

# Options

## NEWSLETTER

BREAKING THE CYCLE OF ADDICTION

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



JUNE 14TH, 2024 AT 4:30 P.M.

We will broadcast via  
Facebook and Options' website!

### News Highlight

#### Alameda County Capacity Grant



The Alameda County Public Health Department has awarded Options a Capacity Development Grant to continue to improve our clinical data systems, reporting, and use for ensuring

program quality over the next two years. The County has assembled a Quality Improvement and Accreditation (QIA) team to work with Options on implementing the grant program. The grant provides funding for consultants, such as Dr. Trabin, to review Options systems and procedures and make recommendations for improvements. Funding is also provided for Options staff to work with the consultants and the QIA to implement the recommendations.



**TOM TRABIN, PH.D.** is a licensed psychologist with extensive training and experience as a clinician, researcher and administrator. He recently served as the Deputy Director of the Drug Medi-Cal Division for California's External Quality Review Organization, and

previous to that was the Alcohol and Drug Administrator for Alameda County. He has served in several major policy-setting initiatives including the establishment of national standards for electronic health record systems and the design and vetting of nationwide performance measures for behavioral health care organizations. Tom joined Options' Board of Directors in 2018 and Chaired the Board's Clinical Data Committee, providing direction for Options' clinical data initiatives. In February 2024, Tom took a leave of absence from the Board of Directors to work more directly with Options staff as a consultant to review and upgrade our clinical data and quality management capabilities. The data sets discussed in this Newsletter illustrate the variety of applications that Options uses to support program quality and improvement.

## A LETTER FROM THE FUND DEVELOPMENT COMMITTEE CHAIR

Dear Friends,

We are proud to present the June 2024 edition of the Options Newsletter. Options is dedicated to making the world a better place by improving the quality of our program across the full spectrum of services provided to our clients. One way to accomplish this is by strengthening and expanding our clinical and demographic data collection procedures and analysis. To that end, Options has embarked on several initiatives to make data collection and analysis an integral part of Options.

Critical demographic data comes from our clients and from our graduate surveys. We ask both current clients and our graduating clients to answer questions about their former drug use and their satisfaction with the treatment services provided at Options. An Alameda County Capacity Grant to improve our data collection systems will provide funding for consultants to review and help improve our internal information gathering and data processing capabilities. An exciting new program currently being implemented is the Violence Intervention Program funded with a grant from the California Board of State and Community Corrections: the program trains previously incarcerated clients as mentors to work in the community to help reduce violence and increase public safety. Our data collection efforts will help ensure the quality and show the effectiveness of this program.

These initiatives help us produce a more detailed Annual Report that comes out every August. The report is posted on our website and includes details of services provided over the most recent fiscal year. Options has been consistent over the years in efforts to support program quality and improve services. The new initiatives detailed in this Newsletter provide a glimpse of where Options is going – first and foremost is to provide quality services to our ever-expanding programs.

-Susan Bookman Koerber  
*Chair, Options Fund Development Committee*



## Treatment Perceptions Survey

The Treatment Perceptions Survey (TPS) is administered through the Alameda County Behavioral Health Care Services and analyzed and reported by the University of California, Los Angeles Integrated Substance Abuse Programs. It measures clients' perceptions of their access to treatment, quality of care, coordination with other care, overall satisfaction, and outcomes.

Counties throughout California periodically ask clients to use the 14 items in the TPS to anonymously rate their perceptions of treatment on a five-point scale. The most recent results, announced in 2023, indicate that on average Options clients rate their experience positively on all aspects of access to treatment, quality of treatment, and outcomes of treatment.

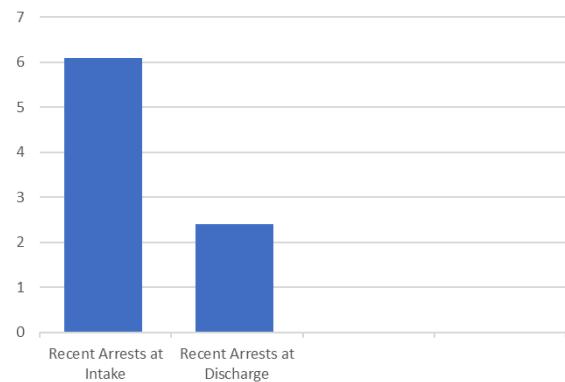


# News around Options

## California Violence Intervention Program

The California Board of State and Community Corrections provides funding to pilot innovative projects aimed at reducing crime, violence, and recidivism throughout the state. Funding is provided to implement the innovation, gather and review pertinent data, and conduct an evaluation of the effectiveness of the project. In 2018 Options was awarded a 3-year Violence Intervention Program (VIP) grant to demonstrate that Options' pairing of SUD treatment with recovery residence housing was effective for reducing recidivism of Options formerly incarcerated clients. That project proved to be effective, and Options now has a second 3-year VIP grant to implement, document, and evaluate Options Academy of HOPE to determine if the project is effective in reducing violence not only for Options clients, but in the community as well. Data is currently being gathered, and a formal evaluation is scheduled for the fall of 2025.

