her and I said, "No way can I take care of a kid. I'm a drug addict." And this ended up putting her into the foster care system. My jobs (when I would work) never went anywhere, I always seemed to mess them up at some point. I was always getting arrested for possessions or getting sanctions from my P.O. because I would never follow their directions. I added it up once and have spent over 7½ years in jails. I've been to 5 treatment centers and still I couldn't stop. My youngest sister called me one night while I was drunk enough for her to get me to call Bridgeway treatment center and arrange to go into detox, then treatment.

After 90 days, my sister said I should go to an Oxford house and then she called and got me an interview. I met the guys at the Graham Oxford House for the interview and was a little intimidated by the 8 other guys around me asking me questions about my drug of choice and how I felt about my addiction and was I willing to do meetings and pay rent. My first thought was, "How am I going to do this..., I haven't even had a real job in years." My second thought was that I was going to die if I didn't try.... After the interview they had me step outside so they could talk. And within a minute they opened the door and told me I was in!

This was 1 of the best days of my lif., I had a place to go and it wasn't back where I came from. My family helped me with the membership fee, and the House helped me to look for work. My clean date is Sept. 8, 2012 and I was accepted to the Graham Oxford House at the end of November 2012. The guys in my house encouraged me to always do more. They gave me time to heal and place to call home. Although the names may change, the guys in my house are all after the same thing – a new way of living without drugs and alcohol. And Oxford House has given us all the home to do this in.

Since moving into my House, I have held all House positions except choir coordinator, I have served my chapter as Treasurer, Comptroller, HSR and Chair. I have been privileged to serve on the Oregon State Association as Housing Services Chair and HSR Co-chair. I also serve on a number of committees within my chapter and the State. I look forward to continued service. John J Wayer 9-8-12 and here to stay!

Joshua Hiland - Kentucky

Opportunity. Did you ever just sat back and pondered about how you'd like your life to end up? Some want to be dancers, some want to be firefighters and then there are those individuals that are just good with making it. That was me, I just wanted to make it. I wanted a family, a decent job and to be relatively happy. That's not too much to ask for, right? When I was younger I was always the new guy; we moved around a lot. I've always been pretty outspoken which led to a lot of arguments and fights because I was always right. I was a pretty irresponsible kid at times. Needless to say, I didn't have very many friends. I found that alcohol never let me down like people did every chance they got. Alcohol was my 'go-to'; my best friend. I relayed on the bottle for everything. I really thought it was the answers to life's problems.

I would say I've always had a drinking problem but it wasn't until I got home from a deployment that I realized just how bad it really was. That mistake got me chartered out of the military. I still kept at it, fueling the fire of my self-destruction. I had a beautiful baby girl not long after that and that still wasn't enough for me to realize I needed to grow up and quit relaying on a substance to make me happy. Self-destructiveness continued over the next five years. In 2016, I was beginning to look for a change. I figured I wanted to be like those church-going people who always seemed to be happy. But I didn't take care of it in time. On November 19, 2016, I got my fourth DUI within a ten year period. I was fixing to be a felon. I was willing to change myself then so I enlisted into a long-term treatment program called Lighthouse. This place was amazing, I actually learned so much about myself while there. The Lighthouse introduced me to Alcoholics Anonymous..... I'm pretty happy with the way things worked out.

I was gearing up to move out of this treatment center when I learned of Oxford House. At that time, I wasn't sure exactly was I was going to do after rehab. The worker of Oxford House Chapter 2 out of Owensboro, KY, talked Oxford House up like it was the best thing since sliced bread. I'll be honest; I didn't buy into it at first. But it was crunch time and I needed a place to go where I could have my now 6-year-old daughter around and I remembered that the Oxford House has a Daddy with Children Oxford House. So, I took a leap and applied, not knowing at the time that it would be one of the best decisions I've ever made. I moved into our house, Oxford House Makada on January 20, 2018, I felt so welcome from the start.

I'm still here seven month later. Oxford has allowed me to step up in ways I haven't been able to in a long time. I enjoy responsibility now. From the beginning, I've wanted to get involved because I felt like I can offer a lot of experience to individuals needing this safe, sober, structured environment. Oxford has been beneficial to my life because it allows me to have my sassy britches of a child with me at all times. The low rent has let me make huge financial gains in my life so I can be ready to move to the next chapter of my life. I take my roles with Oxford very serious, so serious at times that my significant other calls me 'OxPops.' She calls me that because I love and feel obligated to help my Oxford family. Family, I've never had that growing up but with oxford I have family EVERYWHERE. I know whole heartedly I could, if need be call anyone of my oxford family and they'd give me the shirt off there back. I'm pretty positive

that's why I love Oxford so much. I've got a huge family to look after me and vice-versa. The general love in Oxford is a powerful entity that can't be outweighed. Oxford has given my life meaning again. I feel like I owe a great deal to this non-profit organization for giving me a sense of usefulness back. Thanks for reading my opportunity for a better life. Joshua Hiland

Karla C. – Texas

My Oxford House story started as most things in my life did – with a lie. I had been clean for about 13 months without really working a program so, when I ran into an old using buddy fresh out of prison, it didn't take me long to join her in a short-lived but utterly demoralizing and nearly life-ending relapse. I found myself very close to death in a shady motel on a bad side of town with no job, no car, no money and nowhere to go. I made a phone call to my boyfriend who was sober at that time and he came to my rescue. We spent the next few days together getting me somewhat sobered up, knowing that we had to find a long-term solution. I remembered the name Oxford House from treatment so I made the phone call, and I was blessed to reach the ladies at Oxford House Woodlawn Lake in San Antonio. The first question she asked me was if I had a safe place to stay that night and when I laughed and said, "Not really," she told me to hold on and a few minutes later she came back on the line and told me to be at the House that night for an emergency interview. She even asked if I needed a ride! I was super nervous because this was literally my last and only option...truly the last house on the block for me.

I arrived at the interview running late and sweating bullets but I was welcomed with open arms. I was given an application to fill out and the girls were so nice to me. They chatted around me while I answered the questions and I remembered thinking how much they seemed to really like each other. The interview went well and they accepted me into the house quickly. Now here's where things got tricky: I had assumed that I would not be accepted if they knew that I had recently relapsed so I had lied on my application and in my interview – I told them that I had been sober for 13 months. I was asked to take a UA, and I thought nothing of it; after all, I had been clean for 7 days so, no problem, right? Wrong. I tested positive for methamphetamine. The ladies gathered around me again and asked me to explain, and I just took a deep breath and told them the truth. I still couldn't figure out why I would still test positive after 7 days and neither could they until I finally showed them what I had been hiding under my jacket – my first ever abscess – huge, red and swollen, it looked like half a baseball right there in the crook of my elbow with red streaks heading in both directions. They immediately moved into action, letting me know what I needed to do to take care of myself, and for some reason they decided to take a chance on a strung-out liar. I was allowed to stay in the house, and they made sure I got to the hospital and got my abscess treated. Those women became my family and have remained so to this day. They supported me through my boyfriend's relapse and showed me that I could survive on my own. They taught me how to be accountable for my behavior, and how to survive life on life's terms.

I have been through many, many things while living in Oxford House. I have changed jobs; I have changed cities; I have gotten married; I have survived my husband's relapsing; I have been able to support his return to recovery; I regained custody of my daughter and I can honestly say that Oxford House has been the base of my sobriety through all of those events. I owe a debt that I can never repay.

Kelly Schiller – Texas

I took my first drink when I was 15 years old. I got drunk and had a black-out. My drinking continued on a social basis through my college years, although I recall always drinking more than any of my friends. My drinking began to escalate into my 30s and I got my first DWI at 36. I got several more DWI's over the years and my drinking continued to get worse. I went in and out of AA for many years and could never accumulate more than three years of sobriety at a time. Life would get so good when I was sober but I could never follow through with my recovery. I was married for 12 years to a sex addict and then we

divorced. I opened up my own private practice and did very well for about 10 years. I started drinking again and ended up closing down and selling out. Life continued to get worse and things were falling apart.

I raised my two girls by myself. I was there for them physically, but not emotionally. It was a roller coaster of short periods of sobriety and then back to drinking. My oldest daughter ended up running away when she was a senior in high school and never moved back home. She couldn't handle the craziness of our lives. I ended up getting a seven-year prison sentence for multiple DWI's. I was released after two years, but violated parole two and a half years later. I got sent back to SAF-P and was notified by the Chaplain that my youngest daughter (22 years old) had passed away several days earlier from a heroin overdose. Once released from the prison system, I started drinking again within six months. I could not deal with the death of my daughter. This went on for about six more months and the drinking was so bad. I was so unhappy and so miserable. I wanted to quit drinking so bad and knew I couldn't do it on my own.

I called my little sister and she helped me get into a 30-day rehab. I knew I couldn't go back home and had to do something different when I was released. I saw a brochure for Oxford House in the rehab and made a call to Chapter 14 in Wichita Falls. I have been in Eveningside Oxford House for almost three months now. This place has changed my life forever. I have finally found some peace and serenity in my life and I am surrounded by loving people who I can honestly call my "family." I am happy and feel good about myself and my life for the first time in many, many, years.

Kelsey J. – Kentucky

I have always been real good at not following rules, getting boozed, and manipulating situations. I started doing bad in school when I was about ten and it went downhill from there. The first time I took a drink I was twelve. I felt whole. I felt like I was finally good at something. My siblings all had something they were good at so I felt left out, but I realized I was finally good at something. It led me to getting kicked out of school at 15 for being under the influence of Ecstasy at school. I was forced to go to a trade school where I at least gained my GED. I ended up leaving there, moving to the beach and getting pregnant. I thought I was doing good, until I broke up with my now 7-year-old daughter's father. That began my six-year run with methamphetamine. This was back in 2012.(I got back with my husband and had another baby but) I ended up leaving him and my children for meth. I met a guy who did heroin(Eventually, I started to shoot up. I OD'ed seven times; most of those time were purposeful. I would wake up violently hitting and screaming at my boyfriend because I didn't want to wake up.

I was broken spiritually, physically and emotionally. I went to detox at a hospital in Kentucky four times before I finally just began to take the suggestions that were laid at my feet. I went to 30-day treatment where I began to actually realized that there was hope for me after all. They told me to sit still, take suggestions, get a sponsor, and work the steps. And I did that. I met a girl in treatment who helped me get a sponsor and told me about Oxford House. And because I was ready to be independent and stop being a tornado through my parent's lives, I decided to try and get an interview. I called them and I got an interview. I remember after they did the interview, they put me on hold, and when they came back to the phone, they said I was accepted and that they loved me already! I couldn't believe this, because I never had any real friends, let alone have a group of girls love me who didn't even know me. But they did. I remember getting out of treatment and, the moment I left, I called my sponsor and told her I was on my way to Louisville and I called my roommate and told her I was on my way. In my first month I was all over the place; I did everything wrong possible, besides get high. I was almost put up for eviction but, thank God, one of my angels of a roommate said we should just do a behavior contract. I was willing and open minded and changed my behavior quickly.

My sobriety date is June 5, 2017. Since that day I have changed my life 180 degrees. Where I was good at getting high, I am now great at getting sober. I have worked the steps, followed all suggestions from my

sponsor, and now I sponsor women and continue to work the steps. Where I sold dope, I now sell the message of recovery whenever or wherever I'm asked. I have gotten certified to teach recovery dynamics and I actually love people today! I am a mother to my children, and a daughter to my parents. I am a sister to my siblings and to my friends! I am quick to help when asked and I love my House! I participate in as many Oxford events as I am able to and, hopefully, soon I will be able to work with Oxford and help save lives as my outreach worker has done and continues to do for me!

Kelvin B. – Richmond, Virginia

My name is Kelvin B. and I currently live in an Oxford House in Richmond Va. My drug of choice is powdered cocaine. I began using in the early 90's, hanging out with friends just on the weekends but my use soon progressed to days during the week. After years of using and a few lost jobs, I started to sell cocaine as a way to make money and support my habit. That was great for a few years until the Feds arrested and charged me with possession and distribution. After serving 6 years, I came home and still I struggled with my addiction by giving my P.O. several positive drug screens.

