



Options

NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Nine Options clean and sober recovery residences.

Options Kicks Off Home Improvement Campaign

Options currently houses over 100 clients living in nine Options-owned clean, sober, tobacco-free recovery residences. For the past year, these clients have been confined in Options housing and doing everything possible to keep the COVID virus at bay.

By enforcing strict protocols, Options has avoided any outbreak of the virus at the houses, and all clients and staff have obtained the COVID vaccinations.

Due to the virus, the number of residents declined significantly over the past year. Despite confinement protocols and reduced rental income, we were able to keep the houses safe and clean but confined use has taken a toll. Many houses need to be deep-cleaned and updated with new

furnishings and interior painting. We are now dedicating ourselves to making the houses as up-to-date and comfortable as possible for the residents. Please contact Porter Sexton at 408-393-0089 or psexton@optionsrecovery.org if you have items or time to donate.

Our goal is to refresh and refurbish all nine houses by September 2022.

We are asking for your support to help us receive donated furniture (we need new beds, couches, tables and chairs) and volunteers for painting days.

Options has avoided any outbreak of the virus at the houses, and all clients and staff have obtained the COVID vaccinations.





From the Desk of Our 25th Anniversary Gala Chair :

In September 2022, Options will celebrate 25 years of providing services to help **break the cycle of addiction that causes crime, homelessness and broken families**. Thousands of adults and their families have found hope at Options, and have been supported in their quest for sobriety. Between now and September 2022, Options will be reaching out to the community for your support and involvement. We are now seeking volunteers for our planning and work committees, and are beginning our housing improvement campaign. Our goal is to refresh and refurbish all nine of our Options recovery houses by September 2022 and celebrate our achievement at our 25th Anniversary Gala.

We plan to put out a Newsletter every three months to provide updates on our progress and stories about the remarkable achievements of our clients. We plan to publish the Newsletter on our website, and send out both printed and electronic versions. Any help you might provide in covering these costs is greatly appreciated.

Whether you donate furniture, cash, or your time, we invite you to get involved. Your support is what makes Options so special, and what enables us to change lives. We are all so grateful.

— Susan Bookman Koerber, Anniversary Gala Chair



Our goal is to refresh and refurbish all nine of our Options recovery houses



Voices of Recovery: Options March 2021 Graduates

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

"I was tired of living the way I was living because it wasn't safe, and I wanted to prove myself wrong."
— Cobbra M.

"I'm on a good path and I appreciate everything that's been done for me."
— Daniel H.

"I was sick and tired of constantly ending up in jail due to my drug addiction. I was hungry and motivated for change." — Kyle M.

"Thank you everyone at Options for all the work that you did in never giving up on me, even after I gave up on myself." — Marcus B.

"Back in 2019 I was a hopeless dope fiend. Today I feel like a dopeless hope fiend."
— Michael L.

"You have given me back my self-worth, my self-esteem, and my self-confidence. I thank you for your support and guidance."
— Pamela J.

"For my counselors, I had a way to reach out for help, and communicate when I needed help."
— Rafi A.

"Through Options I ultimately developed a set of tools and skills to consciously regain control of my life."
— Robert L.

"They believed in me before I was able to believe in myself, and that was crucial in my early days of recovery."
— Sara B.

News

Christmas and Easter Celebrations Highlight the Joy at Options Housing

Thanks to our good friends at Northbrae Community Church, All Souls Episcopal Church, St. Marks Episcopal Church, and Options Board of Directors and staff, Options clients who were in the Options recovery residences had a celebration of sobriety this past Christmas.

Northbrae Community Church started the tradition for Christmas 2019, and has participated each year since. They set out empty boxes under a Christmas tree at



the church, and encouraged congregants to take a box home and fill it with gifts for residents in the Options recovery houses. Options staff gathered the gifts, took them to the houses, and led a Christmas celebration of sobriety at each house.

This year the program grew to include gifts and donations from All Souls and St. Marks as well for 88 men and women sheltering-in-place in Options housing during the holiday. Options provided a Christmas celebration with food and singing at each recovery residence.

Easter 2021 was just as celebratory, with an Easter egg project at each house.



The Tree of Recovery Easter project was created by the men and women at Options Stanford Street residence. Options provides a twelve-step recovery program based on clients' faith and aspirations and celebrated in each client's spiritual traditions.

Summative Evaluation Shows Effectiveness of Options Programs

On March 26, 2021, Melissa Martin-Mollard, PhD, MPH, MSW, Principal Investigator at Behavioral Health Concepts, presented the Options Board of Directors highlights of Options' first-ever comprehensive Summative Evaluation. The evaluation, funded by the California Board of State and Community Corrections, finds that the Options program has a positive effect in reducing criminal behavior and helping adults with Substance Use

"Options' clients were seen to have made positive achievements at a rate higher than the norm for such treatment programs."

Disorder achieve and maintain sobriety. Dr. Martin-Mollard's presentation documented Options' effectiveness in providing treatment and support for clients most in need, especially those who have been homeless and/or incarcerated. Positive outcomes were identified and Options' clients were seen to have made positive achievements at a rate higher than the norm for such treatment programs. Successful Options' graduates attribute Options' effectiveness to Options' counselors and group meetings with their peers, as well as other factors.

Client Behavioral Change

% of clients with positive drug tests has decreased from FY 2018-19 to FY 2019-20

82% of clients had zero days of use for primary drug of choice during the 30 days prior to their discharge.

Days of Serious Family Conflict, Days of Drug-Free Social Support, and Arrests all trended in the right direction from Intake to Discharge

The Summative Evaluation also points out how the evaluation tools developed for the evaluation can continue to be used to maintain and improve program quality at Options. A new database technology has been developed and Options is working with Alameda County Behavioral Health Care Services to maximize its data-driven approach to maintaining program effectiveness. A copy of the final Summative Evaluation may be obtained by contacting Dr. Porter Sexton, Options' Development Director.



Tune in for Options' June 4 Graduation Celebration

You are invited to join the celebration of sobriety as we honor the Options Recovery Services Graduates!

June 4, 2021 at 4:30 pm



We will have a **live broadcast** via Facebook and Options website

Special Thanks to Our Top sponsors:

- Episcopal Impact Fund
- Northbrae Community Church
- St. Clement's Episcopal Church
- St. Mark's Episcopal Church
- St. Timothy's Episcopal Church



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.

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 Kim Chavez, Lab Supervisor, 510-519-6880 or email kchavez@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.

Visit Us on Social Media:

