

Spring 2023

# TNEWS

Peer-Run

Self-Sustaining

Substance-Free

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**(BELOW) MEMBERS OF OXFORD HOUSES IN TN GATHERED AT NASHVILLE RECOVERY CENTER FOR THE QUARTERLY STATE ASSOCIATION MEETING**

## Oxford House of Tennessee





# 2023 Staff Training

For the first time since the beginning of the COVID-19 Pandemic, OHI Staff stormed the United States Capitol. Outreach workers, reentry coordinators and regional managers scheduled appointments with our state senators and congressmen. The mission of these meetings was to spread awareness with our State Representatives on the growth, expansion and success of Oxford House.



## Oxford House 2022 Tennessee Fast Facts



- Average member age: 38
- 84 Men's Houses, 57 Women's Houses
- 11 new Houses opened in CY22
- Leading primary substance of abuse (before OH): Methamphetamine (30.6%)
- 69.4% report prior incarceration
- 70% report prior homelessness
- Average length of sobriety: 380 days
- Average length of stay in OH: 237 days



# 2023 Staff Training

Continued

## Training Topics



### **THE PHEONIX: NATIONAL SOBER ACTIVE COMMUNITY**

Oxford House, Inc. had the privilege of an in-house presentation by The Phoenix.

*"We offer something for everyone at all levels of ability. From group fitness... to climbing, hiking, socials, or just meeting for coffee. All led by peers in recovery and supporters who have a deep connection to our mission."*

[ThePheonix.org](http://ThePheonix.org)

Starting the afternoon after the Capitol Hill visits, OHI employees gathered in the main conference hall for educational trainings. Staff members from all over the country were present and ready to receive the latest information on need-to-know topics.

Some of the topics covered in this years training were:

- Challenging and Ethical Situations
- Addiction and Trauma
- LGBTQIA2S+
- The Art of Soft Skills
- Happy, Healthy & Terrific!
- All for One & One for All
- Technology and Oxford House



**THE PHOENIX**

RISE | RECOVER | LIVE



# Expansion

## New Houses

### CHATTANOOGA

Oxford House Norcross opened in February 2023 for men in Hixson, TN. Hixson is a former unincorporated community and now part of the city of Chattanooga. This 2,200sqft house is now home to 7 men serious about their recoveries.



## OXFORD HOUSE

*Norcross*



OXFORD HOUSE NORCROSS IS OPEN. FULLY FURNISHED, MEN'S SOBER-LIVING HOUSE FOR 7 MEN SERIOUS ABOUT THEIR RECOVERIES



OXFORD HOUSE IS THE LARGEST NETWORK OF SOBER LIVING HOUSES ANYWHERE. WE PROVIDE A SAFE, AFFORDABLE LIVING ENVIRONMENT TO INDIVIDUALS IN RECOVERY FROM ADDICTION. OXFORD HOUSE OFFERS A SUPPORTIVE WAY OF LIVING AND OPPORTUNITIES TO LEARN LIFE SKILLS IN A CLEAN AND SOBER ENVIRONMENT.

- SUPPORT FROM PEERS IN RECOVERY.
- LEARN ALCOHOL AND DRUG-FREE LIVING SKILLS.
- SHARED RESPONSIBILITIES FOR MAINTAINING THE HOUSE.
- EQUAL VOTE ON ALL HOUSE DECISIONS.
- SOCIAL INTERACTION AND ACTIVITIES.



PLEASE GO TO [WWW.OXFORDVACANCIES.COM](http://WWW.OXFORDVACANCIES.COM) TO FILL OUT AN APPLICATION OR CONTACT MILES TAYLOR AT (423) 353-2989



# Expansion

## New Houses

## MURFREESBORO



Oxford House Fortress opened on February 15, 2023 for 9 men. This 2,700sqft home has 5BR, 3.5ba.

Oxford House Boro's Palace opened March, 2023 for 8 women and 3 children. This 2,500sqft home has 5BR, 3.ba.





# Expansion

## New Houses

### **KINGSPORT**

Oxford House Lux opened in March, 2023 for 9 women.



