

# Options NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Dr. Coady at San Quentin State Prison

## Options Family Remembers Founder Dr. Davida Coady

In a true measure of her persistent vision and determination, Dr. Coady remained in the loop during the planning sessions as Options staff developed and eventually received funding for the Downtown Oakland Perinatal and East Oakland/San Leandro projects.

Where most, during their last months, would stand aside, Davida pushed the limits up to her last breath. The Options family grew familiar with Davida's sheer will in finding hope and possibility, from the most "hopeless" street addicts to lifers in the state prison system. Indeed, many of Options' lead counselors and key staff first found their way to our doors from these settings. As one graduate remembered, "Dr. Coady never gave up on people, even after they gave up on themselves."



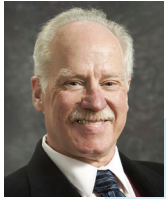
Dr. Davida Coady

***"Dr. Coady never gave up on people, even after they gave up on themselves."***

Thankfully for us, after working on public health projects in third world countries, Davida returned to Berkeley, her hometown, to give the same attention to those most in need on our streets and prisons. More than 10,000 clients later and still counting, from Berkeley, Oakland and throughout the state prison system, Davida's legacy endures with Options.

In the words she chose to end her memoir, The Greatest Good: "Do as much as you can, as well as you can, for as many as you can, for as long as you can."





Tom Gorham

### From the Desk of Our Executive Director:

**H**appy Holidays to all of our beloved Options' family. It has been a year of great sadness for us here at Options. The death of Davida has deeply affected us all. Our mission is clear though, and that is to carry on her legacy.

I am celebrating my twentieth year at Options. I am one of eleven thousand who have passed through our doors since 1996. The Options program is one-of-a-kind; providing treatment-on-demand with the highest quality of services. In 2018 we added our innovative reception center programming in three California prisons, and are now housing women with children in our new Alice Street property in Oakland. We serve the unserved regardless of ability to pay. Government funding such as the Affordable Care Act and pay-for-service contracts cover only about 70% of our costs. The remainder – over a million dollars per year – we must raise ourselves. In 2018 we began a capital campaign to expand our housing to meet the demand for safe and drug-free recovery residences. We challenge all of our Options supporters and government agencies to match the \$1 million dollar legacy gift by our longtime supporters Raul and Sherry Deju in honor of Davida. I have included Options in my living trust. These pledges can be leveraged now to support our fund drive. Please contact our development office if you would like assistance in establishing a legacy donation. I wish the best of holidays to you all from my heart, and my thanks for your ongoing generosity. You got us where we are today.

— Thomas Gorham,  
LMFT, CADAC II

**Addiction does not take a day off and waiting lists can cause death. I encourage you to save a life with your contributions.**

Below: Tom Gorham leading a group of clients and supporters at the Davida Coady Walk for Recovery.



### Voices of Recovery: Options Graduates and Current Clients

At Options, we celebrate recovery. Every day, every month and every year is a milestone. These graduates and current participants continue to be examples that the cycle of addiction can be broken.

*Options gave me a safe place away from drugs, alcohol and my old life. It is providing me with an invaluable education. I have learned things about myself here that are incredibly painful but at the same time wonderfully freeing. I am getting answers to decades-old questions as well as tools to work on solutions to problems I thought were SO unsolvable I'd long ago given up hope. When I came to Options I was asked why I'd come and without really knowing what I was saying I answered "to figure it out". What I'm figuring out – what I'm doing – is finding and building a new self. One that I can be proud of.*

— Zack G., Current Options Client

*It's given me hope. I'm staying clean because I want to be introduced to the real me. One of the counselors changed my life recently. I'm a little older and had decided that my dream of working in the costume design industry was over. I see today that that is untrue. He started in the fashion industry close to my current age and was very successful! I'll be forever grateful for him! Thank you Options for giving me a chance to actually be, what I might have been!*

