



2024 Calendar

Twelve Steps of Recovery





Greetings all,

It has been my pleasure and privilege to serve as Options Recovery Services' Executive Director for the past two years, succeeding Tom Gorham and Option's founder Dr. Davida Coady.

Over these past two years, Options has undertaken many initiatives and taken advantage of many opportunities, even while facing the ongoing challenges associated with the COVID-19 pandemic. We doubled the capacity of our perinatal recovery residence program and began development of the grounds into a recreational area for mothers and their children; we grew our outpatient Substance Use Disorder treatment programs in Contra Costa County with an expanding clinic in Concord and one soon to be opened in Richmond; and we implemented a full-service reentry program for formerly incarcerated adults in Options' in-prison program to become peer mentors engaged in community efforts to support healthy lifestyles.

Throughout all this we have maintained and grown our core programs of Substance Use Disorder treatment and recovery residences in Alameda County, our Offender Mentor Certification Program in California prisons, and our community outreach and support programs in Berkeley. And we have maintained and grown both our Recovery Through the Arts program, which funds the newsletter and provides support for clients and staff to employ the arts to improve their life journeys, and our safe and sober Housing Program, which provides secure supportive housing for up to 180 adults in Oakland and Berkeley.

It has been my honor to serve in the role of Executive Director during this time, 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*

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 11
Seeking Grace

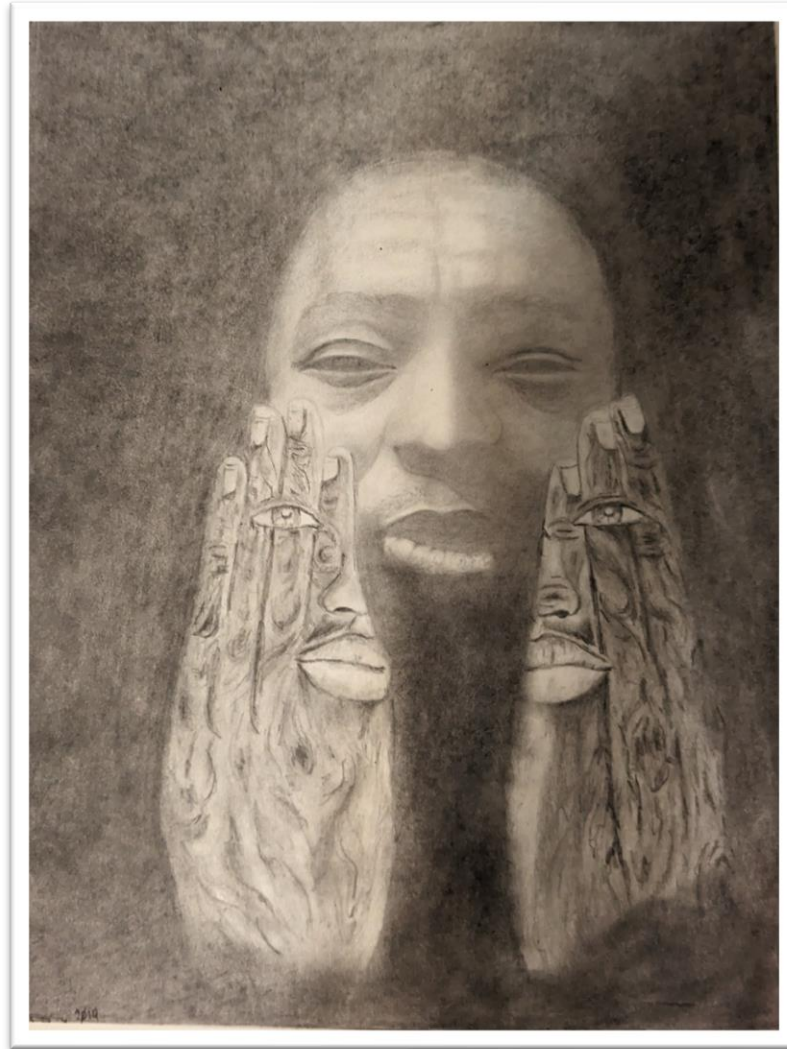


December: Step 12
Living Sober



January

Step 1: Admitting Powerlessness



JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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			