As kind of the last resort I entered a program called Score and part of the initial process was to stay in an Oxford House. I tried every way I knew how to get around that but found myself in one anyway. I believe that was the best decision of my life. The Oxford House has a positive environment for growth. You're surrounded with positive people doing positive things that I found was rubbing off on me. It's a safe place where you can be yourself and take the mask off without being judged. We're a family here and have genuine concern for each other like brothers and I wouldn't trade this in for nothing in the world.

Kahlil Bey – District of Columbia

On or about May 17, 2004, after several attempts to stop drinking Jamaican Root Drink on my own, I felt it all coming to a head. However, it wasn't until I reflected a carefully detailed plan to buy, cook, and shoot some heroin that I got really scared. After 17 years clean; my whole life flashed before me That night after drinking a couple more roots (I bought them by the case now – addict behavior), I cried and prayed all night. Pride had grabbed my soul and had a vicious grip, but my prayers would conquer in the end, for a new beginning. I reached out for help..... drank more roots, crashed and woke up in prayer. My prayer was clear and audible: "Oh Allah, Most Merciful Master. Please guide me I'll do what you ask just to help me and deliver me from the bondage of self. I can't do it on my own; I'll go wherever you guide and do whatever you ask."..... I

When I called for help, I suggested that the Baltimore area might not be the best area for my recovery to start, they agreed and also suggested that I might need something long-term I said nothing, wanting to live up to the vow of my prayer. I completed a 28-day treatment and a one-year Transitional Program. It was the first time I stayed in any communal living situation outside of being in the Maryland Penitentiary. I could have gone back home to Baltimore, but I had obtained employment, but decided to stay in the District.

Through a friend I was introduced to Oxford House. I was accepted at R Street Oxford House in DC and I have been there since June 5, 2005. In one of the best decisions I made in my Recovery, I was introduced to Me, and am presently living the best version of myself. I learned how to be a friend, a brother, a leader and an exemplar power of example. Through my Oxford House experience, the emptiness, the pervasive void that was my constant companion is now transformed to love of self and humanity. Thank you, Oxford House, for displacing that loneliness with a new extended family, where I am an honored to be of service.

Kylie Sawyer – Louisiana

The date of my first Oxford House interview was December 10, 2014! I fell in love with the Oxford House model right away. After about 6 months of asking questions and learning, I started doing fundraising for

HSC and loved being a part of helping Oxford grow! I was given the opportunity to help open a new Oxford House and then attend my first World Convention in D.C. I was on fire for Oxford after this and was nominated for Chapter Chair.

A month later, six weeks before I made a year sober, I was in a tragic car accident. I was hit head-on by a dump truck and sustained very serious, life-changing injuries but God was with me the entire time. I spent the next 3 months in the hospital having several surgeries. My neck and back were completely shattered. The surgeon told my family and friends that I would never walk again. I was completely paralyzed for the first 3 weeks but with intense physical therapy and determination I began to feel my feet and legs. I had an amazing team but it was certainly difficult to accept the powerlessness of my situation. It has been 2 and a half years since my accident and I'm so grateful to say that I AM walking today. I have some physical limitations and I'm often in pain but God added all of this to my story for His glory!

After the accident I relapsed and barely made it back but I finally reached out for help. I went into treatment in April 2017 and then I returned to my Oxford family! Oxford has saved my life more than once. My sobriety date is 4/20/17 and, over the last 15 months, I have been trying to give back to my Oxford family! I serve as the Chapter Chair and Chapter Services for Baton Rouge. There's absolutely nothing that will compare to what Oxford House has done for me. Thank God for Paul Molloy and #oxfordstrong.

Leaf – Oregon

My name is Leaf and I am an alcoholic. Most people started to drink and use to feel comfortable in their skin, as a social lubricant. My story is a little different. I used to escape my reality. To be somewhere else.... to feel something else. I was born into a biker/drug dealing family. Early on, I was exposed to things like witnessing a murder in my living room when I was 8 years old and like getting pulled to the ground by my hair and kicked in the ribs by my stepmother. All these things conditioned me to becoming a monster in many ways. I found alcohol and marijuana at the age of 14... and was instantly in love. I had held off until then because I had decided I didn't want to be like the people I'd been surrounded by my whole life. I immediately began stealing my Dad's pot and selling it at school. From that point until I was 39, I was loaded in some fashion or another.

When I was 18 I tried speed for the first time (meth). And ohhhhhh, man, I'd found what I had been looking for. It was like when Clark Kent slipped into the phone booth.... and came out SUPERMAN! I went pretty hard and heavy for a few years.... ended up in prison, that didn't stop me. I thought if I got married and had kids maybe I'd start making better choices. That worked for a while until it didn't anymore. I started my own company; I tried church for a while but everything ended up being less than.... boring.... not enough. So I started going hard again. You know... dope/strippers/missions leading nowhere. All the while thinking I'm killing it! I partied myself to a point where I had no wife; I abandoned my kids and lost my car and my license. I liked to tell people I was an outdoorsman... but truly I was just a homeless junkie. In the end it was me stealing to support my habit and living in a tent.

At the age of 39 my family got together and intervened so I ended up going to treatment at Serenity Lane. I became willing to consider that maybe I had something to do with my situation. Maybe I didn't have to let the past own me. Maybe being the victim and blaming everyone and everything for my problems/my situation wasn't serving me at all. From that point I jumped. I took a long hard look at myself. I did some major work the 4 months I spent at Serenity Lane. I followed the suggestions, got a sponsor, worked the steps, got into an Oxford House and jumped into service.

My clean date is 6/11/16 and the changes in my life have been nothing less than a miracle. Between AA and Oxford, I have learned how to suit up and show up. I'm a lead installer for a door and window company, where they appreciate me and have given me four raises in the past year alone. I have a relationship with

my children and family that far exceeds anything I'd have ever thought possible. I have real friends -- the kind you don't believe exist while in active addiction. I dove neck-deep in service. I'm the gsr for my home group. I'm the Chair of Chapter 13 in Oregon. My term ends in October but, because I love Oxford and it has given so much to me, I ran for and was elected Southern Oregon Outreach Chair for the State Association. I go into Serenity Lane as often as I can to give back to the place that helped me remove my head from my ass.

I've learned that in service, you gain just as much or more than you give. By suiting up and showing up to help others, you learn to show up in life. When you show up in life, things change..... for the better. With God, Oxford and AA, I cannot believe the gifts I've received. And I'm telling you that I've come to believe that, with these things in place, there is no top, no ceiling. There is always growth to be had, service to be done, gifts to be given and received. You do not have to be miserable. You don't have to be suicidal. You don't have to destroy everything you touch. Life is beautiful, and worth living. You are beautiful and worth the work to change. If this 'tweaker in a tent' can do it, so can you. God/Oxford/AA/NA will believe in you until you can learn to believe in yourself.

Lee Anne – North Carolina

My first memories of my childhood were very chaotic. My siblings and I were raised by a single mom; so she had many different jobs as well as relationship changes. None of my siblings and I have the same father, but we still felt like a family. I remember having all matching sheets, drapes, etc. as my mom would order from different catalogs until she had to pay the bill, and then it would be a new one. We also learned how to pack everything we owned in a short hour and move into our next place we would call home. This became very normal to me although, looking back, I realize that it wasn't.

When I was in grade school, I remember one day that my mom said that I was going to meet my dad. I had a little suitcase and remember him pulling up and quickly taking interest in my life. I was then told I was to leave to live with my father. Unlike, my mother; my father had a very stable life that was very attractive to me. I also realized he didn't drink alcohol, and had more stability in his relationships with his friends and family. This was very different from what I had been used to and I was very much wanting this new journey to continue. I didn't know it then, but my father was a recovering alcoholic and hadn't been in my life for a while because of this. ... I decided that when I grew up, I would have this type of family and raise my children in such stability.

I quickly got married upon graduating high school as I had gotten pregnant and felt this was the best decision. It didn't work out and my child wouldn't meet her father until her teenage years. I then married again... and found my solution in alcohol. It worked and it worked well. I managed to pull this off for a bit, until my problems piled up and then it was constant. I needed to have alcohol in my system to function; to show up to parent/teacher conference, any event, even to be alone. This went from bad to worse, and I was starting to get questioned. I took this as a personal attack as well; how could they not see that others took pills when I just needed some drinks. This progressed even further, and so in order to hide my actions, I came up with the bright idea of drinking hand sanitizer. I found it a practical solution as I also have an obsession with cleanliness and perfection and so hand sanitizer was always readily available and very easy to hide. After all, everyone knows the scent of hand sanitizer and it really does mask everything.

I found myself divorced yet again; and drinking around the clock to deal with it. I have been in numerous treatment centers and more than enough places to get help, along with a father who was supportive and sober. I tried and failed, but held on to that title of a mother as strongly as I could, as it was the only way I define myself. After a while, although I was not mentally aware of what was taking place, my children took the role of parent to me all while I was trying to prove to be better than everyone else. It got so bad that family members were enlightened when I was arrested....

I entered into a long-term rehabilitation center for women. My dignity was gone, my will had long since left, and I had nothing. I started this process of recovery, only after being humbled by having no other choice left. I chose a sponsor simply on the fact that she was sober and I was not. I was again in a situation where I was told what to do and part of me liked the structure. I was surrounded by others who were doing exactly what I was trying to do, stay sober. At first, my motive was to make it out of that place; however, I wasn't in a state or city that I was familiar with, so I was also petrified to leave. I am not sure when I switched to actually wanting to change, but I found myself being content without alcohol. I worked with a sponsor; I had told her all and held nothing back. I graduated from that rehabilitation center and would fell and, although I stumbled a couple of times, this had been my first honest shot at recovery, and what I have found is that others will help you when your actions show that you that willing to try. Because of this willingness, I was given the opportunity to enter into an Oxford House.

Living in an Oxford House surrounded by other women who are seeking recovery gave me the freedom that I wanted and also the accountability that I needed. While living at my first Oxford House, I learned a lot about myself and who I was but, more importantly I got to become a person that I had wanted to be. I haven't had a drink in over two years and, although that is miraculous to me, what's more astonishing is that I live an honest life with the people I have in my life and I am honest with myself.

It was living in this Oxford House that I began to define myself, not as a mother, a daughter, a sister, but as Lee Anne. I know my quirks and I know my faults. I know the best traits I have and I know that I also have traits that I wish to let go of. I don't do everything right and that's okay, because I am able to make any decision that I want, good, bad or indifferent, but I also know that I am responsible for those choices so I am also responsible for the consequences. I was never a bad person who needed to get better, I was sick person who needed to get well. Being in Oxford has given me the ability to see my children as much as possible and we cherish every moment.

My friends now meet me where I am at mentally and, hopefully, I do the same for them, I am not afraid to say that I am a recovering alcoholic and I no longer have any secrets. My only wish is that others find hope in my story and it inspires them to seek a solution as stigma can only grow in the dark. We see alcoholism, drug addiction and other ailments daily; yet we very rarely see recovery as we are told to keep that hush, hush. I'd rather bring recovery into the light so that others can find their own. We all make a choice conscious or unconsciously and that choice is whether we are willing or not and, as I now know. we are either willing or in the way, and I am so grateful for that gift of willingness I received a little over two years ago. You can have a good day any day you want; you just have to decide to do so. What happens around us are circumstances beyond our control; yet what happens inside of us is our strength to realize this. After experiencing the joys of recovery, I choose to walk with purpose rather than worry and I am responsible for that choice and I have friends who point me in the right direction when I make the wrong choice.

Lindsey Dawson – Oregon

My name is Lindsey and I am an alcoholic. I am a single momma of two beautiful babies. I have an 8-year-old daughter named Kinslie and a two-year-old son named Jaxton. My sobriety date is October 18, 2017. My drugs of choice were Meth, Heroin, Alcohol, and Marijuana. The reality of it is that I always wanted more no matter what it was. Normal to me was toxic relationships and getting the next drink or drug.

.....I lived with my mom growing up, and she also re-married and divorced. My mom actually married and divorced a total of 5 times. That was the beginning of exposure to toxic relationships. My mom's next marriage ended when I was 5. My mother and this man got busted for growing weed across the street from my pre-school. He went to prison and my mom got to keep me and my sister.Growing up with four big sisters was a challenge. When I was 12 years old, my 14-year-old sister found out she was pregnant.

