

# Oxford House, Inc.

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To Whom It May Concern:

I am writing today to address the following directives set forth by SAMHSA Funding Opportunity Announcement for the State Opioid Response (SOR) Grants, which includes the following directive:

*In addition to these treatment services, grantees will be required to employ effective prevention and recovery support services to ensure that individuals are receiving a comprehensive array of services across the spectrum of prevention, treatment, and recovery.*

*Implement community recovery support services such as peer supports, recovery coaches, and recovery housing. Grantees must ensure that recovery housing supported under this grant is in an appropriate and legitimate facility. Individuals in recovery should have a meaningful role in developing the service array used in your program.*

For over 43-years, Oxford House, Inc., a nonprofit 501(c)(3) umbrella organization, has been a primary resource for those recovering from a substance use disorder who seek a peer supportive safe sober living environment after treatment. Oxford Houses are self-run, self-supported group homes for those recovering from a substance use disorder. Oxford House offers a highly structured living environment that helps individuals stay off alcohol and drugs by learning or re-learning how to achieve long-term recovery and responsible civic behavior.

Evidence-based research has demonstrated that the Oxford House program works. Supported by grants by NIAAA and NIDA for the study of recovery, DePaul University in Chicago and other academic researchers have found remarkable recovery success from Oxford House living. Their findings prompted SAMSHA to list Oxford House™ on the National Registry of Evidenced-based Programs and Practices [NREPP]. In November 2016, the U.S. Surgeon General's Report, *Facing Addiction in America*, highlighted the effectiveness of Oxford Houses.

Oxford House, Inc. would like to partner in supporting the state of New Hampshire in their efforts to address the opioid epidemic through the 2018 SAMHSA State Opioid Response Grant. In an effort to do this Oxford House, Inc. requests \$323,565 to hire one (1) full-time state coordinator, one (1) full-time outreach worker, and one (1) full-time training and education specialist [working specifically which the Oxford House resident population on NARCAN training and integrating good practices for those on MAT into the Oxford House Model] for 12 months to provide support to the New Hampshire with a developing network of Oxford Houses. Please see below the purpose, goal and target population for this request.

**Purpose**

The purpose of this expansion would be to fill gaps in the substance use disorder services continuum by establishing and maintaining additional self-run, self-supported peer-operated recovery homes. In adherence with United States Code, Title 42, Section §300x-25 Group Homes for Recovering Substance Abusers, your agency would utilize the Oxford House concept to increase recovery housing assistance opportunities for recovering individuals living together in a disciplined environment to maintain recovery without recurrence of use. This level of care includes the provision of a safe and affordable, drug-free living situation to recovering individuals with the support of other peers in recovery, Oxford House outreach staff, and other supports and services in the community.

**Goal**

The primary objective is to expand and enhance the Oxford House concept of care by integrating prevention, treatment, re-entry, and recovery support services for individuals with substance use disorders, specifically for those utilizing System Agency-funded treatment and recovery programs.

**Target Population**

Adult men and women completing a System Agency funded substance use disorder residential treatment program, as well as those enrolled in outpatient, recovery support, and opioid treatment services, who need a place to live and can meet the requirements for being a resident of a Recovery House. Recovery housing shall also include populations with a reported history of opioid use disorder (OUD) and opioid use.

Oxford House, Inc. and its staff will work collaboratively with the NH DHHS and other organizations in our community to insure our goals are in alignment with the goals of the proposed project(s) through the Oxford House Model, including; reducing unmet treatment needs; and reducing overdose deaths through the provision of prevention; treatment and recovery activities.

You will also find attached to this letter the requested proposal per the DHHS website.

Warmest Regards,



Jason Paul Jarreau  
Manager, Contracts & Development  
Oxford House, Inc.  
202-308-2366 – cell

## **Proposal to Develop A Network Of Oxford Houses In The State of New Hampshire**

**Funding Period:** 24 - Months

**Abstract:** For over 43-years, Oxford House, Inc., a nonprofit 501(c)(3) umbrella organization, has been a primary resource for those recovering from a substance use disorder who seek a peer supportive safe sober living environment after treatment. Oxford Houses are self-run, self-supported group homes for those recovering from a substance use disorder. Oxford House offers a highly structured living environment that helps individuals stay off alcohol and drugs by learning or re-learning how to achieve long-term sobriety and responsible civic behavior.

