

2022 Calendar

Twelve Steps of Recovery



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.

Over the course of the last year, Options as 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 being 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.

It is my honor to serve in this role, and I thank you, the Options family, for allowing me the privilege of leading our team forward as we enter a new year filled with growth, prosperity, and opportunity to serve.

Warmly,
Justin Phillips, LMFT, MAC



Options 12 Steps of Recovery

January

Step 1: Admitting Powerlessness



February

Step 2: Accepting the Need for Help



March

Step 3: Deciding to Seek Help



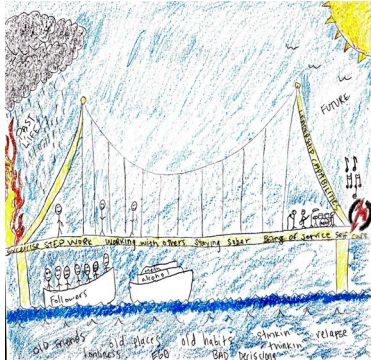
April

Step 4: Appraising Oneself



May

Step 5: Admitting One's Wrongs



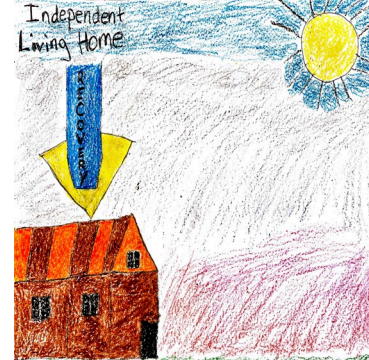
June

Step 6: Preparing for Help



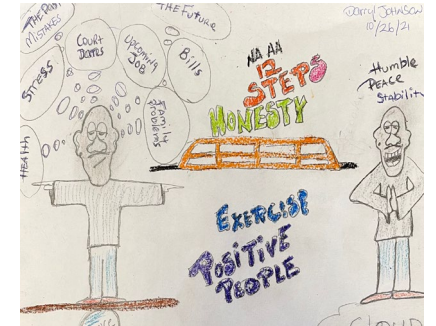
July

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 10: Seeking Grace



December

Step 12: Living Sober



Step 1: Admitting Powerlessness



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>The artist Samuel McFarland is the primary instructor for Options' Recovery through the Art Program. Samuel, a former client, is pursuing a Master's Degree with a major in Arts Therapy.</p> <p><u>Graduate quote:</u></p> <p>"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.</p> <p>To view Rodney's graduation comments, visit https://drive.google.com/file/d/1DIEZUz3LHMffFWdUHCBG_3d0WRg7x4RH/view?usp=sharing </p>
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	
30	31	1	2	3	4	5	

Step 2: Accepting the Need for Help



FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>Options' Recovery through the Arts Program allows clients to use the arts to express their paths to recovery. This client artwork illustrates both the beauty and the thorns along the way.</p> <p><u>Graduate quote:</u></p> <p>"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.</p> <p>To view Kyle's graduation comments, visit https://drive.google.com/file/d/1ly9gKfKpAC_fXWaOuahUodDrCh6Wsul/view?usp=sharing </p>
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	1	2	3	4	5	

Step 3: Deciding to Seek Help



MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27	28	1	2	3	4	5	<p>Clients have the opportunity to express their own paths on their unique journey. Art therapy allows clients to explore and express their inner thoughts.</p> <p><u>Graduate quote:</u></p> <p>“You have given me back my self-worth, my self-esteem, and my self-confidence. I thank you for your support and guidance.”</p> <p>- Pamela J.</p> <p>To view Pamela’s graduation comments, visit https://drive.google.com/file/d/1bzY7p1hNyV9AO2OX-0zqrE88h7u5b579/view?usp=sharing</p>
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	

