

# Options NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Options Operations Officer Justin Phillips (left), volunteer Peg Miller (center), and Program Director Kim Chavez (right) address the luncheon concluding the Walk.

## Options Honors Founder Davida Coady with Walk for Recovery

**O**n Sunday, September 22, 2019, some 125 participants turned out at the Veterans' Memorial Building in downtown Berkeley for the second annual **Davida Coady Walk for Recovery**.

The Walk celebrated National Recovery Month and honored Options' founder Dr. Davida Coady (1938-2018), while raising awareness of addiction treatment services and much needed funds to serve the more than 1,000 clients who come to our door each year.

Board members Susan Bookman Koerber and Bill Joyce led groups on a two-mile walk through downtown Berkeley, pointing out landmarks significant in Options' history, including Berkeley



Municipal – the site of what became Berkeley's first misdemeanor drug court – and two of Options' ten safe and drug-free residences.





## From the Desk of Our Executive Director:

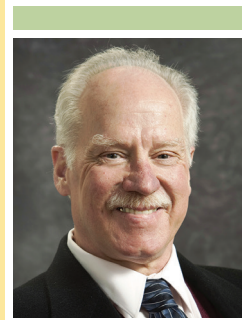
**H**appy Holidays to all of our beloved Options' family. It has been another year of renewal and growth for us here at Options as we rededicate ourselves to serving those suffering from addiction.

I am celebrating my twenty-first year at Options as one of the fifteen thousand who have passed through our doors since 1996. Options is a one-of-a-kind program, providing treatment-on-demand with the highest quality of services. In 2019 we added a new service site in San Leandro which serves clients from East Oakland to Hayward. We also completed a full year providing a new recovery residence program for women with children, the first of its kind in Alameda County, at our Alice Street property in Oakland. We added a new Reentry through the Arts program and instigated a gardening program at our houses. And, in the spirit of our founder's drive to fill unmet needs, we are now piloting an intensive, on-site recovery program at Santa Rita Jail.

Options serves the un-served regardless of ability to pay. Government funding and pay-for-service contracts cover only about 75% of our costs. The rest, over a million dollars per year, we need to raise ourselves, from private foundations and from people like you. Addiction does not take a day off.

I wish you the best holidays for you and your family. On behalf of the participants, the board of directors and the staff at Options, I thank you for your ongoing generosity. You got us where we are today. — Thomas Gorham, LMFT, CADAC II

(Above left): Tom Gorham addresses the June 2019 Graduation.



Tom Gorham

**We serve the un-served, regardless of ability to pay.**

## Voices of Recovery: Options 2019 Graduates

At Options, we celebrate recovery. Every day, every month and every year is a milestone. These 2019 graduates continue to be examples that the cycle of addiction can be broken.

*I checked in to Options on July 2nd and I gave my all ever since. I never missed a day of class because I didn't want to and when I was in class I would participate because each staff member that I encountered at Options I learned something from and I felt like they actually cared.*

*And I'm so grateful for that because today I feel like life is worth living. I have the desire to live.*

*I am teachable, where before I wasn't teachable.*

— Jorge M.

*They taught me the skills, how to say no to my booze, and also how to continue saying no to my booze till the end of my life.*

— Krishna N.

*Through everything they helped me, they guided me. They didn't tell me what to do. They showed me what to do.*

— Nelson A.

*I let go of negative people, toxic relationships and bad behaviors. I dedicated myself to working on me. Today when I feel I can, today I feel I can identify what I'm feeling. I'm able to ask for help and tell myself my recovery is serious.*

— Eileen M.

*If you give a smart man the right tools, he can build great things. Options Recovery Services are those tools and I have and I will continue to build great things.*

— Samuel M.

*I'm 64 years old, you know. I'm living under somebody else's roof and I'm following rules and regulations because that's what we do when we grow up in this program. I'm just saying that it's never too late. It's never too late. This is the best gift that I have ever given myself in all my life.*

— Sherri C.

## Perinatal Program Graduates First Client

Options perinatal recovery residence is completing its first year of operation for pregnant and newly delivered moms in recovery, and in December we expect our first graduate to celebrate one full year clean and sober and meeting her goals at Options. Mercedes C. came to Options speaking only Spanish. With the support of Options staff and the other clients at the Alice Street recovery residence, she has been learning English while teaching us some Spanish, learning parenting skills, and learning sobriety and coping skills. She was homeless prior to coming to Alice Street. Now she has a home, a job, and a supportive family around her, and

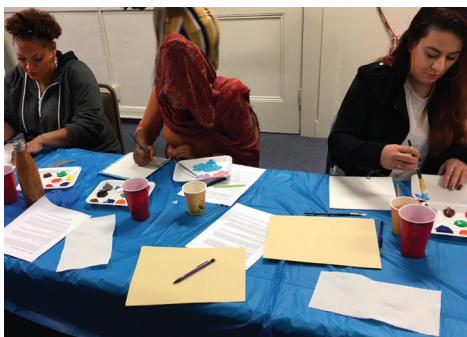


*Mercedes and her children*

has been drug-free for over a year. Reflecting on her journey of recovery, Mercedes says: 'Options has given me a home and a new life for me and my son and daughter.' Mercedes and her fellow graduates will celebrate one year of sobriety at Veterans Memorial Building in downtown Berkeley at 4:30 pm, Friday, December 6th. Please join us there.

