

The logo for Oxford House, featuring the words "Oxford House" in a stylized, cursive, gold-colored font on a dark blue rectangular background.

Recovery Housing in Washington State; An Evidence-Based Approach

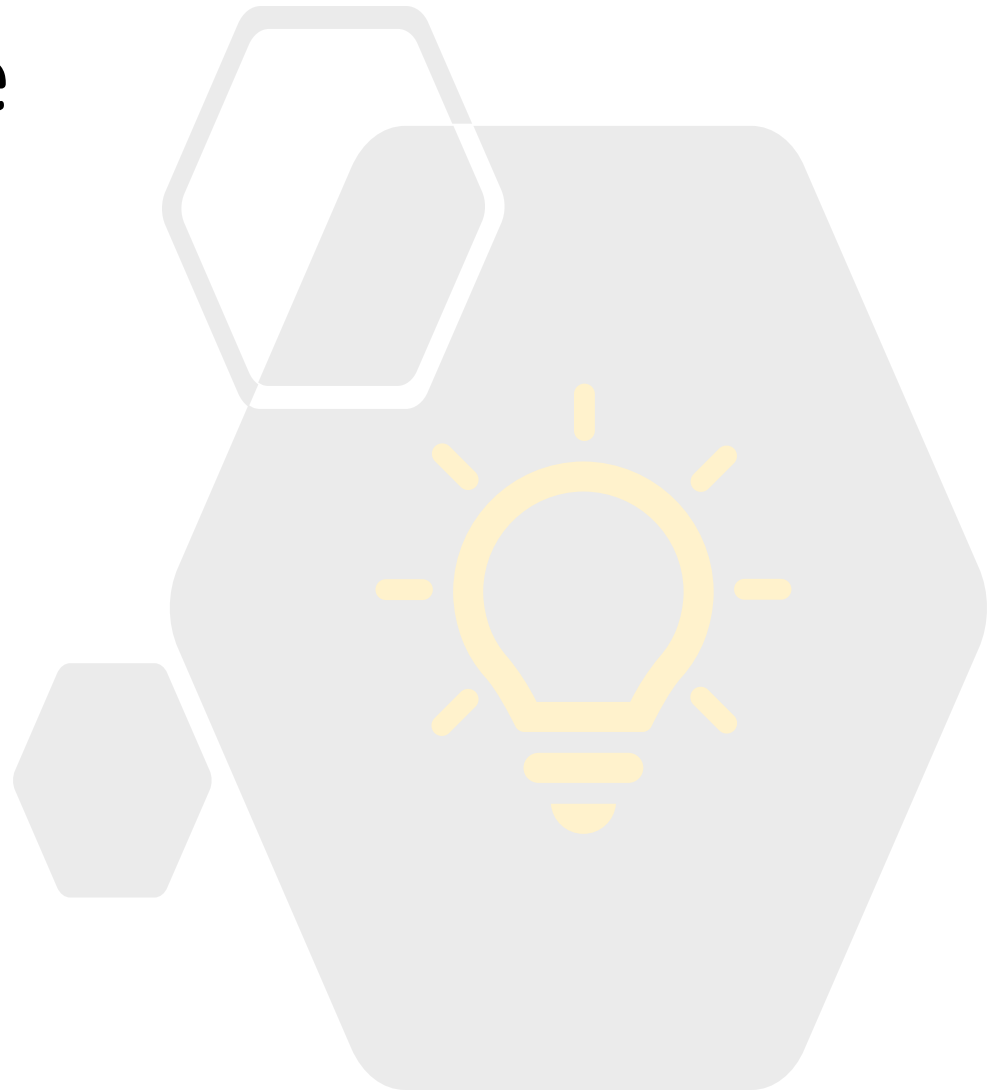
Presenters -
Jason Bliss
Ricky Mogel

Origin


- ▶ The Washington Alliance For Quality Recovery Residences (WAQRR) was formed in the fall of 2017.
- ▶ Since that time, WAQRR has expanded to over 50 independent and accredited recovery residence operators
- ▶ 180 + accredited homes in WA state
- ▶ Spread across multiple counties
- ▶ Recovery Residence operators can apply for and receive accreditation through WAQRR. This process involves document reviews, interviews, and site inspections.
- ▶ Accredited homes are available for :
- ▶ Men, Women, Co-ed and Family's

Who is WAQRR, and what do we offer?

- Accreditation
- Technical Assistance
- Professional Development
- Advocacy for recovery housing



The Evidence for Recovery Residences

- Length of Stay
 - Healthy Connection
 - Criminal Justice Involvement
 - Cost to Society
 - Resident engagement in the community
- 



Two opposing myths that many in the general public believe...

- People who have struggled with SUDs can't recover.
- If we send someone to treatment, they will recover.

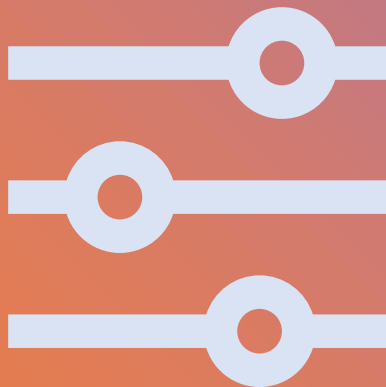
What is a recovery residence?

