

Options

NEWSLETTER

BREAKING THE CYCLE OF ADDICTION



Options Partners with City of Berkeley for CareBridge Program

California's Safe Neighborhoods and Schools Act (Prop 47, 2024) reclassified certain non-violent drug crimes from felonies to misdemeanors and assists communities in addressing crime and homelessness. Supported by Prop 47, the City of Berkeley, the Berkeley Police Department, and Options Recovery Services are launching the Berkeley CareBridge Project. The project is a post-arrest diversion and reentry support program that helps individuals stabilize after release from custody and reduce the likelihood of re-arrest. The program offers housing, daily meals, mental health and substance use services, case management, and connections to housing and employment resources, and is expected to serve between 60 and 80 people annually.

Berkeley CareBridge is designed for adults in Berkeley who have had contact with the justice system within the past three years and who would benefit from behavioral health or substance use support. The program serves adults ages 18 and older who have been arrested for a misdemeanor and are exhibiting mental health or substance use-related behaviors.

Participants do not need to be unhoused to qualify, though the program does provide housing for up to six months at a former motel in downtown Berkeley. For more information, visit the [Berkeley CareBridge program website](#) or review the [program brochure](#), or [click here to read a related article written by Emilie Raguso for The Berkeley Scanner](#).

Options recognizes the many staff and elected officials who have made significant contributions to the development and implementation of the Berkeley CareBridge program.



A LETTER FROM THE BOARD CO-PRESIDENT

Welcome to Options’ first Newsletter of 2026. We create and distribute our Newsletters quarterly to inform the 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 quarter’s Newsletter is an account of Options civic engagement and community support. The articles in the Newsletter highlight just some of the ways that Options is working with communities in Berkeley, Concord, Oakland, and San Leandro to address the needs of our most vulnerable populations. The new Berkeley CareBridge Program extends our efforts to reach those experiencing substance abuse disorder and related issues. We’ve invested in our website and social media presence to further expand our means of connecting with the public and those in need of our services. Our community outreach programs in Berkeley—and now in Concord, too—provide enhanced services for those who are unhoused and suffering from addiction disorders. And our co-occurring mental health programs are expanding our outreach throughout Alameda County to provide treatment and support for those most in need.

I am especially pleased to share this Newsletter focusing on Options’ efforts to engage the community in breaking the cycle of addiction that causes crime, homeless and broken families.



*Susan Champion, JD
Deputy Director, Three Strikes Project, Stanford University
Options' Board Co-President*

How Do You Know?

If you or someone you care about needs help, how do you know where to go? If you want to make a difference in your community, if you want to support genuine efforts to transform lives impacted by alcohol, drugs, incarceration, homelessness, mental health, or all of the above, where do you go?

The back page of this newsletter is one place to start. Four times a year Options publishes a [newsletter](#) with contact information for both obtaining services and being of service. Each newsletter is posted on [Options’ webpage](#), a site with detailed information about Options services and activities.

Options Recovery Services
Options Open for Life

Who We Are | What We Do | News & Resources | Get Involved | Contact | Careers | DONATE

Helping People Reclaim Their Lives From Substance Use Disorders Since 1996

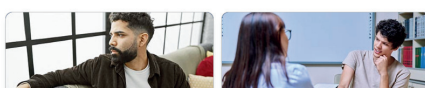
Options proudly celebrates nearly three decades of service to the Bay Area community, helping to break the cycle of crime, broken families, and homelessness caused by substance use disorder. We are proud of our history, our donors, volunteers, and staff. Most of all, we are proud of our clients and graduates who have reclaimed their lives from substance use disorder.

SEE WHAT'S POSSIBLE

In addition to Options’ website, Options maintains an ongoing social media presence on [Facebook](#), [LinkedIn](#), and [Instagram](#) – using each media outlet to reach a wider audience to inform where help is available and the impact such help may be having. Options also maintains a [YouTube channel](#) to document significant events via video recordings.

These efforts are there for you, your families, and your neighbors to stay informed and stay involved. Please consider joining the Options team of email linked supporters by [signing up](#) to receive notifications as they happen. Thank you.

People in Need Find These Programs at



Community Involvement Makes a Difference

Alameda County Co-occurring Treatment and Berkeley Mental Health

Through contracts with Alameda County Behavioral Health and with Berkeley Mental Health, Options operates outreach and co-occurring treatment programs in Berkeley, Fremont, Oakland, Pleasanton and San Leandro. The Alameda County programs serve upwards of 700 clients each year, the Berkeley program another 100. Options clinicians perform community outreach, either accompanied by city or county clinical teams or alone, reaching out to potential clients where they live and offering help. The Berkeley program plans to expand into Berkeley High School and Berkeley Technical Academy this year, expanding outreach to include a younger cohort.

Berkeley Mobile Wellness

In Berkeley, for over a year Options has used community outreach staff to provide a peer-led Mobile Wellness Center project with onsite supportive mental health at encampments and other sites where individuals who are experiencing homelessness are located.

In 2025, outreach “navigators” encountered 358 individuals for a total of 1,705 encounters, an average of nearly 5 encounters per individual. Each encounter typically lasted between 30 and 60 minutes. Outreach staff provided emotional support and assistance with goal setting, as well as food, clothing, referrals, transportation, and other services.

Of the 358 individuals encountered, 207 were referred for housing, 108 for substance use treatment, and 51 for mental health treatment.

Berkeley Mobile Wellness Referrals in 2025			
	Housing	Substance Use Treatment	Mental Health Treatment
Referred	207	108	51
Admitted	76	29	11
Admission Pending	103	45	20

A full report of the Mobile Wellness Center outreach results for 2025 is being prepared and will be posted on Options' website.



Contra Costa Opioid Abatement

In Contra Costa County, Options is contracting with Contra Costa Health – Behavioral Health Services to provide community outreach focused primarily on reducing Opioid use, supported by Opioid Settlement Funds. Community “credible messengers” will provide outreach to adults in encampments in Concord and surrounding areas, providing support, information and referrals.

Voices of Recovery: December 2025 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.

“When I first walked into Options I was broken, scared, and lonely with low self-esteem full of regrets.

With the help of all of Options staff and clients, now I’m doing really good, mentally, physically, and emotionally for which I’m really grateful.” – Kunga T.

“I love Options. This is a great program and an aptly named one. Options provided me a safe housing environment that allows for healing, a valuable and thought-provoking, evidence-based curriculum for growth, and the guidance to build a sustainable foundation from which to apply the knowledge.” – Matt F.

“Thank you, Options Recovery Services, for helping me rebuild my life. And thank you for teaching me how to feel again. Thank you to everyone who believed in me when I was still learning to believe in myself.” – Javkhlan G.

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



**MARCH 13TH, 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. For questions, contact Porter Sexton, Development Director, at 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' office at 1835 Allston Way in Berkeley on Friday afternoons or contact Barbara Madeiros, Housing Director, 510-666-9552x123 or email 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.

Sponsor a graduation ceremony

A great way to promote your church, business or community organization. Contact Porter Sexton, Development Director, 408-393-0089 or email 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.