We lived in a two-bedroom house and there wasn't going to be room for me in the house anymore, so my mom got a fifth wheel and put it in the alley way next to the house. That was then my bedroom. At 12, I got drunk and smoked weed for the first time – both in the same weekend. From that point on, my addiction just grew stronger and more severe. At the age of 15 I found Meth and many other party drugs. I ended up in a toxic relationship and dropped out of school. I thought I found the solution. The drinking and the drugging were my way out. My mom ended up kicking me out at 15 and the streets became my home. I was living out of a car and bouncing from dope house to dope house. I became comfortable living in the chaos. I tried to commit suicide when I was 17; then, at 18 years old, I found out I was pregnant. ... I thought that this baby would be my saving grace.....but my daughter wasn't enough to keep me sober. I was lucky enough to have a family willing to take care of my daughter while I was out on the streets slowly killing myself. After my daughter was born, I was introduced to Heroin. I knew the comfort I had in the past from the Meth and Alcohol, but this was different and an even deeper escape from reality.

I thought I was a functioning alcoholic. I was able to work, and pay most of the bills. I thought I was a better alcoholic than others because I had a house and a car and a job. That was a delusion of my alcoholism. I continued on a destructive path for years, in and out of treatment. I could never get a grasp on life. I allowed abusive men to become my higher power and didn't have a relationship with God. At the age of 23, I managed to get off the Heroin but my alcoholism and Meth addiction took off worse than ever. I went into treatment on May 26, 2015. Then I found out I was pregnant again. Not only was I getting sober, but I was having another baby. My daughter lived with me at the treatment center and she was so excited to be a big sister. I graduated and did well for a while. I went to meetings and got a sponsor – just to say I had one. I didn't do any of the work. I got a house, had the kids, but I didn't work any program and I went right back to the town I lived in before.

Not long after my son was born my alcoholism and addiction took off again. My family was taking care of my kids and I was miserable. I found drugs at the bottom of every bottle I drank. I also found my long-lost friend, Heroin, again. I was miserable and had no one but me to blame for that. I didn't know if I was going to ever make it out alive. I stayed out for a year and a half after that relapse until I ended up in jail. I was looking at drunk driving charges, and possession and delivery charges. I was so scared, so I called my family from jail. I didn't know what to do. I had hit a bottom. When I got released from jail I got signed up for treatment again and started leaning into the idea of change. But I stayed drunk and loaded for another month though. Finally, I got miserable enough to do something different.

During my first 24 hours of sobriety I went to a meeting, and I got a sponsor the first week. It was time to do something I had never done before. Off to treatment I went again. This time my willingness was different. I started working the steps and finding my higher power again. I knew I couldn't go back to that small town. So, I decided to try this Oxford thing I had heard about.

I moved into Autzen Oxford House on December 18, 2017. I was scared to live with 13 women but that was the best thing I have ever done for myself. I have grown so much since I moved into Oxford. I have both of my babies back with me full time; I have a full-time job; I have gotten my license back for the first time in six years. Oxford has taught me how to have accountability. It has forced me to use my voice in a constructive manner. I have relationships with women who actually want to see me succeed. I have a life beyond my wildest dreams and it is only the beginning. I have gotten an opportunity to be a part of Chapter; to be a part of something bigger than myself. I get to be a mother who is present in her children's lives. I get to be a daughter, a sister, a granddaughter, an aunt and a productive member of society. I didn't ever think I would have anything to offer anyone, and today I have an amazing job that allows me to be of service every day. I am grateful to have this opportunity to learn more on a daily basis. Today I am a strong independent woman in recovery.

Maria Icenhower -- Oregon

I was born in Tulsa Oklahoma. My biological mother was an addict incapable of raising me, and my biological father was an assumed dealer. I was put up for adoption and adopted immediately by two amazing people. I had the entire world at my fingertips and most of my childhood was filled with beautiful memories. I was bullied throughout middle school and never felt I belonged anywhere. In high school, I thought I found a group where I fit in. I would snort molly to feel alive. I was so desperate for someone to accept me. And I thought I had found that, but the molly didn't numb the pain, it only made it worse. I gained acceptance from a popular girl at my High School; I thought she was my friend and we joined a go-go team together. With her I tried Fentanyl for the first time; she told me it was just like weed and I couldn't overdose. I tried it and fell in love with the drug. I would do absolutely anything have it.

My mom will tell you I became an addict the summer after high school, but that is just when I got addicted to something that made my life completely unmanageable. My whole life I was addicted to something, mostly relationships and drama. But the second I took that first hit, it was over. I did anything and everything to stay high. This included pawning my dead mother's wedding ring as well as every piece of gold jewelry in the entire house. I got \$40 for that engagement ring and spent it all to get loaded. Eventually she got so tired that she kicked me out and took the car she had given me back. I lived with my boyfriend for a while but eventually he got tired too. I was homeless and alone yet still I couldn't stop. I was forced to do prostitution and held hostage for a week, and was saved after everyone had fallen out. Shortly after that, I went to Sundown Ranch. I lasted 3 days before losing my mind and giving up. Less than 24 hours after I got out, I began to slam heroin. My addiction got really bad, I resorted to prostitution and robbing johns.

..... My mom came to town and got me to the treatment center.....When I graduated treatment, I moved into a sober living house in Hillsboro. There I learned willingness and how to be a productive member of society. I was there for 5 months but I let my obsession with an abusive older man take me back out. I used heroin the night after I was kicked out..... Of course, the abuse got worse.The day he gave me an ultimatum was the day I decided I had enough. He told me if I wasn't willing to do certain sex acts, then I wasn't ready for a relationship, and that I could either perform them or move into an Oxford House.

I chose Oxford, and have lived in the same house ever since. My recovery journey has been far from easy. I have been put on at least five behavioral contracts at my house. But I also made some amazing life-long friends who brought out the brightness in me that I could never see for myself. A lot of my battles have been with depression and anxiety which are major triggers for me. But the women in my life help me though it every single day. I wouldn't be here today if they gave up on me. I am forever grateful that they took that chance on me. I have been clean for a little more than 2 years and today I have pride and dignity. I am the Chair of my Chapter. I have learned that sometimes it's okay not to be okay. Most importantly, I have learned a new way to live and can show others how to live this way too. I have gained everything I lost back and more and it is all thanks to Oxford. You guys saved me when I didn't know how to save myself.

Melissa – Clarksburg, West Virginia

After twelve long years of feeling alone and miserable I have finally found the comfort and support that I had been searching for here at the Oxford House in Clarksburg. I had lived what to me seemed like days, which suddenly became so many years, in complete denial. Denial had kept me spinning out of control since the death of my youngest daughter, Jordyn, in 2006. Searching for an escape from the reality of my grief I found a life that I had never known and that our parents try to protect us from, which consumed every part of me until I was lost. "Let's just say I caused a lot of heartache and pain to all the people I love including my oldest daughter Taylor and I burned a lot of bridges with everyone in my life until there wasn't anyone left anymore. For years I felt that what I had done and caused was justified and I couldn't understand how everyone couldn't understand why I had become this angry, resentful, careless person. To me I had

every right to be the monster that I had become and every time I heard them ask me to be the person that I used to be it only made things even worse cause how can they all expect for me to go on like I hadn't buried my child. Sadly that anger only got worse over the years and I felt that dying could only be a blessing for me, but to my surprise God had other plans for me.

On June.16, 2018 I ended up in the hospital in terrible pain from an abscess I had caused in my arm which led to an infection in my blood stream and almost cost me my life. ... I was faced with almost losing my arm..... For over a week I endured test and continuous antibiotics just to keep me from losing my arm and in that time. I listened to all the things that the doctors were saying to me.... I was tired of running and tired of feeling so alone so it was time I asked for help. I started making the calls I needed to so that I could go straight from the hospital to a 90-day program. I was accepted to the Mother's program in Beckley, WV, where I spent thirty days and from there I was accepted into the Oxford House here in Clarksburg.

On July 28, 2018, I arrived in Clarksburg anxious, nervous and already missing home, to a house full of other women who I had never meet until that very moment and in a place that I knew nothing about. What I had thought would only end up another bad decision actually has become the comfort and security that I've needed all along! All that I had done in my addiction that I had feared would cause the girls here to reject me has only ended up bringing all of us closer together..... As addicts, we have all endured all the cruel judgements this uneducated world has given us and, for the longest time, I held my head down from the guilt, not realizing how blessed I really am to even have this chance to share my story because so many of us were lost before they got their chance. Every day here at the Oxford House for me is a blessing and another day clean and I can hold my head high, proud of how far I've come . We can never truly understand why we go through the things in our lives until we finally see the power and strength it built inside of us. Our weakness becomes our strength!

Nick Kenter – Nebraska

I grew up in poverty and was actively involved in the gang lifestyle. I started using drugs at 12 and smoking meth at 15. It has caused a lot of issues in my life. I've been in and out of loc- up for 14 years. For this last prison number, I was convicted of manufacturing methamphetamine with the intent to deliver. I was sentenced to 7-10 years. I was released from prison on May 9, 2018 to the Farnam Oxford House. I wasn't sure what to expect when I got there and, honestly, I didn't think I was going to like it. After I got there, I thought I would just skate by but the more I got to know the guys, and the more I got involved, the more I felt that this was exactly where I needed to be. The opportunity came for me to move and help start a new house and I jumped on it. On July 1, 2018, I moved into Nebraska's newest men's house, Oxford House Blondo.

Shortly after I moved into the new Oxford House, I was in a horrible motorcycle accident in which I almost died. I was in the hospital and the love and support that my Oxford family has shown has been unbelievable. I had always been the black sheep of the family and have always had the 'I don't give a fuck' attitude, but Oxford has shown me how to have empathy. It has opened my heart to care about others.

Oxford has provided a safe, sober, and supportive living environment. It has taught me how to live in a normal life, and how to have steady employment, manage my time, and pay bills. My roommates hold me accountable and have taught me how to hold others accountable as well. It has given me leadership skills and ability to teach other members the Oxford model. It has given me the ability to not just focus on myself and has opened my eyes to help others. I am now able to go to do presentations and help encourage others to do good. Before I didn't care if it didn't involve me it; now I try to encourage others to get off the street and do good.

NIKOLAI – Oregon

From Nikki to Nikolai and how Oxford changed my life forever. On May 14, 2017 I decided enough was enough. I was tired of living out of my van and tired of trying to reach a high that I could never attain. I had lost everything; family, friends, home, and I was on mental health leave from my job because I couldn't cope with what my addiction had brought me to. I decided to seek help and went to rehab. After almost two months of rehab, I was told to go try and interview at an Oxford House and, in order to continue working my program, I would need a safe sober housing. This advice from my counselor was actually what truly changed my life forever. So, I want to share my story with you on how Oxford helped me feel like a human being and evolve into the man that I am today.

While in treatment at Hazelden, I was first put in the women's dorm. Legally and by birth, I was a female; however, I have been transitioning from female to male and that was my first chance to be who I really was inside. I was quickly switched to the men's dorm. I felt free, alive, and accepted. These men are still my brothers and friends today. The only one who was scared of reactions was myself. I started to feel human; like it was OK to exist. Then I felt depression set in when I was informed that I had to get housing in a women's sober living homes because, legally, I had to. On June 13, 2017, I started calling around to different Oxford Houses and was denied by several after explaining my name is Nikki and that I'm a female transitioning to a male. I was falling back into depression.. Finally, I had one last number on the list and it was the Shadywood Oxford House in Chapter 9. They told me to interview that night. My brothers from the treatment center dropped me off and I was scared. I thought this was my last chance to get a place to live and try life one more time. I walked in and was greeted with nothing but smiles. Everyone was so kind. I was offered food, drinks, my application, and even a cigarette. I thought this couldn't be real. There were two other interviewees with me. I weirdly felt at home. I opened up and told my story, in short form, that my name was legally Amber but I go by Nik. I realized that I had said Nik and not Nikki. For the first time in my life, I wasn't trying to hide the fact that I was trans. The room was quiet but I was thanked by all the girls for my honesty and they could tell I truly needed a chance.