Recovery houses are safe, healthy, family-like substance-free living environments that support individuals in recovery from addiction. While recovery residences vary widely in structure, all are centered on peer support and a connection to services that promote long-term recovery. Recovery housing benefits individuals in recovery by reinforcing a substance-free lifestyle and providing direct connections to other peers in recovery, mutual support groups and recovery support services. Substance-free does not prohibit prescribed medications taken as directed by a licensed prescriber, such as pharmacotherapies specifically approved by the Food and Drug Administration (FDA) for treatment of opioid use disorder as well as other medications with FDA-approved indications for the treatment of co-occurring disorders.

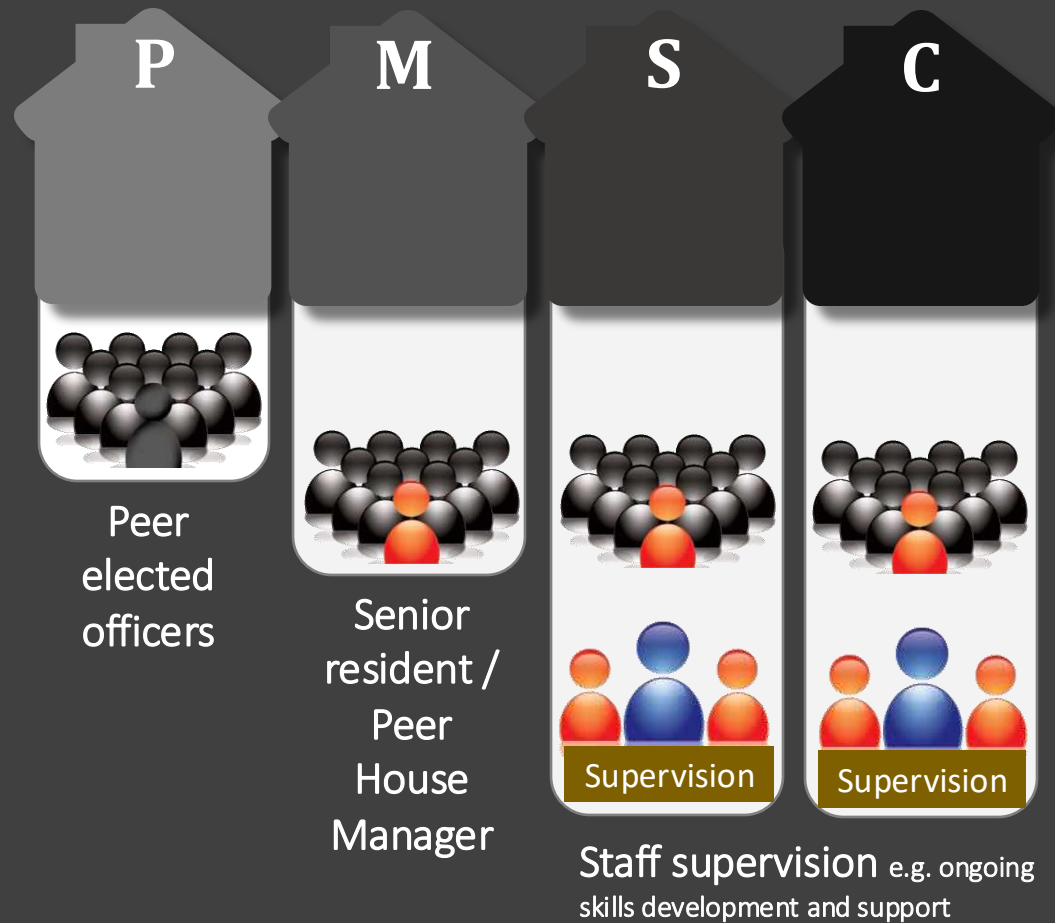
-SAMHSA Best Practices and Suggested Guidelines

