

# Options

## NEWSLETTER

### BREAKING THE CYCLE OF ADDICTION

#### OPTIONS' SUBSTANCE USE DISORDER CLINICS: TREATMENT TEAMS

San Leandro Treatment Clinic  
1300 East 14th Street  
San Leandro, CA 94577  
510-925-4005



Berkeley Treatment Clinic  
1835 Allston Way  
Berkeley, CA 94703  
510-666-9552



Oakland Treatment Clinic  
1630 10th Street  
Oakland, CA 94607  
510-666-9501



Concord Treatment Clinic  
1470 Civic Court, Suite 100  
Concord, CA 94520  
925-270-1444

Options' four Substance Use Disorder treatment centers are located in San Leandro, Berkeley, Oakland, and Concord. The staff from each center are shown above. The centers are open five days a week, 8:30 am to 4:40 pm, and welcome walk-in as well as referrals in need of treatment. **Please contact the nearest treatment center if you or your loved one is in need of assistance.**

The trained clinical staff at the centers are supervised by Options' Clinical Leadership Team consisting of Vandrick Towns, ICADC, CADC-II, NCAC-I, Director of Clinical Programs; Ami Fielder, LMFT, Clinical Director, Alameda County; and Margaret Shapiro, LMFT, Clinical Director, Contra Costa County. Daily oversight and quality assurance protocols ensure every client receives effective support for their individual recovery.

Options' Clinical Team is led by Options' Leadership Team consisting of Justin Phillips, LMFT, MAC, Executive Director; Suzoni Camp, MHA, Chief of Operations; and Mike Thomas, LCSW, Senior Director of Programs. Please find out more about Options' staff and Options' treatment programs at [www.optionsrecovery.org](http://www.optionsrecovery.org).

## A LETTER FROM THE BOARD CO-PRESIDENT

Welcome to Options’ first newsletter of 2025. We create and distribute our Newsletters quarterly to inform our public of our achievements and to solicit your involvement in helping us pursue our mission of "breaking the cycle of addiction that causes crime, homelessness and broken families."

This Newsletter is a celebration of the more than 10,000 adults who have come to Options to take back their lives by addressing their Substance Use Disorder (SUD) issues. Substance Use Disorder impacts everyone – those who are dealing with their own addictions and those who are family members, friends, and community members dealing with caring for sufferers who need help. For 29 years, Options Recovery Services has provided a home – treatment, counseling, supportive housing, case management, referrals – helping each client struggling for sobriety. The story of Options’ SUD treatment centers is an inspiring story of redemption.



I am especially pleased to present this Newsletter focusing on the Options’ Substance Use Disorder treatment programs and the more than 10,000 adults who have worked with Options and with each other to strengthen their own lives and find their paths towards sobriety.

- Susan Champion, JD  
*Attorney, Three Strikes Project, Stanford University*  
*Options’ Board Co-President*



**10,000+**  
INDIVIDUALS SERVED  
SINCE 1997



Options started providing outpatient treatment for Substance Use Disorder (SUD) in 1997, at the Multi Agency Services Center (MASC) in the basement of the Veterans building in Berkeley. Our founder Dr. Davida Coady started running a treatment group once a week for 20 people referred to her by the Berkeley courts. With a foundation grant of \$25,000, she hired one part-time employee to do the administrative work. The group became popular and it was obvious after several months that the people coming to the group needed more help than attending a group once a week, so Dr. Coady expanded the group to five days a week for three hours a day. With help from a talented grant writer, The California Endowment Foundation agreed to fund the program at \$100,000 a year for three years. So began the program. A supporter from Berkeley Mental Health suggested the name Options Recovery Services.

After 28 years, Options has grown to serving over 500 clients at four outpatient clinics in Alameda and Contra Costa Counties. This month we celebrate having worked with over 10,000 adults each finding their own strength to break the cycle of addiction that causes crime, homelessness and broken families.

# News around Options

## Substance Use Disorder Treatment at Options

Options provides comprehensive outpatient treatment services to adults 18 and older at treatment clinics in Berkeley, Oakland, San Leandro and Concord. Clients may “walk in” on their own or may be referred to services via a County Access Line and scheduled to come onsite for their intake and level of care assessment at their earliest availability. Our counselors welcome every client and provide important information regarding treatment structure, client rights, and community resources to support them on their recovery journey. Counselors conduct a comprehensive assessment utilizing the six dimensions of the American Society of Addiction Medicine (ASAM) criteria, which determine the best and most appropriate level of care. Counselors consult with the Licensed Practitioner of the Healing Arts (LPHA) to review the assessment and determine the Substance Use Disorder (SUD) diagnoses each client is experiencing.

Options provides treatment at two levels of care: Intensive Outpatient (2.1) and Outpatient (1.0). Clients admitted to the Intensive Outpatient (2.1) level of care attend five days a week, Monday through Friday, for two hours each day. In addition, clients receive a minimum of two individual counseling sessions with an SUD counselor each month. Clients admitted to the Outpatient (1.0) level of care attend treatment at Options Recovery Services three days a week, attending three treatment groups a week and at least two individual counseling sessions with an SUD counselor a month. Each treatment group utilizes a different evidence-based curriculum each day, incorporating elements of trauma-informed care, cognitive-behavioral therapy, relapse prevention, drug and alcohol education, and more.

Our counselors also provide case management services to clients on an as needed and ongoing basis. Counselors regularly support clients in accessing housing resources, navigating the legal and forensics system, coordinating with Child and Family Services, accessing food and other daily living resources, organizing transportation, securing academic and professional support, and getting connected to medical or mental health services.

Our counselors are trained in a range of therapeutic techniques, come from diverse backgrounds and have decades of experience in helping clients stay motivated to address the issues that brought them to us.

Using best practices certified by the State of California, Options clinical sessions address such treatment topics of Denial Management, Anger Management, Relapse Prevention, Alcohol and Other Drug Education, and Living in Balance.



## Voices of Recovery: December 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 can't advocate (for) Options enough; it has really, really helped me and helped me keep stable in my recovery.”  
- Hailey B.

“I want to give a shout out to all the staff and Options Recovery Services and I would also like to give a shout out to all the clients because we're on the same journey and the road never ends and sobriety is the best thing going; it's elevated my life to a new level.”  
- Christopher F.

“I'm just grateful for Options because there's a program where you could just come from off the street and be in a situation where your homeless or come out of incarceration or and not have anything and literally be able to be in housing and have a safe place to live in a safe place and food and shelter that same day and that and I'm so so very grateful for that.”  
- Erik W.

“When I think a lot about what that name Options means to me; and I interpret that as having better options a better path to go down than the one I was headed.”  
- Mina L.

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

# Spring



**MARCH 14TH, 2025  
4:30 P.M.**

The celebration will be shared on Options' website and Facebook!

## 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 Human Resources at 510-666-9552 x 119 or email [humanresources@optionsrecovery.org](mailto:humanresources@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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