

# Options

## NEWSLETTER

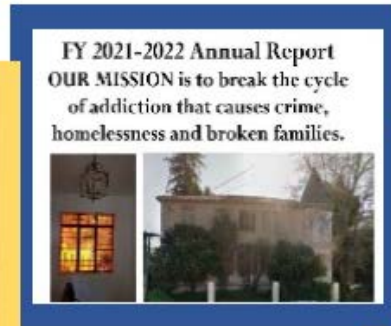
BREAKING THE CYCLE OF ADDICTION



*Options' Annual Calendars*



*Staff Profiles*



*Annual Reports*



*Transparency Award*

## Options Website Revised to Keep You Informed, Involved

Options' website, [www.optionsrecovery.org](http://www.optionsrecovery.org), has been revised to help keep you better informed and involved. In our "Events" section find Options' Annual Calendars featuring artwork created by clients in our Recovery Through the Arts Program. In our "About Us" section read about Options' Board Members and Staff. Our "Media/News" section presents Newsletters, Annual Reports, Press Releases and Testimonials. Information on Options' programs, outcomes, and finances is provided throughout the site. Our public information has earned Options the **Platinum Transparency Award** from Candid. Candid is a national organization comprised of both GuideStar and the Foundation Center that provides the public with information about non-profit organizations in the United States. For FY 2021-22, Options' earned Candid's Platinum Transparency rating, their highest rating, for the information provided. Our website now offers a "Submissions" portal so that you can submit photos, stories, and ideas to help us further tell the story of recovery.

## Letter from Options' Board President

Welcome to our first Newsletter of 2023. Options creates and distributes its 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." In 2022, Options expanded our outpatient services throughout Alameda County and Into Contra Costa County, expanded our in-prison program to eight prisons throughout California, and opened our Thomas P. Gorham Center in Oakland to provide housing and support services for adults reentering society from incarceration. Options uses the American Society for Addiction Medicine (ASAM) criteria to develop and implement individual treatment plans for each client, providing appropriate treatment and support at every level of care. This March 2023 Newsletter focuses on information that we provide on our website to keep you informed, and invites you to contact us to provide your suggestions and support. Please visit our website at [www.optionsrecovery.org](http://www.optionsrecovery.org) to learn more about how you can and help in the quest to break the cycle of addiction.

— Susan Champion, JD  
 Attorney, Three Strikes Project, Stanford University  
 Options' Board Co-President