LEVELS OF CARE

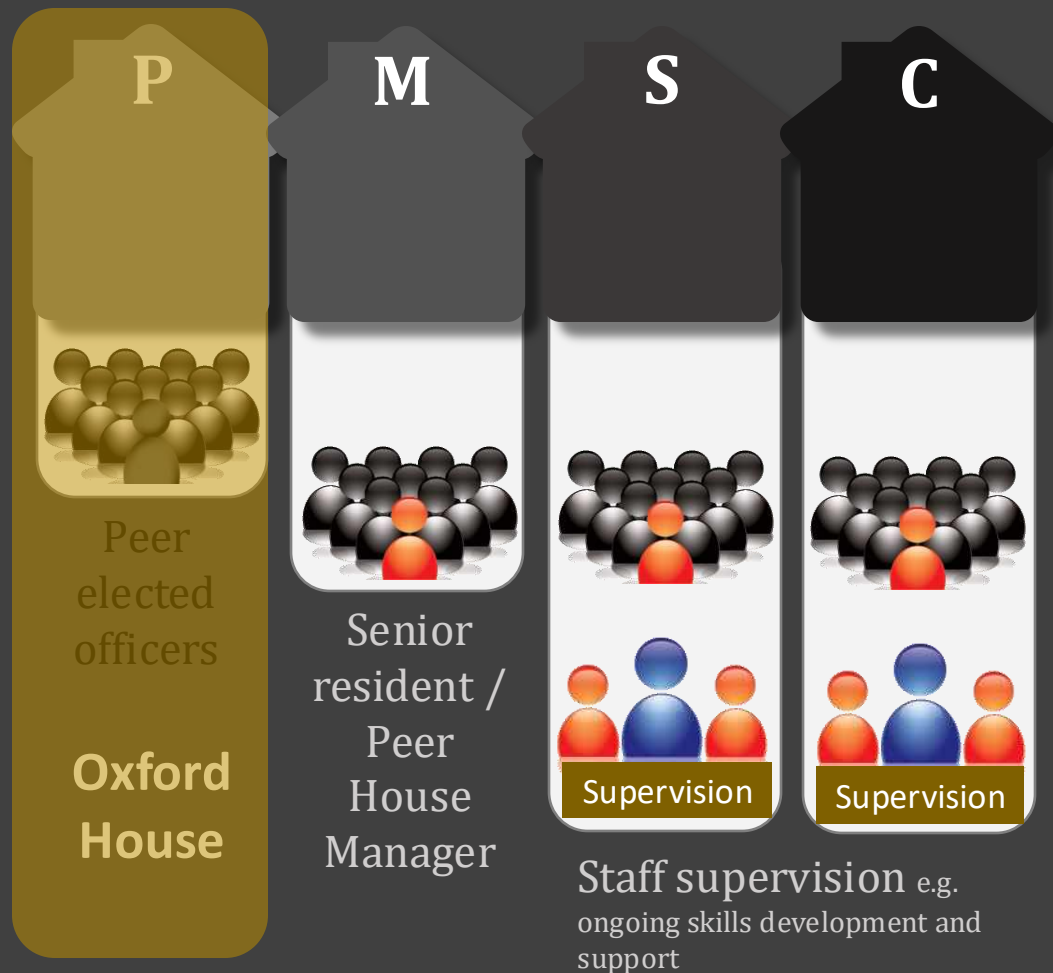
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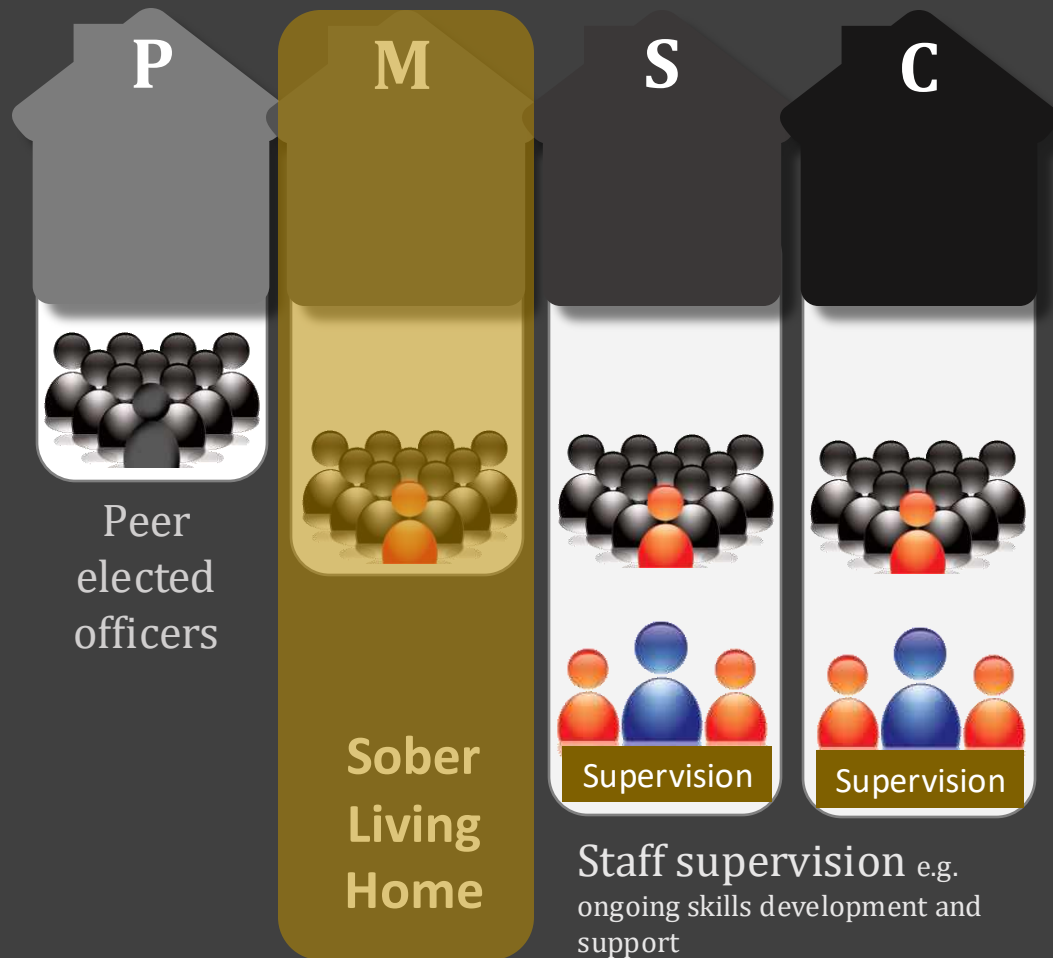
Levels differ in: Staffing