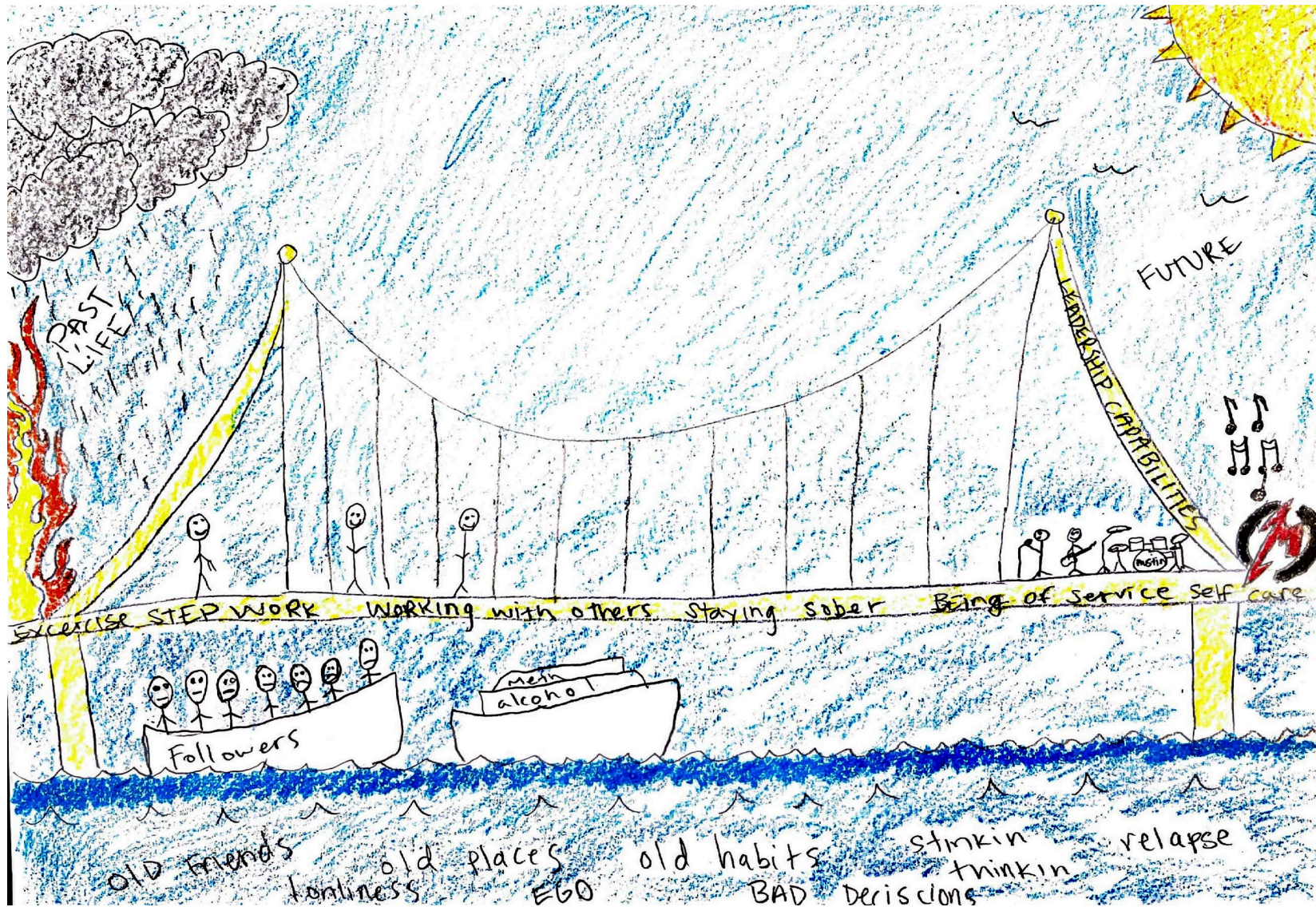
Step 4: Appraising Oneself



APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>The artwork for April is contributed by Nedra W., an Options graduate who volunteered through the pandemic bringing mindful art to our clients sheltering in place, encouraging them to creatively align with their life in recovery.</p> <p><u>Graduate quote:</u></p> <p>“Through Options I ultimately developed a set of tools and skills to consciously regain control of my life.”</p> <p>-Robert L.</p> <p>To view Robert’s graduation comments, visit https://drive.google.com/file/d/1QEX-msnbjPBBQw7LV_GqEbdzefSfXMAy/view?usp=sharing</p>
27	28	29	30	31	1	2	
3	4	5	6	7	8	9	
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17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