Oxford House proposes to open between six (6) and eight (8) Oxford Houses for men and/or women or women and their children and to maintain the newly created Oxford Houses in the State of New Hampshire and organize these homes into mutually supportive chapters to assist the growing needs of the recovery and OUD population. These chapters will in time create the New Hampshire Oxford House state Association.

**Organizational Background:** Oxford House, Inc. [OHI] is the 501(c)(3) nonprofit umbrella organization for a network of more than 2,400 self-run, self-supported *rented* recovery homes throughout the United States. Its nine-person board of directors [list attached] is composed of five outside members, three alumni and the Chairperson of its World Council – an advisory panel elected by the national network of houses. Oxford House, Inc. has the sole authority to charter an individual Oxford House™ and conditions the charter on adherence to three simple requirements:

1. The group – six or more recovering individuals of the same gender – must be democratically self-run using the 43-year old Oxford House disciplined system of democratic operations set forth in the Oxford House Manual®.
2. The group must be financially self-supported.
3. The group must immediately expel any resident who returns to using alcohol or illegal drugs.

Each chartered house is a single-family home in a good neighborhood rented to the residents by local landlords. The house must comfortably accommodate six or more recovering substance users [average number of residents per house nationally is 8.2]. Residents share household expenses by getting a job or in a few cases receive retirement or disability payments.

OHI trains and supervises outreach workers, approves all charters, monitors adherence to charters. During FY 2016, OHI operated on a budget of approximately \$6.2 million, while residents in the approximately 2,200 individual Oxford Houses paid landlords, utility companies and general household expenses of approximately \$69 million. The self-support aspect of Oxford House not only makes Oxford Houses cost-efficient, but also encourages residents in recovery to join or rejoin the workforce. The national equal share of household costs for the individual resident averages about \$120 [range of \$75 to \$150 a week].

Because Oxford Houses can be established at low cost without need for any capital investment in property, they can be replicated quite easily. This easy replication enables recovering individuals

who pay their equal share of household expenses and stay clean and sober to live in an Oxford House for as long as they want. This is important because individuals in recovery become comfortable in recovery without relapse over different lengths of time. The houses provide transitional housing for some residents and permanent housing for others.

OHI – the umbrella organization for all individual Oxford Houses – has a 43-year track record built upon the time-tested system of operations for the individual houses. The Oxford House Manual<sup>®</sup> provides a sound foundation for the disciplined self-run, self-supported system of operations that assures the alcohol and drug-free open-ended living environment. The democratic operation, election of house officers and allocation of specific responsibilities among the officers provide the framework for the group to focus on recovery without relapse. The model was so sound that Congress incorporated it as §2036 of the Anti-Drug Abuse Act of 1988 codified at 42 USC 300x-25 [copy attached]. That law enabled states to establish recovery home start-up revolving loan funds to make two-year loans up to \$4,000 to groups of six or more recovering individuals to help pay the first month's rent on a suitable group home. For purposes of this proposal Oxford House will not propose a New Hampshire revolving loan fund but instead one-time house start-up funds of \$6,000.00 per house.

In keeping with *The Substance Abuse and Mental Health Services Administration's [SAMHSA]* strategic initiative, the Oxford House program addresses the following areas for the residents that move in and participate in the Oxford House Model:

Health - Oxford Houses are high quality (as evidenced by its Federal best-practices listing) and, because they are self-run and self-supported, there is no need for residency time limits. Residents can stay as long as they believe that they need to do so as long as they pay their equal share of expenses and don't use alcohol or drugs. This is particularly important because each person heals from addiction and develops comfortable long-term sobriety at a different pace.

Oxford House works closely with treatment providers and correctional facilities to advise them about the program and to encourage recovering individuals exiting these facilities to consider continuing their recovery in an Oxford House where they will have the opportunity to have the mutual support of fellow residents, develop or redevelop a job history, attend local AA/NA meetings, participate in social activities with others in other Oxford Houses and the recovery community and develop the stable sobriety and community attachments that promote long-term sobriety without relapse. Typical treatment facilities are unable to provide this type of long-term support since their costs generally require strict time limits on residency. Furthermore, Oxford House is the only program we are aware of in which leadership comes from the residents themselves; all Oxford Houses are run by the residents themselves; they elect House officers, assume responsibility and each resident has an equal vote in House decisions. Together they share their diverse backgrounds to teach each other networking for medical assistance, job openings and the sharing of broadly based recovery resources.

In addition, Oxford House residents come into Oxford House with a wide variety of illnesses including AIDS or are HIV-positive or have Hepatitis C, cancer or other diseases. Others suffer from PTSD and other mental disorders. No one is excluded from an Oxford House because of health issues. Those on prescribed medications are monitored by the group to make sure that their medications are secure and taken in the right dosage at the right times. NIDA-sponsored research has shown that even those with co-occurring mental illness do well in an Oxford House setting because they develop habits of properly taking their medications. (A Longitudinal

Analysis of Psychiatric Severity upon Outcomes Among Substance Abusers Residing in Self Help Settings, American Journal of Psychology, Vol. 42, 145-153 [2008]

Home - The first step in having a good home is to live in a house in a good neighborhood. Oxford Houses fill the gap for peer-operated recovery homes and provides a level of care not found in other settings. Specifically, this level of care entails a safe, affordable, and drug-free living situation with the support of peers in recovery, support from OHI, and access to other supports in the community. The primary objective for this contract with OHI is to provide this level of care for persons with addictive disorders, including those coming from the Criminal Justice system.

Purpose - One of the many objectives of Oxford House is teaching individuals how to become self-sufficient by learning life skills in a peer supportive environment. This effort assists the Agency in meeting its mission to provide people with substance abuse problems the necessary support they need to live successfully in society. The structured living environment offered at Oxford House enables individuals to stay off alcohol and drugs by learning how to achieve long-term sobriety and become productive citizens. The American Correctional Association and the Hazelden Foundation 1996 Handbook for probation, parole and community corrections states: "Oxford House, Inc. is fast becoming one of the most important and cost-free community-based resources available for community corrections". (Partners in Change by Edward M. Read, Hazelden and the American Correctional Association, 1996; page 144.)

Community - Recovery support groups play an integral role in the development of a recovery lifestyle. Whether it is trying to get a job for the first time in years, rebuilding relationships, finding safe and affordable housing, fighting off the cravings to use drugs or alcohol, or just figuring out what to do with the many hours in the day, recovering alcoholics and addicts often support each other as they face the fears and changes associated with a new life of recovery. Oxford Houses, where recovering individuals can live together in affordable housing in continuous support of one another, are an important aspect of recovery peer support. The Oxford House model encourages individuals to change their environment and associations, while avoiding isolation, to allow for a supportive atmosphere that is conducive to the recovery process.

**Outcomes:** Throughout its 43-year history, Oxford House has encouraged both in-house and independent academic researchers to evaluate the Oxford House program. The result is that there are many research reports on Oxford House that show that the program works – and that it works for many difficult-to-reach populations. As a result of this research, the Oxford House program is listed as a best practice on the Federal Government's National Registry of Evidence-based Programs and Practices (NREPP), more information can be found at the following link <http://legacy.nreppadmin.net/ViewIntervention.aspx?id=223>.

The revolving door from addiction to treatment and the return to addiction reflects about an 80 percent relapse rate. With the benefit of Oxford Houses, this trend can be reversed. Beginning in 1991, a number of academic researchers, including a team from DePaul University in Chicago, have conducted studies of Oxford House residents. More than 120 peer-reviewed articles reporting the results from dozens of scientific studies have been published in leading journals. A list of those articles is downloadable from the [www.oxfordhouse.org](http://www.oxfordhouse.org) under "About Us/Resources."