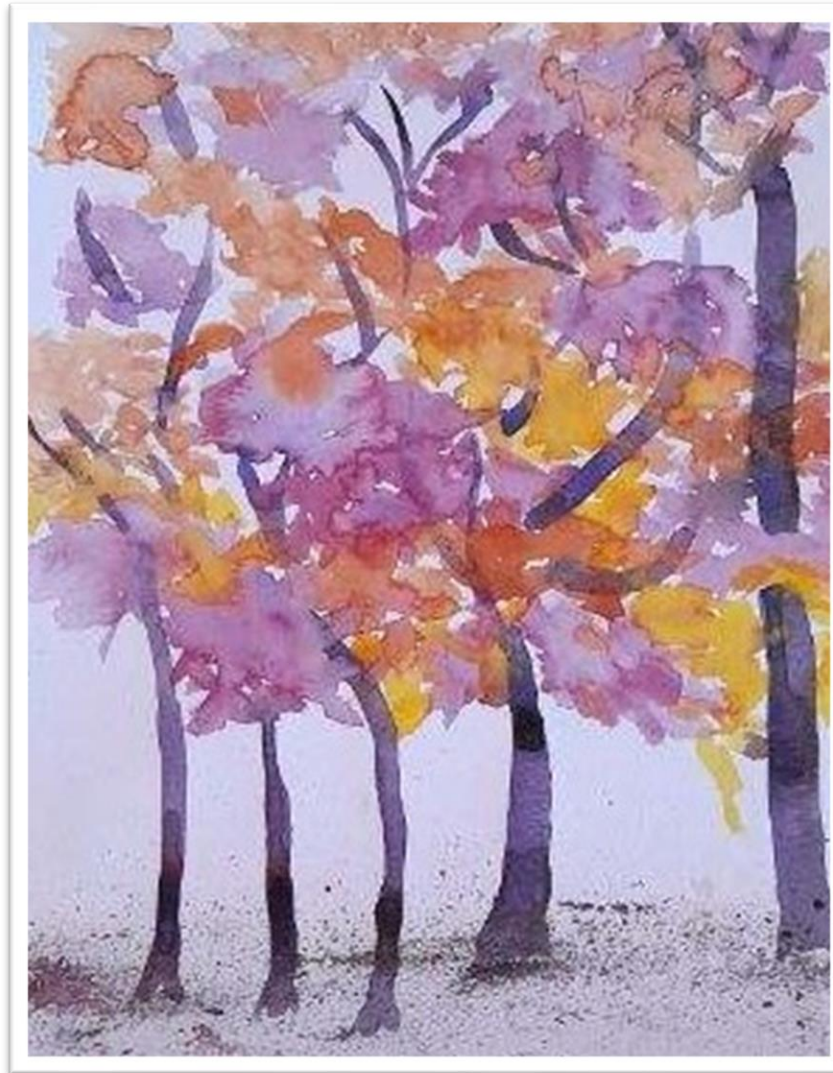
London: “I’ve gone through so many programs, but nothing like the Options staff and the curriculum and everything that they had really touched me in a way that I could actually see myself, and see where I was going, where I wasn’t going, what I was doing, what I wasn’t doing. I learned some things. I’d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

To view London’s comment at his graduation, visit:

<https://youtu.be/0-h4d2KG-OM>

February

Step 2: Accepting the Need for Help



FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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		



Denise C.

Denise C.: “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.”

To view Denise’s comment at her graduation, visit:
<https://youtu.be/sfHNFKQF1NI>

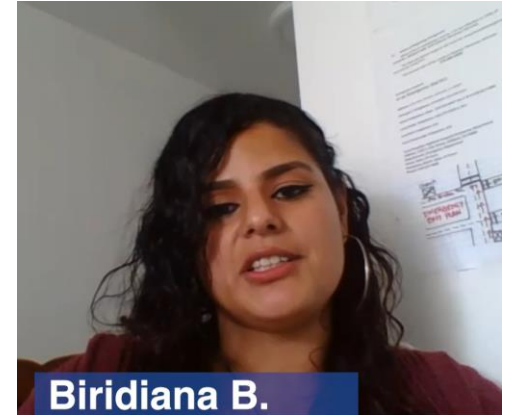
March

Step 3: Deciding to Seek Help



MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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	29	29	30/31



Biridiana B.: “Options Recovery is a program I highly recommend to others who are struggling with addiction. Everyone at Options are incredible people, all Options teams showed me I came to the right place.”