Step 5: Admitting One's Wrongs



MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>Client artwork is used to illustrated Options' annual calendar, with artwork used to illustrate each of the twelve steps of recovery. Each month celebrates one step in the clients' recovery process.</p> <p><u>Graduate quote:</u></p> <p>"They believed in me before I was able to believe in myself, and that was crucial in my early days of recovery."</p> <p>-Sara B.</p> <p>To view Sara's graduation comments, visit https://drive.google.com/file/d/1uNCrrcNfYv2JjezasvWt4X-R3_SCwXOI/view?usp=sharing</p>
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	

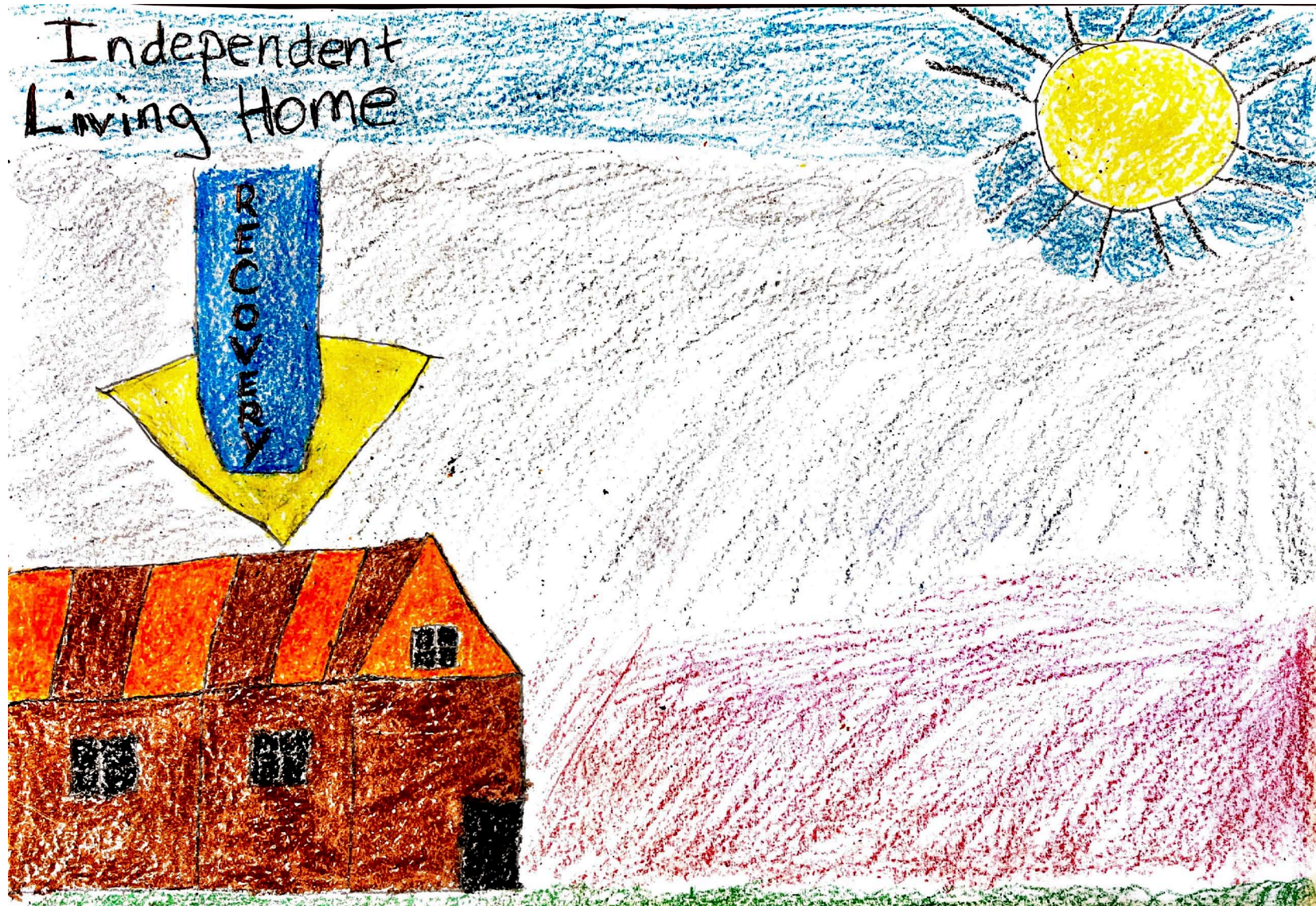
Step 6: Preparing for Help



JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>Many clients have never had the opportunity to work in the arts, and many clients are experienced artists. Recovery through the Arts allows clients to express themselves, regardless of experience.</p> <p><u>Graduate quote:</u></p> <p>“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.”</p> <p>- Christopher S.</p> <p>To view Christopher’s graduation comments, visit https://drive.google.com/file/d/1RzOMZe9svyOE7Fec9wh_2lctxkCS5kH4/view?usp=sharing</p>
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	1	2	

