

# AGENCY OVERVIEW

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## LOCATIONS

### ADDRESSES

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## Mission Statement

The mission of Friends of Recovery Association is to support and collaborate with Oxford Houses in Kansas, which are self-supporting, democratically-operated homes for recovering individuals. Friends of Recovery and Oxford Houses will assist these individuals to attain and sustain recovery from substance addiction.

## History

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Friends of Recovery Association (FORA) grew from the efforts of a local task force at the Asbury United Methodist Church. A retired couple, Harold and Ruth Keeling, spearheaded the work to research how their group could make a difference in the local recovering community. In 1991, FORA was created to bring the Oxford House model that has been so successful around the country to Kansas.

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- 1989 Asbury UMC forms a drug task committee
  - 1991 Ed Stevenson visits with Paul Malloy, founder of Oxford House Inc., in Washington D.C.
  - 1991 Asbury UMC collaborates with the Overland Park Christian Church to collect donated household items and open the first Oxford House – *Santa Fe* - in Kansas
  - 1992 Harold and Ruth Keeling provide leadership and help form Friends of Recovery Association (FORA) as a 501(c) 3 not-for-profit
  - 1993 An Oxford House is established in Wichita
  - 1999 Our founders, Ruth and Harold Keeling, were honored for their contributions to those in recovery at the first National Oxford House Convention in Washington D.C.
  - 1999 Harold and Ruth Keeling retire from FORA.
  - 1999 The FORA board of directors hires its first paid Executive Director
  - 2000 FORA opens board membership to Oxford House representation
  - 2002 FORA moves to the Mission Center Mall
  - 2002 FORA expands support to offer for the first time a New Member Orientation, Open house, and Women’s Retreat.
  - 2003 FORA and Kansas Oxford House State Board host first statewide conference for Oxford House members, treatment providers and community members in Wichita. In attendance from Oxford Inc. were Paul Malloy, James McClain and Myrna Brown, who visited extensively with the Oliver Oxford House, Wichita’s only OH for women.
  - 2003 Friends of Recovery gains a new director, former program coordinator Kathleen Thomas, who replaces George Turner.
  - 2003 Friends of Recovery collaborates with Kansas State Oxford House Board to complete its “Roles and Responsibilities”, a document outlining roles of each organization.
  - 2003 Myrna Brown, Oxford Inc., visits each women’s house in Kansas City and Lawrence and offers a workshop for women regarding communication and stabilization of women’s Oxford Houses. Two members of AAPS were present for the workshop, and Myrna visited with key male chapter leaders after the conference to address their questions regarding women’s house issues.

- 2004 United Methodist Health Ministry Fund finances the services of Carol Barbeito, a business consultant, to help Friends of Recovery develop an 18-month strategic plan and fundraising plan.
- 2004 New Oxford Houses open: Green, Woodchuck and North Ash in Wichita, White in Prairie Village, Layton in Olathe, all men's houses, and Willow Park and Roosevelt, women's houses in Topeka.
- 2004 Kansas State Board of Oxford Houses and Friends of Recovery present the State Oxford House conference in Topeka.
- 2004 Kauffman Foundation awards Friends of Recovery a \$14,486 technology grant.
- 2004 Friends of Recovery acquires two new grants: City of Wichita (2005) and Ford County (2004).
- 2004 Friends of Recovery begins the process of writing an Americorps project for VISTA volunteers.
- 2005 Friends of Recovery is awarded three Americorps VISTA workers, who will begin assisting Oxford house chapters open new houses in Manhattan, Salina and Pittsburg.
- 2005 Kathleen Thomas, executive director for FORA, attends LeadersEdge classes, a series of workshops designed to educate and strengthen the infrastructure of the organization.
- 2005 New houses opened include Park, a new women with children's house in Lawrence, South Main and Meadowlane, women's houses in Wichita, Darnell, a women's house in Lenexa, and Southwest, a men's house in Lawrence.
- 2005 The first statewide recovery conference was held in Wichita in June. Members of the recovery community, treatment providers and health care providers attended the event, which was given with the help of the Kansas State Board of Oxford Houses and Friends of Recovery.
- 2006 Friends of Recovery's VISTA workers begin their year of service. They are instrumental in opening the first women with children's Oxford House on an Indian reservation. This new house is named Turnbull.
- 2006 VISTA workers research and a new men's house in Salina, called Phillips.
- 2006 Friends of Recovery is awarded a new grant from the Health Care Foundation of Greater Kansas City. This award is for \$20,000 and is renewable.
- 2006 Friends of Recovery gives \$5,000 in scholarships for individuals who wish to attend the Oxford House World Conference in Wichita.