That night I was called back and was informed I had been accepted into the house as a new member. On June 20, 2017 I moved in and had my very own room. I was offered food and we even had a cook-out the week I moved in. I learned what family was. I had a rough start following the rules. I was placed on a few behavioral contracts due to my attitude regarding blackout and House rules. I learned quickly the rules were there to set me up for success. After learning the Oxford ways and getting back to work, I learned to trust again and I was asked to be a core member of a new Oxford House opening up in Forrest Grove. I accepted that role and was happy to give my service to help others.

I was honored to help out at a new woman's home but I still felt incomplete. Working the program and talking with my fellow recovering addicts, I learned what I needed to feel complete. The sense of being who I was on the inside projected outward. My dear friends Courtney and Abigale tried to convince me into helping with the opening up a new men's Oxford House but I let my fear hold me back yet again. I changed my mind and decided after a few months at the new woman's home in Forrest Grove to try and interview at the New Turner Creek Oxford House for men.

The night I interviewed I felt the same fear and anxiety that I felt when I first interviewed at Shadywood Oxford House six months earlier. When it was my time to interview, I felt a peace and was calm again. I felt like I belonged, like I was home. I went with blind faith and told them I was transgendered and was looking for that brotherhood I felt while at Hazelden and that being accepted into a men's Oxford House would be my complete transformation of who I was on the inside. That night I got the call that I had been accepted. That moment I truly began to live my full and honest recovery. I learned to accept myself and stop worrying what others thought. The guys I live with now are not only my friends but my brothers who lift me up and help me every day. I have learned to trust and fully love again.

Oxford helped me to truly love and accept myself. Shoot, from when I first interviewed at the men's Turner Creek Oxford House and even to the State of Oregon Oxford Chapter meetings, my fellow recovering addicts in Oxford accepted and loved me before I loved myself. I couldn't be more grateful or blessed with what Oxford does and what it will continue to do. Thank you is not enough.

Pamela Kesrich - Owensboro KY

My mother was an addict and the result was verbal, physical and sexual abuse and negligence. My mother over-dosed and was hospitalized for unrepairable brain damage. I feel as if most of my problems started when my mother gave up on herself and let drugs run her life. It made me wonder if I destined to be just like her? As I reveal my history, I see that's exactly what happened.

In 2014, I caught a felony charge fraud. I got 5 years and probation. Well, my cocky attitude backfired on me and I was arrested for drinking and driving. I was revoked on my probation and was to serve 9 months, I had never spent more than a night in a drunk tank. Being without my son, being without freedom and being without any support was enough for me to know I needed to do something different. God had different plans for me when I received that denial letter serving me another 12 months. My heart broke. Six months later, I was recommended to go to SAP. I secretly knew I had an addiction problem, but my pride kept me from believing it. Being in a treatment program helped me realize the person I was, and the true reasoning behind why I did the things I did. I was sick, I ended up just like my mother.

I went to get granted parole. I had no family and the only other option was a halfway house chosen by Probation and Parole. I literally prayed about it. What happened next was nothing short of an answered prayer. We were pulled out one day to get a presentation on Oxford House and what it can do for you. As I sat and listened to what Oxford House was all about, all I paid attention to was: contracts, house votes, rules, and more rules. I didn't have any money. I wasn't for sure where I was going to get located but, by the end of the presentation, she asked if there were any questions. I had less than 2 weeks before I was released, and she said. "Apply" What did I have to lose? So, I did, and word got back to me later that next week that I was accepted, and my home placement was approved for an Oxford House in Owensboro KY. God knew exactly what he was doing. My heart was and still is so full for being given this chance to get into an Oxford house and be shown you can stay active in your recovery and be a part of something great. From that first day on, I knew the new journey I was on was going to be a great one. Following 3 simple rules: pay your EES, don't cause disruptive behavior and don't relapse.

I have now resided in an Oxford House for 6 months and here is a glimpse of what I have been able to accomplish so far. First, I was able to get a job within that 2 weeks and today I am the General Manager of my restaurant. Second, within the Oxford House, I stepped up and have become a very active member, involved with Housing Services, and Fundraising Chair. I have established a new women's house in Owensboro. I have been able to give back to others because someone went out of their way to help me. God, recovery, myself and my son are my priorities in my life. Oxford gives me the structure that I need to maintain my sobriety as well as keeping me accountable for doing the next right thing and living a successful life. I have gained everything I have ever wanted in the last 6 months that in active addiction would have taken me years. It is amazing at what a little bit of willingness and open-mindedness can do if you allow yourself to seize those moments.

I am so grateful to Oxford. I wouldn't change my past for any reason because it got me to where I am today. I am blessed and pray I continue to live a sober, respectful, productive life. I now am helping others. It is now my passion and my goal to help make Oxford something greater than it already is. I owe the Oxford Model my life and I am forever in debt to spreading that news to all struggling with addiction about finding something better and living in recovery.

Phillip Young – Texas

As I am sitting in my jail cell all hope lost, the jailers approached my door with a Chaplin and a monitor for a visit. I was in segregation as an escape risk for being caught with a shank. My visits were on a TV screen. Jina, my ex-wife, appeared on the monitor in tears. When she told me my two-year-old daughter had died, I hit the floor crying; the Chaplin was saying something but I couldn't even hear him. They cuffed me and moved me to a cell where I was under suicide watch until I 'pulled chain.'

As I'm talking through the vents to other inmates, I heard a voice tell me to quit crying and do something about it. "What can I do," I said; "I'm stuck in this cell." He told me he could get me a I-60 requesting AA and, if I would go, it would change my life. The next day they took me to my first AA meeting and I immediately knew I was home. For the next year I enrolled and stayed involved in AA, NA, EA, Winners Circle, and Cognitive Intervention. I learned about who I was and why I did the things I did. The class I enjoyed the most was Winners Circle where I learned to be a peer recovery coach. I got out of segregation for good behavior. Later, I was transferred to a unit that didn't have classes so I started a Winner's Circle.

Once again, I was on the road to recovery starting with only six people out of three hundred. I ended with over sixty people taking my class and later received an award for success from the warden. After training several recovery coaches and watching countless people making parole as a result of my classes it was my first taste of the good I can do.

I came up for parole and made it. That weekend my ex-wife came to visit me and told me that I couldn't come home because she was in a relationship with my best friend and he was living there. This made me furious! Wow. The next week I got a letter from Carmen Ozuna, who was in an Oxford House. She said she could get me in. My ex-wife had told her about me and she wanted to help. Now I wanted to get out but not to stay out. I wanted to get out and kill them both! After several letters got accepted, my plot was unfolding as I had planned.

Fast forwarding, I was to home, well, to an Oxford House anyway. The male HSC picked me up and, after several house interviews, I got accepted to Westcreek Oxford House in Chapter 10. They had a guy relapse who was couching and I moved in that same night. That same night the Worthy house was having a unity event. A guy picked me up and we went. There were people everywhere having fun and I was overwhelmed and about to go nuts when Cristen walked up to me and introduced herself. She told me how wonderful Oxford House was and that it would get better. That weekend we had a Chapter meeting and I was nominated to be the Re-entry Coordinator and I was voted in.

Moving forward, I called Cristen after about a week and she came right over to talk to me. I told her that none of this matters anyway because I'm going back to prison. I told her of my plot. Her response was that, "If you do that, you let her off easy; if you let her live, she has to live with that the rest of her life. If you want to get even, succeed and move on with your life." That night had the greatest impact on my life ever!

With that being said, I got super involved in Oxford House service work. Once again, I turned the corner and began to recover. After two months, I was voted male HSC and from that day forward I made Oxford my life. AA and NA got me sober but Oxford House kept me sober. The late-night talks with David, my roommate, and the numerous talks with Cristen put me on a path greater than I could have ever imagined.

Six months later I was killing it and chose to turn the page to the next chapter in my life. I am now Chapter and Regional Alumni Coordinator, I am running my business successfully – only employing those in Oxford House and I continue to grow. Cristen is now my girlfriend and my life has never been better. "If you always do what you've always done, you're always gonna get what you've always got. If nothing changes then nothing changes."

Raquel – Texas

My name is Raquel and I am a person in long term recovery. What that means to me is that I haven't had a drink or a drug in my body since January 21, 2015. I never have really told my story and not too many know about my past. They see a young person and imagine I might have the world ahead of me, probably in college, knowing nothing about addiction; not someone who was eating out of trash cans before turning 17, hoping the drugs would kill me before I killed myself. Many don't see that.

I was born in Mexico and moved to Texas when I was 6. We were very poor and I can say I had a rough childhood in foster care. I always moved around, never staying somewhere too long. I was always the new kid. My parents were in and out of my life. My father was an absent and my mother was schizophrenic. I spent a lot of my childhood bouncing around with different families and being bullied for not knowing English until I was 9. I didn't feel like I belonged in school and didn't really have a home to belong to, I struggled with self-acceptance and depression from there on.I started drinking and using drugs at a young age, because it felt good; because it was fun. At the time, it was my "escape". At 9, I got drunk for the first time with my dad's alcohol and my relationship with alcohol began turning into a habit I enjoyed while at school, then I moved on to more illicit drugs.

I looked for acceptance in the wrong places and made poor decisions. I spent most of my adolescence struggling with drugs and alcohol and my own identity in and out of treatment centers and correction facilities and in and out of psych wards for suicide attempts and self-harm. Most of this time, I was under the custody of the state of Texas. I didn't have those high school memories of prom or sweethearts. I gave those years to the drugs and street life. I was a case number in group homes. I found myself in a facility in Corpus Christi, Texas at 17. They had 12-step fellowship where I was shown true unconditional love. Where I heard my story through many who shared my pain. I felt understood for once regardless of my age.Finally this disease brought me to my knees. I was a homeless runaway, couch-surfing and sleeping on a dirty mattress wanting to die. I realized that this wasn't the way I wanted to die and I used for the last time. I hopped on a bus and went to the same facility I went before because I knew they had what I needed. By then I had been missing for a few months after I got kicked out for the last time. I showed up; I was held and cried. I truly surrendered for the first time. I am forever grateful for the opportunity I was given there.

A woman who had stood by me before had become my sponsor. She got on the phone and told me, "I'm getting you an interview with an Oxford House." I froze and was nervous. I didn't think I had a chance. I was a 17-year-old high school dropout covered with track marks. I had nothing and was working at McDonalds. I went into my interview was honest about my struggles. I was still messed up. I cried genuinely and admitted I was desperate. I didn't want to live in Oxford because I was scared, but I wanted recovery more than anything. I remember being walked back in and told I had met the 80% vote and was admitted to the House. I was excited but terrified. I remember thinking, "What did I get myself into?! After so long going against structure and authority, do I have to succumb to it?" I had it all wrong.

These women taught me the Oxford way. I started out as Treasurer, being trained every week because i didn't know how to deal with finances and paying bills. I was taught how to be an adult through my responsibilities in the Oxford house. The right way, not through the streets. It was really hard to adapt to that lifestyle of accountability but I was supported by many others, not just my roommates but other houses whose residents stuck together as community, pretty much growing into adulthood as I was. I turned 18 in Oxford; I was taught how to drive in Oxford by my roommate; I learned to become a productive member of society in Oxford House. I was a part of something bigger. I was a part of a Chapter. I got to see the bigger picture at the State Retreat where it opened my eyes to how significant Oxford was in just the state alone. I wanted to give back.

I started working a program and my life changed. I started believing in myself and practiced the tools I was given by a program of recovery. Oxford House helped apply it in my daily life. I moved out in good standing at 9 months. Life was good – and then it wasn't. Life on its terms had hit me -- overwork, issues with finances, loss of a relationship and loss of my sponsor. I wasn't working a program of recovery. I had isolated so much and struggled with complacency. I ended at a crossroads: relapse due to the pain being great enough or change due to the pain being great enough. I chose change and part of that was moving back into Oxford after hanging out with a friend and her roommates and realizing that the accountability was what I needed again. With two years sober, I went back to the basics and there was nothing wrong with that. I had had the mentality of not getting involved at all with service work but soon I was found to be drawn into stepping up through wonderful friends who 'Volun-told' me.

