



2020



Happy 2020 to all of our beloved Options' family.

Last year was 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.

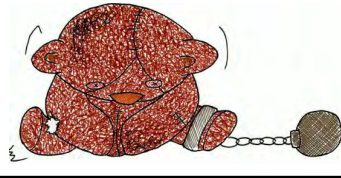
For 2020 I wish you the best for you and your family. On behalf of the participants, the board of directors and the staff at Options, I thank you for your ongoing generosity. You got us where we are today.

- *Tom Gorham, Options Executive Director*



Options 12 Steps of Recovery

January: Step 1
Admitted Powerlessness



February: Step 2
Understanding the
Need for Help



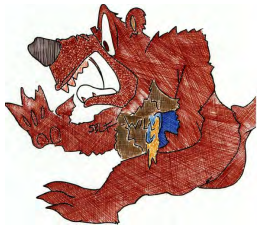
March: Step 3
Deciding to Seek Help



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



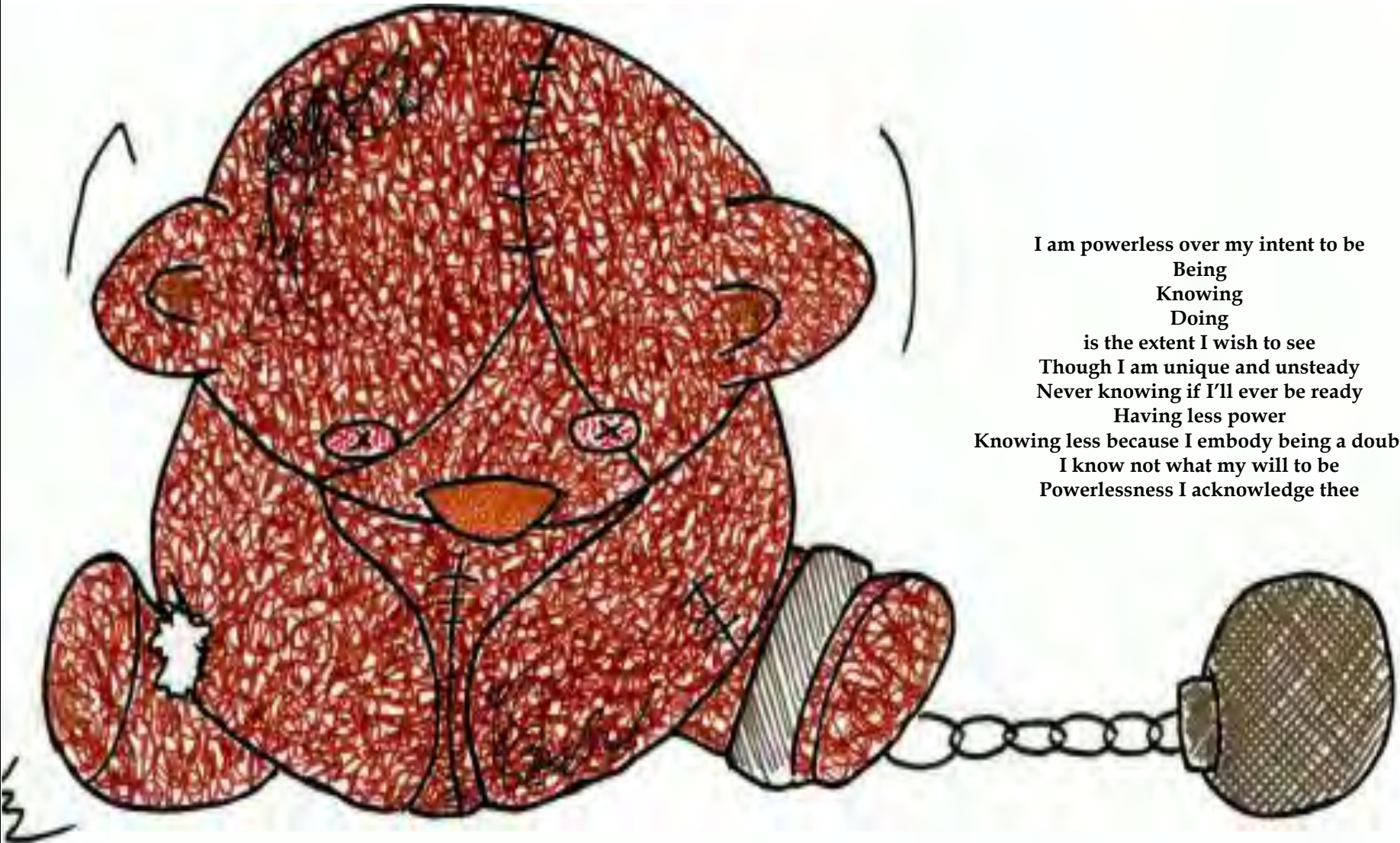
December: Step 12
Living Sober



Devonique M. (Author and color): Devonique M, is an Oakland native who sought help through Options Recovery Services in February of 2017. She has always had a passion for the arts, hence divulging into fashion modeling, fashion design, writing (including poetry), and teaching design classes in middle schools. In her active addiction of alcoholism, these practices came to a halt along with her pending degree from UC Berkeley. Devonique's journey in recovery has resurfaced her artistic abilities in a more complex way, along with an eagerness to share with others. While developing grounding tools, self care and awareness practices through the women's program at Options, Devonique became confident in finishing her degree, and accepting opportunities to display her work. Currently, Devonique is a 2019 graduate of Options, has transitioned successfully out Options' housing program, employed with UC Berkeley, finishing her degree, and working the steps of NA with her sponsor.

Samuel M. (Illustrations): Samuel M. sought help at Options Recovery Services in August 2018. He is a former client, volunteer, and now employee. He is blessed to facilitate art therapy groups backed by the "Recovery through the Arts" grant. That grant was inspired by last year's calendar he created illustrating the 12 Steps of Recovery through the mind of a recovering addict. He is close to becoming a counselor himself and is now applying for his Masters in Social Work for Fall 2020.

Step 1: Admitted Powerlessness



I am powerless over my intent to be
Being
Knowing
Doing
is the extent I wish to see
Though I am unique and unsteady
Never knowing if I'll ever be ready
Having less power
Knowing less because I embody being a doubter
I know not what my will to be
Powerlessness I acknowledge thee

JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	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	1

Notes:

Jan 01 New Year's Day

Jan 20 Martin Luther King Jr. Day



"One of my counselors said something that really stuck with me. He said, you know, I want to see all of you travel the world, have meaningful careers, have families, but he said, what I want most for every one of you is to someday experience the love of the people who matter most in a way you never thought possible." -David H.

