

Proposed New Mexico Oxford House Contract
FY 2016 - FY 2017

I. Summary

Oxford House, Inc. [OHI] requests \$223,402 to support 12 months costs for 3 New Mexico outreach workers for the New Mexico network of Oxford Houses, plus \$30,000 to hold in trust as the New Mexico recovery home start-up revolving fund, a total project cost of \$253,402. The mission of OHI is to provide operational guidance and services to the chapters and houses that currently comprise 18 Oxford Houses (135 beds) in New Mexico (1907 Oxford Houses and over 16,000 beds nationally), for individuals in recovery from alcoholism or drug addiction, and to continue to open additional houses as needed. Funding at this level over three years will result in almost doubling the capacity of Oxford Houses in New Mexico, providing a network of recovery beds equaling the number of treatment beds currently available through public, private and Native American sources, and dramatically reducing relapse rates and costs associated with substance abuse treatment.

The main objective of Oxford House, Inc. is to ensure a cohesive network of houses in the state that serves as many individuals in recovery that may need it. Additional Oxford Houses also will be opened over the course of the contract period and will be sited in accordance with the needs of the recovery population and the state.

II. Background

For 5 1/2 years, New Mexico State Oxford Houses have been a resource for recovering substance abusers in New Mexico who seek a recovery network and a safe living environment after treatment. Oxford Houses are self-run, self-supported group homes for recovering alcoholics and drug addicts. Oxford House provides 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 to become good citizens. New Mexico State Oxford Houses are part of the nonprofit 501(c)(3) umbrella organization, Oxford House, Inc.

Unfortunately, people who go through treatment for drug/alcohol addiction suffer an approximate 80 percent relapse rate. With the utilization of Oxford Houses, this trend can be markedly improved. In 2005, Dr. Lenny Jason from DePaul University reported the results of two significant studies funded by NIDA and NIAAA to the American Psychological Association annual convention in Washington, D.C. An Associated Press news release of August 18, 2005 is attached to this proposal as Attachment E. The longitudinal studies by DePaul University represented a \$5 million investment by the federal government and found that Oxford House enabled the vast majority of residents to achieve long-term sobriety without relapse. One study involving a national sample of 897 Oxford House residents found that after one year 87% of participants remained abstinent, regardless of the amount of time they lived in Oxford House. The other study tracked 150 individuals, just out of formal treatment, for two years. This study created a control group for comparison by randomly assigning the 150 participants to either Oxford House or usual care conditions. After two years, the abstinence rate for the Oxford House group was over twice that of the usual care group – 65% versus 31%, and included in the 31% usual care conditions participants that had remained abstinent for two years were several participants that had ended up moving into an Oxford House on their own accord. When participants in the Oxford House condition that chose to stay in Oxford House for six months or greater were looked at, the abstinence rate after two years was significantly higher – 84%. The majority of participants in the study had served jail time, however the recidivism rate for the Oxford House group was one third of that for the usual care condition group (3% versus 9%). In addition, the monthly take-home income after two years for those assigned to Oxford House was over twice that of the non-Oxford House group (\$989.40 versus \$440.00).

III. Statement of Need

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will create an efficient system that can demonstrate improved recovery outcomes. In addition two additional outreach workers would enable OHI to more efficiently serve the Oxford House population and coordinate outreach to associated treatment providers, drug courts, 12-step groups and the community at large all over the state. The outreach staff provides 24-hour on-call services that include conflict resolution, operational guidance, community outreach, and zoning dispute investigation and resolution. The staff also provides internal and external education and training, and organizes regional and one statewide workshop for residents and alumni volunteers.

Brief Summary of Overall New Mexico Project: The total cost of the proposal is \$253,402/year, \$30,000 to hold in trust as the New Mexico recovery home start-up revolving fund. For that amount, Oxford House, Inc. will dedicate two full-time male Outreach Workers and one full-time Women's Outreach Worker in New Mexico for the purpose of establishing 5 new Oxford Houses /year, providing in aggregate a minimum of 38 recovery beds/year.⁶ Of the five (5) new Oxford Houses established each year, four (4) will be for Men and one (1) for women or Women's with Children. The process of opening these houses will include finding suitable houses, recruiting residents to live in the houses, obtaining a charter for the houses, maintaining a New Mexico Recovery Home Revolving Loan Fund to manage the seed money for Oxford House development, helping the groups obtain start-up loan of \$6,000 each from the proposed Fund [repayable in monthly installments by the group over a three-year period] and teaching the new residents the standard disciplined Oxford House system of democratic operation and financial self-support.

It is Oxford House, Inc.'s experience that female outreach workers open houses for women and male outreach workers open houses for men. The proposal provides funding for the two-outreach workers, one part-time. The outreach workers are experienced Oxford House™ residents who have been taught how to teach others the knowledge needed to establish and maintain an Oxford House™. Oxford House, Inc.'s central office in Silver Spring, Maryland supervises the outreach workers. Houses for women take more time to be established than houses for men but the funding proposal would permit two houses for women and three houses for men.

⁶ The minimum number of recovery beds for an Oxford House to be chartered is six. The national average number of residents per Oxford House is slightly over 8 per house. Each Oxford House tries to have two persons per bedroom to combat the isolation and loneliness that can lead to relapse. While our goal would be to have an aggregate of more than 38 total recovery beds in the five proposed houses, we guarantee a minimum of 35.

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IV. Budget

Proposed Budget: New Mexico Project FY'16 - 17			
	Base	Fringes	Total
Personnel			
Outreach #1 (OHI)(Male)	\$35,000	\$12,208	\$46,208
Outreach #2 (OHI) (Male)	\$32,000	\$8,669	\$39,669
Outreach #3 (OHI)(Female)	\$32,000	\$8,669	\$39,669
Direct Supervision (OHI)	\$3,000	\$750	\$6,750
Total Personnel			\$132,296
Expenses			
Travel OHI (air) [Staff Trainings]	\$6,000		\$6,000
Travel OHI ground (- 445 @ 63,000 Miles)	\$28,035		\$28,035
Lodging	\$16,000		\$16,000
Telephone	\$3,600		\$3,600
Legal/Audit	\$2,600		\$2,600
Per Diem	\$5,400		\$5,400
IT Support	\$4,500		\$4,500
Printing, Postage etc.	\$2,400		\$2,400
Equipment [Phones, Computer & Software]	\$2,571		\$2,571
Subtotal Expenses	\$71,106		\$71,106
Total Personnel and Expenses			\$203,402
Overhead @ 10% [of salaries & expenses]			\$20,341
Revolving Loan Funds Escrow [5 Oxford Houses @ \$6000.00]			\$30,000
TOTAL			\$253,402