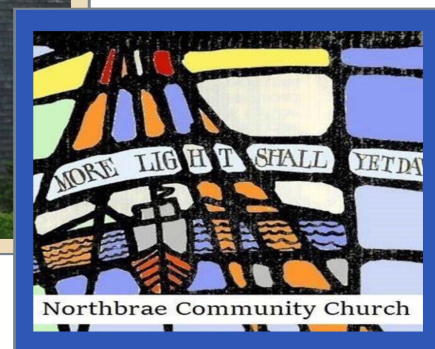
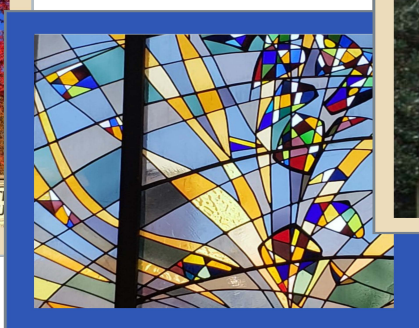
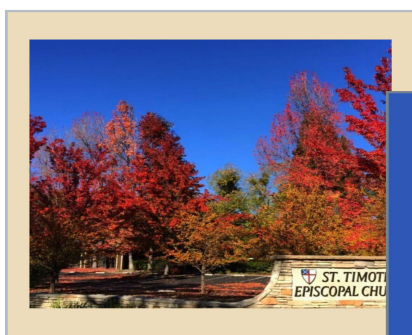


# Options NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Options Partners with Local Churches to Serve the Community

## Options Partners Prepare for Christmas at the Recovery Housing

Options and our partners 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 are working together to support Options clients who live in our nine recovery residences. Northbrae Community Church started the tradition for Christmas 2018. 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 houses. Options staff gathered the gifts, took them to the houses, and led a Christmas celebration of sobriety at each house.



*Khairi Reynolds, Men's Counselor, delivering Christmas presents*

The program has now grown to include all of our partners in providing support for the holidays and throughout the year. Local church and community partners and donors asked their congregations to donate furniture in good condition to improve the recovery residences that provide safe and drug-free housing to our clients. In addition, they generously sponsor Options quarterly graduation ceremonies where Options graduates tell their moving stories of transformation as they pursued their sobriety and remained free of drugs and alcohol for over a year!

Options provides a twelve-step recovery program based on clients' faith and aspirations and celebrated in each client's

spiritual traditions. The partners invite Options' staff and clients to visit their congregations and tell their stories of recovery.



### From the Desk of Our Executive Director:

Greetings all. It has been my pleasure and privilege to currently serve as Options Recovery Services' Executive Director, succeeding Tom Gorham and Dr. Davida Coady. Options has established itself as a strong, committed, "client first" community-based organization over the last 24 years and it is my intention to maintain the philosophy and build upon the foundational breakthroughs Options is known for. It is my honor to serve in this role and I look forward to continue to work with and ask for you, the Options family's support to continue to keep us moving forward.

Over the course of the last year, Options has undertaken many initiatives and taken advantage of many opportunities, despite the ongoing challenges associated with the COVID-19 pandemic. We hope to see a light at the end of the tunnel, and be able to provide continuous uninterrupted services during this time has not been easy. We all have contributed to maintaining Options mission during this difficult time, and I recognize that also has not always been easy. To the Options family, I say thank you for continuing to provide support and resources and working hard to provide life-saving services to the clients and communities we serve.

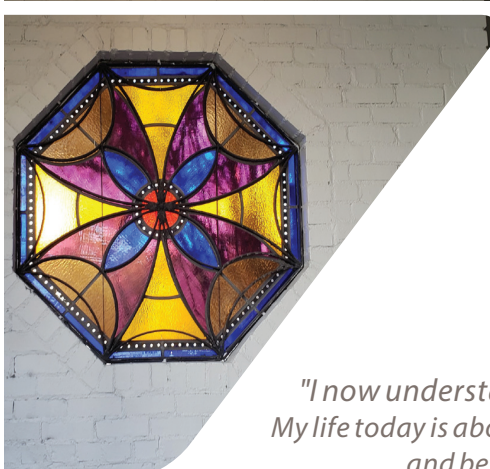
This newsletter highlights some of the major accomplishments of 2021, and some of the exciting promises we see for 2022. Particularly exciting are our plans for an expanded Perinatal Program at our newly refurbished residence, and the opportunity for providing significant program and housing support for clients reentering society from incarceration.

It has been my honor to serve as Options' Executive Director for the past year. Thank you all for allowing me the privilege of leading our team forward as we enter a new year filled with growth, prosperity, and opportunity to serve. I wish you all a wonderful holiday season, filled with love and gratitude.

— Justin Phillips, LMFT, MAC  
Executive Director of Options Recovery Services



**To the Options family,  
I say thank you for  
continuing to provide  
support and resources and  
working hard to provide life-  
saving services to the clients  
and communities we serve.**



### Voices of Recovery: Options September 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.

*"Without Options I wouldn't be here right now. I would still be homeless on the street tweaking."*

- Charles P.