I started out as the Chapter 5 Secretary but grew a passion for helping struggling houses. The HSC at the time saw that in me and would invite me to attend house meetings to help with HSC things because anybody can be a part of the House Services Committee! I came from a city with struggling chapters and houses. It was a challenge but I practiced the core principles of Oxford House, one of them being REPLICATION. I was given the opportunity to teach others like I was taught and I practiced it in my own life. It's cool how it goes in full circle like this. It was a tool for my growth as well. The chapters learned to rebuild themselves and are now thriving because they went back to the basics of the model. Being able to witness that gave me a new sense of hope from the organization.

Soon after I was given the privilege of serving the Regional Association as the Chapter Services Chair. I remember tripping about having that responsibility but I had teammates in the Association who taught me how to use my spirit of service in all of this. I was able to travel around Texas being a part of something bigger than just my city. It overflows me with gratitude and honor to be able to have served and gotten to know many other people. It opened my mind to see that other cities and chapters worked differently and were not wrong and that, as long as they followed the model or were willing to learn by it, all was well. I saw the power of autonomy and being able to empower expansion and help addicts/alcoholics in new ways.

Early this year I made a huge change and moved into an Oxford House in Austin and, so far, my experience has been great. This year, I'm going to the World Convention for the first time. I will be turning 21 that weekend and, instead of partying in a club, I'm gonna be with my friends and service peers, meeting people from all over the world whose lives were saved like mine. There will be no other place I would rather be. I now serve as the Vice Chair for the Regional Association and continue to try to serve the best I can because, in my eyes, this is my paying back to what helped saved my life along with the 12 steps and God. I will forever be grateful to Oxford House for giving the chance that I couldn't give myself.

Sarah Matt -- Kentucky

On February 7, 2018 ... I was released from the women's prison in Kentucky... I knew I was coming to Oxford House but, did I know how much my life would change in just a few short months ...absolutely not!!!

Everyone in Oxford House has welcomed and supported me throughout the journey I am on ... I have an amazing 7-month-old daughter and, thanks to Oxford House, I get to be a part of her life and I am so grateful! My oldest daughter, with whom I had not had contact in a very long time, has been in constant contact with me since Mother's Day!!!! Might I add that was the best Mother's Day present I could have ever received ! Because of Oxford House, I have a safe, sober, loving place to sleep at night that I gladly call my home ... Today I want to be here; today, I choose to live; and today, I choose to be sober ..for MYSELF !!! Nothing else matters but that !!! Everything else that has happened great in my life is because I was blessed with the chance to be a part of Oxford House.

Scott Weinstein – Texas

My name is Scott Weinstein from Abilene, TX, but currently in Wichita Falls, TX. I'm 36 years old and a recovering Heroin addict. I was born to an addicted mother who was a heroin addict and meth user as well. She left when I was 2 and I've only seen my mother one time when I was 17.. I was adopted by my grandparents and was raised in a great family. I grew up having the best things in life and I was a standout sports player in high school until my life took a turn – for the worst. I dabbled with drugs and, after an injury that caused me to never play again, I turned to drugs. I became addicted to cocaine and meth and pain killers.

Thinking I had it all under control, I caught my first felony and was sent to prison at 19. I became a prison gang member and later on was a gang leader of one of the most dangerous and second-largest gangs in the United States prison system. Once released after two years, I got out and didn't know how to readjust to living normal. I started using Heroin and my life and addiction became the worst. Nineteen days later I was charged with an organized crime case and after bonding out, I went to treatment but never took it seriously I was just addicted to the money and power I possessed and, no matter how much my family begged me to just stop, I went back to shooting dope. I was given a 7-year sentence and I served six and a half years at the deadly Ferguson unit here in Texas. Five years of that I spent in solitary confinement, locked down 23 hours a day due to my gang affiliations and actions in prison where I continued to use drugs and was just as much strung out as if I was still in the world. In 2013, I was paroled back home. I only lasted five months and was indicted on 2 first-degree felonies and offered 80 years. I went to jury trial where I was found not guilty but ended up with another indictment that I signed a five-year sentence for. I did four years, eight months, on that charge and was released back home in 2018. I lasted 2 days until I relapsed once again heroin and on July 24, I did the last shot of heroin I'll ever do.

I overdosed and died in the ambulance only to be brought back and I woke up in Red River Detox, beat down and broken. I was there when I saw Philip and Cristen came to do a presentation. As I listened to Philip tell his story, I saw myself in him and realized that this is what I want. I wanted to finally make it and live a real life so I got into Oxford House where I'm sober today, working have my family back in my life and holding my head up high each day because I can stand to look at the man in the mirror. I owe this to Oxford Chapter 14; they have saved my life and now I'm Re- Entry coordinator and have a chance to help people like me get a chance of making it. Thank you, OXFORD HOUSE. You have saved my life and I owe it to this place.

Shawna T – Washington State

I wish I could say that I grew up in a happy home with both my parents but that is far from the truth. I grew up in a dysfunctional home with my mom, her boyfriend of choice and two siblings. I was sent to live with my grandparents or my aunt and uncle on several occasions. My mother was both emotionally and physically abusive. My aunt and uncle were well off but always treated me different than they did their kids. I changed schools every year until I was in 7th grade. My grandparents were my only stable environment. They loved me unconditionally. ... In my freshman year of high school, I began drinking, smoking pot and sneaking out of my house. My mom finally had enough of my acting out and sent me to live with my dad whom I barely even knew. By the end of the year, I was pregnant with my first child. By the end of my senior year, I was drinking regularly, dropping acids and had tried meth. I somehow managed to graduate from high school.

My dad got me my first apartment and I screwed that up royally. By the time I was 21. I had 2 kids, I lived in my mom's garage, I was smoking meth regularly and I had my mom's house raided by the police. In 1999. I decided to move to Washington, where my dad had moved, with my kid's dad, 3 kids and 1 on the way. I thought this was a great plan to finally get off meth. It urns out there are drugs in Washington State

also. After 10 years of abuse, I took my 4 kids and left their dad. ...I moved into one bedroom at my dad's house with my meth-dealing boyfriend and my kids. I thought it was great when my dad moved out and left us the house. This went on for four years before I found myself single for the first time since high school and I was 30 years old. I was devastated but the only way I knew how to process pain was to seek attention. Bright side: I stopped smoking meth; downfall I began drinking alcohol.... I went to the bar every single night after work. Some days I woke up there and went to work from the bar. I actually brought dishes home from the bar to make my kids wash so I could get free drinks. My life was terribly unmanageable.

For the first time since I started using, my parents noticed I had a problem. They offered to take my kids while I got my life together. Too bad I looked at it as an opportunity to do what I wanted and when I wanted. I drank more and more and more until I broke my elbow and got a prescription for Percocet. I am sure you know where this is going. I had been drinking with this man whom I thought was the love of my life; little did I know he was abusing oxy, so when my Percocet ran out, he was nice enough to substitute it for me.

I found myself pregnant again. Yup that makes 5. I got my kids back from my parents, got married, had kid number 5 and found myself addicted to heroin. I was selling drugs out of the home my kids lived in. My house was raided by the police who pointed shot guns at my children as we pulled into our home. We lived off state assistance and our lives spiraled out of control so fast I did not know how to fix it. My children slowly moved out of my home to my parents where they felt safe. Three years into my marriage my husband lost his leg due to his heroin use. We ended up with a lot of money from Social Security and still managed to barely pay our bills because our habits were more important.

When my youngest was 5, CPS came to our home and removed our daughter. This to me was the way out that I had wanted but never took the steps to achieve. I opted into family drug court, went to treatment and got my daughter back in December 2014. After treatment I moved into Oxford House at the request of my CPS worker and my life changed forever. I made friendships with men and women that I will forever cherish. I got involved right from the beginning. I was chapter HSR, Chapter treasurer, State treasurer, Chapter Co-chair, Chapter chair and I am currently part time outreach in Washington State. I have had the pleasure of traveling all over the state, Washington DC and Texas. I will have 4 years clean and sober in October 2018. I recently moved into my own apartment with my daughter. I am financing the newest car I have ever owned in my life. I am enrolled in Human Services program at our local community college. I am living proof that recovery is possible and I owe it all to Oxford House, my family and my friends.

Sheri G. – Maryland

Greetings! I am Sheri G- grateful to be recovering from the throes of alcohol and drugs. As a child of the sixties, substance abuse had long been a part of my story but I just had no idea the depths to which it would take me. Raised in a typical middle-class family, my upbringing did not dictate that I would fall as low as I eventually did when a six-year time-out on life brought me to my knees.

Raised in the great state of Maryland, my life was fairly uneventful. Married to a fifth-generation Floridian in my 20s, I lived the next thirty years in Florida where I furthered my education and taught severely-disturbed students over a period of years. However, though I considered myself functional, drugs and alcohol continued to play a role in my life. Eventually, I was offered a grant position for my doctoral degree at Auburn University and completed the coursework with a 4.0 grade average! But, alas, life interfered and before I completed my dissertation, I began to fall apart. My husband of twenty+ years traded me in for a newer model and I lost my best friend and confidant....it took a long time for me to understand that I created my own problems- it wasn't him at all.

Upon returning to Florida, my life felt less and less meaningful. Though I tried to complete my dissertation research and return to teaching, daily life became a chore which I could get through only with my remaining

buddies, drugs and alcohol. Vodka with coffee in the morning (and through the day!), sitting in my van getting high at lunch – all while teaching (?) classes of severely disturbed kids! Though I was diplomatically made aware of County assistance programs, I was sure I could handle issues myself, and continued on a downward spiral. Finally, so high I could barely walk, I scribbled “I quit” on scratch paper and dropped it off at the County office.

Soon after, my housing and car were gone and my only “friends” were the dope dealers in town – and they were starting to worry about me! Living in the woods seemed a great idea so I didn’t have to share what I stole, panhandled, begged or otherwise obtained. My health deteriorated and, after three stays in intensive care, my family had enough. There were no choices – it was come back to the DC area with family or be court-ordered to do so. I thank God my family did what had to be done or I would not be here today.

Unfortunately, as I had almost a month clean time upon returning, no treatment center or facility would have me. Then I heard someone talk about their Oxford House in a meeting and it sounded perfect for me! I interviewed and was accepted to the Silver Spring Oxford House in April, 2006 and 12 ½ years later I am still honored and proud to be part of this House and Oxford overall. My life is full – staying active in AA/NA and Oxford has given me enjoyment beyond words. Thanks for giving back my life!!

Tammy Dabbs - Kentucky

Through my experiences, I have become the person I am today. This is my story.... I grew up in Murray KY in a Christian family with no drugs or alcohol in the home. My parents were married. I am the youngest of 6 children. My mom was sick with cancer when I was 4 years old so I had to grow up from an early age. At age 14, I got my first job working at a convenient store. I helped pay bills and helped pay for my mom's meds. I went to Florida to visit my sister and she introduced me to marijuana and alcohol. I started smoking daily. I stopped going to church. I also took on the habit of smoking cigarettes.

My mom got cancer again and had to get her voice box removed and get a permanent feeding tube. My family didn't really work through or talk about emotions. I just continued to work, go to school, use, and take care of my mom. I had a brother at this time who was sentenced to life without chance of parole. Another brother introduced me to cocaine and meth at age 16. I started selling and continued to use until I graduated from high school in 2002. By the grace of God, I graduated with a GPA of 3.57. I moved to Florida after high school and went to nursing school there. Still using...

My mom passed away when I was 20. This is when I began the use of opiates. I completely resented God and turned my back on Him. Soon after, I began IV use. Quickly I lost my job, was discharged from nursing classes, became homeless and got arrested for the first time. In 2007, I was diagnosed with mental illnesses. I began self-harm by cutting myself in 2010. The last time I cut was in 2013. In 2014, I completed a 6-month SAP program at Hardin County Detention Center. I relapsed immediately upon release. From 2014-2016, I had many mental health hospitalizations. I also had many incarcerations.