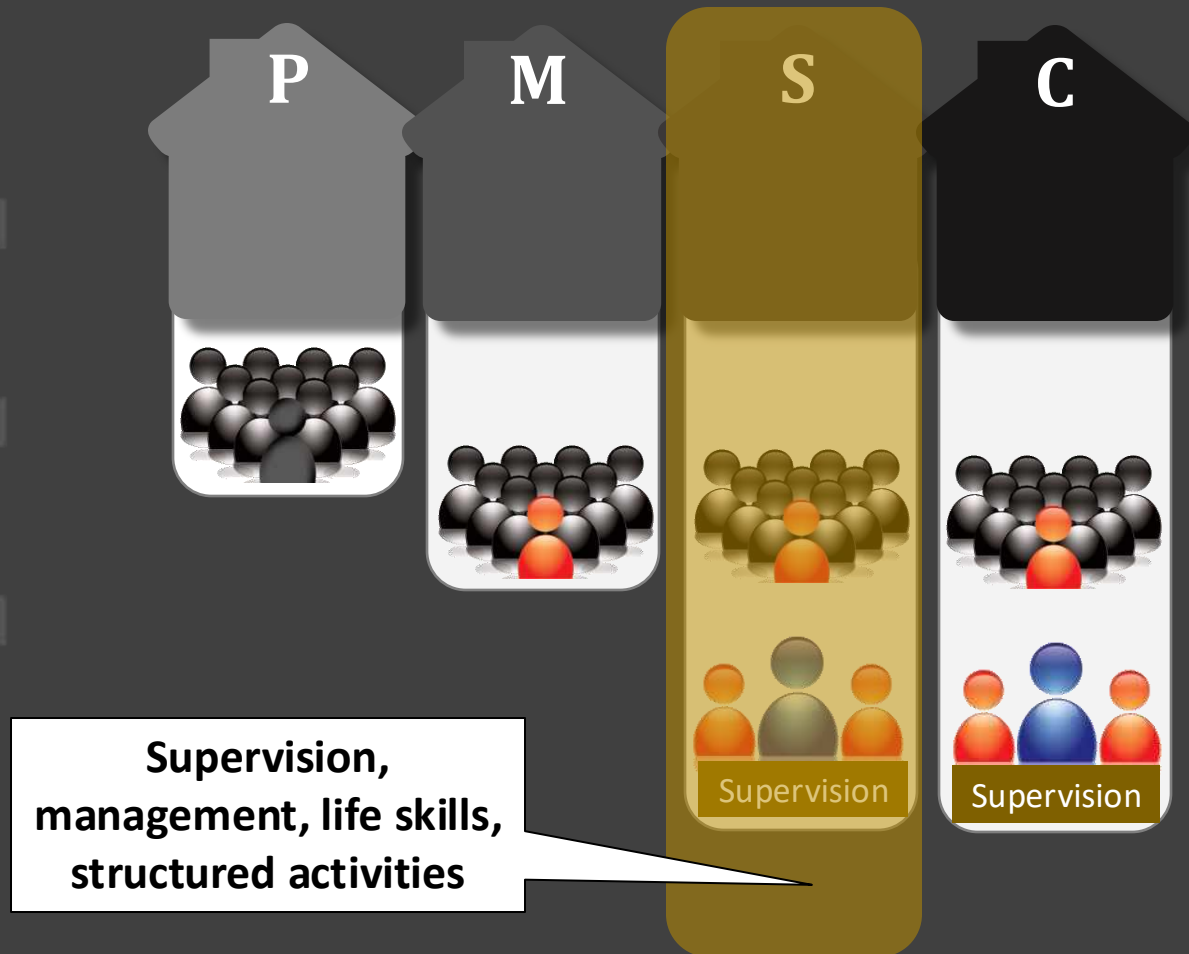
Levels differ in: Staffing



Levels differ in: Staffing

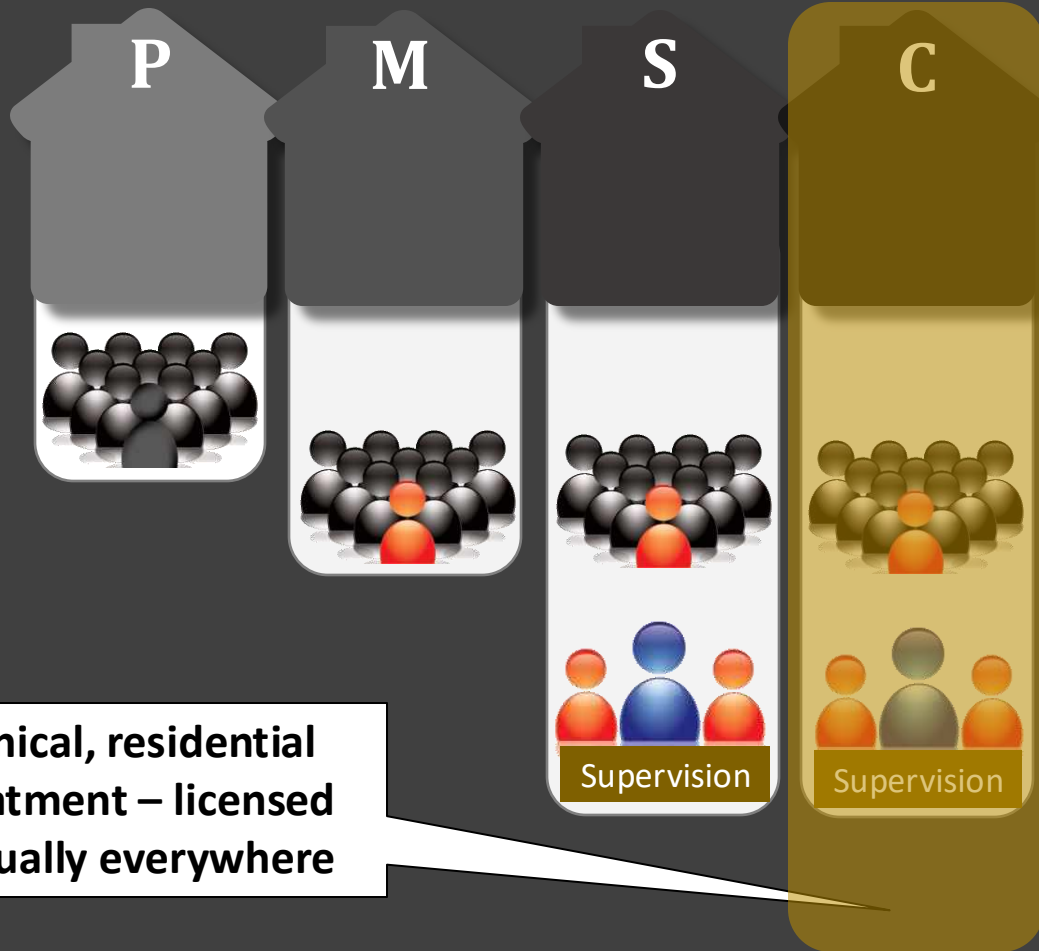


Levels differ in: Staffing



Levels differ in: Staffing

Clinical, residential
treatment – licensed
virtually everywhere





Levels differ in: Service Bundles



Housing – safe, stable housing that is recovery supportive

Social Model – sociocultural elements & structure that promote ubiquitous support, accountability & connectedness

Structured Support

- Formal one-on-one (e.g. coaching)
- Formal groups (e.g. support groups)

