

Options

NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Inside the Coady-Gorham Home for Addiction Recovery

Options to Honor Founder Davida Coady and Executive Director Tom Gorham with Housing Dedication

Options purchased the former Casa Vincentia Convent on 62nd Avenue in Oakland and undertook extensive retrofitting and remodeling throughout 2019. With the advent of the COVID pandemic in early 2020, the facility's individualized bedrooms and controlled bathing and eating areas were pressed into service for Options clients that may have been exposed to the disease, or who had symptoms related to the disease. The facility became a safe haven to those clients quarantined due to COVID.

As the pandemic continued into the summer, Options partnered with Alameda County Behavioral Health Care Services and Horizon Services to make the facility available to clients of the Cronin House residential care program. In the spring of 2021, the beautifully restored former Casa Vincentia convent will be dedicated as the Coady-Gorham Home for Addiction Recovery, in honor of world-



Dr. Davida Coady



Tom Gorham

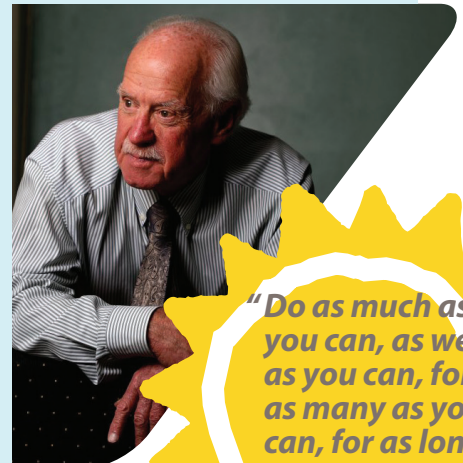
famous doctor and addiction therapist, Options Recovery Services founder Dr. Davida Coady, and Thomas Gorham, Options Executive Director, founder of Options' Prison Programs. The Coady-Gorham Home will house up to thirty Alameda County adults on their paths to recovery.

From the Desk of Our Executive Director:

It has been quite a year at Options and I am sure it has been equally challenging to all of you. COVID gave the Options staff an opportunity to live up to our mission statement. Davida envisioned us as the emergency room for Substance Use Disorders in our community and we have filled that role throughout the pandemic. Options' courageous essential workers have kept our doors open every single day since sheltering in place started in March. It defines who we are and makes me very proud to be able to say that we are truly saving lives on a daily basis. I also want you to know that we could not do this without your support.

I have depended on our individual donors, churches, foundations and community partners for 22 years to help us meet the needs of those struggling with alcohol and drug problems. As you know we ask no questions when people want treatment and our contracts do not pay for many of those who need our services. You all have helped treat and house thousands of individuals over the years and I thank you for that. 🙏 Please continue. I am letting you know that I am stepping down from my role at Options at the end of the year. Options is in good shape to carry on Davida's and my work with your support. We are always here for you. I wish you all a safe and pleasant holiday season. ❤️

Sincerely,
Tom Gorham



"Do as much as you can, as well as you can, for as many as you can, for as long as you can."

— Davida Coady

Voices of Recovery: Options 2020 Graduates

At Options, we celebrate recovery. Every day, every month and every year is a milestone. These 2020 graduates continue to be examples that the cycle of addiction can be broken.

After twenty years of drinking my body couldn't take it anymore...I thank God, I thank my friend, and I thank Options. — Yuri M.

I learned to trust – to believe in myself and my fellows. I learned humility, acceptance, patience, as well as a skill set in order to recognize and manage the denial I was in. — Greg C.

My journey is far from done, but I have the strength and confidence to become a better me. — Marcos P.

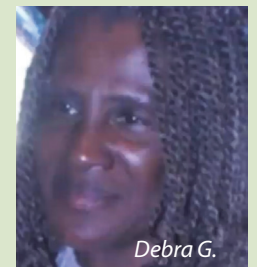
My counselor told me, you learn what I'm going to teach you: it may save your life someday. It did. — Manuel M.

The biggest thing I learned and the hardest thing I learned was how to reach out for help when you need it. — Sarah S.

This has been the best year of my life, this far, and I'm just going to take what I learned and add to it because this is not the end this is only the beginning. — Donald S.

God cleaned her up to call her home. As a family, we accept this in our hearts and are grateful to Options for providing the treatment that changed her life. — Debra G.