I was arrested on May 19, 2016 and my sobriety date is May 20, 2016. In 2017, I got the opportunity to go through the Willow program at KCIW at Pee Wee Valley prison. The way I found Oxford was through a miracle of God. I knew I was not ready to go back home and that I was committed to staying clean so I began to look at my options. There was a binder there that had some sober living homes and phone numbers in it that I looked at. Oxford House jumped off the page saying, "Here I am."

So, I talked to the re-entry coordinator and did a phone interview and was accepted. I was released and was transported by Greyhound bus to Owensboro, KY. An Oxford House resident met me at the bus station to take me to my home. I did not realize I was heading to a family that would help me save my life. Oxford has shown me a new way of life. Oxford has shown me how to be honest, open minded, and willing. How

to be responsible. How to be involved and do some service work and give a little back. Before now, I have never stayed clean more than 2 months post-incarceration. I just had my 1-year anniversary of being an Oxford House resident. Oxford House has offered me hope, strength, love, and a foundation for my recovery. I truly believe that God had a plan when He sent me here. I know feel I have purpose in my life. I came from prison with nothing but a few grays. My outreach coordinator went over and beyond to make sure I had shoes, towel, wash cloth, hygiene, and clothes. The residents treated me like family with kindness and love. I love the feeling I get every time I come home and walk through the door. I need and want Oxford House in my recovery for a very long time. It's the one and only thing I have found to work for me along with a 12-step program and a sponsor. I am so proud to be a part of something so big.

Travis Young – Louisiana

It was my son's birthday, September 19, 2012. I had spent the last 6 months in a VA halfway house and had been told my time was up. They had to make room for the next guy. A friend from the halfway house suggested Oxford House. Anything sounded better than home or being a guest of the Rapides Parish Sheriff's Department. I had a two-year felony probation with a stern word from the judge that if they caught me drinking, I would back up 5 years; that's what it took to get me to this point. It was about a 2 mile walk from my job in 95-degree heat and I remember thinking how I used to walk about twice that far to the beer store everyday...sometimes twice a day. I decided it was close enough.

I wish I could tell you that the guys in OH Red River 2 were warm and welcoming, that I felt like I had finally found home when I first walked in the door. Instead, the first question I was asked was when could I pay the move-in fee and 2 weeks' rent. A brief tour of the House later, I was accepted into what I later learned was the only Oxford House left in Alexandria, LA. It took only a few days to figure out that most of the House was getting loaded. I didn't want to drink but it kinda seemed inevitable with a roommate who kept a bottle barely hidden under his bed. Looking back now, a passage from Bill's Story comes to mind, "How dark it is before the dawn.....I was to know happiness, peace and usefulness, in a way of life that is incredibly more wonderful as time passes."

Obviously, we evicted the guys who were using...all of them. One by one. Three men were left by November 1 and we came home that afternoon to Lori Holtzclaw sitting at our kitchen table mean-mugging us. She had our checkbook and explained that she had paid all of our bills through the month and we had until December 1 to turn it around or she was closing the House. Understand, we had no clue about how an Oxford House was supposed to work. That was the first time we had seen our checkbook. We had no paperwork or even a clue where to get it. We were completely lost and no idea how to even start. After Lori left, we sat at the table looking at each other, wondering where the hell we were gonna go now when Mike said something which I repeat to this day, "If we were looking for a way to get loaded, we would figure the shit out. I dunno...that was one of those God moments.

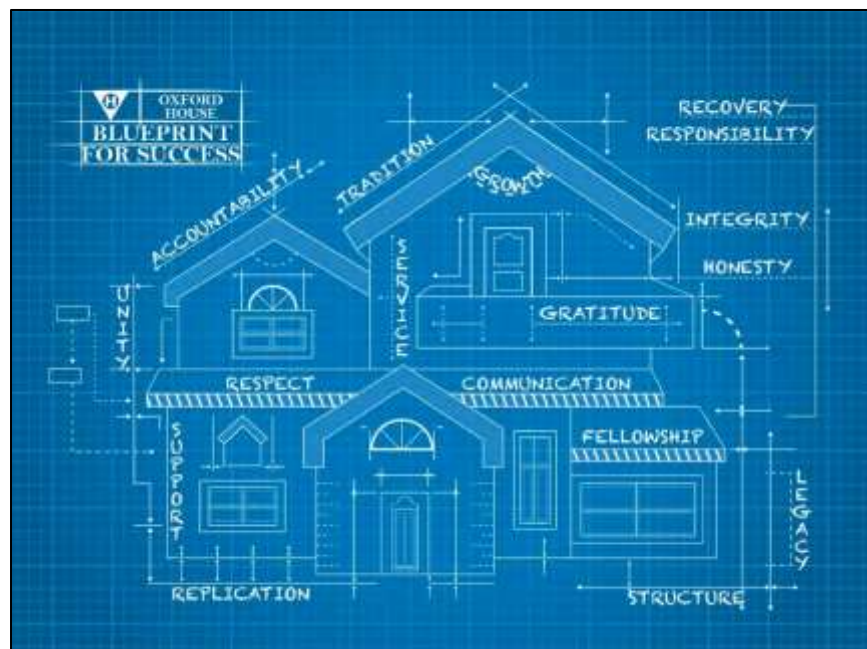
The looks I was getting back changed from resignation and depression to commitment. I like to think I said it but it was probably Mike... "Not on my watch". We weren't gonna let Oxford House fade away in Alexandria. Lori had left us a certain book, a brown paperback pamphlet really, which none of us had seen before. She had suggested we read it. We did. We passed it back and forth over the next week, reading a bit, discussing it, slowly coming to realize that we were not alone. Oxford House was HUGE! There were thousands of folks just like us, doing the same thing we were trying to do all over the country, even in other countries. The story at the beginning was the history of the first Oxford House, I saw us in that. I felt that shit. Within a week we had scheduled a presentation at the local treatment center. By December 1, Lori came to check on us and we had 5 members and enough in the account to pay our December bills. By mid-January 2013, we had a full House, had started paying on an old loan from years before, had the House looking the best it had in years and 'dog gonnit', we were getting some respect for our House and for each other.....maybe even a little pride. We were starting to believe the inmates really could run the asylum.

Wow....our first state convention was in the Spring of 2013 in Shreveport. We had only met a couple of other Oxford members who had come with Lori. I guess we knew there were Oxford Houses all over the state but it didn't really sink in until we hit the registration table and met one of my personal heroes, Brandie Bauer. She was a bit thrown off back then, by the way. We told her we were from Alexandria and she didn't believe us, "We got Oxford in Alec?" We assured he we did and she responded "WHOOO! Hey everybody, we got Oxford in Alexandria!" at the top of her lungs. We had an amazing weekend. Four of our six members made the trip, making Alexandria the best percentage-represented city at the convention. We have held that distinction every year since.

We came back with the thought that Alexandria desperately needed a women's Oxford House because...well...cause we're guys. Stop judging...I am being honest! So, Belle House for women and children opened a month later and on May 15, 2013, Oxford House Louisiana Chapter Six was reconstituted and had its first official meeting. Oh my...sooooo much happened over the next few years. Just think of the most ridiculous thing you have seen in your Houses and Chapters....we did that and worse. The important stuff....yeah; December 2013, South Alexandria House for 8 men; June 2014, and a bunch more. As of today, we have 7 Men's Houses, 2 Women with Kid's Houses and 1 Women's House for a total of 72 beds. We should have number 11, a Men with Kids' House open by the end of this month.

I am so freaking proud to be part of Chapter 6. Between June and August, we had 9 members pick up one-year medallions. We have roughly 20 alumni we see regularly, 10 of them are still very involved with Oxford. Five of them showed up at our Chapter meeting today. Chapter 6 pays off its start-up loans! Every one of our Houses has paid off its loan in a timely fashion and Estay House holds the record in the Regional Association at 5 months. Oh...and we are hosting the 2019 LA/MS/AL Regional Convention!

I guess I was supposed to write this about what Oxford House means to me. I wanted to enjoy life sober. I wanted to find a place with people who 'get me". I wanted to feel like I belong. I found all that. I have never enjoyed life as much as I do these days. I have never laughed so much. I have never cared so deeply about any group of people and I have never had a group of people care so much about me. For me, Oxford House means family.



Oxford Houses Receiving the 2018 Board of Directors' 100-Year Award

Arkansas

Oxford House-Harness

Colorado

Oxford House-Acacia
 Oxford H-Adams Drive
 Oxford House-Andes
 Oxford H. Cleveland Ave
 Oxford H. Colorado Springs
 Oxford H-Garden of Gods
 Oxford House-Longmont
 Oxford House-Loveland
 Oxford House-Loveland
 Oxford House-Miller
 Oxford House-Murray
 Oxford House-San Miguel
 Oxford House-Shenandoah D.
 Oxford House-Thornton
 Oxford House-Welby

Delaware

Oxford House-8th Street
 Oxford House-Athena Place
 Oxford House-Bedford
 Oxford House-Chestnut Hill
 Oxford House-Chiming
 Oxford House-Hedgeville
 Oxford House-Salem Woods
 Oxford House-Silver Lake
 Oxford House-Victory Lane

District of Columbia

Oxford House-Anacostia
 Oxford House-Avalon
 Oxford House-Dahlia
 Oxford House-R Street

Hawaii

Oxford House-Coconut Grove
 Oxford House-Kealoha
 Oxford House-Ku'oko'a
 Oxford House-Moelima
 Oxford House-Niu Valley
 Oxford House-Noelani
 Oxford House-Paopua

Iowa

Oxford House-Bayliss Park

Kansas

Oxford House-Barnes
 Oxford House-Beverly Street
 Oxford House-Braeburn
 Oxford House-Brightwater
 Oxford House-Duncan
 Oxford House-Dunsworth
 Oxford House-Halsey 2
 Oxford House-Hope Central
 Oxford House-Metanoia
 Oxford House-Niam
 Oxford House-North Ash
 Oxford House-Park Place
 Oxford House-Rita
 Oxford House-Robin
 Oxford House-Serenty Way
 Oxford House-Village
 Oxford House-Waco

Kentucky

Oxford House-Greenup

Louisiana

Oxford House-Acadiana
 Oxford House-Alpha
 Oxford House-Avalo II
 Oxford House-Baton Rouge
 Oxford House-Belle
 Oxford House-Belle Maison
 Oxford House-Bienvenue
 Oxford House-Bon Famille
 Oxford House-Bon Temps
 Oxford House-Boxwood
 Oxford House-Broadmoor
 Oxford House-Brooke
 Oxford House-Buveur de it
 Oxford House-ByeWater
 Oxford House-Canal
 Oxford House-Cayenne

Oxford House-Clearview
 Oxford House-Cole
 Oxford House-Convocation
 Oxford House-Coursey
 Oxford House-De la Majorite
 Oxford House-Dena Lynn
 Oxford House-Drusilla
 Oxford House-Dulles
 Oxford House-Essen
 Oxford House-Filhiol
 Oxford House-Flannigan
 Oxford House-Fleur Di Lis
 Oxford House-Forsythe
 Oxford House-Fountainbleau
 Oxford House-Gretna
 Oxford House-Harrell
 Oxford House-Haven
 Oxford House-Jambalaya
 Oxford House-Jones Creek

Oxford House-Kenner
 Oxford House-Lafayette
 Oxford House-Lafitte
 Oxford House-Lagniappe
 Oxford House-La Rouge
 Oxford House-La Salle
 Oxford House-Le Grand
 Oxford House-Lions Den
 Oxford House-Little Italy
 Oxford House-Louisanne
 Oxford House-Mandeville
 Oxford House-Maplewood
 Oxford House-McNeese
 Oxford House-Metairie
 Oxford House-Mint House
 Oxford House-Mirabeau
 Oxford House-Miro
 Oxford House-MJC Walker
 Oxford House-Neal
 Oxford House-New Leaf
 Oxford House-Old Hammond
 Oxford House-Palmer Park
 Oxford House-Pinhook
 Oxford House-Pontchaetrain
 Oxford House-Prien Lake
 Oxford House-Protege
 Oxford House-Ragin Cajun
 Oxford House-Red River
 Oxford House-Regalia
 Oxford House-Roma
 Oxford House-Saint George
 Oxford House-Shawn
 Oxford House-Slidell
 Oxford House-Soignet
 Oxford House-S. Alexandria
 Oxford House-Southern Oak
 Oxford House-Southfield
 Oxford House-Southshore
 Oxford House-St. Tammany
 Oxford House-St. Thomas
 Oxford House-Stockton
 Oxford House-Tams
 Oxford House-Tangi
 Oxford House-Tanner
 Oxford House-Treasure Island
 Oxford House-Uptown
 Oxford House-Vieaux Carre
 Oxford House-Village Creek
 Oxford House-Waterfront
 Oxford House-Wenham
 Oxford House-West Hale
 Oxford House-Whittington
 Oxford House-Windsor

Maryland

Oxford House-Amaryllis
 Oxford House-Cheverly
 Oxford House-Severna Park
 Oxford House-Silver Spring

Maine

Oxford House-Back Bay
 Oxford House-Brighton Ave.