Step 2: Understanding the Need for Help



I
I
I
Am an intelligent fool
Not understanding the context of my decisions
Guilty of knowing the truth
But deception claimed it
It being the truth
My conscious unclear
Mind in the territory of fear
Losing the sense of time and grace
My own insanity I must face
Awkward conclusions
Came to believe a power greater could help me through this
Contemplating powerless
There has to be more to this
Insanity
Humanity
Freedom of the mind
Sanity
Tranquility
What
Where
When
Why
How
Who is responsible for this rationality
I have come to believe

FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	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

Notes:

Feb 14 Valentine's Day

Feb 17 Presidents' Day



I need to concentrate, not so much on what needs to be changed in the world, but on what needs to be changed in me. -*Beverly M.*

Step 3: Deciding to Seek Help

Where would I be if it were left to me
What would I do
Yet I still have no clue
Something someone helped me save me from myself
I'd be lost or dead if I hadn't turned over what's left
Giving my will and my life over to my higher power
Cravings of substance less of a desire
Powerless with Purpose



MARCH 2020

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	1	2	3	4



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 it 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.

Step 4: Appraising Oneself



Confident in me
Though it's not the same underneath
Moral inventory not so sharp
So many things I take to heart
It's so personal
So I personalize what you do
I won't let me play me because I know the truth
Those things like
Jealousy
Greed
Shame regret
Self will
Selfishness
Self-righteousness
Because it's easier to blame you
Than to admit to me
I am willing and ready
To point out and see my dirty deeds

APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

Notes:

Apr 10 Good Friday

Apr 12 Easter Sunday



I felt it was important for me to be here and show up for my one year at Options more important to me than being with them to honor the dead. I like to honor the living and I'm showing up for myself and my sobriety. -Carolyn J.

Step 5: Admitting One's Wrongs

Many times I felt unheard
Now I know
I was talking to the wrong people
Saying the wrong things
Caught up in emotional greed
Now telling on myself am I supposed to feel relieved
Opening myself to another
Plus God and myself together
A determination to save these words from the gutter
The exact nature of my wrongs
Time to admit it
I caused myself and others pain
Speak it now
So later it can be forgiven
That's the goal at least
I know I still remain powerless
Though I'ma stick with it
Giving it over so I can feel it
I participated in the problem
Higher power please hear it



MAY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
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10	11	12	13	14	15	16
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24	25	26	27	28	29	30
31	1	2	3	4	5	6

