



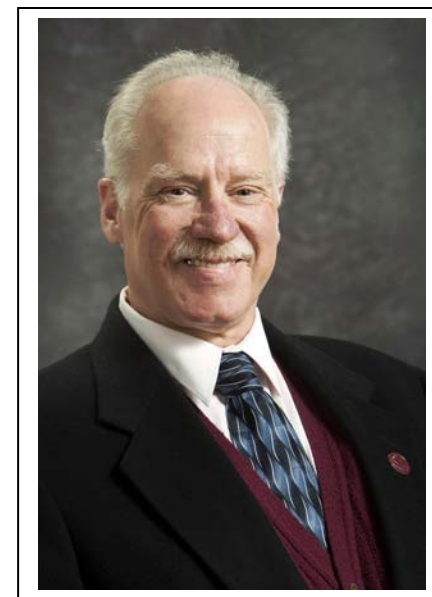
2019



Happy 2019 to all of our beloved Options' family.

Last year was a year of great sadness for us all here at Options. The death of Davida deeply affected us all. Our mission is clear, though, and that is to carry on her legacy.

As we enter 2019, I am celebrating my twentieth year at Options. I am one of our 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. These new projects continue to fill the need in the spirit of our founder. We serve the un-served 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 rest, over a million dollars per year, we need to raise ourselves. This is where we need your help. Addiction does not take a day off and waiting lists can cause death.



In addition, in 2019 we are beginning a capital campaign to expand our housing to continue to meet the demand for safe and drug free recovery residences in our community. We challenge all of our Options supporters and government agencies to match the \$1 million legacy gift by our longtime supporters Raul and Sherry Deju in honor of Davida. I myself have included Options in my living trust. These pledges can be leveraged now to support our capital fund drive. Please contact the Options development office if you would like assistance in establishing such a legacy donation.

For 2019 I wish the best to you all from my heart and my thanks for your ongoing generosity. You got us where we are today.