— Michael L., Current Options Client

*Options was the only place where I felt safe enough to begin the process of working through my trauma. Options provided me with the much-needed support, guidance and encouragement that have driven my success. The world and my life are better because of Options.*

— Greg N., Options Graduate 2014

*Options program, a strong support system, and a sober living environment have given me a second chance in life. In sobriety, we slowly start to recover many things we have lost through our addiction. I've been able clear my criminal record, eliminate debt, and find meaningful employment to help ensure a better tomorrow. I'm back in school, helping others to recover from addiction, and truly enjoying life today. Most importantly, I'm healthy, I have a strong relationship with my brother, I have my sanity and serenity.*

— David T., Options Graduate Sept. 2017

*I was homeless living in my car. Went to an AA meeting and met a former Options employee. She gave me hope and Options' address. I signed up.*

— Lou R., Options Graduate Sept. 2013

## National Association for Alcoholism and Drug Abuse Counselors Honors Dr. Coady

At its annual conference in Houston, Texas, October 5-9, 2018, NAADAC recognized Dr. Coady as the Medical Professional of the Year. The award is presented each year to a medical professional who has made an outstanding contribution to the addiction counseling profession. Tom Gorham, Options Executive Director and Dr. Coady's widower, accepted the award on her behalf.

Locally, on September 13, 2018, the County of Alameda Mental Health Advisory Board awarded its lifetime service acknowledge to Dr. Coady "for contributing, enhancing and expanding mental health services to the community of Alameda County."

## For the Greatest Good: Options Ever-Expanding Services to Meet the Need

In addition to maintaining services for clients in Oakland and Berkeley, and thanks to a recently signed contract with Alameda County Behavioral Health Care Services, Options is moving into the underserved areas of North and West Oakland and East Oakland/San Leandro to provide intensive outpatient substance abuse treatment and recovery services.

- To serve the Berkeley/North Oakland area, Options is maintaining its Berkeley sites at 1835 Allston Way and 1931 Center Street.
- To serve the West Oakland community, Options will move to the former St. Patrick's School at 1023 Peralta Street.
- To serve the East Oakland/San Leandro area, Options is opening site at 1300 East 14th Street in San Leandro to provide state-of-the-art out-patient treatment.

With the expanded geographic service area and new sites, Options expects to serve over 1,200 adult clients each year.

## New Perinatal Program, Chef/Nutritionist and Client Nurse

Concurrent with the expansion of our service areas, Options has also contracted for a ground-breaking perinatal program located at our house on Alice Street.

Our first mothers with children arrived in late September. Women in the residence are provided with a solid structure to build sober living skills and succeed in the community. They are required to attend house meetings and training classes in parenting and anger management.

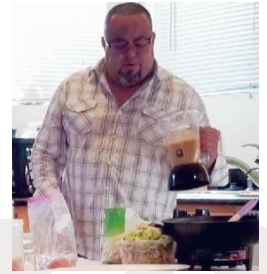
***"Options is building a safe haven where women in recovery reconnect with motherhood."***



Nutrition and food preparation classes are designed specifically for mothers in recovery. The kids participate in local, quality day care programs while their moms attend day long treatment/case management sessions. The home will be at full capacity with 12 pregnant and newly delivered mothers with their infant children. Options Housing Director, Pam Thomas has overseen the preparation of the house and admission of its first residents. Ms. Thomas says, "At Alice Street, Options is building a safe haven where women in recovery reconnect with motherhood."

Options now maintains ten safe and tobacco/alcohol/drug-free residences housing over 160 of our clients, all

supervised by our resident managers. In addition, Options has contracted with chef Alex Aguirre full-time to conduct classes in cooking, nutrition, and shopping for healthy foods at each of the ten recovery residences, and has brought on-board a full-time health nurse to ensure every effort is made to promote resident health.



