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When I finally got out of jail I was fortunate to get into an Oxford House – a group of caring people with enough experience not to let anyone like me fake or fool them by taking half steps. I found a group where I belonged and had the opportunity to manage a household, pay bills, and all the essentials that are necessary to lead a productive and sober life.

–Scotty D.

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### Who is eligible to live in an Oxford House?

You can apply to live in an Oxford House if you have completed:

- Inpatient treatment; or
- A 10-day detoxification with an intensive outpatient program; or
- 30 days of sobriety.

You must also be willing to:

- Follow house rules;
- Pay your share of house expenses;
- Work on your recovery

### How do I apply for membership in a house?

You can apply directly to the house of your choice. If there are no vacancies, you may be referred to another house in the area. Here are the five steps to apply and be admitted:

1. Get an application form either online ([www.oxfordhouse.org](http://www.oxfordhouse.org)), from a treatment agency, or from an Oxford House.
2. Search the list of Oxford Houses in Washington online ([www.oxfordhouse.org](http://www.oxfordhouse.org)) or call the Washington Recovery Help Line: 1-866-789-1511.
3. Call the house to see if there is an opening, schedule an interview appointment, and find out if you need to mail your application before the interview.
4. Show up on time for an interview by members of the house.
5. 80 percent of the house members must vote “yes” for you to be admitted.

### The Oxford House Model

All Oxford Houses must meet these requirements to be a chartered member of Oxford House, Inc. (a national 501-C-3 non-profit):

- They must run democratically.
- House members must be responsible for all household expenses; and
- Members must immediately evict those who use alcohol or other drugs.

Each House represents a highly effective and low-cost method of preventing relapse and encouraging healthy emotional growth.

Since 1975, Oxford House has grown nationally and worldwide to over 1,500 houses. In Washington State there are currently 235 houses. Oxford Houses are listed in the National Registry of Evidence-based Programs and Practices. Oxford House has demonstrated that living in a structured recovery house greatly increases the likelihood of achieving long-term sobriety.

### To locate an Oxford House in Washington

- Call the Washington Recovery Help Line: 1-866-789-1511, or visit them online: [www.WaRecoveryHelpLine.org](http://www.WaRecoveryHelpLine.org); or
- Visit the Oxford House website and click on Washington State: [www.oxfordhouse.org](http://www.oxfordhouse.org)

Visit  Friends of Oxford House on FaceBook

<https://www.facebook.com/WashingtonOxfordHouse>



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# A New Way of Living



Oxford Houses of Washington





### **What are the benefits of living in an Oxford House?**

While living in an Oxford House you will:

- Receive 24-hour support from peers in recovery.
- Learn skills for living in recovery.
- Vote on all issues affecting the house.
- Elect house officers who equally guide decisions for maintaining the home.
- Receive guidelines and training to successfully maintain the house.
- Have opportunities to make new friends for enjoying positive activities with.

### **What is an Oxford House?**

Oxford Houses offer a supportive way of living, and opportunities to learn skills in an alcohol and drug-free environment. About 2,500 people in Washington receive recovery support through Oxford Houses each year. They are self-run, single-family homes. There are separate houses for men and women, and some houses accept children with their parents.

Having a different place to live, with people who are committed to being alcohol and drug-free, is a key factor in maintaining recovery.

### **How successful are Oxford Houses?**

A study funded by the National Institute of Alcohol Abuse and Alcoholism compared the outcomes of 150 people who completed treatment (Oxford House Recovery Homes: Characteristics and Effectiveness). Half entered an Oxford House, and half had other housing arrangements. The study found that among Oxford House residents:

- 70% were drug-free after two years, versus only 35% of the control group.
- 76% were employed, versus 49% of the control group.
- 30% of women had regained custody of their children, versus 13% of the control group.

This and other research has shown Oxford Houses are successful in helping people to maintain recovery and be model citizens. Other research findings are available at [www.oxfordhouse.org](http://www.oxfordhouse.org).



### **What does it cost to live in an Oxford House?**

- Equally sharing expenses keeps the cost of Oxford Houses low.
- Monthly costs range from \$300 to \$450 per person, depending on the house and area.
- A non-refundable application fee is required when you are accepted (the average fee is \$150).

### **What do my costs cover?**

- Rent in a fully furnished home
- Utilities, including telephone and TV
- Basic food staples
- Housekeeping/cleaning supplies

### **How long can I live in an Oxford House?**

- There is no time limit as long as you follow the rules.
- Some people have lived in Oxford Houses for over 15 years.

“ I was homeless, unemployed and unemployable. I got into treatment and after four months moved into an Oxford House. I now have two years of recovery. I now have a HOME where I feel I belong.

–Lynn W.