### **JACKSON**

Oxford House Blackbear opened in March, 2023 for 7 men.



### **CLARKSVILLE**

Oxford House Airborne opens April, 2023 for 10 men.





# Expansion

**COMING SOON**

**COOKEVILLE**



Oxford House is coming to Cookeville! Cookeville is directly in the middle of Nashville and Knoxville.

Cookeville has been on OH TN's wishlist for a while now. We're so excited for this new adventure.





# Oxford House of Tennessee Alumni Association

## TRADITION NINE

Members who leave an Oxford House in good standing are encouraged to become associate members and offer friendship, support, and example to newer members.

If you've left Oxford House on good terms and wish to stay involved, TN alumni have established an Alumni Association!

Alumni dues are only \$1 per week. The money collected will be utilized to pay move-in fees for newcomers who need it.

The Alumni Association Meets via Zoom every 3rd Wednesday at 8PM EST.

### Want to join?

Contact your local outreach worker or Alumni Association Chairperson, Melissa White (Knoxville).

Or fill out the form:

<https://docs.google.com/forms/d/e/1FAIpQLSdCcvNR3CMDxkhKTJ8xzfEo4T-W5qia6YPvmp-5KyPW3lz5mQ/viewform>

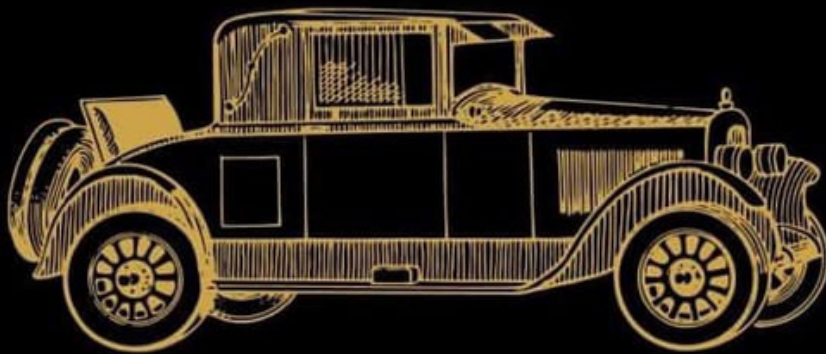


REGISTRATION IS NOW OPEN

OXFORD HOUSE OF TENNESSEE STATE ASSOCIATION PRESENTS

# ROARING RECOVERY

THE END OF OUR GREAT DEPRESSION



SPEAKERS

SCAVENGER HUNT

BANQUET

RAFFLE

COSTUME CONTEST

STRENGTH.. RECOVERY.. HOPE..

MAY 19-21, 2023



GATLINBURG, TN

**\*NEW DATE THIS MONTH\***



**NARCAN**

**TRAINING**

**Overdose Reversal & Prevention**



*with Casey Burley*  
*Required for Oxford House*  
*newcomers*

*7:00 - 8:00 pm CST*

*8:00 - 9:00 pm EST*

*6:00 - 7:00 pm MT*

**March 28, 2023**

**ZOOM ID 944 6590 1804**

**Password: narcan**

# MEMBER SPOTLIGHT



## Crystal Renee

I am a daughter of God in recovery. I moved into OH Metropolis in Knoxville on April 1, 2019, with 21 days clean. In June of 2022, I relocated to Chattanooga. I currently reside in Chapter 18 at OH Surpass, where I hold the positions of Treasurer & Comptroller. I have been blessed to serve OH in numerous positions at the Chapter level, and as Secretary & Chair at the state level.

Oxford House has not only taught me how to function daily without the use of drugs, but also how to love and be loved as well as how to be humble and tolerant. I am grateful to have picked up my 4-year medallion on March 11, 2023. The best part of my sobriety comes from others. The relationships that have been restored within my family of origin are stronger than they have ever been and the relationships within my family of choice are nothing short of priceless.

### Advice for the newcomer:

Don't ever be afraid to make mistakes. Just be willing to learn from them. I have made countless bad decisions throughout my recovery but have learned from each one of them how to grow into the person that I am proud to be today.

### Goal for the next year:

I want to take the next step in my journey and venture away from sober living. I truly love Oxford House with all my heart but the time has come to refocus my service to the Alumni Association.

# MEMBER SPOTLIGHT

## Boris Shelton

I live at Oxford House Melton in Chapter 15 (Jackson, TN). I'm the Chapter Chairperson

Since moving into an Oxford House, I have gained a new family in recovery and a place to grow where I feel safe.

My life has changed drastically. I now have peace of mind and I'm ambitious to be successful.

Advice for the newcomer:

Ask Questions!!!...(I asked as many as I could think of and still will now). Also, volunteer to read the Oxford House Traditions in your house meeting every time!

Goal for the next year:

Share the experience again at the Oxford World Convention with members of my Chapter for their 1st time...



Oxford Luv

# MEMBER SPOTLIGHT



## Courtney Hartnett

I've been at Oxford Covenant in Knoxville since 2020. I'm the House Secretary, Chapter 22 Chairperson, Interchapter Secretary, and State Vice Chairperson.

The camaraderie at my house has helped me through difficult times, and Oxford as a whole has given me a supportive community. I've learned how to handle conflict and how to support other people in recovery.

I initially had to be convinced to become a chapter officer (thanks Sammie!), but I'm so thankful I became one. Being an officer has let me give back to Oxford and help newcomers benefit from the same community I have. Supporting other people in recovery has shown me that I can use some of the worst experiences of my life to help others live sober, better lives.

Since I got sober, I've felt hope for my life for the first time in about a decade. I've worked with mental health professionals to manage my mental health and address past traumas I didn't even realize were holding me back. I've made major strides in my career development and achieved better financial stability. I'm very thankful that I can support my brother in his recovery, too.

### Advice for the newcomer:

Get involved beyond just your houses. In my time as a chapter officer (and now as a state officer), I've made friends across the state and had a lot of fun on Oxford trips.

### Goal for this next year:

I'm hoping to buy a car. I also want to be able to do a standing ab rollout (it's harder than it looks!).

# MEMBER SPOTLIGHT

## Gary Medlock

I live at Oxford House Port in Nashville, TN. I'm the House President and the Chapter 14 Vice Chairperson.

Since moving into an Oxford House, I've gained new sober friends and I'm gaining my self-worth back.

My life is changing in so many ways. I've had so many blessings. It's unbelievable and amazing.

### Advice for the newcomer:

Don't give up! Your life may not change as fast as you want it to. Be patient. Keep doing the next right thing and it will happen. If I can do it after 30+ years of using, anyone can!

### Goal for the next year:

Stay focused on my recovery and help as many people as I can to find a new way to live with God's guidance. It will happen.



# MEMBER SPOTLIGHT



## Erica Walker

I live at Oxford House Satu in Murfreesboro. I'm the House President and the Chapter 4 HSC Chairperson. I've been given an opportunity to live in a safe, family environment. Oxford House's structure and the democratic operation has also allowed me to learn how to function in everyday life as a productive member of society and a team player.

Being an Oxford House member has given me the freedom to live life. I appreciate the accountability from my peers and our ability to be fair for all members. I'm in such a great house and I'm blessed to be a part of this experience.

I'm over a year clean and life today couldn't be more beautiful. I have a job and genuine friendships. I'm no longer stuck in the "finding ways and means to get more" mentality. I want to help others. I've found peace since getting clean and sober and I love myself today. I work and pay rent those two things alone seem surreal. I'm proud of this. Much of the torment of addiction has left me, however, I still live "just for today". I work a solid program in NA. I'm active in my recovery and I enjoy service work. I'm so thankful Oxford House is in Murfreesboro now. Recovery here is amazing.

### Advice for the newcomer:

Get into a 12 step program, get a sponsor and do step work. It has changed my life. Also, make your bed every morning!

### Goal for this next year:

Save money and continue to work my steps. And to give back what was so freely given me.