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# Oxford Tri-Star

Oxford House of TN Newsletter

By Sarah Harris



## Fast Facts

As of September, 2024, there are 163 Oxford Houses in Tennessee.

- Men: 97 Houses, 739 Beds (3 Houses for men/children)
- Women: 65 Houses, 495 Beds (20 Houses for women/children)
- 1,234 Total Beds

## Maintaining a Sustainable Future



Oxford House of Tennessee launched an incredible statewide workshop that brought education and training directly to the members we serve. From the newest Houses in Bristol, to the well-established Houses of Memphis, OHTN is stretched over 500mi. Taking time off work or traveling without transportation are some of the barriers the membership have reported that prevent them from attending large events such as the OHTN state convention. OHI staff developed a plan to ensure that anyone seeking the camaraderie and knowledge found at these events could easily access it; right at their doorstep!

## A Beautiful Day By Justin Collins Bristol, TN

When we come into a recovery program we're lost, broken, and hopeless. Abstinence is just the start of living a normal life. We have to learn to stand up for ourselves, draw boundaries, take responsibility and hold ourselves and others accountable. Something as simple as having fun isn't something we know how to do. A lot of us have 20 years of bad habits we have to unlearn. One of the ways I learned how to do these things is simply living in an Oxford House. I have been able to get my license, car, keep a job, and complete probation. Most importantly, I have built relationships back and I'm able to be there for the people I love. My 2 year old son lives with me and I'm able to be there for him and watch him grow. His grandparents have been an amazing support system for him; as well as the guys in the House. Oxford House is a network of brothers and sisters who care, love, and support each other to move forward in a positive direction. Everyone here is just trying to better their lives and create a future consisting of Beautiful Days!



# Grind City

By Leah Amoroa - Memphis, TN

The Memphis heat is beginning to subside and with it our vacancies. A lot of wonderful things happened this Summer. Since July, we have been approved access to the Women's Jail by the Shelby County Corrections Division. Geremy Wilkerson (OHI) and myself were asked to present the Oxford House Model at one of the largest recovery treatment centers in Memphis. They have referred applicants to us in the past, but this was the first time Oxford House outreach has been invited in to explain our purpose, history and structure. We provide men and women in recovery a safe environment to start again. I love every opportunity I get to share this message with the world. We have been asked to come back monthly.

Aside from the wonderful news, we've been busy with training workshops, preparing for the Mobilize Recovery Day of Service events, and fundraisers. The membership of Memphis recently held a carwash and raised \$600! We were also gifted a 10-day booth at the Delta Fair & Music Festival; which was donated by the brother of our Chapter 2 Chairperson. Thank you Aaron Renfro and Eric Johnson who provided last minute materials for us to hand out during the Fair.



Memphis members took turns volunteering at the Oxford House Booth at the Delta Fair. Thank you Sabrina, Yolunda, Jonathan, Tina, Cortland, Dayley, Carmi, Lauren and (everyone else who helped) for your service!



# Fostering Unity

By Ashley DeNardi - Clarksville, TN

Chapter 11 has been coming together for fundraising, unity and a collective effort to clean up our homes. Several fundraising events brought the membership closer together. The car wash event brought in over \$1000. Every House in Clarksville had members show up to help and support the area as a whole. As the unity has grown, it's been so nice to see members come together, have cookouts and spend time just getting to know each other. Having fun in recovery is so important.

One of the Unity events we just had took place at Oxford House Tango. The men hosted a cookout to simply honor the women in the area. As unity grows, so does the pride and gratitude for the homes we live in.

After a high windstorm, a few houses had lots of debris left in their yard which led to another opportunity to share the Oxford Luv. Members came out, loaded up their rakes and chain saws to help clean up the mess going from one House to the next. Oxford House TN Chapter 11 is truly becoming a family. We spend time together every chance we get.

## Season of Growth

At the start of Summer, OHTN was estimating 20% vacant beds. Today, that number is down to 13%. #BringThemHOME!



# Overdose Awareness



August 31 marks International Overdose Awareness Day (IOAD), a global campaign to end overdose, remember loved ones who have died from drug overdose, and acknowledge the grief of those left behind. Oxford House of TN participated in events to honor the day, share resources, and let their communities know, "You're not alone." (Photos from Knoxville IOAD)

"We acknowledged IOAD with several other recovery organizations that set up at the Fair, which was also a fantastic opportunity for our membership to attend the booth and share with attendees how Oxford House has helped their recovery journey. We secured three more treatment center presentations, resources and contacts. Memphis is known as Grind City for a reason." - Leah Amoroa



## Recovery Month & Festivals



September 1st, the day after IOAD, marks the beginning of Recovery Month. Since 1989, Recovery Month promotes new treatment and recovery practices, supports the strong & proud recovery community, and honors the dedication of service providers and communities who make recovery in all its forms possible. The Summer months have been jam-packed with Recovery Festivals. Some of the biggest, most-attended festivals happen in September. Unity on the Bridge, Nashville Recovery Fest, and Recovery Quest are just a few of the epic recovery celebrations that Oxford House of TN has attended this year.