Life skills / FCS

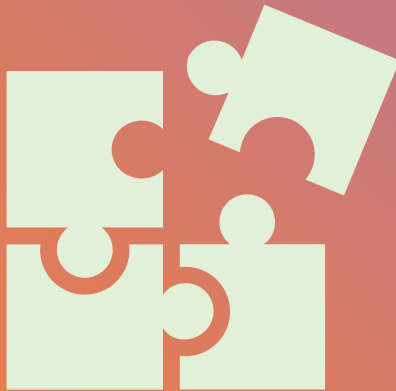
e.g. job readiness, budgeting

Growing trend:
Outpatient treatment + RR

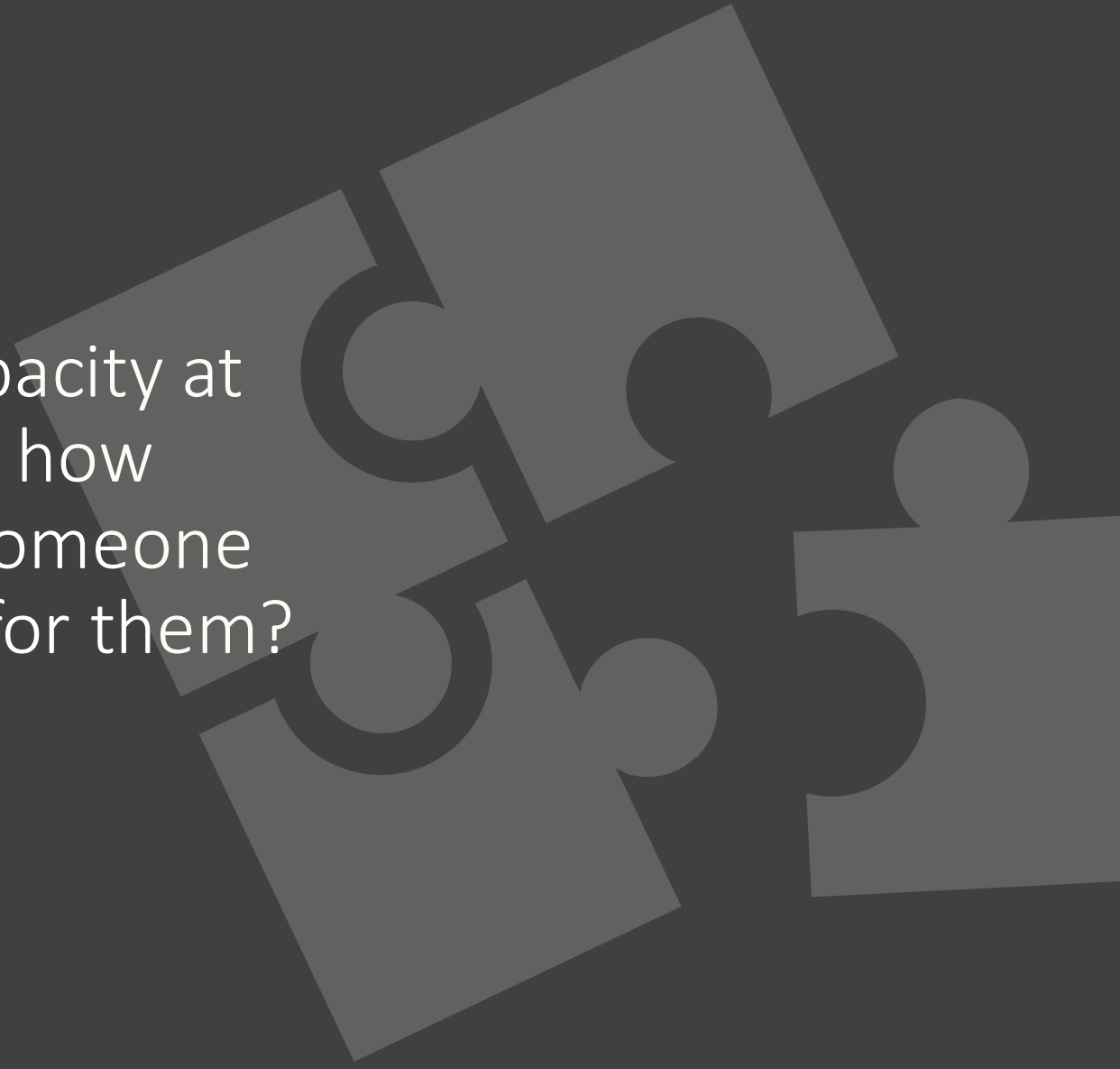
Clinical

Best PLACEMENT