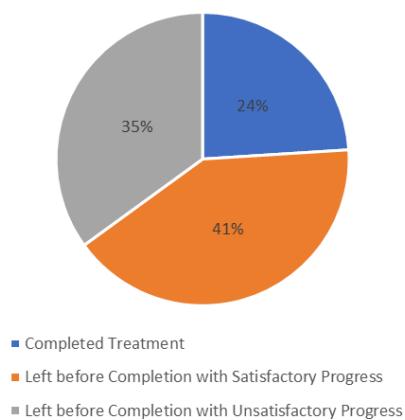
Recent Arrests Prior to Intake and Discharge  
2021 CalVIP Evaluation



## California Outcomes Measurement System (CalOMS)

The California Outcomes Measurement System Treatment is California's Department of Health Care Services data collection and reporting system for substance use disorder (SUD) treatment services. Data collected facilitates improvements in treatment services delivered to those in need. This data collection is key to ensuring quality improvements that positively affect the lives of SUD service recipients, their families, communities, and public health and social systems. Options uploads client data to a statewide database and analyzes its own client data results in comparison to statewide results.

Options Discharged Clients Progress Ratings



At Options, clients are provided treatment and support services designed to best suit their needs at each point of their recovery. Clients' progress is rated by their treatment team at discharge according to how successfully they reached the goals of their individual treatment plans. In FY 2022-2023, a total of 459 clients were discharged from Options' SUD treatment in Alameda County. The chart to the left shows that 65 percent of Options' clients made positive progress in treatment. This percentage is substantially higher than the combined average for all treatment programs throughout the state of 50% during the same time period.

*A substantially higher percentage of Options' clients (65%) received positive outcome ratings at discharge than the percentage of their cohorts (50%) throughout the state.*

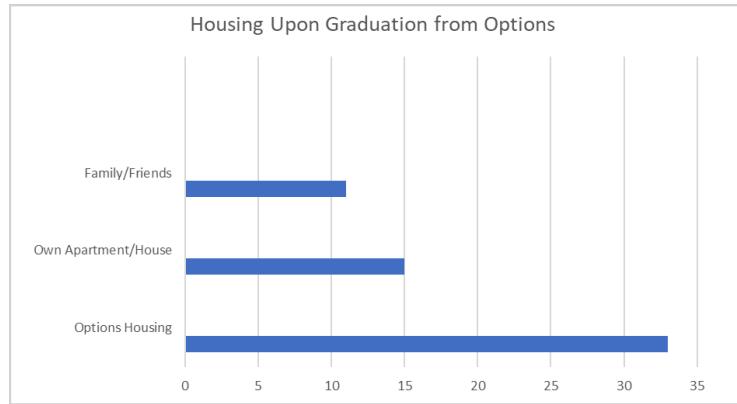
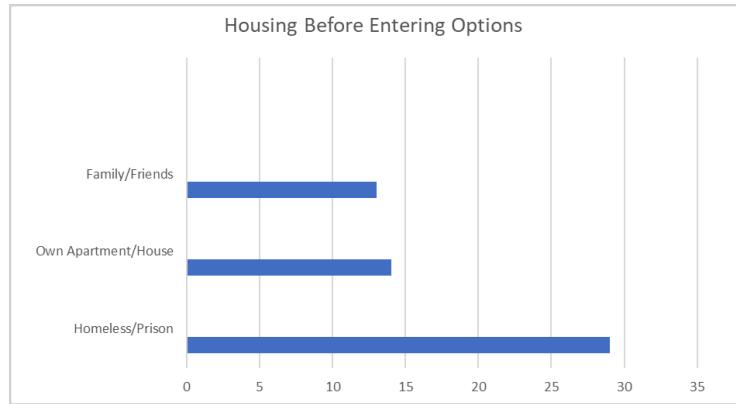


## Graduate Surveys

Options holds four graduation events per year to celebrate clients who have remained clean and sober for a full year while pursuing their individual recovery goals. Graduates complete a survey about their time at Options. The results are analyzed to highlight aspects of Options' programs.

Graduates tell us what aspects of the program they found most helpful, and how their lives have improved through their quest for sobriety.

This graph shows a major achievement: a majority of clients come to Options directly from homelessness or incarceration, but upon graduation most are in Options' housing and pursuing long-term suitable housing.



## 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.optionsrecoveryservices.org](http://www.optionsrecoveryservices.org). For questions, contact Porter Sexton, Development Director, at 408-393-0089 or email [psexton@optionsrecoveryservices.org](mailto:psexton@optionsrecoveryservices.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 x123 or email [bmadeiros@optionsrecoveryservices.org](mailto:bmadeiros@optionsrecoveryservices.org).

### Volunteer your time

Help with our office support, development, and/or facility maintenance and improvement. Contact Dianna Beamon, Manager of Human Resources, at 510-666-9552 x119 or email [dbeamon@optionsrecoveryservices.org](mailto:dbeamon@optionsrecoveryservices.org).

### Sponsor a graduation ceremony

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



VISIT US ON SOCIAL MEDIA:



## Voices of Recovery: March 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.

"I am just so grateful and I appreciate my life in a new way, where I'm grateful for each breath that I take." - *Joshua D.*



"Since being at Options I learned a lot about myself and who I am as a person and gained confidence and self-esteem. I learned to be patient with myself, I learned to journal and meditate, and regulate my emotions to calm myself down." - *Heidi N.*