To view Biridiana’s comment at her graduation, visit:

<https://youtu.be/AUbwkJ3N8E>

April

Step 4: Appraising Oneself



APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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				



Cory C.: “First of all, I’d like to start off by thanking Options for being there for me, because I’ve never been in an outpatient program; I’ve been through all residential treatments, so this was my first outpatient program and the first program I actually surrendered to the process, because I came in here being teachable.”

To view Cory’s comment at his graduation, visit:

<https://youtu.be/o93xazKUaUw>

May

Step 5: Admitting One's Wrongs



MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	



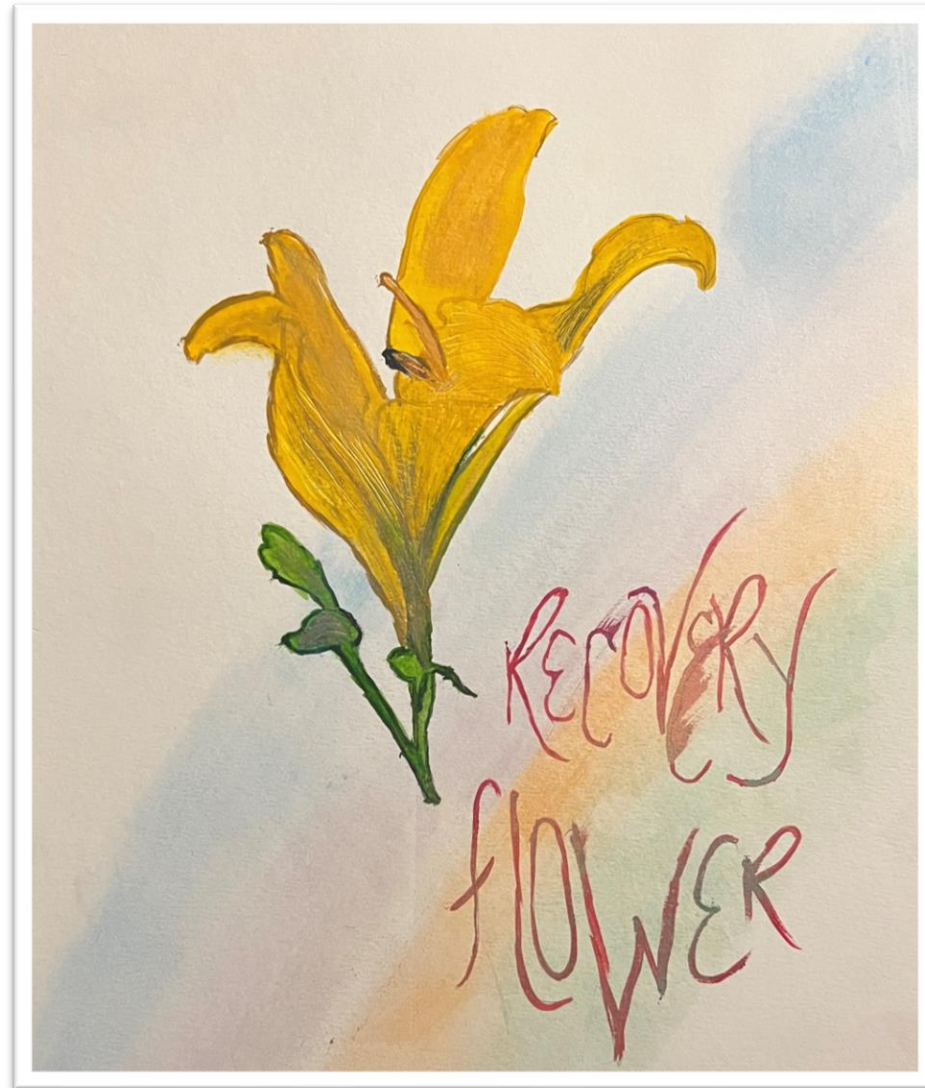
Joey H.: “Options has been really beneficial to my life, they’ve introduced me to a new way to live.”