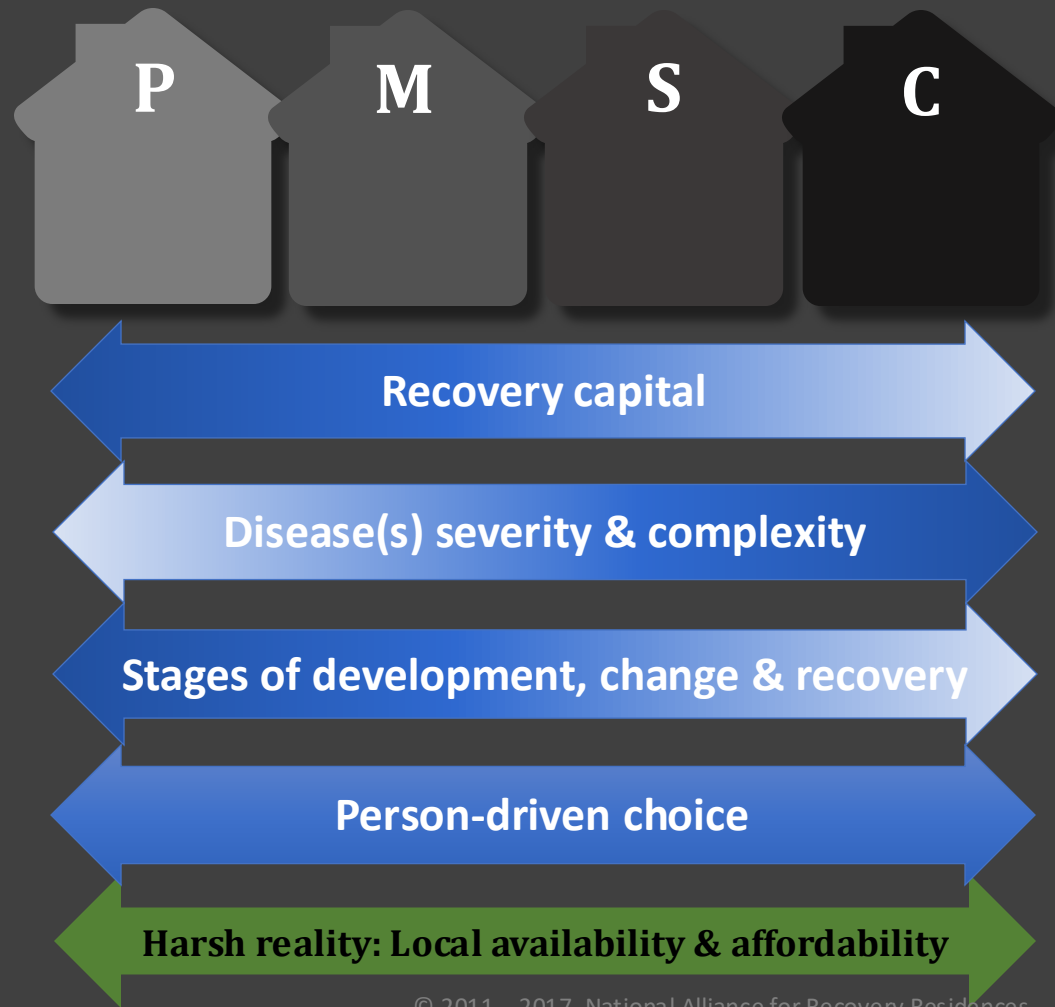
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If there were capacity at
all levels of care, how
would we help someone
find the best fit for them?