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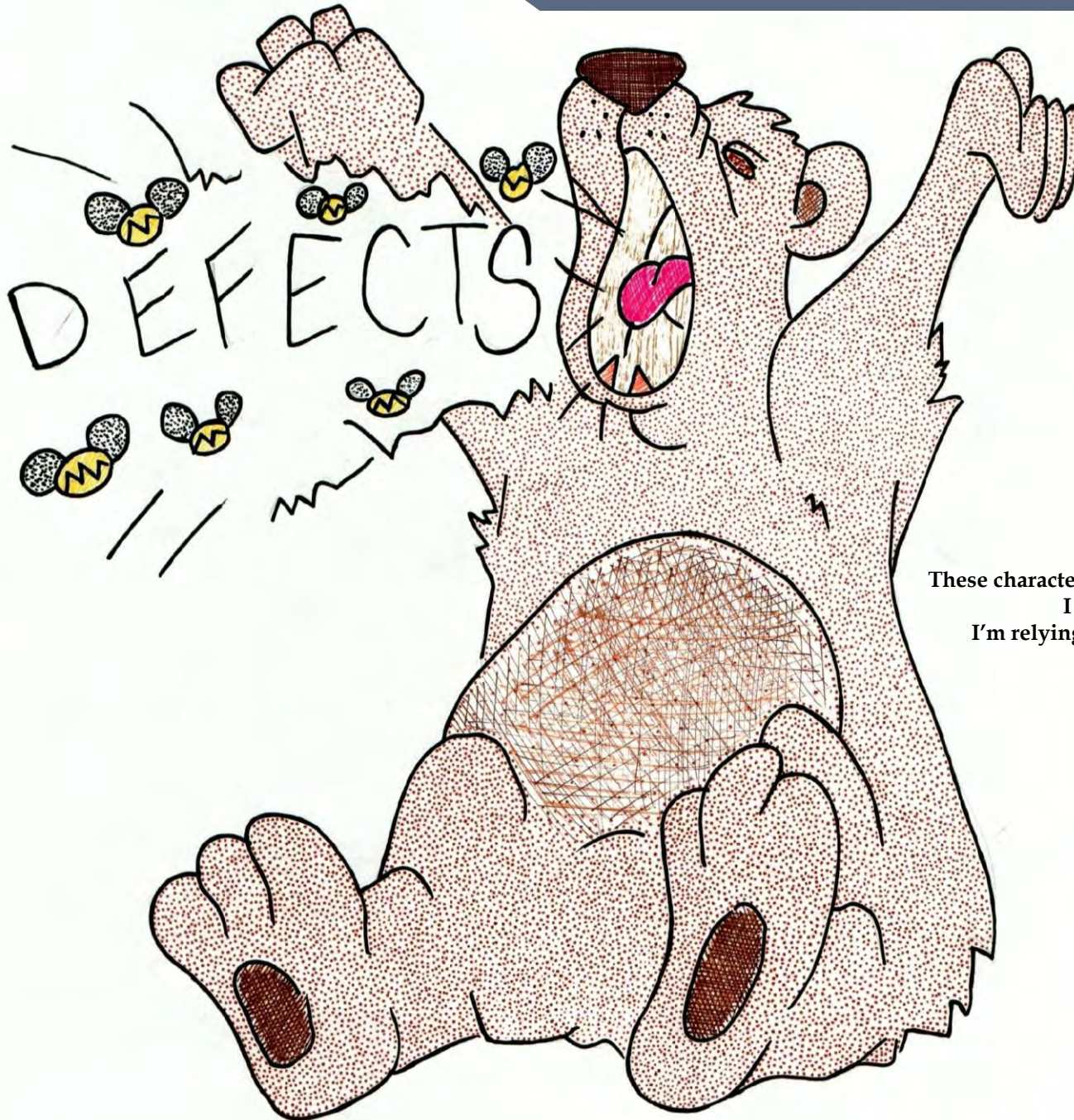
May 10 Mother's Day

May 25 Memorial Day



When I got here and I learned that it was a year program in the back of my mind, I wasn't going to stay a year. I thought I could do this in three to six months, but I quickly learned that recovery is a lifetime. It may be that I needed that year just to learn about myself and to heal myself. I had my guard up. I didn't ask for help in the beginning because I'm used to doing things on my own. -*Kuiana I.*

Step 6: Preparing for Help



I can't deny
Many times I try
Try to fix myself
Though It's not my battle entirely
I need some help
The notion of powerlessness
Surrender
Admittance
All come at an expense
Helpless
Hopeless
No longer relying on solely myself
Higher power work with me now
These character defects no longer have the power to hold me down
I pray for removal of internal negativity
I'm relying on you to guide me on this journey to stability