To view Joey’s comment at his graduation, visit:

<https://youtu.be/2q0TYQ-yPB4>


June

Step 6: Preparing for Help



JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29/30



Manny P.

Manny P.: “To all of the directors that gave me a chance to come to this program, without you guys, I wouldn’t be here.”

To view Manny’s comment at his graduation, visit:
<https://youtu.be/aOycx03D45Q>

July

Step 7: Asking for Help



JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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Mariela S.: “I want to start by thanking Options; it helped me to learn how to love myself, how to forgive myself, gave me a safe, stable place to live. I learned coping skills, overcoming and managing a disease, and living in a physically and emotionally healthy way.”

To view Mariela’s comment at her graduation, visit:

<https://youtu.be/IR4pBjWf2Jc>

August

Step 8: Listing Those One Has Hurt



AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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



Mark E.

Mark E.: "I'm extremely grateful and inspired to start a new way of living."

To view Mark's comment at his graduation, visit:

https://youtu.be/Pu4k1qX_ZWw

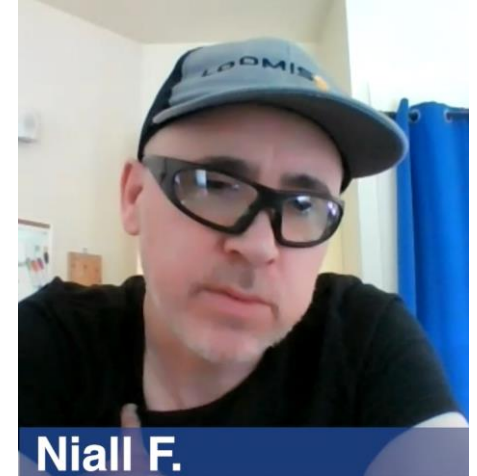
September

Step 9: Making Amends



SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					



Niall F.: “I think Options is a great place to connect, build community, and develop. There is a lot that I have learned along the way.”

To view Niall’s comment at his graduation, visit:

<https://youtu.be/uNUrulzh-v0>

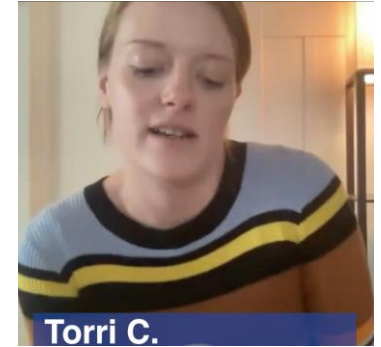
October

Step 10: Admitting Errors



OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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		

