

# Options

## NEWSLETTER

BREAKING THE CYCLE OF ADDICTION

*Options staff at new outpatient treatment clinic at 1470 Civic Court, Suite 100, in Concord*



*Bobbie Byrd, SUD Counselor Intern*



*Vandrick Towns, Director of Programs*



*Leah Jensen, SUD Counselor Intern*



*Travis Mozeke SUD Counselor*



*Joey Pagaduan, SUD Counselor Intern*

## Options Opens New Clinic in Concord

In October Options opened its new outpatient treatment clinic at 1470 Civic Court, Suite 100, in Concord. The clinic is open Monday through Friday, 8 am through 4:30 pm, and provides evening group sessions as needed. Services include outpatient treatment for both men and women, intensive outpatient treatment, and recovery support services. Focus is on skill building, identifying denial patterns, anger management, self-discovery, building healthy relationships, relapse prevention, and preparation for re-entry into the community. Services are available for all Contra Costa adults with Substance Use Disorder, regardless of ability to pay. This is Options' first treatment program in Contra Costa County, and a new treatment clinic is being planned for Richmond in the coming months.

## Letter from the Executive Director

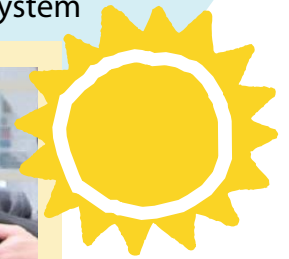
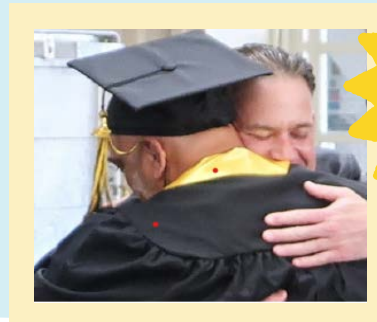
Seasons Greetings,

I would like to sincerely recognize and appreciate Options Recovery Services staff, donors, stakeholders and many members of the community who continue to support our mission of continuing to help countless families and individuals redefine their relationship with addiction and create exciting, new clean and sober lives.

2022 has been an exciting year for Options, despite the ongoing challenges Covid-19 continues to wield. We extended our reach in to Contra Costa County and opened a new substance use disorder treatment program in Concord and are looking forward to opening another in Richmond in 2023; we successfully expanded our training and certification in California's prison system as part of the Offender Mentor Certification program and enhanced our service delivery system in Alameda County!

I hope every person part of the Options family has a very happy holiday season, filled with joy, gratitude and good health. Best wishes in 2023 and I look forward to another year of Options continuing to help those who need us the most.

— Justin Phillips, LMFT, MAC  
Options' Executive Director



Moments before walking out of prison after 42 years, Martin Marsh shares an emotional embrace with Justin Phillips, Executive Director for Options Recovery Services.



## Voices of Recovery: September 2022

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.

*"Before Options I was in a pretty bad place. Mentally unfit, heavy addiction, homelessness, and a lifestyle involving crime. Since I've been in Options it's been a long road, it wasn't always easy, it's not very comfortable challenging myself. There was always this high demand; everything revolved around my addiction, and I knew I had to make some changes."*

- Roman M.

*"God has given me a better vision of who I was than who I was from before, and Options is just going to make me want to work even more and just keep moving forward."*

- Danielle B.

*"All the hard work that I've done is a reflection of the staff at Options."*

- Ryan B.

*"I'd like to thank Options. I'd like to thank John, Steward, George, Robert, and Sam, my counselors. You guys could get me to be twelve months sober, you guys did a great job, because I haven't been a year sober in 26 years."*

- Tony H.

*"If I hadn't quit drinking and using drugs and smoking cigarettes I really don't know if I'd be here."*

- Sharon T.

*"I want to express my gratitude to the Options program. When I think about who I was a year ago when I first came here I really didn't think I was going to be able to be successful, it just seemed like such a giant mountain to climb. I luckily have had five different counselors here at Options, and each one of them taught me something in a slightly different way."*

- Peter B.

# Options News

## Options 25th Anniversary Gala Launches Public Information Campaign



*Annie Lamott and Tom Gorham receive awards  
at Options 25th Anniversary Gala*

Options celebrated its 25th Anniversary with a Gala event at International House on the UC Berkeley campus on September 17, 2022. With support from the UC Berkeley Chancellor's Community Involvement Fund, Options teamed with Berkeley Community

Media (BCM) to produce two videos: Twenty-five Years of Recovery (<https://youtu.be/l0cHEdQLOXM>) and Options Gala Awards Ceremony ([https://youtu.be/INw\\_DieqsC8](https://youtu.be/INw_DieqsC8)). These short films will be broadcast on BCM's public television Channel 28 via Comcast and Channel 99 on AT&T. Twenty-five years of Recovery will air Wednesday, December 7th, at 8 pm, and Options Gala Awards Ceremony will air Friday, December 9th, at 8 pm. The videos may also be seen at the links provided. Options welcomes the opportunity to speak at your church, civic event, or community forum to tell the story of addiction recovery.

*You're invited to help us celebrate our Options Graduates at the*

# Winter



**December 2nd , 2022 at 4:30 p.m.**

We will have a live broadcast via Facebook and Options website!







WISHING YOU  
*Happy Holidays*  
 AND A WONDERFUL NEW YEAR  
 from our staff at Options Recovery Services



## 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).

### Contract for drug testing services

Ensure your workplace or activity is drug-free by calling Kim Chavez, Director of Administration 510-519-6880 or email [kchavez@optionsrecovery.org](mailto:kchavez@optionsrecovery.org).

### Donate gently used furnishings, appliances, & housing items

Bring items to Options' Allston Way office on Friday afternoon or contact Barbara Madeiros, Housing Director, 510-666-9552 x 123 or email [bmadeiros@optionsrecovery.org](mailto:bmadeiros@optionsrecovery.org).

### Volunteer your time

Help with our office support, development, and/or facility maintenance and improvement. Contact Dianna 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 one time or become a recurring donor 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).

### Visit Us on Social Media:

