

James swartz, Eugene Oregon, jasperdeansdaddy@gmail.com, 458-264-1432

To Whom It May Concern,

I am writing to express my sincere gratitude for the profound impact Oxford House has had on my journey to recovery by opposing bill HB 2239!! Before finding Oxford House, I felt lost, isolated, and overwhelmed by the challenges of maintaining sobriety. The structured, supportive environment provided by Oxford House has been instrumental in my ability to rebuild my life.

The principles of self-governance and peer support, central to the Oxford House model, have empowered me in ways I never thought possible. Living with others who share a common goal has created a unique sense of community. We hold each other accountable, celebrate our successes, and offer unwavering support during difficult times. This shared experience has been invaluable in reinforcing my commitment to sobriety.

The democratic structure of the house has also taught me valuable life skills. Learning to resolve conflicts, manage finances, and contribute to a healthy living environment has helped me develop a sense of responsibility and self-reliance. These skills extend far beyond the walls of the house, positively impacting my personal and professional life.

Furthermore, the emphasis on attending regular 12-step meetings and maintaining active involvement in a recovery program has been crucial. Oxford House has provided a safe and stable environment that allows me to focus on my recovery without the distractions and temptations of my previous life.

Thanks to Oxford House, I have:

- Rebuilt my self-esteem and confidence.
- Developed healthy coping mechanisms for managing triggers and cravings.
- Established meaningful relationships with supportive peers.
- Learned valuable life skills that have improved my overall quality of life.
- Maintained sustained sobriety.

I am immensely grateful for the opportunity to have lived in an Oxford House. It has been a transformative experience that has given me a second chance at life. I wholeheartedly believe in the Oxford House model and its ability to help individuals achieve long-term recovery.

Thank you for your dedication to providing such a vital resource for those seeking a path to a better life.

Sincerely, James swartz Autzen Oxford house