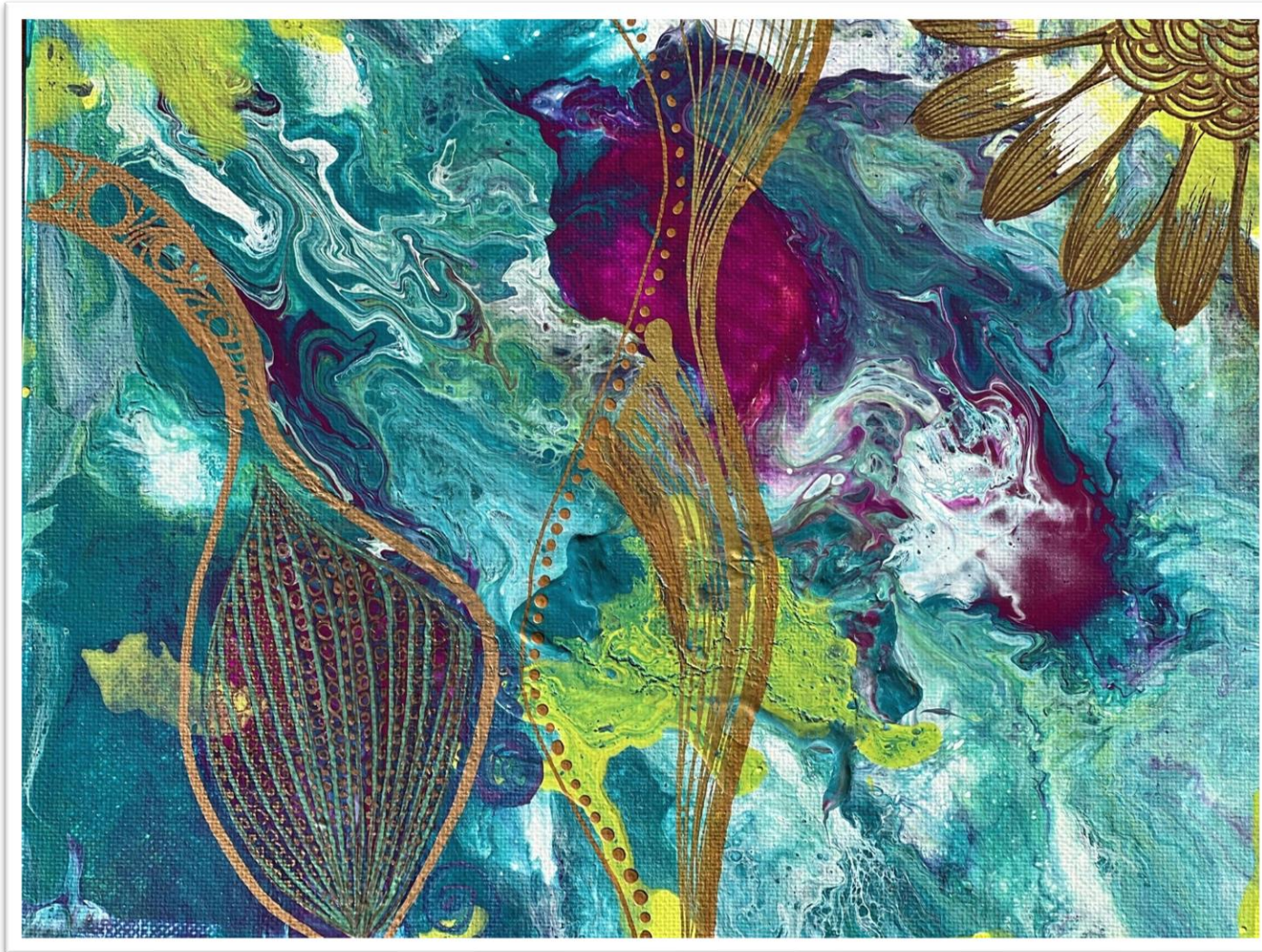


Torri C.: "Options has played a huge role in my recovery. When I first came to Options, I was struggling. I had about 7 months clean, I had just graduated a residential program and I was going through a CPS (Child Protective Services) case. I was having a hard time coping with being alone for the first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

To view Torri's comment at her graduation, visit:
<https://youtu.be/5KSWkxpSZE0>

November

Step 11: Seeking Grace



NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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Vannsy S.: “I’m working toward stability, I love my job. Sober, I have confidence without anger and my heart is alive again.”

To view Vannsy’s comment at her graduation, visit:
<https://youtu.be/YkGpm1kevBE>

December

Step 12: Living Sober



DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				



Rikia A.: “Before I had nothing to look forward to. I had a lot of doubt, shame, and sorrow leading to nothing but dead ends. Now I’ve built myself a new life and I’m happy now.”

To view Rikia’s comment at her graduation, visit:

<https://youtu.be/c1dulAZU7el>



OUR MISSION is to break the cycle of addiction that causes crime, homelessness and broken families.

Options is grateful to the California Arts Council for funding our Reentry Through the Arts program which supports Options' clients to tell their own stories through art such as the artworks shown in this calendar. This year's artists are clients and staff at Options:

- | | |
|--|--|
| 1. Admitting Powerlessness – Al Pierre El | 7. Asking for Help – Jesse Aguilar |
| 2. Accepting the Need for Help – Daniela Plumb | 8. Listing Those One Has Hurt – Hanna Murphy |
| 3. Deciding to Seek Help – Heidi Nelson | 9. Making Amends – Joey Hassna |
| 4. Appraising Oneself – Alex Scott | 10. Admitting Errors – Elissa Snowden |
| 5. Admitting One's Wrongs – Gina Martinez | 11. Seeking Grace – Kelly Garza |
| 6. Preparing for Help – Roshawn Bello | 12. Living Sober – Donald Diggs |

The graduate quotes are taken from videos produced by Reentry Through the Arts participants. The graduates are celebrating the completion of a full year clean and sober at Options during the past year.

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