*"I now understand that life is all about choices. My life today is about helping others and giving it back, and being a positive role model."*

- Felix V.

*"Life is beautiful, we only have one life. You have option to choose the right option."*

- Hitesh M.

*"A year ago before I came into Options I found myself lost in a very dark cave. Thanks to Options and their support I am recovered. I am not only sober today, but also learned how to maintain sobriety."*

- Kenneth R.

*"Being homeless, walk with shopping carts, didn't think I had a way out. With all of you guys together, it made a perfect way for me to succeed and constantly keep going forward without looking back. I am very grateful and thank you guys very much."*

- Rodney C.

# News

## Options Welcomes New Executive Director

On January 1, 2021 Justin Phillips became Options' Executive Director. A Licensed Marriage and Family Therapist and a Certified Addictions Treatment Counselor, Justin has held senior leadership roles in the substance use disorder recovery and behavioral health fields for over a decade. Under Justin's leadership, 2021 was a year of accomplishments at Options, and 2022 is ahead of us as a year of promise.



Justin Phillips, LMFT, MAC

## 2021 a Year of Accomplishments

### Pandemic Protocols

Options began the year under strict pandemic protocols: implementing telehealth services and safety requirements. A new Medical Services team consisting of Dr. Jocelyn Freeman Garrick and Physician Assistants Denae Reed and Lisa Monroe of Mahogany Health Solutions was brought on-board, and Options is gradually returning to in-person services having had no COVID outbreaks or fatalities.

### Oakland Outpatient Clinic

Options opened its new Oakland Outpatient Clinic at the old St. Patrick's Church School, 1630 10th Street, in Oakland. Options has worked with City of Oakland guidelines and formed new partnerships with the nearby Prescott School, local business and residents, to ensure the program serves as an asset to the community.

### Offender Mentor Certification Program

Options has run its Offender Mentor Certification Program in state prisons for nearly a decade, providing a two-pronged program that helped inmates with substance use disorder treat their own addictions and at the same time learn to be peer mentors to other inmates with addictions. Options OMCP clients become certified as peer mentors and as addiction counselors and often are assigned to other prisons to run counseling groups for inmates dealing with their addictions. When released from prison, OMCP graduates may come to Options, or other programs, and work toward becoming professional addiction counselors. In 2021, Options implemented a new contract with the California Department of Corrections and Rehabilitation to expand the program from four to seven prisons statewide.

### Reentry Program

Options was awarded a grant from the California Board of State and Community Corrections to implement a re-entry program for former state inmates. Options now works with adult inmates both prior to release and after release to provide case management services and ensure appropriate client placement and enrollment in needed services.

## 2022 a Year of Promise

### Reentry Housing

At its September 2021 meeting, Options' Board of Directors approved the Executive Director's recommendation to explore implementing a re-entry housing program for former inmates returning to society. The program would provide safe and sober housing, case management and placement services, and substance use disorder treatment at the specific required level for each re-entry client. An Oakland site is being investigated for opening the program for 30 or more re-entry clients in 2022.

### Alice Street House Re-opening Perinatal Program

Options' Perinatal Program provides substance abuse services for pregnant and recently delivered women and their infants. Clean and sober housing greatly increases the chances of recovery. Participation in Options' Perinatal Program increases clients' chances of remaining drug and alcohol free by over 90%. In 2021, due to the individual space requirements for shelter-in-place, clients and their children could not all be housed within the space at the Alice Street residence. Alternative housing was established, and mothers and children dispersed. With financial support from the Hedco Foundation and from the William G. Irwin Foundation, Options used this past year to begin much-needed renovations to the Alice Street property. The renovation project will restore the foundations of the two buildings and will upgrade the basements of each building to allow for both meeting space and housing of additional clients. Options hopes to complete the renovation and have mothers and their children back at Alice Street by the beginning of 2022.

### Clinical Quality Improvement

In 2021, Options Board Member Tom Trabin initiated the Options Clinical Data Committee and Options initiated implementation of the Apricot Software database programming to maintain and use client clinical data in program review and quality improvement. Newly appointed interim Clinical Director Ami Fielder is taking on responsibilities for training clinical staff in data collection and storage, and she will be working with the Clinical Quality Review Team at the County Behavioral Health Care Services and with evaluation experts to use valid, reliable data to formulate plans for ensuring program quality. A dashboard of key outcome measures is being developed for regular board and staff review, beginning in 2022.

### Options 25th Anniversary Gala!

Mark your calendars NOW, and please plan to join us for our *25th anniversary Gala, tentatively scheduled for Saturday, September 17, 2022!*





## 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](mailto: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](mailto: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](mailto: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](mailto:dbeamon@optionsrecovery.org).

### Write a check or donate on-line

Send a check to Options Recovery Services, donate on-line at [www.optionsrecovery.org](http://www.optionsrecovery.org). For questions, contact Porter Sexton, Development Director 408-393-0089 or email [psexton@optionsrecovery.org](mailto:psexton@optionsrecovery.org).

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