- Tom Gorham, Options Executive Director

# Options 12 Steps of Recovery

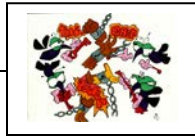
## January: Step 1

Admitted Powerlessness



## February: Step 2

Understanding the Need  
for Help



## March: Step 3

Deciding to Seek Help



## April: Step 4

Appraising Oneself



## May: Step 5

Admitting One's Wrongs



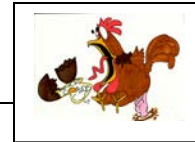
## June: Step 6

Preparing for Help



## July: Step 7

Asking for Help



## August: Step 8

Listing Those One  
Has Hurt



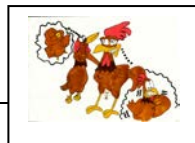
## September: Step 9

Making Amends



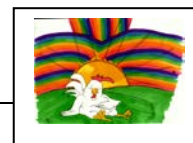
## October: Step 10

Admitting Errors



## November: Step 11

Seeking Grace



## December: Step 12

Living Sober

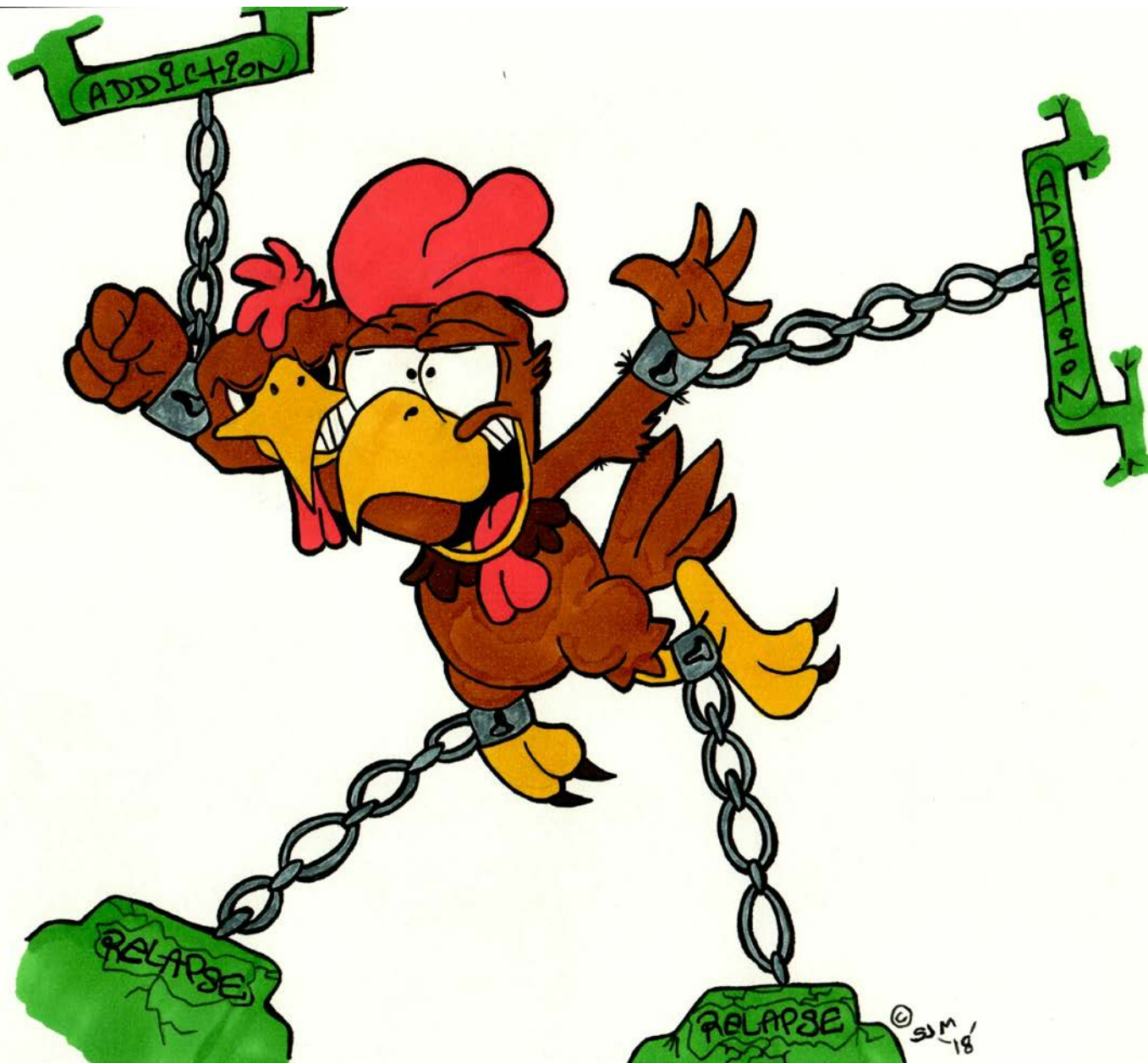


These illustrations follow an imaginary character through the 12 steps of recovery as an addict in recovery might portray them. These illustrations are meant to comfort and amuse other addicts who are still suffering, and to help those who have not battled addiction to better understand our journey. I invite you to share this experience, and to support Options as best you can.

-Samuel McFarland, Options Client and Volunteer



## Step 1: Admitting Powerlessness



# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> New Year's Day	<b>2</b> Development Committee Meeting*	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> *	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> *	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> M L King Day	<b>22</b>	<b>23</b> *	<b>24</b>	<b>25</b> Options Board Meeting	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> *	<b>31</b>		

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\* Options' Development Committee meets each Wednesday at 1:30 pm at the Annex unless otherwise scheduled.

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"I am very proud to say we are at the cutting edge – we are at the forefront of treatment in this country."

