



Oxford House Society of Regina

**2018 Annual Statistical Measures,
Outcomes Measurements and
Supporting Evidence of Program Effectiveness**

Of

Oxford House Society of Regina

EXECUTIVE SUMMARY

As of December 31, 2018

I. Foreward

The **mandate of the Oxford House model is to provide housing and support** for individuals who have recently completed an addictions treatment program, are homeless or at-risk of homelessness, and express a strong desire to continue their recovery in a drug-free environment. **Oxford House Society of Regina is the only non-profit in Saskatchewan to provide this type of support for recovering addicts.**

Often recovering addicts have insufficient supports to succeed in long term recovery upon completion of a treatment program. Without post-recovery support, the result is recidivism for an estimated 90% of this vulnerable sector. **Providing support is key to the concept while ensuring Member accountability to improve these outcomes.**

The **purpose of this report is to provide written statistical documentation** to: a. provide the Board information necessary for strategic decision making; b. provide feedback for existing and potential funding partners an indication of program effectiveness; and, c. make operational changes based on factual data of present programming in order to become a stronger organization in the future.

II. Historical Demographic Data (2010 – 2018) – Year-over-Year – See Appendix I, Full Report

<u>Members Leaving</u>	<u>2010-11</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>2018</u>	<u>Total</u>	<u>% of total</u>
Members in Good Standing	2	6	9	7	13	9	11	11	68	34.0 %
Breach/Non-compliance	2	1	8	6	5	4	12	9	47	23.3 %
Relapse	0	6	9	7	9	16	10	8	65	32.5 %
Left – no reason	0	1	1	0	1	1	7	9	20	10.0 %
Sub-total	4	14	27	20	28	30	40	37	200	99.8 %
Carryovers to following year	7	10	12	14	14	13	13	15		

III. 2018 Admissions Data

- i.* **Ethnicity** – **29/52** (56%) Non-aboriginal, **6/52** (12%) First Nations, **15/52** (29%) Metis, **2/52** (3%) Other.
- ii.* **Homelessness** – **42/52** (81%) self-reported homelessness upon entry; **10/52** (19%) reported being at-risk.
- iii.* **Length of stay** - Decrease from 7.59 months (2017) to **6.0** months in 2018. 14 Members stayed 30-60 days, 9 Members stayed 61-90 days, 2 Members stayed 91-120 days and 27 Members stayed 120+ days.
- iv.* **Reason for Leaving** – **10/52** (19%) departed from OHSR as Members In Good Standing (MIGS). **7/52** (13.5%) Members left as a result of relapse; **8/52** (15.4 %) left for no reason; and **12/52** (23%) left for non-compliance/breach of contract. **15/52** (29%) were carryovers.
- v.* **Average age** – **38.2** years upon entry to OHSR.

IV. Exit Report Data

a. Relocating intentions

- i.* **6/8 (75%)** moved in with others.
- ii.* **6/8 (75%)** moved into a house.
- iii.* **7/8 (88%)** made the decision to move based on external factors pertaining to living outside the House.

b. Capacity Building

- i.* 8/8 (100%) respondents indicated an average score of **10.6%** improvement in their ability to improve their capacity to cope with every day stressors and improvement in a healthier life style.
- ii.* **Level of Program Satisfaction** – **8/8 (100%)** exiting individuals provided feedback with an **82%** satisfaction score, comparable to previous years.
- iii.* **Wellness Rubric Results** - 29% overall positive response, comparable to other years.

V. Conclusions - Lessons Learned, Challenges and Changes in the Future from Outcomes Measures 2018

A. Sobriety

Lessons learned: OHSR learned that the longer Members stay at OHSR, the greater the acceptance of responsibility and probability of maintaining sobriety.

Challenge: To continue efforts to retain Members for increased lengths of time without compromising standards.

Changes: To identify signs of relapse and respond proactively. House Members will be asked to identify such and Housing Manager will assist in the process. When applicable, additional out-patient counselling will be encouraged.

B. Self-Improvement

Lessons learned: An insufficient number of written plans for self-improvement were successfully completed during this reporting period 5/41 (12%). A renewed focus on Living Skills Improvement will derive more positive results in 2019.

Challenges: The Housing Manager will need to educate and encourage Members of the value of this exercise and they must follow through by demonstrating active participation in the program.

Changes: Time at weekly meetings specific to Living Skills; Members expected to be prepared to participate after meetings. Living Skills Inventory implementation; and, Comptroller duties to become more involved in tracking dates and supplying reminders.

C. Economic Status

Lessons learned: Although OHSR Members reported success in reducing debt to others, several left OHSR with large outstanding debt to the organization.

Challenges: To collect monthly fees on time.

Changes: A minimum \$100 Sobriety Deposit will be required before entry as well as written proof of registration at Social Services; OHSR's name as joint payee from Social Services; and, closer scrutiny of those who get behind with Member fees.

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