Two of the DePaul University studies are major outcome studies tracking long-term sobriety. One study followed 897 residents in 219 Oxford Houses throughout the country for 27 months and found that 87% stayed clean and sober without relapse. The second study randomly selected one half of 150 individuals leaving treatment in Illinois to go to Oxford House after treatment and the other half went to a place of their choice; e.g., home, a traditional halfway house, etc. After 27 months of observation, 65% of the cohort going to Oxford Houses stayed clean and sober without relapse and only 30% of the control group stayed clean and sober<sup>1</sup>. In both studies, residents were interviewed periodically for 27 months following their acceptance into an Oxford House after leaving detoxification units or formal treatment. In addition, their self-reports to the researchers were verified by seeking confirmation from an acquaintance identified by the subject during the first interview.

In fact, recent surveys of Oxford House residents reflect that 79 percent remained clean and sober one year later and those individuals with co-occurring mental illness do well in the Oxford House living environment.<sup>2</sup> The Oxford House model increases the odds that such individuals following detoxification can stay clean and sober without relapse and, if necessary, take appropriate medication as prescribed. For more information visit [www.oxfordhouse.org](http://www.oxfordhouse.org) under Publications/Evaluations where the full research article can be downloaded.

**Target Population:** Alcohol and drug abuse contribute to an array of tragic, life-changing events. Thousands of these events are recorded in the state of New Hampshire every year. The involvement of substance abuse is often documented in overdose deaths, medical emergencies, traffic crashes, traffic deaths and injuries, and arrests for violations of alcohol and drug laws. Substance abuse is often an undocumented factor in many other events such as school failure, unemployment, divorce, and crime. Countless other alcohol and drug related incidents are known only by those who are personally involved. Substance abuse places a significant burden on the criminal justice, healthcare, and social services systems, and ultimately impacts everyone through societal economic costs.

**Expectations:** Of those residents it serves, Oxford House anticipates 70 ++ percent will remain alcohol and drug free one year later. In fact, Oxford House residents over time and with therapeutic peer support learn to become “comfortable enough with sobriety” to avoid the recurrence of use. Their sobriety eventually becomes a habit so strong that the individual is likely to achieve long-term recovery.

**Amount Sought:** \$323,565 (year 1), 319,385 (year 2 )in general support to open 6-8 new Oxford Houses (each year) and maintain newly established Oxford Houses for (2) 12-month periods. (See Attached Proposed Budget).

## **PROPOSED PROJECT DESCRIPTION:**

**Oxford House of New Hampshire Proposed Program Goals and Objectives:** The mission of

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<sup>1</sup> Eight of the control group members independently chose to go to an Oxford House. If the 8 in the control group [all of whom stayed clean and sober] are subtracted from the control group because they went into an Oxford House on their own, the percentage drops from 32% staying clean Majer, J. M., Jason, L.A., North, C.S., Ferrari, J.R., Porter, N. S, Olson, B.D., Davis, M.I., Aase, D., & Molloy, J.P. (2008). A Longitudinal

<sup>2</sup> Where OHI has outreach workers relapse figures are verified and come in at less than 19% compared to a relapse rate of 90% for residents leaving traditional halfway houses. R.J. Goldsmith in *The Essential Features of Alcohol and Drug Treatment* found that six-months after a traditional halfway house stay only 10.9% of male residents maintained sobriety and only 9.5% of female residents remained sober. By contrast the outcome for residents of Oxford Houses is eight times better than what Goldsmith reports. [*Psychiatric Annals*, 22, pp. 419-424 (1992).]

Oxford House is to establish enough Oxford Houses to provide recovering alcoholics and drug addicts the opportunity to live in the time-tested environment designed to learn sober behavior sufficiently to avoid relapse. To implement this mission successfully in the state of New Hampshire, Oxford House will attain the following goals and objectives:

Goal 1.0 – Propagation of the Oxford House Network of Houses in New Hampshire over a 12-month period

Objective 1.1 – By the end of a 12-month period rent and implement the Oxford House model for the establishment of to open between six (6) and eight (8) Oxford Houses for men and/or women or women and their children [48 – 60 available new beds] throughout New Hampshire.

Objective 1.2 – Oxford House will complete and maintain a web-based listing, including the name, address, telephone number, e-mail address, and contact person's name for all of its pre-existing and new recovery homes in the New Hampshire.

