

HOW DO I MOVE IN?

There is no minimum length of sobriety required to move into an Oxford House. Generally, most people applying to move in are coming out of at least a 28-day treatment facility or have returned to solid sobriety.

1. Start contacting houses or visit the OHI website to find out if there are any vacancies. Dallas and Austin both have Vacancy Hotlines that will list all vacancies for all houses in that area.
2. After selecting a house with a vacancy, call the house to schedule an interview.
3. During the interview, house members may ask questions regarding your past drug/alcohol abuse, job status, recovery goals, legal status, etc. to determine if you will be a good fit for that house.
4. After the interview, the house will hold a vote for your acceptance and will notify you shortly after. Generally, most houses require a total move-in of the first 2 weeks rent and a nonrefundable move-in fee.
5. Move in and enjoy being clean and sober with your new roommates!!

AUSTIN'S OXFORD HOUSES

Hotline (512) 879-6368

Women's Houses

Copperfield	(512) 407-9291
Rosewood (w/children)	(512) 467-4466
Tronewood	(512) 584-8033
University Hills	(512) 926-1300

Men's Houses

Collingsworth	(512) 833-9414
Colmenero	(512) 465-2573
Dovemeadow	(512) 294-2412
Parkfield	(512) 366-5625
La Casa	(512) 442-1658
Lamplight	(512) 341-7681
Quail Park	(512) 821-0207
Tech Ridge	(512) 487-5148
Werner Hill	(512) 291-6913
Willowick	(512) 433-6499

*To learn even more
visit the following
Oxford House
websites:*

www.oxfordhouse.org
www.texasoxfordhouses.org
www.austin-oxfordhouses.org
www.dallasoxfordhouses.org
www.houstonoxfordhouse.org

Oxford Houses of Austin, Texas

*Self-Ran, Self Supported
Addiction Recovery
Houses.*

Vacancy Hotline

(512) 879-6368



**SELF HELP FOR SOBRIETY
WITHOUT RELAPSE**

34 Years of Self Organized Help

1975-2009

SO YOU ARE CLEAN AND SOBER ...NOW WHAT??

Treatment centers and 12 - Step Programs tell us that in order to stay sober we must change our playgrounds, playthings, and playmates. *Are you returning to an environment where drugs and alcohol are used? Do you have a support group of clean and sober friends?*

If you are like most of us, our families drink and use - in fact, we may not even **know** someone who doesn't. How will we survive this environment? If you find yourself in this situation, maybe you should consider...

The logo for Oxford House, featuring the words "Oxford House" in a stylized, cursive font. The "O" is large and ornate, and the "H" is also large and stylized. The text is in a light color, possibly gold or yellow, set against a dark blue background.

A BRIEF HISTORY

Oxford House (OHI) was started in October 1975 in Silver Spring, Maryland, by a group of recovering alcoholics and drug addicts living in a county government halfway house which was closing. Each had a short period of sobriety but feared relapse after moving out of the closing halfway house. After seeking outreach from AA groups, a landlord, and others, they founded the first Oxford House based firmly upon three principles.

- The House must be self-run on a democratic basis;
- The House must be financially self-supporting;
- Any member who returns to drinking or using drugs must be expelled immediately;

HOW IT WORKS

Oxford Houses are shared by 6-10 men or women, all committed to recovery. We share household expenses and housekeeping chores. Each house is democratically run - you have as much say as the next person when it comes to household decisions. The average weekly expenses per person for Oxford Houses across Texas are about \$90-\$140. This pays for rent, utilities, and staples such as coffee, laundry & cleaning supplies, etc. Also, all houses have phone, cable TV and high speed internet. Many houses also feature private rooms. Most houses are adjacent to public transportation. No one is ever asked to leave an Oxford House as long as they follow the 3 basic rules of all Oxford Houses:

1. No Alcohol/Drug Use
2. Prompt Payment of Rent
3. No Disruptive Behavior

THE DEPAUL STUDY

In 2000, researchers at DePaul University in Illinois began studying Oxford House and its long term outcomes for recovering alcoholics/addicts versus living elsewhere after treatment.

150 residents were studied after treatment. 75 were selected to live in an Oxford House and 75 were selected to live in usual care conditions - a friend's or family's house, halfway house, or rented apartment. After 2 years, 65% of those living in an Oxford House for at least 6 months were still sober vs. 31% living in usual care conditions. Also, Oxford residents reported experiencing higher positive outcomes such as higher monthly net

income (\$989 vs. \$440) and lower incarceration rates (3% vs. 9%). Another study collected data from some 900 residents in 213 Oxford Houses, interviewing them every 4 months. After a year, 87% were still sober.

"We found that 6 months in Oxford House is what made a really big difference in recovery." Leonard A. Jason, PhD, DePaul University

OXFORD IN TEXAS

The first Oxford House in Texas was the Willowick House in Austin in 1990. Since then, growth has exploded to 60 houses across Texas in Austin, Corpus Christi, Dallas, El Paso, Houston, and San Antonio.

The network of houses is strong in the state, with seven chapters (a chapter is a group of houses in the same area), the Texas State Board Association, and hundreds of alumni sharing their experience, strength, and hope.

Not only will you be solidifying your recovery by moving into an Oxford House, you will gain a support group of tens of thousands of recovering alcoholics/addicts across the world!