## Reentry Through the Arts

Options was awarded a grant of \$8,400 from the California Arts Council to implement its Reentry Through the Arts



*Reentry Through the Arts Class led by artist and Options' graduate Samuel McFarland*

program which allows Options clients to participate in video and graphic arts training and production activities. All of the production projects are directly tied to the central theme of addiction recovery. By telling their own stories, the artists gain perspective and find new ways to express their unique paths to recovery.

## Santa Rita Jail

Options has recently contracted with Alameda County Behavioral Health Care Services to provide a pilot Substance Use Disorder treatment program for up to 96 inmates at Santa Rita Jail. Both group counseling and individual counseling will take place Monday through Friday between 9 am and 3 pm. Individual sessions will be especially important for participants who are experiencing a crisis or struggling with symptoms of trauma and/or mental health disorders. Case Management sessions will be scheduled to work with clients to develop or enhance individual treatment plans. Options Executive Director Tom Gorham and Operations Officer Justin Phillips selected and trained staff and opened the program on November 1st, 2019.

## San Leandro Outpatient Clinic

In 2019 Options opened an outpatient clinic in downtown San Leandro to provide direct services for the San Leandro and Southeast Oakland areas. Options Program Director Suzoni Camp supervises a team of certified counselors and clinicians providing outpatient services for approximately forty men and women each day.

Housed at the historic Daniel Best Building in downtown San Leandro, the site provides outpatient, intensive outpatient and recovery support services for men and women in recovery from alcohol and/or drug addiction. The center is open from 9:00 am through 5:00 pm Monday through Friday.

## New Gardening Project for the Residences

Options Housing Director Pam Thomas has worked with recovery residence staff and clients to implement a gardening and nutrition program for the residences. This summer, the first step was building the lead garden and green house facility at the Addison Street site. This project, led by Options client Regina L., provides over a thousand square feet of garden area, plus a greenhouse and two dozen plant starter-bags. Initial plantings include vegetables and spices.

***"The plan is that eventually . . . home-grown produce will provide an important part of residential clients' nutrition."***

Chef Alex Aguirre provides nutrition classes and food preparation at Addison and the other residences. Clients at the residences helped install and now maintain the garden. The plan is that eventually the Addison garden will "seed" gardens at each of the residences, and home-grown produce will provide an important part of residential clients' nutrition.



*Options staff member Samuel McFarland (left) and client Shane D. (right) show the Addison Street garden to participants in the Davida Coady Walk for Recovery.*



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

**Board of Directors**

Martin Sheen, *Honorary Chair*

Susan Champion, *President*

Bill Joyce, *Co-President*

John Ottoboni, *Treasurer*

Susan Bookman Koerber, *Secretary*

Lawrence Fisher

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Rick Sweeney

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Tom Trabin

**Newsletter Editor**

Susan Bookman Koerber

**Special thanks to some of our top sponsors:**

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- California Arts Council
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- Lowell Berry Foundation
- Meyer Corporation
- Northbrae Community Church
- Share the Spirit
- St. Mark's Episcopal Church
- St. Timothy's Episcopal Church
- West Davis and Bergard Foundation

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**Order your 2020 Calendar** and support our perinatal residence capital campaign at [www.optionsrecovery.org](http://www.optionsrecovery.org)

**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](mailto: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](mailto:pthomas@optionsrecovery.org).

**Contract for drug testing services**

Ensure your workplace or activity is drug-free by calling James Carlin, Lab Technician, 510-666-9552 x 130 or email [jcarlin@optionsrecovery.org](mailto:jcarlin@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](mailto: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](http://www.optionsrecovery.org). For questions, contact Porter Sexton, Development Director 510-666-9552 x 129 or email [psexton@optionsrecovery.org](mailto:psexton@optionsrecovery.org).

**Meet the Options Staff:**



Berkeley Staff



Oakland Staff



San Leandro Staff



Executive Director Tom Gorham delivers Christmas boxes donated by Northbrae Community Church and others for recovery residents in the Options houses during the winter holidays.