

Options

NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Nine Options clean and sober recovery residences.

Options Safe and Drug-Free Housing Program

"Very early in Options' existence our founder Dr. Davida Coady realized that clients in our addiction recovery programs needed a safe and drug-free home if they were to succeed in their journey of sobriety. We opened our first recovery residence some twenty years ago and the program has been growing ever since." - Susan Bookman-Koerber, member of Options' founding Board of Directors

The Options Housing Program provides clean and sober recovery residences for over 140 men and women each night. These residents come to Options' houses from probation, State prisons, Alameda County Child Protective Services, local de-tox programs, and directly from jail. Perinatal clients come to Options from Alameda County's referral services. Many of Options' residents were homeless before coming into Options' housing. Options' housing support services and individual house managers provide a supervised, substance-free living environment while the clients participate in Options' outpatient treatment programs.

Options' Thomas Gorham Center in Oakland houses former state prison inmates who participated in Options' in-prison Offender Mentor Certification Program, and who are now participating in Options' HOPE Academy (see p.3).



Options also provides single room housing units for clients supported by the Oakland Housing Authority and/or by Federal Low-income Assistance for adults who are homeless, low income, and/or suffering from co-occurring addiction and mental health issues. All Options clients who require housing are provided safe and secure housing support regardless of their ability to pay, and remain in Options housing as long as it is their most appropriate option.

"Safe, supportive housing is the key to a successful, long-term recovery and reentry,"
Barbara Madeiros, Options Housing Director.

Letter from the Executive Director of Options Recovery Services

Seasons Greetings,

I would like to sincerely recognize and appreciate Options Recovery Services staff, donors, stakeholders and many members of the community whom 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.

2023 has been an exciting year for Options. We doubled the capacity of our perinatal recovery residence program and began development of the outside area 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 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 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. This newsletter features our safe and sober Housing Program, which provides secure supportive housing for up to 180 adults in Oakland and Berkeley.

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 2024 and I look forward to another year at Options recovery Services, as we continue in our mission of helping those who otherwise would not receive our much needed services.

Warm Regards,

- Justin Phillips, LMFT, MAC, Options' Executive Director



Voices of Recovery: 2023 Graduates

At Options, we celebrate recovery. Every day, every month and every year is a milestone. These September graduates continue to be examples that the cycle of addiction can be broken.

"I'm very grateful to all of you guys and I love the great curriculum that was provided. That was definitely helpful in conjunction with meetings and I'm always going to remember that it's one day at a time and we're all works of progress."

- Steven C.

"I was tired of the suffering and tired of the denial of my using. Today, I have conquered my addiction; and today, I have the love, respect, and admiration of my daughters and grandchildren and the man that I love dearly."

- Cindy A.

"Options changed my whole life. From my point of view, there was point in my life where I was in the dark side, but now I can see the light."

- Fernando S.

"Through this group, I was able to dig deep to the root of my problems and identify the triggers and what was causing me to do the things that I was doing. And I was able to implement new coping skills to prevent myself from getting to that low point ever again."

- Sarah F.

"Before, I had nothing to look forward to; I had a lot of doubt, shame, sorrow – leading to nothing but dead ends. Now, I've built myself a new life and I'm happy now."

- Rikia A

"All of the counselors here, and the people in the offices, all of them helped me and pushed me to get myself in the right direction. I'm getting a whole lot of things done that took my years to get done, so thank you."

- Charles M.

"I'm very thankful to Options for their program. From the very start, I felt very comfortable here and that's very important."

- Artem Y.

Options News

Options' HOPE Academy provides instruction, support, and community opportunities for formerly incarcerated adults who are becoming peer mentors – applying their lived experience to helping others with their addictions. The HOPE (Healing Opportunities and Personal Enrichment) academy offers instruction, support, and community opportunities to formerly incarcerated adults of Options' in-prison program, the Offender Mentor Certification Program (OMCP), who are transitioning as returning citizens. These remarkable individuals are applying their lived experiences to help others dealing with substance use disorder, fostering hope and healing within our community and serving as peer mentors.



George and Peer Mentors at HOPE Academy

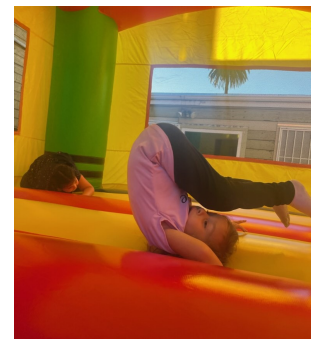
Men attending the HOPE Academy find a home at the Thomas Gorham Center in Oakland, while women in the program reside at Options housing on 3rd Street in Oakland. The program is spearheaded by George Smith as the Program Manager, Jessica Sias the Program Supervisor, and Thomas Martinez the Project Supervisor, working with participants to arrange instruction and community opportunities.

One of the key community projects, Youth with Options, provides mentorships and leadership activities for local youth. As Program Manager Smith states, "We act as consistent and caring adults in the lives of the youth here in the community. Our returning citizens with their lived experience are trained and receive professional life coach certification to adequately serve our community youth."

Options' Perinatal Recovery Residence -- In 2018 Options received its first perinatal clients and their young children at its Alice Street recovery residence in downtown Oakland. The program provides services for up to twelve pregnant /post-partum women recovering from drug and/or alcohol abuse. Options purchased and remodeled the residential property on Alice Street and outfitted the facility with beds, cribs, furnishings and utensils to provide a safe and drug-alcohol-tobacco-free home for perinatal clients and their young children.

The mothers are provided a solid structure to build sober living skills and parenting skills. They participate in treatment services and attend house meetings and training classes, including trainings in parenting, anger management, and special medical needs. Nutrition and food preparation classes are specially designed for mothers in recovery. At Alice Street, Options is building a safe haven where women in recovery reconnect to motherhood.

In 2023, with a grant from the Bernard and Alba Witkin Charitable Foundation, Options initiated its outdoor program at Alice Street, working with the mothers and their children to design and implement a nurturing environment for both the children and their mothers. Shaded areas, water stations, raised-bed gardening, comfortable and beautiful areas for mothers to be with their children, to nurture and feed and play with their children. The yard has the potential to be a truly beautiful and nurturing environment, and the involvement of the mothers and their children in both developing the design and in actually implementing the design to create the space will strengthen the mothers' parenting and improve the health of both mothers and their children.



Playtime at Alice Street



Christmas at Options

Christmas at Options Housing – Options partners with Northbrae Community Church, St. Clements Episcopal Church, St. Timothy's Episcopal Church and others to gather and present Christmas gift bags for Options' housing clients. In addition, a Christmas dinner is provided for all Options clients and staff. This year, for the first time, Options' Graduation Celebration video is scheduled to be shown at the Christmas festivities. Please see page four of this Newsletter to see how you can donate to or be a part of our Christmas celebrations.



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

Winter



Decemberr 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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