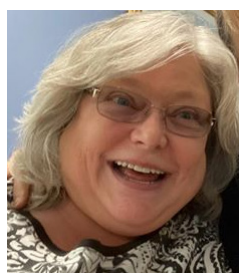
Options Human Resources Manager Dianna Beamon spoke on behalf of her cousin Debra G. who graduated posthumously after achieving a year clean and sober at Options.



Debra G.

Wendy Jones Honored

Wendy was a key leader and friend at Options from June 2012 until her passing in April 2020. She served as Options' Director of Finance and Administration, and was also an ordained minister who brought spiritual comfort and healing to every task she approached. Wendy was an exceptional trainer who made learning exciting, and she always included humor. She was well known for her support of Options' staff, clients and board members and looked for ways to celebrate and reward staff. She committed what Executive Director Tom Gorham laughingly calls "gross insubordination"



Wendy Jones
May 1, 1959 – April 17, 2020

by smuggling pizza into staff/client work sessions (in spite of his ban of pizza and pastry at Options meetings and events.)

Wendy originated the Options'

Outstanding Employee Award to recognize and celebrate the achievements of an Options' staff member each quarter. The award is now named the Wendy Jones Outstanding Employee Award in her honor.

Options' Offender Mentor Program Expands Throughout the State

In 2008, Tom Gorham worked with inmates at San Quentin to establish an in-prison therapy and training program for inmates to address their own addictions while learning to be mentors for others. The success the Addiction Recovery Counseling program at San Quentin led to the program being replicated at Solano State Prison with California Department of Corrections and Rehabilitation (CDCR) funding as the first Offender Mentor Certification Program (OMCP). By last year the OMCP program had grown to four prisons in Northern California, with OMCP graduates serving as mentors in dozens of institutions statewide. In 2020 CDCR

awarded Options a contract to implement OMCP throughout the state. Program Director Diana Weston is now hard at work hiring and overseeing OMCP directors and trainers to train and serve over 500 inmates in a total of nine California state prisons.

Options in the Time of COVID

During the COVID pandemic, Options remains committed to the people and the communities we serve by providing high quality substance use disorder treatment, intensive outpatient services, testing and clean and sober housing.

Dr. Davida Coady founded Options on the premise that people who suffer with substance use disorders and need our help are never turned away or forgotten, that our doors are always open and that treatment is open to all regardless of ability to pay. This pandemic has not separated us from these values. In response to the virus, Options has:

- Continued to provide treatment, drug testing, and recovery residence services throughout Northern Alameda County.
- Remained open for new referrals and intake of new clients, including recent parolees and clients from organizations forced to curtail or limit their own services because of the pandemic.
- Transitioned to telehealth services providing video and audio conferencing for individual counseling and group sessions by skilled counselors and clinicians. Options' residents are sheltering in place and are receiving these services and direct support at the houses.
- Implemented preventative and precautionary measures including health screening at intake, and at all Options' residences and clinical settings. Options' clients who are screened as potentially virus infected are tested, quarantined and referred to medical treatment when necessary. Through strict protocols and preventative effort the virus has been kept largely at bay.

Options Growth and Staff Changes

Options' budget has doubled in just five years, and growth of Options' programs and response to the COVID virus have brought many staff changes at Options. Options' Medical Director, Dr. Linda Spangler, has taken on additional responsibilities for coordinating Options' COVID protocols, and she has brought on-board Dr. John Roark to assist with Medical Director responsibilities, especially filling-in at times when Dr. Spangler is unavailable.

After the passing of Wendy Jones (*see article this page*), Options' Program Director Suzoni Camp was named the new Director of Finance and Administration, and has overseen Options' financial audit and overseen administrative functions for Options' growing outpatient programs and in-prison programs. Justin Phillips, named as Options' Operations Officer in 2019, developed and implemented a new organizational chart, aligning staff job responsibilities and functions to accommodate growing programs. Vandrick Townes has been named Program Manager for Options' treatment programs, and Dianna Beamon was promoted to Human Resource Manager. Corey Glassman is Options' new Admissions Manager, Diana Westin has been promoted to Director of Criminal Justice Contracts, and Kathy Narasaki has been named Director of Criminal Justice.

In addition to these personnel changes, every single Options employee and contractor has stepped up to meet the challenges of program growth and COVID restraints. Options has kept all programs fully functional through the pandemic and suffered no virus outbreak – a remarkable achievement that sets Options apart among service providers. The Options Board of Directors and executive level staff gratefully acknowledge the outstanding performance of Options' staff during these most exacting times.

2020

Staff Greetings



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 James Carlin, Lab Technician, 510-666-9552 x 130 or email 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.

Write a check or donate on-line

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.

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