

Options

NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Options' September 2023 Newsletter highlights our community funded programs:

California Board of State and Community Corrections funds programs for adults reentering society from California prisons. Options' Academy of Hope program supports former Options' clients who participated in Options' Offender Mentor Certification Program (OMCP) while incarcerated. Options' Warm Handoff projects help provide housing, training, case management, transportation, and other necessities for former inmates.

The Office of the Chancellor at the University of California Berkeley funds Options' Homeless Outreach information program in Berkeley, providing such items as this Newsletter to highlight efforts to address the local homeless situation.

City of Berkeley provides funding for Specialized Care Unit services, including the Options' Community Navigators program providing community support for the homeless, and Options' Co-occurring Mental Health services, providing support for local residents dealing with co-occurring mental health and addiction issues.

California Governor's Office of Business and Economic Development supports Options' jobs training program for clients who were negatively impacted by the "War on Drugs."

California Arts Council funds Options' Recovery through the Arts program, providing art training and art activities to support recovery from addiction.

The Witkin Charitable Foundation and many others support Options' perinatal program at our Alice Street residence – a special feature of support for the program this year is improving the grounds and gardening area, and building a safe play area for our perinatal clients and their children.

Letter from the Chair of Options Recovery Services' Board of Directors

Dear Friends,

As Chair of the Options Board of Directors, I look forward to our newsletter each quarter as an opportunity to tell the world about the life-changing work of Options' amazing staff and volunteers.

That said, we realized early on that Options does not function alone but is part of a larger whole. We work alongside other agencies that address the needs of those without permanent housing, provide services to individuals involved in the criminal legal system, and prepare formerly incarcerated adults with skills to help them survive and thrive.

This quarter's newsletter focuses on the services we provide to enhance the health and wellness of our communities, above and beyond our client treatment programs. These services would not be possible without the generous financial support of donors and funding partners, including:

- The California Board of State and Community Corrections
- The Office of the Chancellor of the University of California, Berkeley
- The City of Berkeley
- California Governor's Office of Business and Economic Development
- The California Arts Council, Recovery Through the Arts
- The Witkin Charitable Foundation.

We hope you enjoy the beautiful photographs and inspiring quotes from those who are participating in these exciting new programs. We cannot thank you enough for your continuing support. - Susan Champion



Voices of Recovery: 2023 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.

"I've gone through so many programs, but nothing like the Options staff and the curriculum and everything that they had really touched me in a way that I could actually see myself, and see where I was going, where I wasn't going, what I was doing, what I wasn't doing. I learned some things. I'd like to thank my counselors, they really stuck with me and really pushed me to see myself in a whole different light."

- London, March 2023 Graduate

"The OMCP was a dream come true and a life changing experience. Options has been so supportive in my transition back into society. I feel so at home here at Options."

- Biridiana, June 2023 Graduate

"I think Options is a great place to connect, build community, and develop. There is a lot that I have learned along the way."

- Niall, June 2023 Graduate

"Since I've been in treatment at Options, I have learned and gathered many tools to help me remain clean and sober, rebuild positive relationships with family and friends, gained patience, set boundaries, be truthful with self and others, self-care and being in touch with my emotions and feelings."

- Denise, March 2023 Graduate

"Options has played a huge role in my recovery. When I first came to Options, I was struggling. I had about 7 months clean, I had just graduated a residential program and I was going through a CPS (Child Protective Services) case. I was having a hard time coping with being alone for the first time in the real world as a sober mom; starting Options made me feel less alone."

- Torri, June 2023 Graduate

"Options has been really beneficial to my life, they've introduced me to a new way to live."

- Joey, June 2023 Graduate

Options Recovery Services' Special Programs



Academy of Hope participants
'Clean Up Day' in the community

California Board of State and Community Corrections (CBSCC) Programs

Options' counselor George Smith leads our new Academy of Hope program at the Thomas Gorham Center in Oakland. At the Academy former participants in Options' in-prison Offender Mentor Certification Program obtain the training and experience needed to become certified substance abuse clinicians. At the same time, Options' Noel Schwab and James Stevens lead CBSCC "Warm Handoff" projects providing enhanced services and training for other former California inmates. The CBSCC supports Options efforts to document client services and evaluate client progress in an effort to ensure the most effective programming possible.