### Unity on the Bridge

"Unity on the Bridge was started in 2018 by Marty Walker, Tyler Sykes and a handful of community partners. Unity on the Bridge Recovery Fest 2024, with the support of Recovery Court Judge, Alex McVeagh, Mayor Tim Kelly, and countless others experienced a substantial increase in participation. Oxford House of Chattanooga, The LaunchPad and CADAS Treatment Centers, helped sponsor 100 radio spots and made 2 television appearances to raise awareness for Unity on the Bridge as well as the individual organizations. Thanks to the aforementioned support and 61 Community Partners, Chattanooga welcomed more than 650 attendees." - J Sammie Hartley





# Phenomenal Success

By Lakeisha Starks - Cookeville, TN

Hello from Oxford House TN Chapter 26. We have been really busy, involved and united in this area. For the past few months, our members have been showing up and showing out! They have been fundraising, having unity meals and opening up new Houses. On August 1, 2024, they opened their fourth house in Cookeville. Oxford House Nova Satus was a milestone for a chapter that has struggled with stabilization since its inception. We overcame the struggle and it opened the doors for 9 more women in recovery to have a place called home. They will be opening their sixth house by October.

Our fundraising has included fruit tray sales and carwashes. These fundraisers were a phenomenal success. The money collected from these events has been used to send members to the TN State and World Conventions. Also, the membership was very happy to have the OHI staff come to their city and do the new quarterly training. It was a success as well, with over 85% participation from the membership. The houses are really beginning to unite and work together to as whole. I'm so proud of them.



# Fun in Knoxville

By Travis Booher - Knoxville, TN



Oxford Houses in Knoxville has been on fire gearing up for the World Convention in Orlando. With 28 people registered to go, we had to develop a solution to ensure everyone who wants to go can afford to. The end result was tremendous. The entire area of Knoxville came together to support each other and have fun and raise funds.

Chapter 22 had a field day fun event that took place at Oxford House Covenant. They played slip and slide kickball while some others were cooking up a storm on the grill. Soap and burgers never went together so well. There was raffle prizes, food, and unity for everyone to enjoy.

Chapter 10 hosted a campfire story night complete with music, raffles, spades tournament, and pieing our "bull in a china shop" member, Kevin. Many members from the other Chapters came and showed that Knoxville is truly unified and as strong as ever.

In our preparations for the World Convention we brought ourselves, and our loved ones, out of our shells to work together for a common goal: making Oxford House the best recovery home community there is.



# MOBILIZE RECOVERY DAY OF SERVICE

Oxford Houses in Tennessee are blessed and excited to participate in Mobilize Recovery's Day of Service again. "Mobilize Recovery brings together recovery advocates, nonprofit organizations, allies, business leaders and brands, government partners, and like-minded community-based organizations with an interest in creating sustainable change and community solutions. Engaging year-round with our Mobilizers, we provide partnership support and education to uplift and sustain their work, developing action-oriented goals that can be measured and scaled. We believe in the power of a grassroots, local-first approach that supports advocates, creators, and communities on the front lines." (Recovery Day of Service: About Us. 2024 recoverydayofservice.org)

Oxford House is a proud partner of Mobilize Recovery. Last year, we saw many of our members participate in events all across the state. From food drives, to winter clothing for the unhoused communities, and even neighborhood beautification projects like park clean ups; Oxford House was able to give back to their communities. For some of us, giving back plays a huge role in our personal recovery. We used to take, steal, con, and cheat our communities. Today, we make our amends by moving forward with a heart of service, integrity and good intentions.



## Service Keeps Us Sober

By Rachel Ketelle - Knoxville, TN



For the Day of Service, Oxford House of Knoxville partnered with CareCuts. "Founded in April 2016, CareCuts' mission is to restore dignity to the homeless and less fortunate through the love of Jesus Christ. We provide free haircuts to the homeless and less fortunate each Sunday. Since our launch, we've grown to providing the homeless with meals, clothing, transportation, identification, housing, rehabilitation referrals and job resources as well." (CareCuts: The Mission. 2024 carecutsknox.org) CareCuts' volunteers along with members of the local Oxford Houses helped feed over 200 unhoused individuals. Other amazing services CareCuts offers are: haircuts, medical services, resources, clothing, phones, IDs, and so much more. CareCuts is an amazing asset to Knoxville. They work tirelessly to break barriers for the unhoused community.

BRISTOL, TN

**MOBILIZE RECOVERY DAY OF SERVICE**

**OXFORD HOUSE**

**FOOD DRIVE FOR HAVEN OF REST**

Oxford House is the largest network of recovery homes anywhere. We're celebrating National Recovery Month by partnering with Mobilize Recovery for the Day of Service. We'd like to give back to our community and we need your help! Haven of Rest Rescue Ministries is committed to serving the homeless, hungry and hurting of Bristol & surrounding areas. Oxford House wants to collect non-perishable food items for their pantry!

**RECURRING FOOD NEEDS**

- CANNED VEGETABLES
- CANNED MEATS
- CANNED FRUITS
- ASSORTED BEANS
- SALT/SUGAR/CORNMEAL
- CEREAL
- KETCHUP/MAYO/MUSTARD
- PASTAS

ANY AND ALL NON-PERISHABLE FOOD ITEMS WILL BE GRATEFULLY ACCEPTED. ON FRIDAY 09/27 WE WILL BE DELIVERING THE DONATIONS AND HELPING TO ORGANIZE DONATIONS & SUPPLY FAMILIES WITH NEEDED FOOD.

TO SCHEDULE A DONATION DROP OFF / PICK UP, PLEASE CALL JUSTIN (865) 440-1105





# Expansion



**OH Eloise  
Opened July 2024  
for women  
Bristol, TN**

**OH Grata  
Opened July 2024  
for men  
Nashville, TN**



**OH Nova Satus  
Opened Aug 2024  
for women  
Cookeville, TN**

**OH Leia  
Opened Sept 2024  
for women  
Johnson City, TN**



**OH Volunteer II  
Opened Sept 2024  
for men  
Knoxville, TN**