*Chef Alex teaching a cooking class.*

## Innovative Programming for State Prison Reception Centers

This year, Options is beginning an information and education program at three of the six state prison reception centers. When inmates enter the state prison system, they are sent to one of six reception centers across the state. At these centers inmates go through a classification process to determine which state prison they will be sent to. The process can sometimes take up to 120 days. Under this new grant from the Department of Corrections and Rehabilitation, Options is providing classes conducted by our peer mentors using materials on how inmates can best use their time in prison to deal with addiction and with the behavior that leads to incarceration.

## State of the Art Drug Testing Services Updated

Drug testing via urinalysis is done in-house at our state-of-the-art laboratory in Berkeley. Clients are tested regularly free of charge. Our latest laboratory upgrade features an industry leading Siemens VTwin analyzer equipped with the latest of integrated management software. This VTwin system allows us to perform 260 tests for 26 different substances per hour. Our Wintox 6 software allows us to communicate remotely with the server so results can be processed and delivered within a 24 hour period to any client or clinical site within the Bay Area.





Choose Options for Life

**Our Mission is to break the cycle of addiction that causes crime, homelessness, and broken families.**

**Executive Director**

Thomas Gorham, MFT, CADC II

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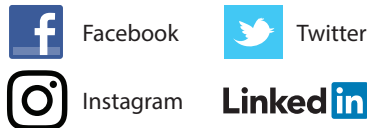
**Newsletter Editor**

Susan Bookman Koerber

**Special Thanks to Some of Our Top sponsors:**

- Beneficial State Bank – Addiction Recovery Counseling at San Quentin State Prison
- Berkeley Police Association – Davida Coady Walk for Recovery
- Building Opportunities for Self Sufficiency (BOSS) – program support
- Mal Warwick Donordigital – program support
- Morrison and Foerster Foundation – program support
- St. Timothy's Episcopal Church – retreat sponsor
- West Davis and Bergard Foundation – retreat sponsor
- All Soul's Episcopal Parish – graduation sponsor
- Beneficial State Bank – graduation sponsor
- Downtown Berkeley Association – graduation sponsor
- St. Mark's Episcopal Church – graduation sponsor

**Visit Us on Social Media:**



**Please consider Supporting Options:**

**Sponsor a graduation ceremony**

A great way to promote your church, business or community organization. Porter Sexton, Development Director, 510-666-9552 X129 or email psexton@optionsrecovery.org.

**Donate gently used furnishings, appliances, & housing items**

Bring items to Options' Allston Way office on Friday afternoon or contact Pam Thomas, Housing Director, 510-666-9552 x 123 or email pthomas@optionsrecovery.org.

**Contract for drug testing services**

Ensure your workplace or activity is drug-free by calling David Tate, Lab Technician 510-666-9552 x 130 or email dtate@optionsrecovery.org.

**Volunteer your time**

Help with office support, development, and/or facility maintenance and improvement. Contact Diana Beamon, Administration, 510-666-9552 x 119 or email dbeamon@optionsrecovery.org.

**Write a check or make an on-line donation**

Send a check to Options Recovery Services, donate on-line at www.optionsrecovery.org. For questions, contact Porter Sexton, Development Director 510-666-9552 x 129 or email psexton@optionsrecovery.org

**Meet the Options Recovery Staff:**



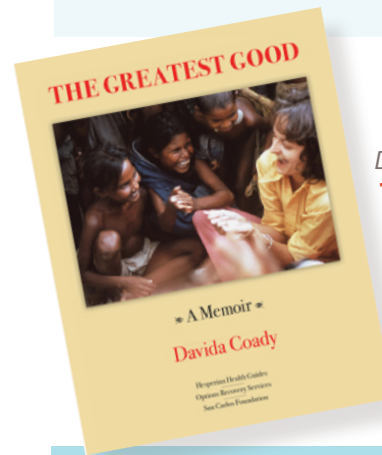
Berkeley Staff



West Oakland Staff



Eastmont Mall Staff



Dr. Coady's book **The Greatest Good** is available at [www.hesperian.org](http://www.hesperian.org)

**“Do as much as you can, as well as you can, for as many as you can, for as long as you can.”**

— Options Founder Dr. Davida Coady