Options Executive Director Tom Gorham  
December 2018 Graduation

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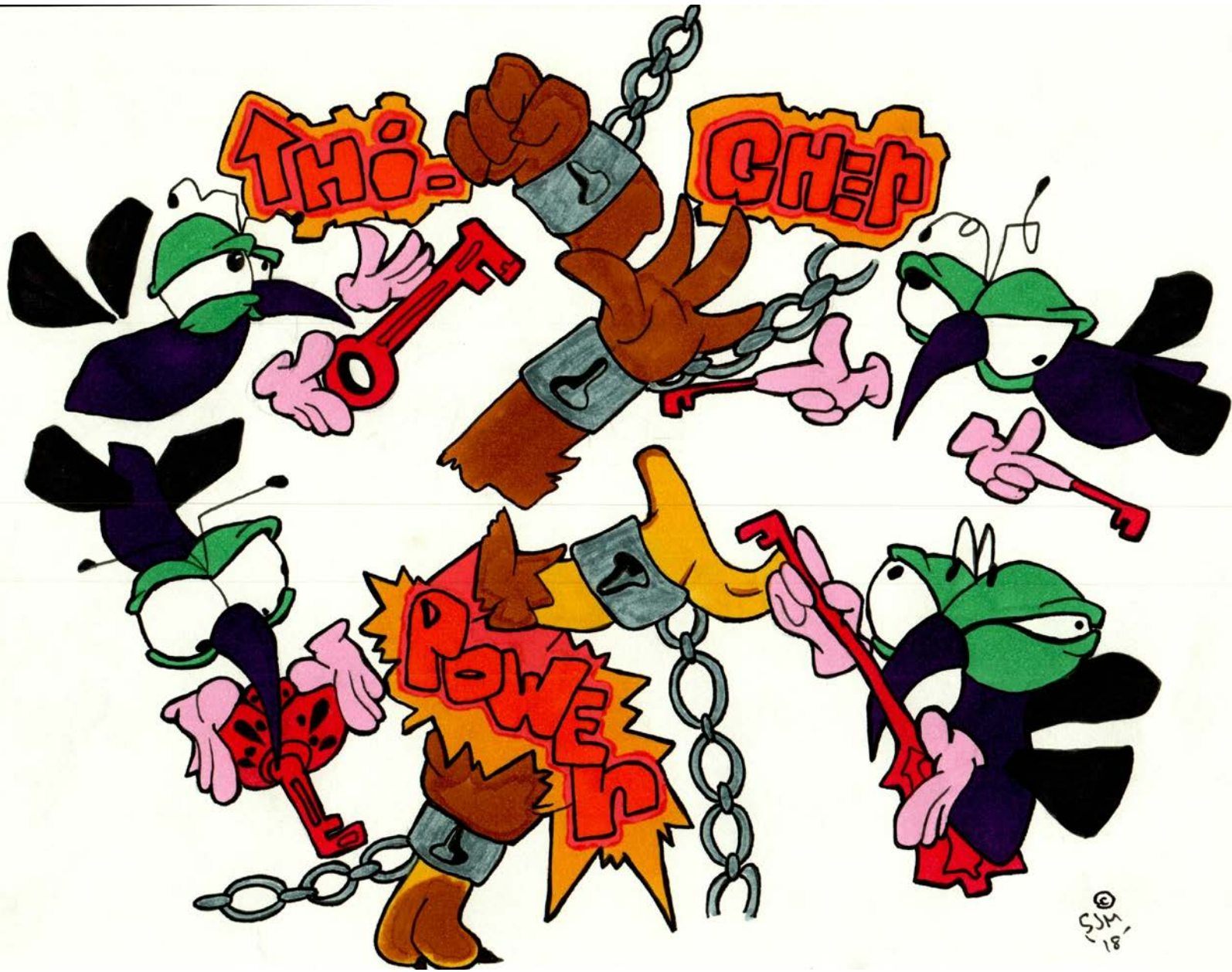


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## Step 2: Understanding the Need for Help



February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 *	7	8	9
10	11	12	13 *	14 Valentine's Day	15	16
17	18 President's Day	19	20 *	21	22	23
24	25	26	27 *	28		

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December 2018 Graduation Ceremony

Special Award Winners:

Peter Dinsmore  
Robert Harrison  
Kevin Johnson  
Samuel McFarland  
Brendon Raju  
Zena Wigfall  
Destinee Wilson

Everyone who receives a special award has done something to earn it – they have done special volunteer work, their attendance in the program has been exemplary, and they are nonsmokers.

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### Step 3: Deciding to Seek Help





March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Options Graduation	2
3	4	5	6 *	7	8	9
10	11	12	13 *	14	15 Options Board Meeting	16
17	18	19	20 *	21	22	23
24	25	26	27 *	28	29	30
31						

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"I don't have the same mentality or the same button than I had before; it is far behind me. But it's not too far behind me where I can't remember how hard it hurts. So I want to thank all the counselors for teaching me that and helping me to become a better human being and man."

Emil DuPont

Options Graduate December 2018

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## Step 4: Appraising Oneself



April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 *	4	5	6
7	8	9	10 *	11	12	13
14	15	16	17 *	18	19 Good Friday	20
21 Easter Sunday	22	23	24 *	25	26 Options Board Meeting	27
28	29	30				

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Options may plan a spring awareness and fund-raising event in April, May or June.

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"Options has provided me with the knowledge, the tools, the guidance, the support, and the confidence that I need to continue on a path to success."

Brandie Parker  
Options Graduate December 2018

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**Step 5: Admitting One's Wrongs**



May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 *	2	3	4
5	6	7	8 *	9	10	11
12 Mother's Day	13	14	15 *	16	17	18
19	20	21	22 *	23	24	25
26	27 Memorial Day	28	29 *	30	31	

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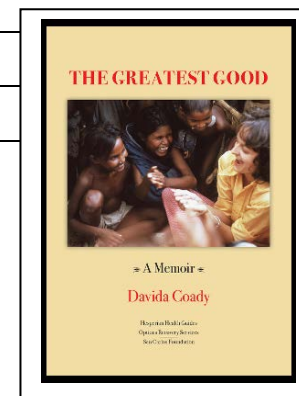
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Options may plan a spring awareness and fund-raising event in April, May or June.

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

Dr. Davida Coady

Dr. Davida Coady, Options Founder and visionary, passed away on May 3, 2018. Options continues to celebrate her life.

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Step 6: Preparing for Help





June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 *	6	7 Options Graduation	8
9	10	11	12 *	13	14 Options Board Meeting	15
16 Father's Day	17	18	19 *	20	21	22
23	24	25	26 *	27	28	29
30						

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Options may plan a spring awareness and fund-raising event in April, May or June.

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"Thank you for believing in me when I did not believe in myself."

Jennifer Dorland  
Options Graduate December 2018

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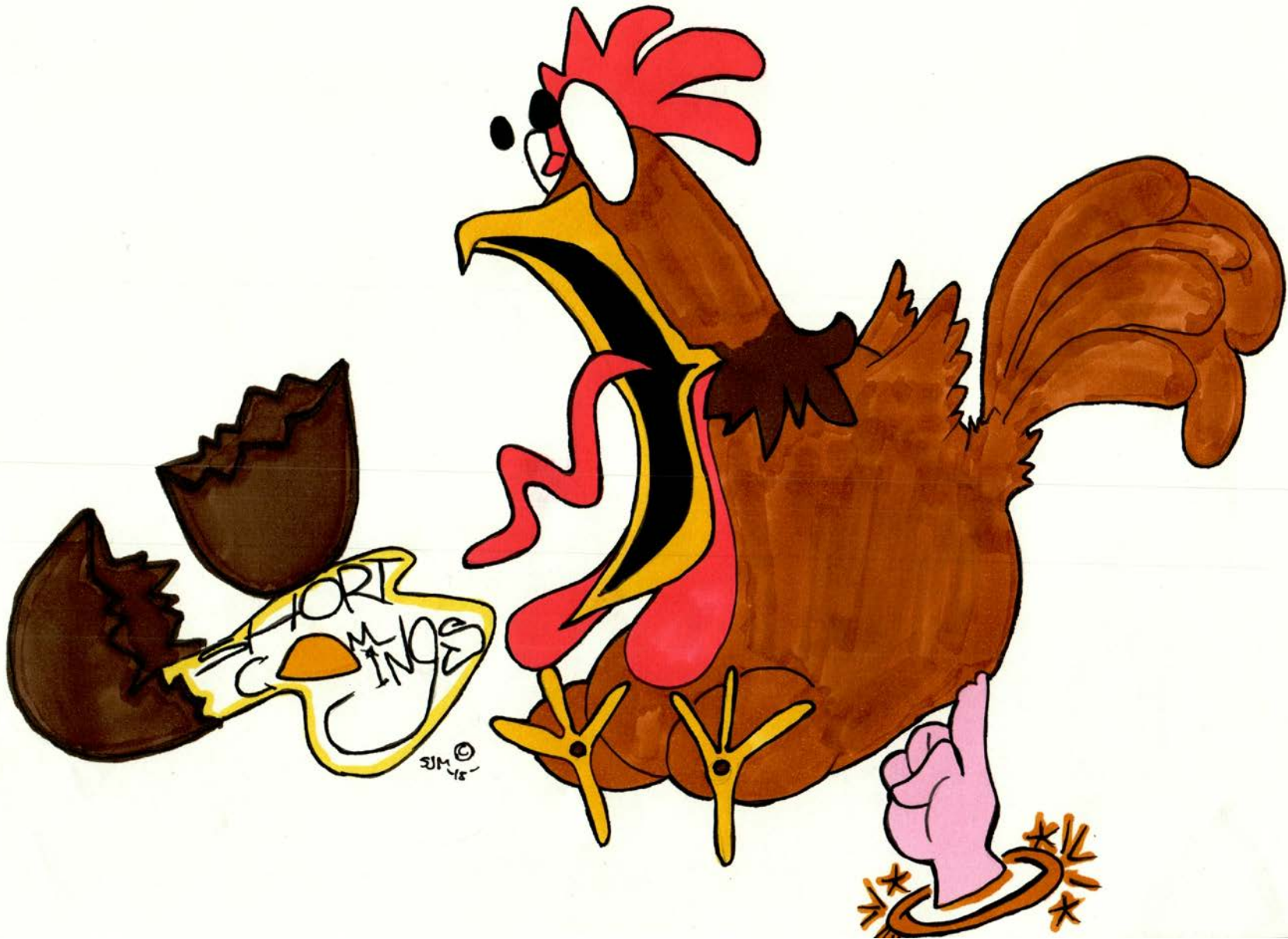