JUNE 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

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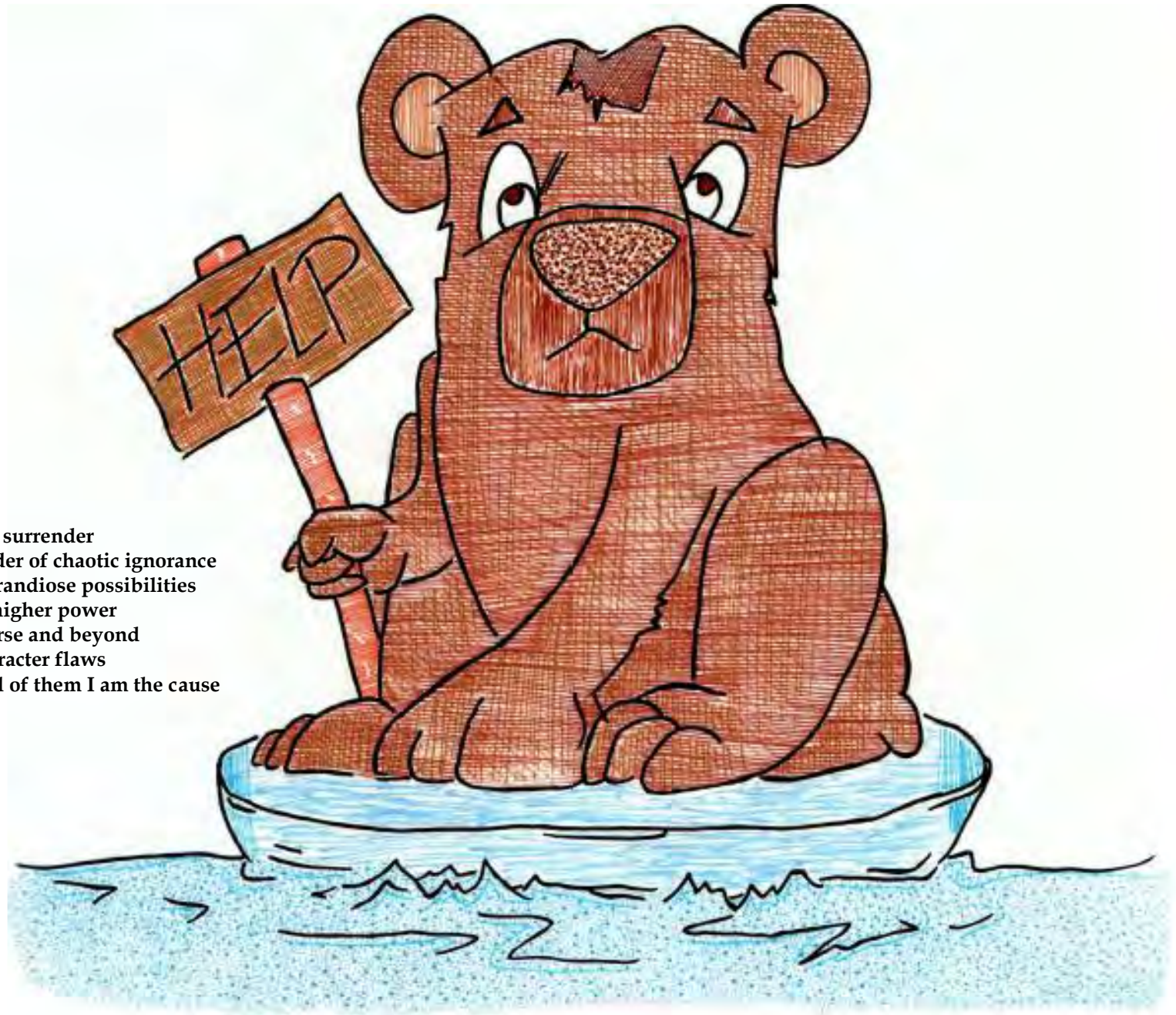
Jun 21 Father's Day



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

Step 7: Asking for Help

I intentionally surrender
Can no longer be the defender of chaotic ignorance
The humility I have for grandiose possibilities
From me to you higher power
Amongst the universe and beyond
Abolish my character flaws
I have no reservations for all of them I am the cause



JULY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	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	1

Notes:

Jul 03 Independence Day Holiday

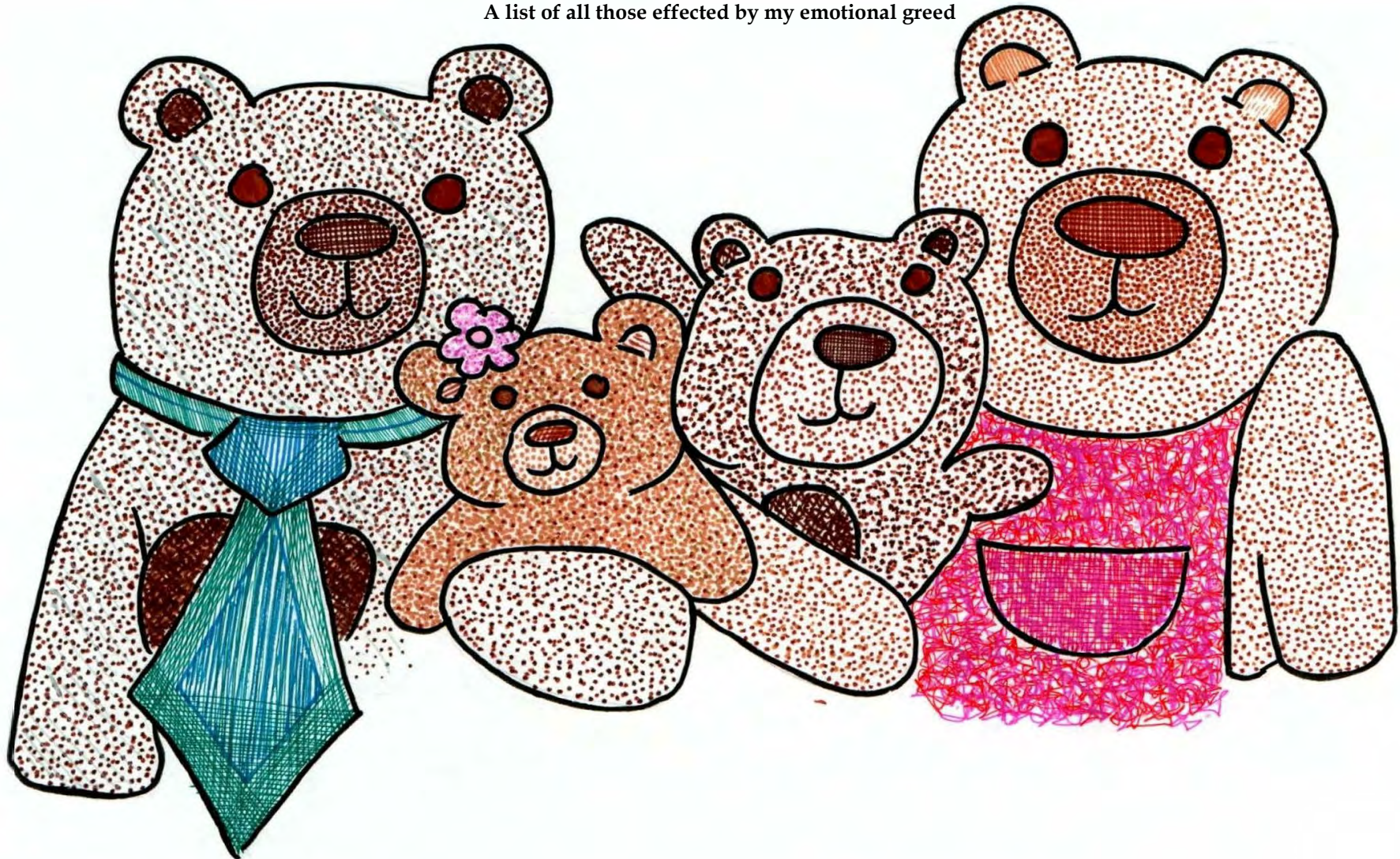
Jul 04 Independence Day



Recovery gave me the ability to emotionally process and process emotionally. To consider what I value by executing sacrifice. -Devonique M.

Step 8: Listing Those One Has Hurt

With my troubles there proceeds to be
Beings I have hurt besides me
To properly succeed
acknowledging their presence it must be
Knowing that the act of forgiveness is not guaranteed
The wretched decisions made must be freed
An act of purpose
A list of all those effected by my emotional greed