Mississippi

Oxford House-Big Lake
 Oxford House-Bon Ami
 Oxford House-East Northside
 Oxford House-Faulkner
 Oxford House-Forest Park
 Oxford House-Golden Eagle
 Oxford House-Landon Place
 Oxford House-Medallion
 Oxford House-Phoenix
 Oxford House-Rodenberg
 Oxford House-Shuckers
 Oxford House-Sunkist
 Oxford House-Tropicana
 Oxford House-Tupelo
 Oxford House-West Jackson
 Oxford House-Winterview

North Carolina

Oxford House-11th Street
 Oxford House-Amhurst Road
 Oxford House-Asheville
 Oxford House-Askham
 Oxford House-Aurora II
 Oxford House-Brentwood
 Oxford House-Brettonshire
 Oxford House-Brinkley
 Oxford House-Buck Jones
 Oxford House-Camden Circle
 Oxford House-Cannon Park
 Oxford House-Carolina Ave
 Oxford House-Carrboro
 Oxford House-Cary
 Oxford House-Cedar Hills
 Oxford House-Cedarwild
 Oxford House-Central
 Oxford House-Chaney
 Oxford House-Changes
 Oxford House-11th Street
 Oxford House-Amhurst Rd
 Oxford House-Asheville
 Oxford House-Askham
 Oxford House-Aurora II
 Oxford House-Brentwood
 Oxford House-Brettonshire
 Oxford House-Brinkley
 Oxford House-Buck Jones
 Oxford House-Camden Ave
 Oxford House-Carrboro
 Oxford House-Cary
 Oxford House-Cedar Hills
 Oxford House-Cedarwild
 Oxford House-Central
 Oxford House-Chaney
 Oxford House-Changes
 Oxford House-Christopher Rd
 Oxford House-Church Street
 Oxford House-College Road
 Oxford House-Covil House
 Oxford House-Covington
 Oxford House-Daley
 Oxford House-Dellwood
 Oxford House-Driver
 Oxford House-Dunn
 Oxford House-Durham
 Oxford House-Durwood Lane
 Oxford House-East Westwood
 Oxford House-Estes
 Oxford House-Euclid
 Oxford House-Faith
 Oxford House-Ferris
 Oxford House-Fieldbrook
 Oxford House-Firelight
 Oxford House-Fleming
 Oxford House-Fox Road
 Oxford House-Franklin Street
 Oxford House-Gardenview
 Oxford House-Gardner Circle
 Oxford House-Glenwood II
 Oxford House-Grace
 Oxford House-Greene Street
 Oxford House-Greene St. North

Oxford House-Greenwich
 Oxford House-Grinnell
 Oxford House-Guess Street
 Oxford House-Harvard
 Oxford House-Haven Road
 Oxford House-Heath
 Oxford House-Homestead
 Oxford House-Hunting Ridge
 Oxford House-Hyde Park
 Oxford House-Ilford
 Oxford House-Indian Trail
 Oxford House-Irvington
 Oxford House-Jacksonville
 Oxford House-Jones Franklin
 Oxford House-Kings Mill Rd
 Oxford House-Kornegay
 Oxford House-Longfield
 Oxford House-Lucerne
 Oxford House-Mantua Way
 Oxford House-Mayflower
 Oxford House-Maynard
 Oxford House-Mayridge
 Oxford House-Mendenhall
 Oxford House-Marritt Mill
 Oxford House-Mordecial
 Oxford House-Morehead
 Oxford House-Morgan Creek
 Oxford House-Myakka
 Oxford House-Narbeth
 Oxford House-New Bern
 Oxford House-New Hope
 Oxford House-North Hills
 Oxford House-North Trail
 Oxford House-Oakmont
 Oxford House-Oakridge
 Oxford House-Oatgrass
 Oxford House-Old Winston Rd
 Oxford House-Oldham Court
 Oxford House-Pamlico
 Oxford House-Peace Street
 Oxford House-Piedmont
 Oxford House-Pinecrest
 Oxford House-Pinewood Lane
 Oxford House-Pond
 Oxford House-Quail Hollow
 Oxford House-Rangeley
 Oxford House-Redbanks
 Oxford House-Repon
 Oxford House-Round Top
 Oxford House-Shamrock
 Oxford House-Sharmeck
 Oxford House-Sharon Amity
 Oxford House-Smith Creek
 Oxford House-South Hills
 Oxford House-State Street
 Oxford House-Steeds Run
 Oxford House-Stockton Drive
 Oxford House-Sudbury
 Oxford House-Sue Lane
 Oxford House-Suite
 Oxford House-Swann
 Oxford House-Triangle
 Oxford House-Tyndall Court
 Oxford House-University Drive
 Oxford House-Van Thomas
 Oxford House-Vermel Court
 Oxford House-Weatherhill
 Oxford House-Westhaven
 Oxford House-Willow
 Oxford House-Woodduck
 Oxford House-Wright Road
 Oxford House-Wyoming
 Oxford House-Zmaura Way

Nebraska

Oxford House-Columbus Park

New Hampshire

Oxford House-Manchester

New Jersey

Oxford House-11th Avenue
 Oxford House-13th Avenue

Oxford House-4th Avenue
 Oxford House-5th Avenue
 Oxford House-Astoria
 Oxford House-Bay Lea
 Oxford House-Bayshore
 Oxford House-Bayside
 Oxford House-Bradford
 Oxford House-Bradley Beach
 Oxford House-Carnegie
 Oxford House-Claire Drive
 Oxford House-Clairmont
 Oxford House-Cornwall
 Oxford House-Crows Mill
 Oxford House-Dickinson Ave
 Oxford House-Disney
 Oxford House-Doral
 Oxford House-Dorer
 Oxford House-Dougie
 Oxford House-Dudley
 Oxford House-East Brunswick
 Oxford House-East Rutherford
 Oxford House-Evesham
 Oxford House-Fischer Blvd
 Oxford House-Fletcher Lake
 Oxford House-Frankfort
 Oxford House-Galway Place
 Oxford House-Garden Street
 Oxford House-Haddon
 Oxford House-Hazelwood
 Oxford House-Howell
 Oxford House-Jarvis
 Oxford House-Johnson Ave
 Oxford House-Kenbury
 Oxford House-Kendall Park
 Oxford House-Kingston
 Oxford House-Lake Street
 Oxford House-Lakewood
 Oxford House-Langford
 Oxford House-Linwood
 Oxford House-Long Branch
 Oxford House-Lookout
 Oxford House-Love Lane
 Oxford House-Matawan
 Oxford H.-Meadowbrook Circle
 Oxford House-Melbourne
 Oxford House-Merion
 Oxford House-Millbrook
 Oxford House-Monument
 Oxford House-Myrtle
 Oxford House-Ocean
 Oxford House-Palisade
 Oxford House-Parish Lane
 Oxford House-Parsons
 Oxford House-Patcong Creek
 Oxford House-Pine Fork
 Oxford House-Plainfield
 Oxford House-Pt. of Woods
 Oxford House-Rockefeller Park
 Oxford House-Sears
 Oxford House-South Toms River
 Oxford House-South Ward Ave
 Oxford House-Stratford
 Oxford House-Stuart Street
 Oxford House-Suffolk
 Oxford House-Texas Drive
 Oxford House-Thompson Ave
 Oxford House-Tigger
 Oxford House-Union Creek
 Oxford House-Van Court
 Oxford House-Victorian
 Oxford House-Vineland
 Oxford House-Waters Edge
 Oxford House-Wesley
 Oxford House-West Orange
 Oxford House-Winchester
 Oxford House-Woodbrook

New Mexico

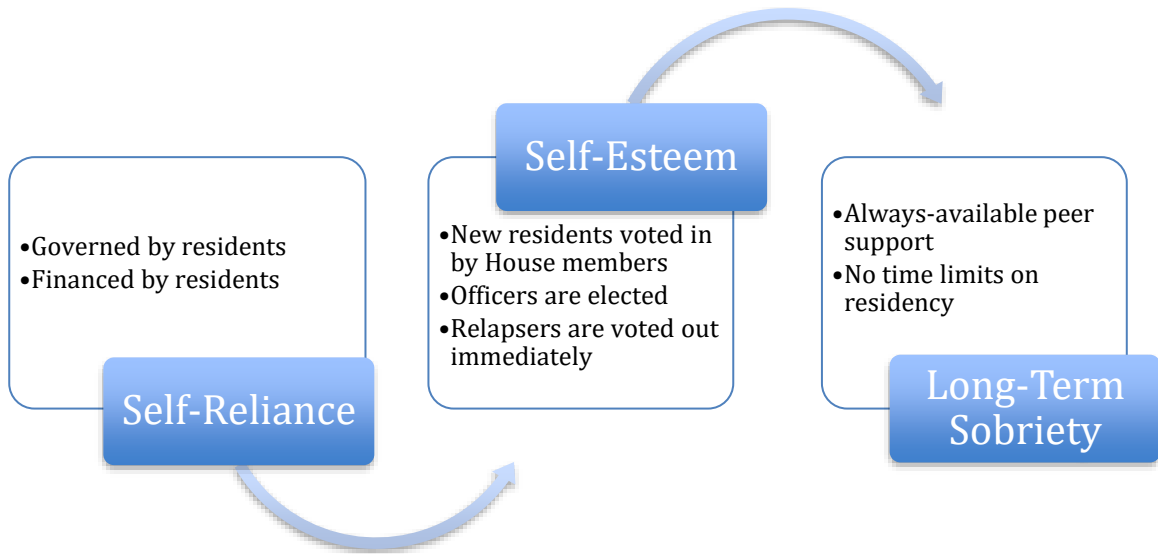
Oxford House-Candelaria
 Oxford House-Juan Tabo
 Oxford House-Morris
 Oxford House-Pennsylvania