The Office of the Chancellor at the University of California Berkeley Community Involvement Fund

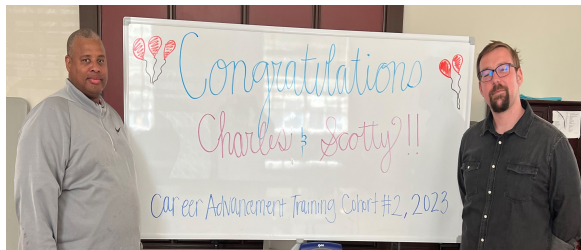
The UCB Chancellor's office provides funding for community outreach and information. Options partners with Berkeley Community Media to provide video recordings, website postings, and printed materials such as this Newsletter to engage and inform the public. This year Community Involvement project highlights Options' efforts to address the local homeless situation, in collaboration with the City of Berkeley and with UCB's School of Social Welfare and its homeless outreach coordinator Ari Neulight.



Options' Special Programs are overseen and administered by Options' Senior Director of Programs Mike Thomas

City of Berkeley Specialized Care Unit Services

Options' Community Navigators program provides trained clinical staff to deliver outreach support services to the Berkeley and Albany homeless populations. These services include screening and initial intake interviewing, referrals for direct services, case management, and transportation to needed services. Options clinicians Gary Anderson and Adelyn Helfand head our **Co-occurring Mental Health Services**, a joint project with the City of Berkeley's Mental Health Department that serves local residents dealing with co-occurring mental health and addiction issues. Clients may be referred to the Co-occurring program by the Navigators or by other referring agencies.



Charles and Scott are Options' first graduates of the Governor's program

California Office of the Governor Business and Economic Development Program

Options' Scott St. Clair serves as trainer and placement specialist for this jobs program for clients who were negatively impacted by the "War on Drugs." Options clients are given the opportunity to refine their employability skills, review career options, refresh their resumes, and reenter the workforce with improved likelihood of success. Specialized classes are scheduled throughout the year, and personalized support is provided up to, through, and after hiring.

California Arts Council Recovery through the Arts

Options' Recovery through the Arts program supports clients' expression through artistic activities and projects. This photo is from an all-day watercolor class provided by art instructor Pamela Rhodes, founder and director of ARTroads Academy. Options' Annual Calendar (<https://optionsrecoveryservices.com/wp-content/uploads/2022/12/2023-Options-Calendar-Final.pdf>) is illustrated each year by our artists' work depicting aspects of their journeys to recovery.



Perinatal Recovery Residence

Barbara Madeiros, Options' Housing Director, oversees our perinatal recovery residence program at our Alice Street residence in Oakland's Chinatown. Financial support from the Witkin Foundation, the West Davis and Bergard Foundation, the Trio Foundation, the Lowell Berry Foundation, the Episcopal Impact Fund, and local churches and individual donors support special project at Alice Street for up to twelve recovering mothers and their children. This year's efforts focus, in part, on engaging the residents to design and implement improvements on the grounds and gardening area outside the house. Past efforts, funded primarily by the Hedco Foundation and the Irwin Foundation, included a complete remodel of the facility.



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



September 8th, 2023 at 4:30 p.m.

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

Please consider supporting Options:

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. For questions, contact Porter Sexton, Development Director 408-393-0089 or email psexton@optionsrecovery.org.

Approximately 90% of Options' funding comes from government contracts. The remaining 10% comes from business income and from donations from people like you. Your donations help to provide the necessities that support our clients on their roads to recovery.

Donate gently used furnishings, appliances, & housing items

Bring items to Options' Allston Way office on Friday afternoons or contact Barbara Madeiros, Housing Director, 510-666-9552 x 123 or email 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.

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.

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.

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