Objective 1.3 – Oxford House will implement and maintain an information exchange that includes New Hampshire Department of Health and Human Services Division, treatment providers, city jails, federal prisons, the court system, veteran's hospitals, veteran's groups, and homeless shelters, to match recovering individuals seeking group home residences with vacancies in houses located in areas convenient to the clients.

Objective 1.4 – Oxford House Outreach Staff will hold monthly statewide discussion groups/presentations for those nearing treatment completions informing them of the benefits of group recovery homes.

Objective 1.5 – Training and Development coordinator will conduct NARCAN and overdose prevention trainings at House, Chapter and State level. Conduct MAT/MAR education trainings to help break the stigma. Assist residents with local and statewide MAT/MAR resources.

Goal 2.0 – Maintain a High-Quality Network of Oxford Houses

Objective 2.1 – Teach residents in New Hampshire Oxford House's the standard system of operations needed to effectively operate the houses throughout the state.

Objective 2.2 – By the end of a 12-month period, Oxford House Regional Manager will make quarterly scheduled visits and at least one unannounced visit per year to selected existing and new homes to determine the level of compliance to federal and local governmental rules and Oxford House policies and procedures.

Goal 3.0 – Increase Peer Support within the Oxford House Network.

Objective 3.1 – Teach the residents of Oxford Houses how to operate autonomously within the Oxford House Model, training them on officer positions, house meetings, chapter formation, and service positions within the community.

Objective 3.2 – Promote personal growth for each resident of Oxford House and encourage active engagement within the recovery community and community at-large.

## **DELIVERABLES AND REPORTS**

The Provider will be required to submit all requested program and financial reports to the proposed agency as follows:

As documentation for services rendered, the Contractor is requested to submit:

1. A program narrative report Goal (1, 2, 3) for each six-month program period that documents achievement of program outcomes and barriers; to include quantitative data on number of individuals served.
2. New Hampshire State Housing Activity Report
3. New Hampshire Project Status Report
4. Six Month Reporting – Narrative Report due 30 days after the end of the calendar year.
5. Annual Reporting– Narrative Report due 30 days after end of fiscal year.

## Proposed Budget Broken Down

Organization Name: Oxford House, Inc. New Hampshire Proposed Program				
Budget Period: 24 Months			Year 1	Year 2
TOTAL REVENUE			\$323,565	\$319,385
Expenses			Dollar Amount	Dollar Amount
Direct Costs				
	Annual Salary	% FTE		
State Outreach Coordinator #1 (OHI)	\$36,000	100%	\$36,000	\$36,000
Outreach Worker #1 (OHI)	\$33,000	100%	\$32,000	\$32,000
Training & Education Specialist	\$34,000	100%	\$34,000	\$34,000
Direct Supervision (OHI)	\$8,500	100%	\$8,500	\$8,500
<b>Total Personnel</b>			\$110,500	\$110,500
Benefits @ 30% of Salary		% of Salaries	\$0.30	\$0.30
<b>Total Benefits</b>			\$33,150	\$33,150
<b>Total Personal + Benefits</b>			<b>\$143,650</b>	<b>\$143,650</b>
Operating Costs				
Travel Air			\$4,000	\$4,000
Travel/Ground			\$25,000	\$25,000
Training Staff Development			\$4,000	\$4,000
Lodging			\$21,600	\$21,600
Per Diem			\$3,000	\$3,000
Communications			\$36,000	\$36,000
IT / Vacancy System Maintenance			\$2,100	\$2,100
Audit			\$2,000	\$2,000
Legal			\$3,000	\$3,000
Equipment (First Year)			\$4,800	\$1,000
Printing/Postage			\$2,000	\$2,000
Supplies			\$3,000	\$3,000
State Training Workshop [Resident]			\$4,000	\$4,000
New House Start-up Funds [6 Houses @ \$6,000.00]			\$36,000	\$36,000
<b>Total Operating Costs</b>			\$150,500	\$146,700
<b>Total Direct Costs</b>			\$294,150	\$290,350
<b>Overhead G &amp; A 10%</b>			\$29,415.00	\$29,035.00
<b>Total Project Costs</b>			<b>\$323,565</b>	<b>\$319,385</b>