Oxford Houses Receiving the 2018 Board of Directors' 100-Year Award

Oxford House-Snowheights	Oxford House-Parkrose	Oxford House-Lions Park	Oxford House-Lemon Road	Oxford House-Cushman
Oxford House-Tahiti	Oxford House-Powell Butte	Oxford House-Longhorn	Oxford House-Little Back	Oxford House-Delaware
Oklahoma	Oxford House-Red Oak	Oxford House-Lubbock	Oxford House-Little Creek	Oxford House-Eastside
Oxford House-Beacon	Oxford House-Reedway	Oxford House-Mariest	Oxford House-Little River	Oxford House-Echo Lake
Oxford House-Beech	Oxford House-Rocky Butte	Oxford House-Matador	Oxford House-Manassas	Oxford House-Erlands Point
Oxford House-Bil Mar	Oxford House-Royal Park	Oxford House-McCart	Oxford House-Manor	Oxford House-Everett Mall
Oxford House-Blessing	Oxford House-Serenita	Oxford House-Meadow Park	Oxford House-Melita	Oxford House-Finn Hill
Oxford House-Boomer	Oxford House-St. Johns	Oxford House-Odette	Oxford House-Merrifield	Oxford House-Fisher Park
Oxford House-Briar Meadows	Oxford House-Swanson Park	Oxford House-Parmer	Oxford House-Mill Mountain	Oxford House-Grammer
Oxford House-Bricktown	Oxford House-Trinity	Oxford House-Red Raider	Oxford House-Moseby Court	Oxford House-Gregory Way
Oxford House-Burning Tree	Oxford House-Valinor	Oxford House-Revenant	Oxford House-Neptune	Oxford House-Hendrick
Oxford House-Castle 55	Oxford House-Ventura	Oxford House-Richard Lee	Oxford House-New Horizon	Oxford House-Hilltop View
Oxford House-Centum	Oxford House-Warrenton Pioneer	Oxford House-Richland Manor	Oxford House-North Ave.	Oxford House-Hillyard
Oxford House-Claremont	Oxford House-West Howard	Oxford House-Rolling Oaks	Oxford House-North Upton	Oxford House-Hoquiam
Oxford House-Cloverleaf	Pennsylvania	Oxford House-San Pedro	Oxford House-Oceana	Oxford House-Inland
Oxford House-Dittmer	Oxford House-Bluff	Oxford House-Skycrest	Oxford House-Old Dominion	Oxford House-J. Morgan
Oxford House-East Moore	Oxford House-Cecelia	Oxford House-South Mesa	Oxford House-Old Town	Oxford House-Jericho
Oxford House-East Wedgewood	Oxford House-Donna J.	Oxford House-Stepping Stone	Oxford House-Orchid	Oxford House-John Harrison
Oxford House-Edgewood 2	Oxford House-Eau Claire St.	Oxford House-Tech Terrace	Oxford House-Pembroke	Oxford House-Journey
Oxford House-Edmond 2	Oxford House-Orchard Ave.	Oxford House-Tyler	Oxford House-Pen Park	Oxford House-Juanita
Oxford House-Elmhurst	Oxford House-Third Ave.	Oxford House-Walton	Oxford House-Pence Court	Oxford House-Karen Audrey
Oxford House-Epic Forest	Oxford House-Walker Butler	Oxford House-Westcreek	Oxford House-Peninsula	Oxford House-Kennewick
Oxford House-Flair	South Carolina	Oxford House-Wharton	Oxford House-Pentagon	Oxford House-Laurelwood
Oxford House-Fontana	Oxford House-Conestee	Oxford House-Wood Oak	Oxford House-Piccadilly Place	Oxford House-Levy 2
Oxford House-Grace Hill	Oxford House-Organia	Oxford House-Woodland Park	Oxford House-Pike Place	Oxford House-Lewis & Clark
Oxford House-Green Country	Tennessee	Oxford House-Worthy	Oxford House-Pinewood	Oxford House-Licton Springs
Oxford House-Grove	Oxford House-Cleveland	Oxford House-Yorkwood	Oxford House-Plaza	Oxford House-Lien
Oxford House-Holiday	Oxford House-Crestone	Virginia	Oxford House-Pleasant Valley	Oxford House-Lotus 2
Oxford House-Holtzclaw 2	Oxford House-East Ridge	Oxford House-Amherst Street	Oxford House-Poseidon	Oxford House-Lynndale Park
Oxford House-Integrity	Oxford House-Faxon	Oxford House-Annandale	Oxford House-Prosperity	Oxford House-Madrona
Oxford House-Jamestown South	Oxford House-Fleur De Soleil	Oxford House-Apple Blossom	Oxford House-Raleigh Court	Oxford House-Matthews Beach
Oxford House-Longan	Oxford House-Gibson Lodge	Oxford House-Baileys Crossroads	Oxford House-Ramekin	Oxford House-Metaline
Oxford House-Marlynn II	Oxford House-High Point Terrace	Oxford House-Ballston	Oxford House-Randolph Macon	Oxford House-Minnedell
Oxford House-Midwest City	Oxford House-Hilltop East	Oxford House-Bayview Gardens	Oxford House-Ravensworth	Oxford House-Mirror Lake
Oxford House-Mustang	Oxford House-Hilson	Oxford House-Beall Drive	Oxford House-River City	Oxford House-Morain
Oxford House-Opportunity	Oxford House-Hixson Terrace	Oxford House-Berkley Park	Oxford House-Roseberry	Oxford House-Naval Ave
Oxford House-Parish	Oxford House-Knoxford	Oxford House-Blossom	Oxford House-Salem	Oxford House-Nob Hill
Oxford House-Patterson Estates	Oxford House-Metropolis	Oxford House-Bel Air	Oxford House-Seaview	Oxford House-North Callow
Oxford House-Pennville	Oxford House-Metta	Oxford House-Braddock	Oxford House-Serenity Park	Oxford House-Northgate
Oxford House-Pine Oak Place	Oxford House-Milton	Oxford House-Brandy Jo	Oxford House-Shenandoah Valley	Oxford House-Northtown
Oxford House-Progress Way	Oxford House-Ridgecut	Oxford House-Briar Patch	Oxford House-Sheraton Hills	Oxford House-Nunziato
Oxford House-Regime	Oxford House-Rocky Top	Oxford House-Briarwood 2	Oxford House-South Cameron	Oxford House-O'Hara
Oxford House-Rockwood Hills II	Oxford House-Titan	Oxford House-Brielyn	Oxford House-Springfield	Oxford House-Oak Harbor
Oxford House-Royal	Oxford House-Volunteer	Oxford House-Brookfield	Oxford House-Star City	Oxford House-Oberlin
Oxford House-Rustic Hills	Texas	Oxford House-Chain Bridge	Oxford House-Sterling	Oxford House-Orchard Heights
Oxford House-Scissortail	Oxford House-Abilene	Oxford House-Chamberlayne	Oxford House-Sudley Manor	Oxford House-Palm Springs
Oxford House-Shadow Meadow	Oxford House-Ahavah	Oxford House-Chapel Hill	Oxford House-Sunnyside	Oxford House-Peabody
Oxford House-Shawnee	Oxford House-Airport	Oxford House-Chesapeake	Oxford House-Tapley Park	Oxford House-Pine Street
Oxford House-Shirley Ann	Oxford House-Awesome	Oxford House-Chester	Oxford House-Thomas II	Oxford House-Pinecrest
Oxford House-Sooner	Oxford House-Bashlow	Oxford House-Church Hill	Oxford House-Thomas Street	Oxford House-Pioneer Point
Oxford House-South Park Plaza	Oxford House-Belt	Oxford House-Clay Street	Oxford House-Tidewater	Oxford House-Prasch 2
Oxford House-Southern Hills	Oxford House-Beliaire	Oxford House-Columbia Pike	Oxford House-Valley View	Oxford House-Puget Sound
Oxford House-Stillwater	Oxford House-Blanco	Oxford House-Coral	Oxford House-Victoria	Oxford House-Renton Stadium
Oxford House-Terrace Manor 2	Oxford House-Brettonwood	Oxford House-Deer Springs	Oxford House-Wakefield	Oxford House-River Side Hill
Oxford House-Three Lakes	Oxford House-Carson	Oxford House-Diva	Oxford House-Wasena	Oxford House-Ruth Park
Oxford House-Tulsa Midtown	Oxford House-Carvel Lane	Oxford House-Douglass Park	Oxford House-Washington Park	Oxford House-Sandalwood Court
Oxford House-Urbana	Oxford House-Catalpa	Oxford House-Edgemoor	Oxford House-Waverly Hills	Oxford House-Sedro Woolley
Oxford House-West Winds	Oxford House-Childress	Oxford House-Elm Street	Oxford House-Wesleyan	Oxford House-Shelton
Oxford House-Will Rogers	Oxford House-Cortez North	Oxford House-Fair Oaks	Oxford House-West End	Oxford House-Shiloh Hills
Oxford House-Woodridge	Oxford House-Costigan	Oxford House-Fairview Park	Oxford House-Westhaven Park	Oxford House-Shorewood
Oregon	Oxford House-Cripe	Oxford House-Featherstone	Oxford House-Williamsburg	Oxford House-Silver Creek
Oxford House-Allen II	Oxford House-Culebra	Oxford House-Forest Glen	Oxford House-Winchester Heights	Oxford House-Sirona
Oxford House-Aloha	Oxford House-Davis	Oxford House-Forest Hills Park	Oxford House-Woodland Heights	Oxford House-Skagit Valley
Oxford House-Ashar	Oxford House-Downey	Oxford House-Forest Ridge	Oxford House-York	Oxford House-Stan Timberlake
Oxford House-Blanton	Oxford House-El Chaparral	Oxford House-Fry's Spring	Washington	Oxford House-Stark
Oxford House-Elkhorn	Oxford House-Emet	Oxford House-Glebe Road	Oxford House-Ainsworth Ave	Oxford House-Sunrise Heights
Oxford House-Endor	Oxford House-Eqinox	Oxford House-Glebe Wood	Oxford House-Akona	Oxford House-Teresa
Oxford House-Englewood Park	Oxford House-Excelsior	Oxford House-Glen Carlyn	Oxford House-Alexis	Oxford House-Truman Place
Oxford House-Glencoe	Oxford House-Fielder	Oxford House-Golden Maple	Oxford House-Anoka	Oxford House-Tyee
Oxford House-Graham	Oxford House-Fort Worth	Oxford House-Gosport	Oxford House-B Street	Oxford House-Tynan
Oxford House-Grant Park	Oxford House-Gala	Oxford House-Hampton	Oxford House-Baltimore	Oxford House-Upriver
Oxford House-Hazeldale Park	Oxford House-Genesis	Oxford House-Hawthorne	Oxford House-Bill Wyze	Oxford House-Valley Pines
Oxford House-Juniper	Oxford House-Gentry	Oxford House-Hermosa	Oxford House-Bridgeview	Oxford House-Vancouver
Oxford House-Kinnaman	Oxford House-Gramercy	Oxford House-Highland Springs	Oxford House-Brockman	Oxford House-Victory
Oxford House-Libby's Loft	Oxford House-Grayson	Oxford House-Horizon	Oxford House-Cascade View	Oxford House-Wheaton
Oxford House-Linfield	Oxford House-Grayson	Oxford House-Hunter Street	Oxford House-Charleston	Oxford House-White Pine
Oxford House-M Jones	Oxford House-Guilbeau	Oxford House-Jamestown	Oxford House-Chase Lake	Oxford House-Woodland Creek
Oxford House-Marion	Oxford House-Hulen	Oxford House-Kenwood	Oxford House-Chelan	Oxford House-Yakima
Oxford House-Meldrum Park	Oxford House-Invicta	Oxford House-Lake Smith	Oxford House-Columbia	Wisconsin
Oxford House-Newton	Oxford House-Jennings	Oxford House-Landmark	Oxford House-Connelly	Oxford House-LaCrosse
Oxford House-Pagoda	Oxford House-Laguna		Oxford House-Crosby	
	Oxford House-Leon Valley		Oxford House-Crown Park	

Thanks to all.

OXFORD HOUSE™



Unique • Evidenced-based • Time-tested
Fostering self-reliance, self-esteem and long-term sobriety

The OHI Directors' 100-Year Awards

Oxford House relies on voluntary contributions to fund expansion in areas where there is no other support. The largest portion of voluntary contributions comes from Oxford House residents and alumni. In the fiscal year just ended, voluntary donations of at least \$600 a year from 764 individual Oxford Houses totaled just over \$500,000. Chapters, State Associations and Alumni groups contributed almost \$50,000.

These Houses, Chapters and State Associations will be the recipients of the 2018 Directors' 100-Year Awards, which will be presented at the Second General Session. Two program pages are dedicated to listing these contributors.

Oxford House residents and alumni members recognize the need to expand the network and to help OHI do so. Their donations show their gratitude and their support for expansion.

THANK YOU!

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. The four stages are:

1. Intervention
2. Detoxification [Ending physical dependence]
3. Motivation and Education [Treatment]
4. Long-term Behavior Change

The weak link in the process is society's failure to support environments that foster long-term behavior change. Many individuals repeatedly relapse after completing the first three stages. Significant evidence suggests that the Oxford House program addresses this problem, fosters recovery without relapse, and does so at a cost society can afford. With peer support and no residency time limits, Oxford Houses provide the time and environment needed for the development of long-term recovery without relapse.

OXFORD HOUSE TRADITIONS

1. Oxford House has as its primary goal the provision of housing for alcoholics and drug addicts who want 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™

1975-2018

43 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.

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