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Step 7: Asking for Help



# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 *	4 Independence Day	5	6
7	8	9	10 *	11	12	13
14	15	16	17 *	18	19	20
21	22	23	24 *	25	26 Options Board Meeting	27
28	29	30	31 *			

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"I'm so glad to make it and I'm so proud and I really want to thank everybody, everybody. I mean every resident helps another resident. Every participant helps another participant. All they have to do is open up, be willing and here and it's a great help in my life and I'm so grateful. Thank you. Oh, I'm 72. Addiction affects all of us."

Jeanne Allen

Options Graduate December 2018

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**Step 8: Listing Those One Has Hurt**



August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 *	8	9	10
11	12	13	14 *	15	16	17
18	19	20	21 *	22	23	24
25	26	27	28 *	29	30	31

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"I'd like to thank everyone who has stood by me through the journey to get here. If I'm completely honest, when I first got out of jail, I thought these people are crazy, but over the years I've found that these people care a lot. They're selfless and I couldn't be here without them. I never accomplished a program and I was outside for a year. I now have a job. I'm a loving father to my daughter and I just want to thank Options and the staff for being there for me and thank you all for sharing them."

Brian Fisher  
Options Graduate December 2018

## Step 9: Making Amends





# September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Begin Options Recovery Month Activities**	3	4 *	5	6 Options Graduation	7
8	9	10	11 *	12	13 Options Board Meeting	14
15	16	17	18 *	19	20	21
22	23	24	25 *	26	27	28
29	30 End Options Recovery Month Activities**					

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\* Options' Development Committee meets each Wednesday at 1:30 pm at the Annex unless otherwise scheduled.

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\*\* Options Recovery Month Activities may include graduation, Davida Coady Walk for Recovery, Options Movie Screening, etc.

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"This is another stepping stone to a better life and a better meaning to it when I live in sobriety. Thank you."

Paul Brown  
Options Graduate December 2018

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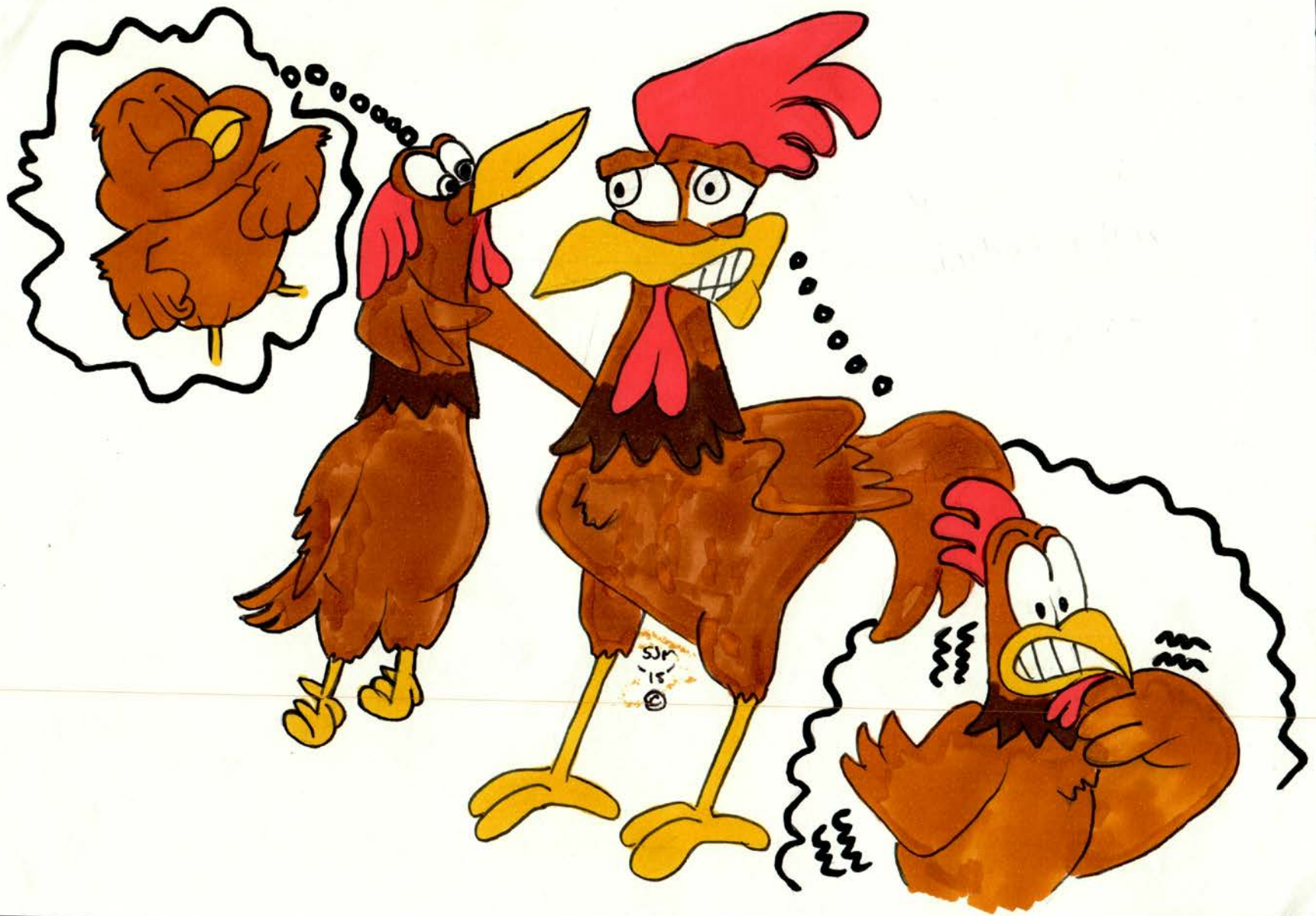