- 2006 Friends of Recovery is awarded a supplemental grant from Sedgwick County of \$3,000, as well as a grant from the Charitable Contributions fund from the Potawatomi Tribal Council of \$2,500.
- 2007 New houses open in Wichita, Olathe, Lansing and Newton, bringing the number of Oxford Houses in the state of Kansas to 52.
- 2007 Friends of Recovery is awarded a grant from Sedgwick County of \$68,000, which is an increase from previous grant of more than \$55,000. This grant provides a new case manager for Friends of Recovery, as well as \$10,000 in scholarships to new Oxford House residents in Wichita.
- 2007 Friends of Recovery is awarded a two-year grant from the Health Care Foundation of Greater Kansas City. This award is \$40,000, for a period of 2007-2009.
- 2007 Friends of Recovery creates an Endowment Fund with the Greater Kansas City Community Foundation. This Endowment Fund will be used as financial reserve for the organization.
- 2008 Sedgwick County grant is increased. The first alumni workshop is given in Wichita.
- 2008 New houses included Quivira, Rita, Tree, Sunflower and Leo, bringing the Oxford House total in Kansas to 52.
- 2008 New personnel to Friends of Recovery included Katherine Paige, Doug Taylor and Leigh Anne Larson.
- 2009 A men's house in Leavenworth opened, primarily comprised of those who have served our country.
- 2009 A new men's Oxford House, Ridge, opened in Olathe.
- 2009 Alumni Workshop May 9<sup>th</sup>.
- 2009 First Annual Women's Conference October 9<sup>th</sup> thru 11<sup>th</sup>. Myrna Brown and Anna Mable-Jones from Oxford House Inc. are keynote speakers at the Conference.
- 2009 First FORA Fundraiser October 22<sup>nd</sup> at the Mission Theater
- 2009 Faces and Voices of Recovery (FAVOR) grant for New Recovery Language
- 2010 New board chair, Carole Thrasher was elected to the Friends of Recovery Board of Directors.
- 2010 Received \$5,000 grant from Sunflower Foundation for updating computers, software and printers.
- 2010 Nine new houses were opened in Kansas: Braeburn, Pawnee and Glenville, which are men's houses in Wichita; Park Place, a women's house in Wichita; Charis, a women's house in Salina; Halsey, a women's house in Shawnee; Heritage, a women and children's house in

Overland Park, Slater, a men's house in Overland Park, and Canaan, a men's house in Kansas City, Kansas.

- 2010 Friends of Recovery continued its fundraising efforts with Flower Power, an online fundraiser, and Artilicious, an art fair featuring artists from all over the state.
- 2010 Fifty computers were donated to Friends of Recovery for Oxford Houses and included monitors, towers and keyboards. This incredible donation was given by Vangent, Inc., who previously used the computers for the 2010 Census.
- 2010 Addiction and Prevention Services gave each Oxford House a grant of \$100 to be used toward recovery-oriented activities during the year. In addition, Kansas Association of Addiction Professionals gave each chapter \$100 to be used during September, Recovery month. Some of the activities included open houses, barbecues for treatment center individuals and veterans, Big Book donations to treatment centers, a float in the Riverfest parade in Wichita, a recovery ceremony and family event with Mirror, Inc., a festival in Dodge City with the treatment center and recovery community, and a booth at an event at FirstStep women's treatment center in Lawrence.



## Area of Service

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### **PROGRAM DESCRIPTION:**

Friends of Recovery recognizes the importance of supportive housing and social networks, and believes that recovery is not a linear process, but based on continual growth and improved functioning. It is self-directed and empowering, with many pathways. Our organization is part of the recovery process, through advocacy, education and transitional housing called Oxford House. Oxford Houses are houses for recovering alcoholics and addicts, a high percentage who have co-occurring mental health issues. They are a safe, supportive environment for those individuals coming out of treatment centers, correctional facilities and off the street who need time to stay clean from their addiction and find support for their mental health challenges. In a publication by William L. White, MA, "Peer-based Addiction Recovery Support, History, Theory, Practice, and Scientific Evaluation", he identifies Oxford Houses as a best-practice, calling it "the predominant recovery home model". According to a longitudinal study of Oxford Houses by DePaul University, residents who stay in a house for 15 months or longer have an 80% chance of staying clean for five years after leaving the Oxford House.

Oxford Houses are NOT halfway houses. They provide a distinctly different and very successful option to the traditional support system. Oxford Houses are more than a transitional housing option, for many individuals Oxford Houses are HOME. The strength of this program is that it is simple and straightforward. Oxford Houses have only three rules: 1) No drinking or drugging, 2) Abide by the democratic process (i.e. everyone has one vote), and 3) Pay your way.

Oxford Houses are autonomous, self-run, democratic houses that do not have any professional staff. This allows for members to take on a role of leadership and responsibility that many may be experiencing for the first time within Oxford House. Members assuming the positions of house officers further demonstrate this active role. These positions rotate every 6-months, allowing for new members to reap a range of therapeutic benefits. Acting in the role of a peer mentor or as a leader has a direct and dramatic impact on improved self-esteem.

Members may stay as long as they like, and typically stay one year or longer. With the burden of time limits removed from above their lives, individuals may focus their energy toward their own personal journey in recovery as well as toward re-building their lives.

Oxford Houses are a missing link in the treatment protocol for alcoholism and drug addiction. An Oxford House provides the time, structure, and peer support necessary for a recovering individual to gain long-term sobriety.

### **CLIENT POPULATION:**

Primary: Individuals in recovery from substance abuse  
Secondary: Homelessness or the near homeless



**WICHITA AWARDS BANQUET**

**FORA Services (Some include collaboration with State Board and chapter representatives):**

◆ **NEW OXFORD HOUSE DEVELOPMENT**

- Locate Property
- Recruit & Educate Landlords
- Revolving Loan Application
- Solicit Neighborhood Support
- Solicit Faith Community

◆ **NEW MEMBER ORIENTATION**

- Familiarization with Oxford House
- Teach officers roles & house paperwork
- Introduction to FORA support services

◆ **COMMUNITY PRESENTATIONS**

Oxford House Introduction to:

- Faith Communities
- Neighborhoods
- Treatment Centers
- Businesses

◆ **CASE MANAGEMENT**

- Facilitate Meetings
- Mentoring
- Crisis intervention
- Conflict Mediation
- Landlord Negotiations
- Advocacy
- Community Liaison Work

◆ **LIFE SKILL WORKSHOPS**

- “Art and Smart”
- Money Management
- Prescription Drugs of Abuse

◆ **COMMUNITY PHONE BANK**

- Information & Resource Distribution

## OXFORD HOUSES: WHAT ARE THEY?



RIDGE OPEN HOUSE

### Recovery

An Oxford House is a self-run and self-supported recovery house. The concept is the same as the one underlying AA or NA. Addicted individuals can help themselves by helping each other abstain from alcohol and drug use one day at a time.

### ESTABLISHED IN 1975

Oxford House was started in 1975 when Montgomery County, Maryland decided to close a traditional halfway house because of a lack of funds. The men (one of whom was Paul Molloy) living in the house at that time were not ready to leave. They followed the advice of a member of Alcoholics Anonymous and rented the same house themselves. It was decided to run it democratically, but with the pledge that any resident who returned to drinking or drugging would be voted out of the home.

### What Makes It Work

The men and women who make Oxford Houses their home—make it work! Unlike traditional halfway houses, there is no staff. Residents assume and learn responsibility for their recovery. Additionally, there are no time limits. This allows an individual to focus on establishing a new set of personal values that center around sobriety; it allows a person to reconnect with their family of origin; it allows a person to develop a solid work ethic and it allows a person to practice the skills of responsible family and community living with their new Oxford House family.

### Keep It Simple

Oxford House operates on three primary rules:

1. No using
2. Follow the democratic process
3. Pay your own way

### Success Story

DePaul University has studied Oxford Houses and report that they have an 80% success rate. Recovery from substance use/ abuse is not certain and relapse is often a part of the cycle toward recovery. Residents who relapse are expelled immediately. They may however, reapply after treatment.

### Transition

By the time many persons addicted to alcohol or drugs get serious about recovery they have burned many bridges and have no place to live. Going “home” becomes either impossible or makes recovery risky. Oxford House can provide a transitional home between recovery and permanent housing. It can also provide a permanent home for those who decide that they prefer living in supportive group environment. It provides a self-help recovery environment that reinforces needed behavior over the long term.

