

# Options

## NEWSLETTER

BREAKING THE CYCLE OF ADDICTION

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

**FALL**



**SEPTEMBER 13TH, 2024  
4:30 P.M.**

We will broadcast via  
Facebook and Options' website!



### **CALIFORNIA SENATE BILL 402 APPROVED BY ASSEMBLY JUDICIARY COMMITTEE AT 1ST HEARING**

Currently in California, involuntary psychiatric holds, otherwise known as "5150," law enforcement officers and

designated psychiatric facilities can place an individual on an emergency involuntary psychiatric hold. (Section 5150 of the California Welfare and Institutions Code) if, due to a mental illness, the individual is determined to pose a danger to themselves, a danger to others, or they are "gravely disabled." Options work directly with clients across the mental health and co-occurring disorders spectrum (substance use disorder and a mental health disorder co-occurring together). The person can be held for up to 72 hours for assessment, evaluation, crisis intervention, or placement in a designated treatment facility. Counties may restrict their designated persons to those employed by or contracted for their respective mental-behavioral health facilities, limiting the ability of mental health professionals who work at Options, and programs providing similar services, to support their clients in crisis. Police are called to determine if a 5150 hold is necessary, and, if deemed appropriate, the person is transported to a facility where they can be held. Now, more clinicians across the state of California can make that determination.

Justin Phillips, Executive Director of Options Recovery Services and a Licensed Clinician in California, (LMFT), recently provided key testimony to the Assembly Judiciary Committee considering the bill. During his testimony, he emphasized the importance of support systems and personal trust during crises, reflecting on his own personal and professional experiences as both a disorder professional and a community member. Phillips stated, "I've seen the magnitude of the impact of lessening the pain associated with 5150 holds when my colleagues and I are managing the situation." Along with California State Senator Aisha Wahab (D-CA), Phillips and Matthew Madaus, Executive Director of the Behavioral Health Collaborative (pictured), testified in support of the bill (SB402), stating their own experience with licensed mental health professionals and clinicians handling the complexities of detaining individuals effectively and safely.

SEPTEMBER IS

**NATIONAL  
RECOVERY  
MONTH**

THERE IS A  
**RECOVERY**  
COMMUNITY FOR YOU.



## A LETTER FROM THE CO-PRESIDENT OF OUR BOARD OF DIRECTORS

Dear Options' Supporters.

This edition of our quarterly newsletter coincides with National Recovery Awareness Month, a poignant moment to reflect on the role that Options and others like ours play in supporting individuals who make the courageous decision to enter into and sustain a life of recovery. At the same time, we do so with heavy hearts as we mark the sudden passing of our brother, Larry Fisher, whose stalwart presence served Options for nearly 20 years as a counselor, spiritual director, and board member.

Larry's dedication exemplifies the full range of our commitment at Options: from the "above and beyond" individual and professional achievements of our hard-working staff, to recognition of our ground-breaking expansion of our services to Contra Costa County, to our solicited advocacy for improved services before the state legislature (SB 402, Wahab).

During this month when we celebrate recovery, we lift up the voices of our most recent graduates while we prepare for September's graduation ceremony. As our companions in this work, please join us on Facebook or at our website, to hear the testimonies which your generosity makes possible.

With appreciation,

- Bill Joyce, Co-President, Options Board of Directors



## Voices of Recovery: June 2024 Graduates

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

"With the help of the program, my sponsor, the 12-steps, Big Book, and whatever else that comes with it, to keep me with a strong foundation. I can say bye without any regrets."

- Dannielle D.

"Looking at it now, I know that it was a safe space for me to go through these transitions entering society and I'm so thankful to Options and to Mike for being so accommodating and so welcoming to me."

-Sheb I.

"I'm just in awe of myself. I'm really proud of myself.

Really proud of myself at this moment  
and I believe in myself now."

- Armando C.



# News around Options

## Perry Michael (Mike) Thomas Achievement Noted

“I am so proud to announce that my dear colleague, friend, and mentor Perry Michael Thomas, LCSW has attained his LCSW (Licensed Clinical Social Worker) license. All while working full time, having a family, being promoted several times, and still taking the time to help the next person who needs him. Mike is truly an inspiration to many and an example to us all. Please take a moment to recognize one of our best.”

- Justin Phillips, LMFT, MAC  
*Options Recovery Services' Executive Director*



## Justin Phillips, LMFT, MAC, Options Recovery Services' Executive Director, Receives 'People Who Make a Difference' Award

On Tuesday, June 25, 2024, at a meeting of the Contra Costa County Board of Supervisors, Options Recovery Services' Executive Director Justin Phillips was honored with Contra Costa County's esteemed 'People Who Make a Difference' Award. The award, shown in the photo, is being presented by Fatima Matal Sol, Contra Costa County's Alcohol and Other Drugs Services (AODS) Program Chief, and accompanied by Options Chief of Operations Suzoni Camp, who provided the nomination for the award. The award celebrates individuals and groups who have displayed exceptional dedication and contributed towards reducing substance use in Contra Costa County. Among his many accomplishments, in 2022 Mr. Phillips has expanded Options' Outpatient Substance Use treatment from Alameda County to Contra Costa County. In Concord (located at

1470 Civic Court, Suite 100, 925-270-1444) Options' Outpatient Clinic has served over 373 clients since its opening in 2022. In 2023, the first group of clients celebrated their recovery with over twelve months of continuous drug and alcohol-free lives. During the pandemic, Options continued to deliver in-person outpatient services, ensuring clients received essential support. Mr. Phillips went above and beyond by providing the unhoused population with necessary resources such as hygiene supplies, clothing, and food. He saw that Options hired bilingual staff to remove barriers and expand services to the Spanish-speaking population. As Mr. Phillips has been instrumental in developing innovative strategies and programs that have positively impacted countless individuals and families, his recognition highlights his outstanding contributions to the field of substance use treatment and his unwavering commitment to improving public health.





## *Remembering Larry Fisher*

*1938 - 2024*

Options Board Member and Spiritual Counselor, Larry Fisher, born in 1938, died at home in June 2024 in Danville, California. Mr. Fisher served as a spiritual counselor at Options' Mental Health Clinic from 2005 through 2015, counseling some of Options' clients most severely in need. He retired from counseling and served on Options Board of Directors beginning in April 2015. A member in good standing, he attended his last Board meeting in April 2024.

## PLEASE CONSIDER SUPPORTING OPTIONS:

### **Write a check or donate online**

Send a check to Options Recovery Services, donate one time or become a recurring donor online at [www.optionsrecovery.org](http://www.optionsrecovery.org). For questions, contact Porter Sexton, Development Director, at 408-393-0089 or email [psexton@optionsrecovery.org](mailto: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, 510-666-9552x123 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, Manager of Human Resources, at 510-666-9552x119 or email [dbeamon@optionsrecovery.org](mailto:dbeamon@optionsrecovery.org).

### **Sponsor a graduation ceremony**

A great way to promote your church, business or community organization. Contact Porter Sexton, Development Director, 510-666-9552x129 or email [psexton@optionsrecovery.org](mailto:psexton@optionsrecovery.org).

### **Contract for drug testing services**

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



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