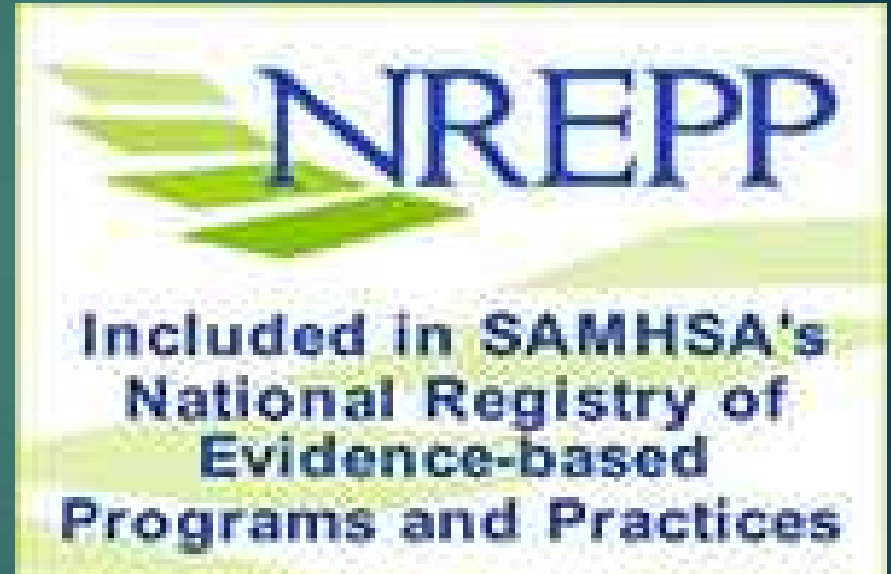


One size does not fit all:
Is a recovery residence a fit?
If so, which is right for whom?



OXFORD HOUSE

Self-Run, Self-Supporting Addiction Recovery Homes



Ricky Mogel
SR State Coordinator

Origin

- ▶ The first Oxford House was opened in Silver Spring, MD in 1975.
- ▶ Since then, Oxford House has expanded to:
 - 3800 + Houses
 - 48 States
 - 5 Countries
- ▶ People can live in an Oxford House as long as they want, provided they remain clean and sober, stay current with the house financially, and are democratically run.
- ▶ When a house remains full, another house is opened.
- ▶ Houses are available for:
 - Men, Women, W/C, M/C

Washington

TOTAL HOUSES: 355

- Men's: 254
- Women's: 101
- W/C: 40
- M/C: 25

TOTAL BEDS: 3129

- Men's: 2259
- Women's: 870

TOTAL OUD & MAT: 2047

STATE STATISTICS

GENERAL	
Houses	355
Beds	3129
Occupied Beds	2884
Vacant Beds	245
Occupancy Percentage	92.2%
Vacancy Percentage	7.8%

ADMISSIONS	
Applications Received	2540
Admissions	410
Admission Percentage	16.1%
Applications per House Average	7.15
Admissions per House Average	1.15

DEPARTURES	
Voluntary Departures	135
Relapse Departures	118
Other Departures	56
Total Departures	309
Voluntary Departure Percentage	4.23%
Relapse Departure Percentage	3.70%
Other Departure Percentage	1.75%
Admissions to Departures Ratio	1.33

ABSTINENCE RATE

96.3%

Charter Requirements



Opening A New Home:

- Minimum of six adult beds
- The house must be close to public transportation
- Each house must be democratically run
- The house membership is responsible for all household expenses
- The house must immediately expel any member who returns to using alcohol or drugs

BECOMING A MEMBER

- Fill out an online application by visiting:
www.oxfordvacancies.com

oxfordVacancies Home How-To House Login [Apply Online](#)

Enter a location or click on a house name for directions.

