2022 Calendar

Twelve Steps of Recovery
Greetings all,

It has been my pleasure and privilege to currently serve as Options Recovery Services’ Executive Director, succeeding Tom Gorham and Dr. Davida Coady.

Over the course of the last year, Options as undertaken many initiatives and taken advantage of many opportunities, despite the ongoing challenges associated with the COVID-19 pandemic. We hope to see a light at the end of the tunnel, and being able to provide continuous uninterrupted services during this time has not been easy. We all have contributed to maintaining Options mission during this difficult time, and I recognize that also has not always been easy. To the Options family, I say thank you for continuing to provide support and resources and working hard to provide life-saving services to the clients and communities we serve.

It is my honor to serve in this role, 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
Options 12 Steps of Recovery

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 10: Seeking Grace

December
Step 12: Living Sober
Step 1: Admitting Powerlessness
The artist Samuel McFarland is the primary instructor for Options’ Recovery through the Art Program. Samuel, a former client, is pursuing a Master’s Degree with a major in Arts Therapy.

Graduate quote:
“Being homeless, walk with shopping carts, didn’t think I had a way out. With all of you guys together, it made a perfect way for me to succeed and constantly keep going forward without looking back. I am very grateful and thank you guys very much.”
–Rodney C.

To view Rodney’s graduation comments, visit https://drive.google.com/file/d/1DlEZUz3LHMffFWdUHCBG_3d0WRg7x4RH/view?usp=sharing
Step 2: Accepting the Need for Help
Options’ Recovery through the Arts Program allows clients to use the arts to express their paths to recovery. This client artwork illustrates both the beauty and the thorns along the way.

**Graduate quote:**

“I was sick and tired of constantly ending up in jail due to my drug addiction. I was hungry and motivated for change.”

-Kyle M.

To view Kyle’s graduation comments, visit [https://drive.google.com/file/d/1Ir y9gKfKpAC_fXWaOuahUodDrCh6W sul/view?usp=sharing](https://drive.google.com/file/d/1Ir y9gKfKpAC_fXWaOuahUodDrCh6W sul/view?usp=sharing)
Step 3: Deciding to Seek Help
Clients have the opportunity to express their own paths on their unique journey. Art therapy allows clients to explore and express their inner thoughts.

**Graduate quote:**

“You have given me back my self-worth, my self-esteem, and my self-confidence. I thank you for your support and guidance.”

- Pamela J.

To view Pamela’s graduation comments, visit https://drive.google.com/file/d/1bzY7p1hNyV9AO2OX-0zqrE88h7u5b579/view?usp=sharing
Step 4: Appraising Oneself
The artwork for April is contributed by Nedra W., an Options graduate who volunteered through the pandemic bringing mindful art to our clients sheltering in place, encouraging them to creatively align with their life in recovery.

**Graduate quote:**

“Through Options I ultimately developed a set of tools and skills to consciously regain control of my life.”

-Robert L.

To view Robert’s graduation comments, visit [https://drive.google.com/file/d/1QEX-msnbjPBBQw7LV_GqEbdzefSfXMAy/view?usp=sharing](https://drive.google.com/file/d/1QEX-msnbjPBBQw7LV_GqEbdzefSfXMAy/view?usp=sharing)
Step 5: Admitting One’s Wrongs
Client artwork is used to illustrated Options’ annual calendar, with artwork used to illustrate each of the twelve steps of recovery. Each month celebrates one step in the clients’ recovery process.

**Graduate quote:**
“They believed in me before I was able to believe in myself, and that was crucial in my early days of recovery.”

-Sara B.

To view Sara’s graduation comments, visit [https://drive.google.com/file/d/1uNCrrcNfYv2JjeaszvWt4X-R3_SCwXOI/view?usp=sharing](https://drive.google.com/file/d/1uNCrrcNfYv2JjeaszvWt4X-R3_SCwXOI/view?usp=sharing)
Step 6: Preparing for Help
Many clients have never had the opportunity to work in the arts, and many clients are experienced artists. Recovery through the Arts allows clients to express themselves, regardless of experience.

**Graduate quote:**
“Options really helped guide me through it. I’m really grateful for everything – all the tools that they supplied me with to help me navigate these past few months.”

- Christopher S.

To view Christopher’s graduation comments, visit [https://drive.google.com/file/d/1RzOMZe9svyOE7Fec9wh_2IctxkCS5kH4/view?usp=sharing](https://drive.google.com/file/d/1RzOMZe9svyOE7Fec9wh_2IctxkCS5kH4/view?usp=sharing)
Step 7: Asking for Help

Independent Living Home

RECOVERY
Client artwork is available to the public and is used to illustrate Options’ events and documents, such as this annual calendar.

**Graduate quote:**

“I said ‘I can’t do this! I cannot do this! I can’t do this!’, and, I did it, and they were very supportive.”

-Liza H.

To view Liza’s graduation comments, visit https://drive.google.com/file/d/17anclZhkQkzYYA4sHbVoin3v/view?usp=sharing
Step 8: Listing Those One Has Hurt
Art allows clients an additional pathway to explore their journeys to sobriety, often providing a rich and satisfying approach not found in other therapeutic activities.

**Graduate quote:**

“Sometimes you have to get knocked down, lower than you have ever been, to stand up taller than you ever were.”

- Michael W.

To view Michael’s graduation comments, visit [https://drive.google.com/file/d/1UEnC6i2jWaNgg0ODBAG3iQUHbZFURcr/view?usp=sharing](https://drive.google.com/file/d/1UEnC6i2jWaNgg0ODBAG3iQUHbZFURcr/view?usp=sharing)
Step 9: Making Amends
Kelly Garza, the artist who produced this artwork, is an Options staff member in the Housing Department who provides support for the Recovery through the Arts Program.

**Graduate quote:**
“I now understand that life is all about choices. My life today is about helping others and giving it back, and being a positive role model.”

- Felix V.

To view Felix’s graduation comments, visit https://drive.google.com/file/d/1iMzMaAzz8dg7BsSr51Pz_5WyZelbQhSY/view?usp=sharing
Step 10: Admitting Errors
Clients in Options’ Perinatal Program may have their children with them in their recovery. Children with moms in the Perinatal Program also have the opportunity to participate in artwork, exhibited in these few examples.

**Graduate quote:**
“Upon coming here my life was unmanageable. Today this is not the case, this program really works. If I can do it, perhaps this can be an inspiration for someone else to do the same.”

-Joe C.

To view Joe’s graduation comments, visit https://drive.google.com/file/d/1jrzm-9MMwDCn3FtoGadF8HgfOHRreYjo/view?usp=sharing
Step 11: Seeking Grace
An Options client may be truly outstanding artist. This drawing was done by Options client Dwight C. in the Recovery through the Arts Program.

**Graduate quote:**
“A year ago before I came into Options I found myself lost in a very dark cave. Thanks to Options and their support I am recovered. I am not only sober today, but also learned how to maintain sobriety.”

-Kenneth R.

To view Kenneth’s graduation comments, visit https://drive.google.com/file/d/1l47A93dotPuyrprfTnmvAYHm93hAp4I/view?usp=sharing
Step 12: Living Sober
Options graduate Candace S. produced this work illustrating her path to recovery. Candace provided the graduate quote for this month at her own graduation celebration.

**Graduate quote:**
“My journey is far from over. I will continue to ask for help and support and will grow each day, one day at a time.”

- Candace S.

To view Candace’s graduation comments, visit [https://drive.google.com/file/d/16ksqX4EDjxNhuv99aQ79iqoIW_9poV/view?usp=sharing](https://drive.google.com/file/d/16ksqX4EDjxNhuv99aQ79iqoIW_9poV/view?usp=sharing)