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## Step 10: Admitting Errors



October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 *	3	4	5
6	7	8	9 *	10	11	12
13	14	15	16 *	17	18	19
20	21	22	23 *	24	25 Options Board Meeting	26
27	28	29	30 *	31		

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"Davida Coady. If not for her, without her vision, I would not be here."

Frank Norman  
Options Graduate December 2018

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Step 11: Seeking Grace





November 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Begin Options Giving Tuesday Campaign**	6 *	7	8	9
10	11	12	13 *	14	15	16
17	18	19	20 *	21	22	23
24	25	26	27 *	28 Thanksgiving Day	29	30

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\*\* Options Giving Tuesday Campaign (Nov 5 – Dec 3) includes Options Annual Report, Newsletter and funding drive.



My name is Diana and I am an alcoholic. If you would've told me over a year ago that I would be standing in a room giving a speech in a room full of people and you would have told me I've been doing this without alcohol in my system, I would have looked at you like you're crazy because over a year ago I was a drunk of the worst kind. But on November 26, 2017, I was granted the gift of desperation. I was in my car and I called my little brother and I said that I am ready for treatment. I have lost the battle to alcohol. It has completely taken over my life. It is my master and I was a slave. On November 27, 2017, I checked myself in. Options Recovery saved my life.

Diana Morales  
Options Graduate December 2018

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## Step 12: Living Sober



December 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 End Options Giving Tuesday Campaign**	4 *	5	6 Options Graduation	7
8	9	10	11 *	12	13 Options Board Meeting	14
15	16	17	18 *	19	20 Begin Options 12- Steps Year- End Campaign***	21
22	23	24	25 Christmas Day at Options Residences	26	27	28
29	30	31 End of Options 12- Step Year- End Campaign***				

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\*\* Options Giving Tuesday Campaign (Nov 5 – Dec 3) includes Options Annual report, Newsletter and funding drive.

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\*\*\* Options 12-Steps Year End Campaign includes 12 consecutive emails to solicit new and return donors.

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**Davida Coady** (4/15/38-5/3/18)

Physician, Activist, & Founder

### Serenity Prayer

God grant us the serenity to accept what we cannot change, the courage to change what we can, and the wisdom to know the difference.

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#### **OUR MISSION**

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

#### **Options Recovery Services**

1835 Allston Way

Berkeley, CA 94703

(510) 666-9552

[info@optionsrecovery.org](mailto:info@optionsrecovery.org)

[www.optionsrecovery.org](http://www.optionsrecovery.org)

[www.facebook.com/optionsrecoveryservices/](https://www.facebook.com/optionsrecoveryservices/)