

Options

NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Client artwork from our 2021 Calendar

Options Calls for Client Artwork

Options encourages our clients to explore and share their unique individual recovery journeys through art. Drawings, paintings, music pieces, photographs, crafts, and video clips are some of the many ways our clients explore and express their process of recovery. Options publishes client artwork in our annual calendar, in newsletters such as this, on our website, our Facebook page, and at various community events. If you or anyone you know is in recovery and would like to share your story by contributing artwork, please email a photograph of the artwork or the digital file to isachdeva@optionsrecovery.org.

We are looking forward to seeing all forms of art and sharing these creative works with our Options community.

If you have any questions, please do not hesitate to reach out to the email address shown above.

From the Desk of Our Board President:

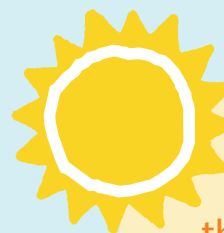
As we see a light at the end of the tunnel, I am humbly and gratefully reminded that Options is emerging from the coronavirus pandemic in strength and unity. While there have been setbacks, Options has proven once again that this community abides by its dedication to recovery and promise of a better future. When faced with such setbacks, the staff, donors, and clients at Options adapted to and overcame the challenges – in fact Options has seen growth amidst the pandemic.

Our quarterly graduations continued to be held in a virtual setting, allowing a greater community to tune in and celebrate the recovery of our clients with immense pride. We relied on social media to communicate with the Options community more than ever before, sharing our annual calendar with clients' artwork and quarterly newsletters digitally. Our donors and volunteers greatly fostered Options' continued growth during our ongoing Home Improvement Campaign and Call for the Arts Campaign, and through their generous donations of time and involvement.

The pandemic has tested the strength and solidarity of Options, and we are proud that our community continued to demonstrate its ongoing commitment to sobriety and to each other. We will continue to celebrate our clients' journeys and their accomplishments in upcoming graduations. The September 2021 graduation will be held via Zoom, and we would be honored to have you celebrate our graduates with us. We at Options want to graciously thank you for your continued support.

— Susan Champion

President of the Options Recovery Services Board, Attorney, Stanford Law School



Options has proven once again that this community abides by its dedication to recovery and promise of a better future.



Voices of Recovery: Options June 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.

"Options really helped guide me through it. I'm really grateful for everything – all the tools that they supplied me with to help me navigate these past few months."

- Christopher S.

"My journey is far from over. I will continue to ask for help and support, and will grow each day, one day at a time."

- Candace S.

"I learned how to express different angels of my feelings and how to approach different situations."

- Jemia A.

"Sometimes you have to get knocked down, lower than you have ever been, to stand up taller than you ever were."

- Michael W.

"I said 'I can't do this! I cannot do this! I can't do this!', and, I did it, and they were very supportive."

- Liza H.

News

Options Welcomes New Medical Director

Options was founded and directed by Dr. Davida Coady, who also served on the Board of Directors and as Options' Medical Director until her retirement and passing in 2018. Dr. Linda Spangler then became Options' second Medical Director in time to lead Options through the COVID pandemic. With Dr. Spangler's leadership, Options has survived the virus with no casualties and no program closures, a remarkable achievement. Dr. Spangler retired in June, 2021. Options is now pleased to announce Dr. Jocelyn Freeman Garrick has joined our team as Options' new Medical Director.

Dr. Freeman Garrick obtained an undergraduate degree from the University of California, Berkeley and attended medical school at the University of Southern California. Following the completion of her residency program, she became an Emergency Medicine physician. She attended Cornell University and obtained a Masters in Science in Epidemiology, and then returned to the Bay Area where she began working as an attending physician in Oakland at the Alameda County Medical Center.

Dr. Freeman Garrick, as part of Mahogany Health Solutions, will be working alongside Physician Assistants Denae Reed and Lisa Monroe, Physician Assistants at Highland Hospital, to be on-call, oversee medical referrals, and direct the future of health services at Options.