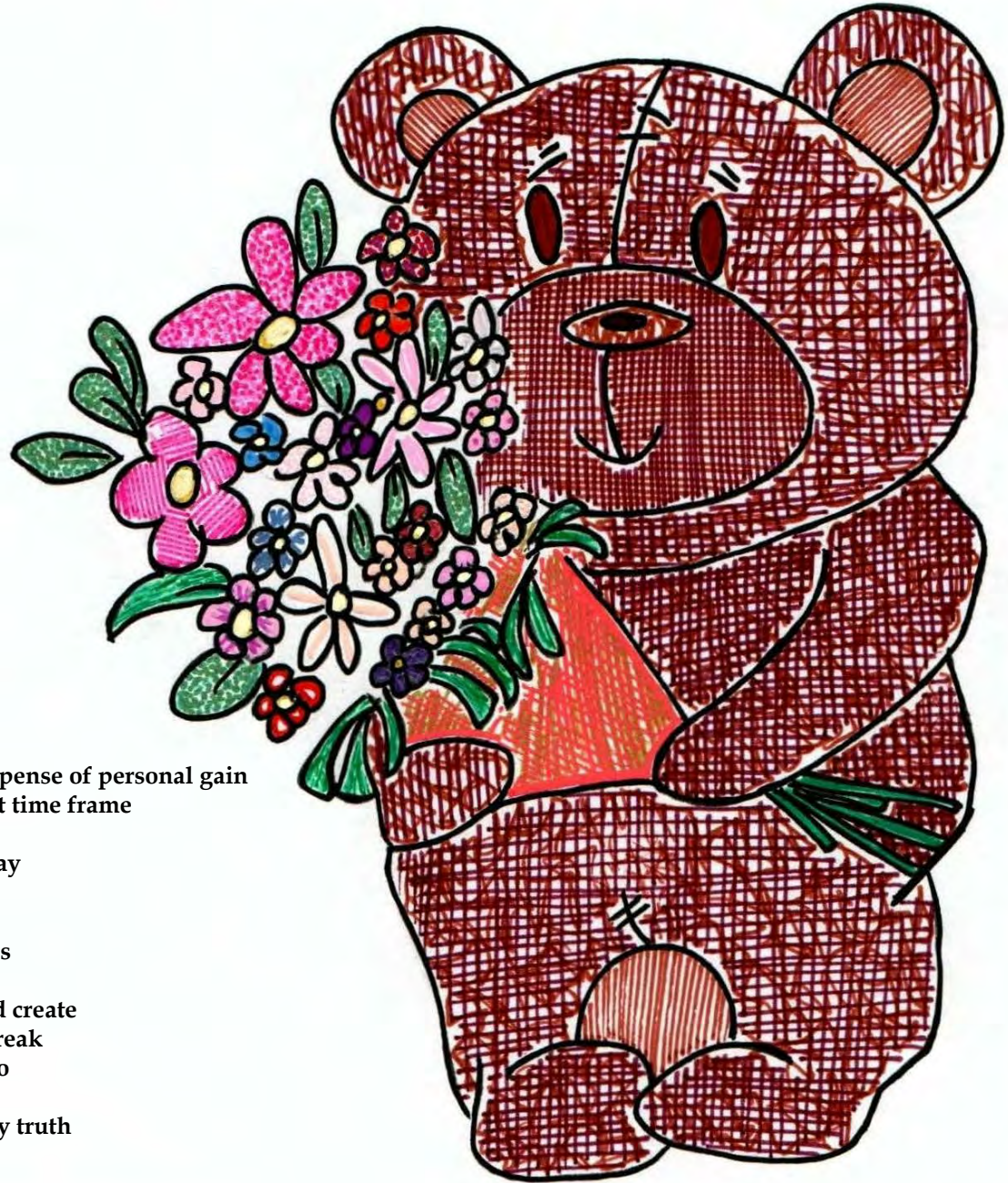
AUGUST 2020

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



I started telling on myself, that's what my counselor and my sponsor will tell you now, that I continue telling on myself. That's what I have to do to keep myself clean. -Darnell M.

Step 9: Making Amends



What's in the dark comes to light
Can no longer worship another's hurt feelings at the expense of personal gain
Though what was attained only to live a short time frame
To my dismay
The resolution of freedom I must say
Say
Say
We care connected via my mistakes
I can admit today
That the lack of mental freedom sure did create
The solid perception I am trying to break
In trouble for I know not what I do
From me to you
Here is a transaction of me admitting my truth

SEPTEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	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	1	2	3

Notes:

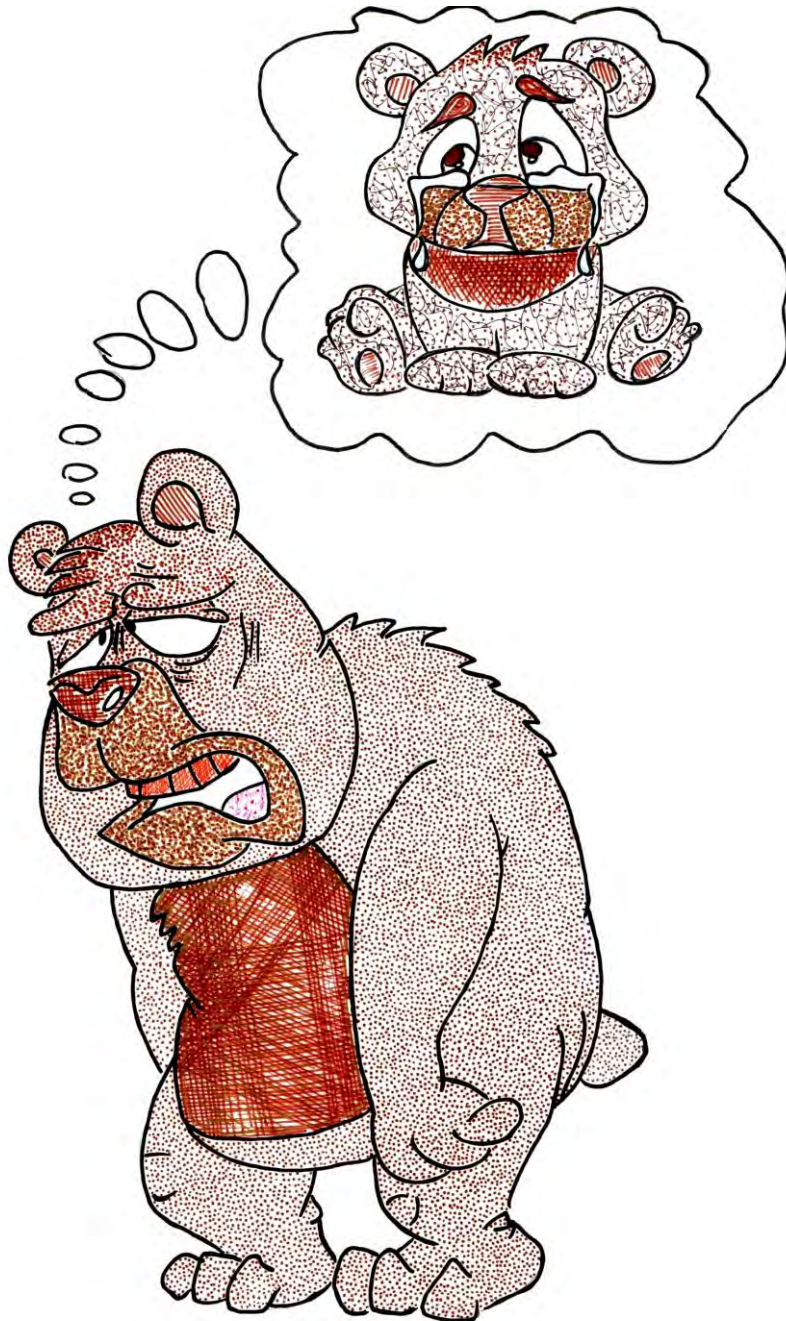
National Recovery Month

Sep 07 Labor Day



If you give a smart man the right tools, he can build great things and Options recovery services are those tools and I have, and I will continue to build great things. -Samuel M.

Step 10: Admitting Errors



I carry me everywhere I go
It's for certain that I know
Narrating a story that creates hurt

Pain

Happiness

Regret

Joy

Humility

Humility

Humility following through makes me account for only me

Sometimes standing in my own way

Praying to my higher power for that not to be the case

When I am wrong I admit it

When I am strong I admit it

When I don't know I admit it

When I find out I get with it

For me to be

Is to exist in a proclaimed reality

For there is powerlessness everywhere there is to be

Promptly admitting now my now inventory

OCTOBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	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

Notes:

Oct 12 Columbus Day

Oct 31 Halloween



They taught me the skills, how to say no to my booze and how to continue saying no to my booze. Till the end of my life. -*Krishna N.*

Step 11: Seeking Grace

My thoughts become my words
My words become my actions
thoughts words actions
My thoughts words actions represent me
Higher power please guide me away from interjecting my own way
Sitting in a realm larger than myself
For I will always need your help
Today is the day I speak up for me
With hopes of accomplishing some grace and humility
For the spirit of life means more when I am not alone
Only the greater scheme of things you put in front of me helps me survive
In my mind and body
With your help I'll forever be strong



NOVEMBER 2020

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	1	2	3	4	5

Notes:

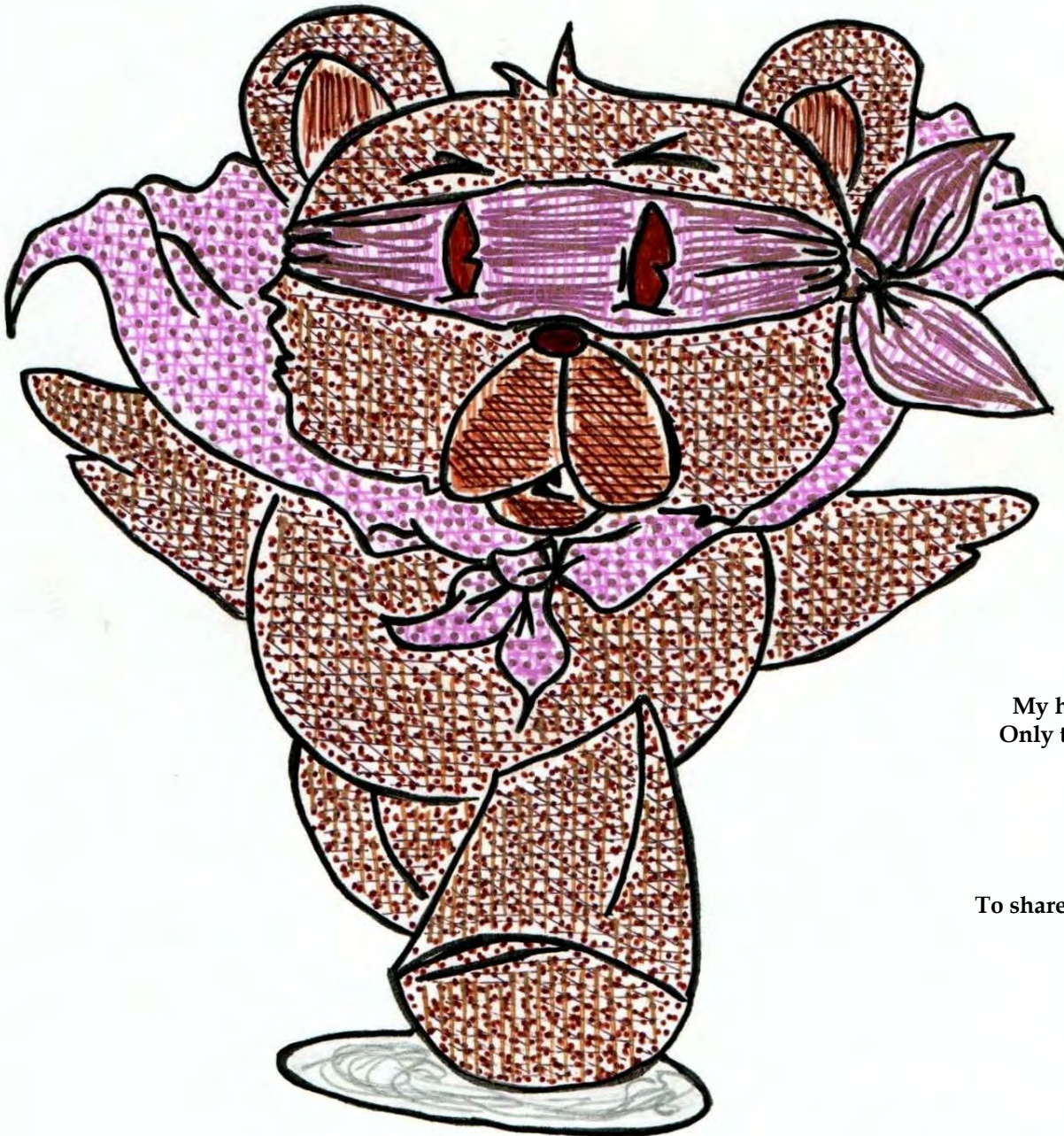
Nov 11 Veterans Day

Nov 26 Thanksgiving Day



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. But I'm just saying that to say that it's never too late. It's never too late. And this is the best gift that I have ever given myself in all my life. -Sherri Carter

Step 12: Living Sober



I only acquire life in sobriety
Because I finally realized
I Am Somebody
My higher power exposed me flaws and all
Only through them can I have faith in the fall
Stumble down
Get back up
A spiritual being
Humility seeking
Bold entity of life
To share this triumphant journey with my fellows
The only way
The only way to keep it tight
Powerless with purpose
Seek recovery

DECEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	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	1	2

Notes:

Dec 25 Christmas



Hey everyone.
I'm Nick, and I'm a dope-less hope fiend.
-Nick B.



OUR MISSION...

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

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