State: TX County: All Gender: All Show Only Vacancies: ☐

Search Search Enter a location Search by Zip

House Name	Gender	City	House #	County	Contact	Contact #	Interviews	Capacity	Vacancies	Distance	Last Updated
Alamo City	M	San Antonio	(210) 265-3239	Bexar	Austin	(512) 216-0597	Sun 5:30pm	8	3	Enter a location	07/10/2014 7:48PM
Arbor Park	M	Corpus Christi	(361) 334-1541	Nueces	Oliver Chairez	(956) 536-6336	Mon 6:00pm	8	1	Enter a location	07/10/2014 7:47PM
Ask	W	Lubbock	(806) 368-3871	Lubbock	Stacey	(281) 730-2059	Sun 7:00pm	12	5	Enter a location	07/10/2014 7:47PM
Avenue D	M	Rosenberg	(832) 595-0921	Fort Bend				7	0	Enter a location	
Awesome	M	San Antonio	(210) 265-1250	Bexar	Mike	(210) 912-5030	Sun 8:00pm	9	0	Enter a location	07/10/2014 7:53PM
Bashlow	M	San Antonio	(210) 254-9795	Bexar	Daniel	(915) 245-1800	Sun 7:00pm	7	2	Enter a location	07/10/2014 7:51PM
Battle Bend	W	Austin	(512) 394-6715	Travis			Mon 1:00am	8	0	Enter a location	
Baylor	M	Richardson	(972) 664-1866	Dallas		(972) 664-1866	Sun 8:00pm	8	0	Enter a location	03/05/2014 9:31PM

- Call a house to set-up an interview
- Acceptance = 80% yes vote by members
- If accepted, new member may move in immediately

Membership Qualifications

Requirements

- Recovering from SUD, OUD and/or Alcoholism
- Ability to pay Expenses Equally Shared

To Maintain Membership

- Willingness to work a recovery program
- Must remain abstinent from drugs and alcohol
- Be law abiding
- Adhere to the Oxford House Model and System of Operations

MEMBERSHIP



These Members Do Well in Oxford House:

- Co-Occurring
- Veterans
- BIPOC
- Drug Court, Step Court and Mental Health Court Participants
- Re-entry from Incarceration
- MAT & MAR participants
- LGBTQIA2S+

STRUCTURE



- Over forty-eight years of experience of what works
- Three core charter requirements
- Nine traditions to follow
- House manual
- Chapter support
- State Association support
- Alumni support
- Oxford House World Services Support
- Oxford House, Inc. Support

STRUCTURE



House Officers:

- President
- Secretary
- Treasurer
- Comptroller
- Chore Coordinator
- Housing Services Rep.
- Six-month terms, voted on by house members

STRUCTURE



House Meeting

- Weekly
- Parliamentary Procedure
- Democracy in action
- Financial decisions
- Contracts
- Membership
- Conflict Resolution
- Majority Rules

BENEFITS

Members Receive:

- 24/7 peer support
- Accountability
- Responsibility
- Safety
- Stability
- Greater chance of success
- Self Efficacy

HOUSES



- Nice houses w/ average of 8 beds
- Good neighborhoods
- Long-term leases
- Plenty of parking
- Close to public transportation
- Close to employment
- Close to services

Oxford House S2N
Richland, WA

Oxford House 300

Men's House in Marysville, WA



COST-BENEFIT APPROACH

► During 2024, residents in the Washington Network of Oxford Houses will pay approximately \$11,107,348 for their own household expenses for the 355 houses now in the state. A traditional halfway house system to accommodate 3129 individuals [number of beds currently in the WA Network of Oxford Houses] would have cost taxpayers between \$62.6 million to \$156.4 million a year. Instead, the state contracts with OHI a fraction of that per year to develop and maintain the statewide network of 355 self-supporting Oxford Houses.

OXFORD HOUSE



Who We Are not:

- Oxford House is not a half-way house
- Oxford House is not a three-quarter house
- Oxford House is not a treatment center
- Oxford House is not transitional housing
- Oxford House is not like other sober-living houses
- Simply put, Oxford House is... Oxford House

DATA COLLECTION



Monthly Data Tracked on State Level:

- Total beds, relapses and residents leaving for all other causes are tracked monthly
- Total members identifying as having OUD and or receiving MAT. (for JULY 2024 we had 2047 people in our region.)

National Research:

- DePaul University studies funded by NIDA and NIAAA
- <http://www.oxfordhouse.org/userfiles/file/DePaul.php>

STATISTICS



DePaul NIAAA Study:

- 897 Oxford House residents interviewed every four months for two years.
- 87% had achieved long term sobriety
- Income increased from \$794 to \$942 per month
- 80% employed
- Less than 5% incarceration

Jason, Davis, Ferrari, & Anderson

EVIDENCE-BASED PRACTICE

- In 2011 the federal government [SAMHSA] listed Oxford House as a best practices on the National Registry of Evidence-based Practices and Procedures [NREPP].
- Oxford House gives people in recovery from all backgrounds a great chance at long-term recovery.
- Oxford House saves millions of tax dollars to the states and local communities.

Questions and Contact Information



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