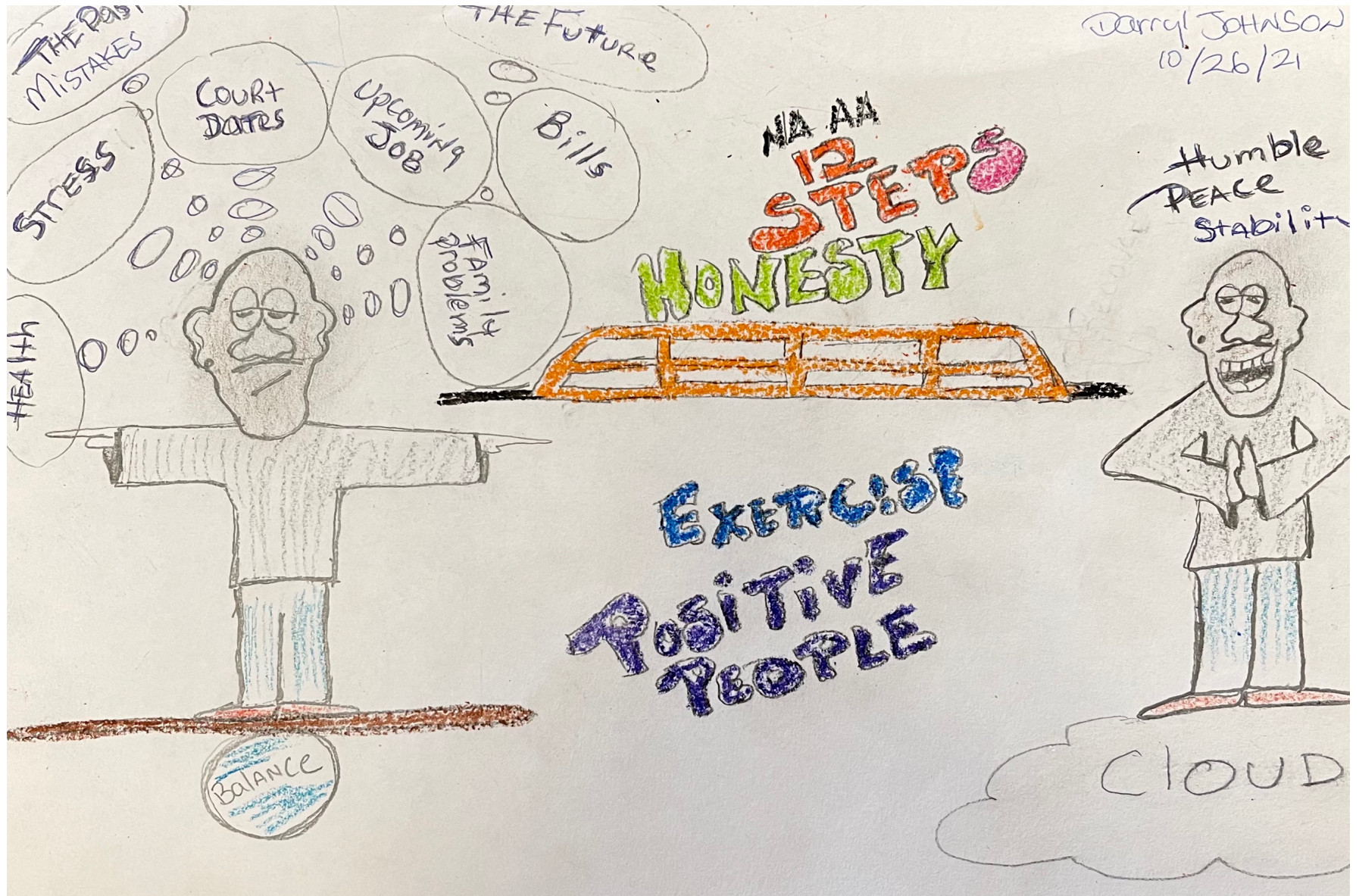
Step 7: Asking for Help



JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>Client artwork is available to the public and is used to illustrate Options' events and documents, such as this annual calendar.</p> <p><u>Graduate quote:</u></p> <p>"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."</p> <p>-Liza H.</p> <p>To view Liza's graduation comments, visit https://drive.google.com/file/d/17anclZh1QkzYYA4sHbVoin3v/view?usp=sharing</p>
26	27	28	29	30	1	2	
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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	6	

Step 8: Listing Those One Has Hurt



AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
31	1	2	3	4	5	6	<p>Art allows clients an additional pathway to explore their journeys to sobriety, often providing a rich and satisfying approach not found in other therapeutic activities.</p> <p><u>Graduate quote:</u></p> <p>“Sometimes you have to get knocked down, lower than you have ever been, to stand up taller than you ever were.”</p> <p>- Michael W.</p> <p>To view Michael’s graduation comments, visit https://drive.google.com/file/d/1UEnC6i2JiWaNgg0ODBAG3iQUHbZFURcr/view?usp=sharing</p>
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	

Step 9: Making Amends



SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>Kelly Garza, the artist who produced this artwork, is an Options staff member in the Housing Department who provides support for the Recovery through the Arts Program.</p> <p>Graduate quote:</p> <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.”</p> <p>- Felix V.</p> <p>To view Felix’s graduation comments, visit https://drive.google.com/file/d/1iMzM aAzz8dg7BsSr51Pz 5WyZelbQhSY/view?usp=sharing</p>
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	30	1	

Step 10: Admitting Errors



OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>Clients in Options' Perinatal Program may have their children with them in their recovery. Children with moms in the Perinatal Program also have the opportunity to participate in artwork, exhibited in these few examples.</p> <p><u>Graduate quote:</u></p> <p>"Upon coming here my life was unmanageable. Today this is not the case, this program really works. If I can do it, perhaps this can be an inspiration for someone else to do the same."</p> <p>-Joe C.</p> <p>To view Joe's graduation comments, visit https://drive.google.com/file/d/1jrzm-9MMwDCn3FtoGadF8HgfOHRreYjo/view?usp=sharing</p>
25	26	27	28	29	30	1	
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16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	1	2	3	4	5	

Step 11: Seeking Grace



NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>An Options client may be truly outstanding artist. This drawing was done by Options client Dwight C. in the Recovery through the Arts Program.</p> <p><u>Graduate quote:</u></p> <p>“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.”</p> <p>-Kenneth R.</p> <p>To view Kenneth’s graduation comments, visit https://drive.google.com/file/d/1l47A93dotPuyrprifTnmvAYHm93hAp4I/view?usp=sharing</p>
30	31	1	2	3	4	5	
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20	21	22	23	24	25	26	
27	28	29	30	1	2	3	

Step 12: Living Sober



DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>Options graduate Candace S. produced this work illustrating her path to recovery. Candace provided the graduate quote for this month at her own graduation celebration.</p> <p><u>Graduate quote:</u></p> <p>“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.”</p> <p>- Candace S.</p> <p>To view Candace’s graduation comments, visit https://drive.google.com/file/d/16ksqX4EDjxNnhu99aQ79iqoIIW_9po-V/view?usp=sharing</p>
27	28	29	30	1	2	3	
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18	19	20	21	22	23	24	
25	26	27	28	29	30	31	