### Community Partnership

Friends of Recovery Association (FORA) collaborates with several area churches as well as Johnson County United Community Services, Wyandotte County Re-entry, Johnson County Corrections and Faces and Voices of Recovery. These collaborations enable us to “spread the word” about recovery, as well as connect with valuable resources within the community.

## Staff List

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Kathleen Wright, LMSW, AAPS, *Executive Director*  
Katherine Paige, *Wichita office, Program Coordinator*  
Leigh Anne Larson, *Overland Park office, Program Coordinator*  
Jeannie Young, *Bookkeeper*



## Board List

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### President

Carole Thrasher, *Retired, Johnson County Community Corrections*

### Members

Pastor Russell Brown, *Church of the Resurrection, Leawood*  
Kendal Carswell, *Ft Hays State University, educator*  
Allison Cockrill, *Alumni*  
Pastor Dave Fulton, *Asbury Lutheran Church, Wichita*  
Charles Liston, *Resident*  
Pastor Larry Keller, *St. Marks UMC, Overland Park*  
Marcy Konkader, *Volunteer Developer, Wyandotte County Reentry Program*  
Brandon Michael, *Alumni*  
Sean Partain, *Alumni*  
Pastor Jerry Vogt, *Chapel Hill Fellowship, Wichita*  
Donnie Wampen, *Resident*  
Judith Walker, *Retired, Johnson County Community Corrections*



## FRIENDS OF RECOVERY ASSOCIATION NARRATIVE

In keeping with the concept of multiple pathways to recovery, and peer and community support, Friends of Recovery continues to have many collaborative relationships within the community. Friends of Recovery and Oxford houses of Kansas coordinate with many community services organizations, including the mental health centers, community/state correctional institutions, faith communities and city/state social service agencies. We also collaborate with the Salvation Army and other homeless shelters throughout the metropolitan area by providing information on Oxford houses (openings, cost, etc.)

State agencies: Friends of Recovery and Oxford houses collaborate with the Addiction and Prevention Services (AAPS) of Kansas. Friends of Recovery also works with RADAC, (Regional Alcohol and Drug Assessment Center) to help facilitate an individuals' placement from a homeless shelter or correctional center into an Oxford House.

Addiction and Prevention Services is a huge champion of Friends of Recovery and Oxford houses in Kansas. They provide grant programs for alumni workshops and statewide Recovery Month activities.

Johnson County social services: Friends of Recovery brought a pharmacist from Shawnee Mission Medical Center to a new member orientation to present information on prescription medication (drugs of abuse as well as the newest psychotropic medication) to individuals in the Johnson County Oxford houses. A nurse from Shawnee Mission Medical Center was also present at our alumni workshop in May 2009 to offer information on HIV/AIDS, STDs and Hepatitis C to residents and alumni of Oxford houses. The purpose of bringing this individual to our workshop was to dispel the myths surrounding these diseases and to educate Oxford House residents on how to live with someone with these health-related issues.

Community/state correctional facilities: Friends of Recovery has become part of Wyandotte County's "Community Accountability Panel". This program helps incarcerated individuals in the area (Johnson and Wyandotte counties as well as the Lansing Correctional facility) to reintegrate back into the community through a panel formed by local community agencies. These agencies meet with the individual one-on-one to offer resources and case management. Friends of Recovery expects to become part of a similar panel (currently being formed) in Johnson County.

A group of Johnson county Oxford House residents continue to present information to local correctional facilities such as local probation offices and the Johnson County Department of Corrections Residential Facility. Lifeskills classes have been conducted at that facility, as well as attendance at the quarterly Resource Fairs.

Faith organizations: Friends of Recovery has positive, ongoing relationships with many Johnson County churches including Church of the Resurrection, St. Mark's United Methodist Church and Roeland Park United Methodist Church. Church of the Resurrection has a computer and furniture ministry which has allowed Oxford Houses to use to obtain computer equipment and furniture for

new houses. In addition, Vangent, Inc. donated 50 computers to Oxford Houses in Kansas, allowing every house in the state to have up-to-date computers and monitors. Each house in the Johnson County area now has a working house computer, which makes communicating with Friends of Recovery and other houses in the area much more effective.

New houses

Nine new Oxford Houses were opened in Kansas in 2010. These included men’s houses Braeburn, Glenville, Pawnee, Slater, and Canaan, and four women’s houses; Charis, Park Place, Halsey and Heritage (a women with children’s house).