Dr. Jocelyn Freeman Garrick

To the Options community, Dr. Freeman Garrick wants to share, "We hope staff are informed and empowered to handle medical issues for residents, their families and themselves. We hope to add medical support to the strong behavioral and social models that already exist."

Options' new medical team will be able to provide enhanced services including round-the-clock availability, training for Options' staff, overseeing both physical health and mental health conditions, and continuously updating protocols to deal with new variants of COVID and whatever health issues we may face. Options welcome our new, outstanding medical team.

Options Partners with the Community to Celebrate National Recovery Month

September is National Recovery Month, and Options is partnering with local churches, the Catholic Diocese of Oakland, and the Episcopal Impact Fund to highlight and appreciate the miracle of recovery. Please join with Options and our partners to celebrate the following upcoming events:

Options Home Improvement Campaign

Options and our partners call upon all our supporters to donate furniture in good condition to improve the recovery residences that provide safe and drug free housing to our recovering clients. (see announcement page four)

Options Call for Client Artwork

Recovering clients use visual arts to tell their stories. You can help support this effort by providing a home and showcase for these inspirational pieces. (see announcement page one)

Options September 10th

Fall Graduation Celebration Options' Zoom-based graduation ceremony will be broadcasted live on Facebook and on Options' website (www.optionsrecovery.org) and archived for future viewing on Options' YouTube channel. Options graduates tell their moving stories of transformation as they have pursued their sobriety and remained free of drugs and alcohol for over one full year! (see announcement page four)

Partner Events

Events are now being planned at the Catholic Diocese of Oakland; Northbrae Community Church, Berkeley; St. Clement's Episcopal Church, Berkeley; St. Mark's Episcopal Church, Berkeley; St. Patrick's Catholic Church, Oakland; and St. Timothy's Episcopal Church, Danville. Events include Sunday Services with Options staff and clients (September 5th at St. Timothy's and September 19th at Northbrae) and outdoor community outreach events to the extent that COVID protocols allow. Whether via Zoom or in person, these events allow Options and our partner church congregations to get to know each other and celebrate the journey of recovery.

Episcopal Impact Fund Night of Lights

The Episcopal Impact Fund is a major sponsor of Options and will feature a video of Options at its annual Night of Lights, scheduled for November 12th. All of Options partners and supporters are encouraged to participate in this extraordinary event.

Options 25th Anniversary Gala, September 2022!

It may be a year away, but our 25th anniversary is on the way, and we need your help and involvement. Please join us now in planning for our 25th Anniversary celebration!



Tune in for Options' September 10th Graduation Celebration

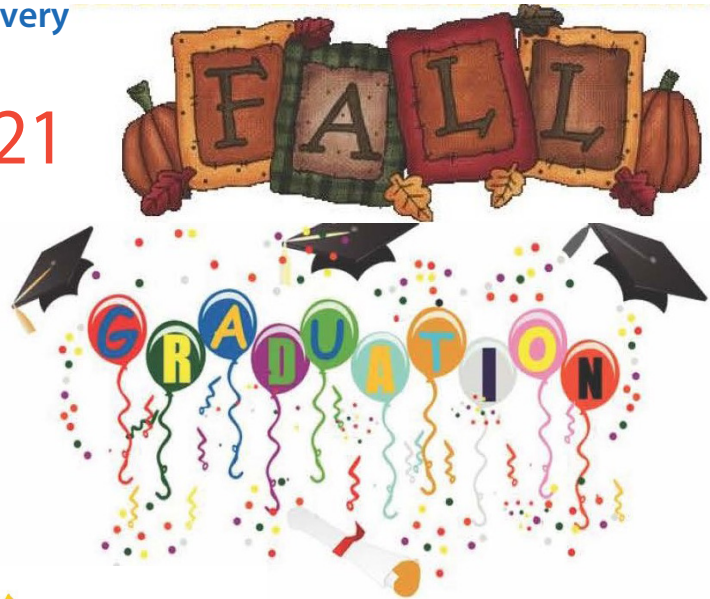
You are invited to join the celebration of sobriety as we honor the Options Recovery Services Graduates!

September 10th, 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.

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