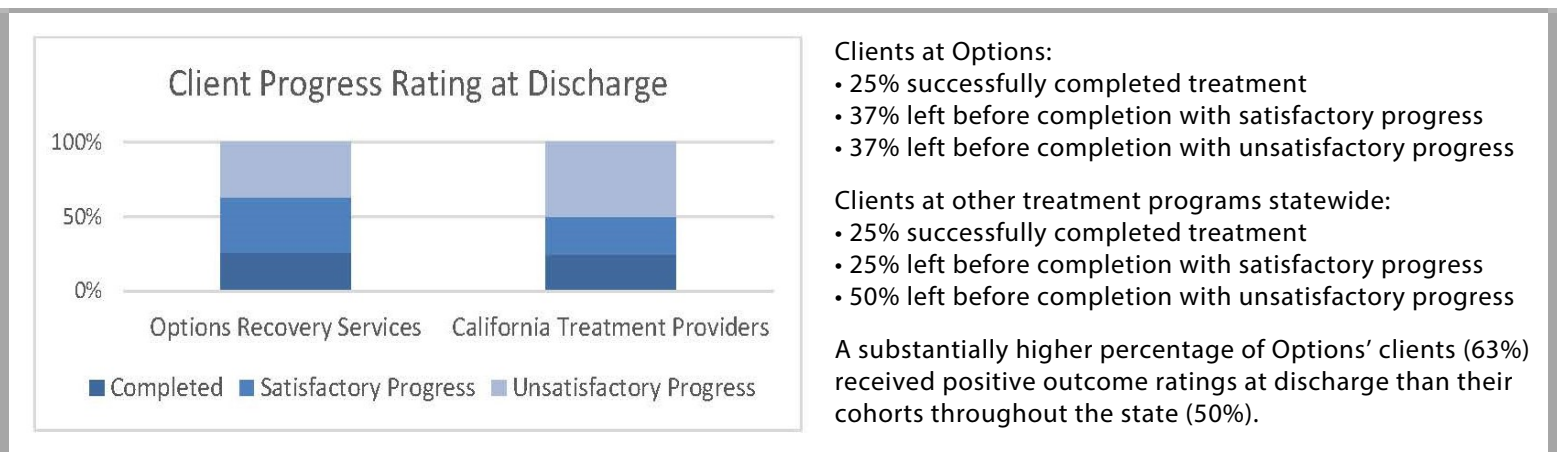


## Options Demonstrates Measurable Success

Options Recovery Services' Board of Directors has released its FY 2021-2022 Annual Report, available on Options' updated website, [www.optionsrecovery.org](http://www.optionsrecovery.org). The report provides significant information covering Options' programs, finances, and achievements. The report is able to compare the success of its clients in recovering from Substance Use Disorder, as compared to all publicly-funded treatment programs throughout California.

At Options, clients are provided treatment and support services designed to best suit their needs at each point of their recovery. Clients are discharged as having successfully completed treatment when they and their treatment team determine that they have successfully reached the goals of their individual treatment plans. In FY 2021-2022, a total of 892 clients were discharged from treatment at Options.

The chart below demonstrates that Options' clients were substantially more successful than their cohorts around the state during the same time period.



- Clients at Options:
- 25% successfully completed treatment
  - 37% left before completion with satisfactory progress
  - 37% left before completion with unsatisfactory progress

- Clients at other treatment programs statewide:
- 25% successfully completed treatment
  - 25% left before completion with satisfactory progress
  - 50% left before completion with unsatisfactory progress

A substantially higher percentage of Options' clients (63%) received positive outcome ratings at discharge than their cohorts throughout the state (50%).

**“What would you do if you faced all the same problems and removed the fear? Now, that’s courage. That’s how we change. That’s how we open new possibilities. That’s Options Recovery Services.”**

**- Martin Sheen, Actor/Options’ Honorary Chair**

## Options Website Open for Input

Options website now has a submission portal where you can submit stories, photographs, videos and ideas for possible publication. We care about what you have to say.

**Submission Form**

Please submit any photos, videos or stories you'd like to share with us. Let us know if you'd like the submission to remain anonymous or if you'd like credit for the submission if it's posted. All submissions are subject to review before being made public on the Options Recovery Services website. Thank you for sharing!

1. Full name:

2. Email address:

3. Would you like to be added to our contact list so you can stay up-to-date with all the Options Recovery Services news and events?  
 Yes  
 No

4. Please share your stories or testimonials below:

5. Do you have photo(s) and/or video(s) that you'd like to submit?  
NOTE - Please email the photo(s) and/or video(s) to [tmurdock@optionsrecovery.org](mailto:tmurdock@optionsrecovery.org).  
 Yes  
 No

6. Do we have your permission to post your submission on the Options Recovery Services website?  
 Yes  
 No

7. If yes, would you like to remain anonymous or would you like to have your name (first name, last name initial - ex. Jane D.) listed with your submission?  
 I'd like to remain anonymous  
 You have my permission to add my first name and last name initial

## Annual Report Highlights FY 2021-22 Achievements

### Outpatient, Intensive Outpatient, and Recovery Support Services [845 New Clients in FY 2021-22]

Clients are guided through the program into curriculum that best suits their needs at each point of their recovery. Focus is on skill building, identifying denial patterns, anger management, self-discovery, building healthy relationships, relapse prevention, and preparation for re-entry into the community. Clinical services are provided by licensed/license-eligible therapists and certified/registered counselors. Outpatient Services, Intensive Outpatient Services, and Recovery Support Services were available at Options sites in Berkeley, Oakland, and San Leandro in FY 2021-22, and will be added in Concord in FY 2022-23. In response to COVID-19, outpatient services were provided via telehealth during most of FY 2021-22, with a partial return to in-person services as safety allowed.

### Outpatient Services – [4,844 hours treatment and 111 hours case management in FY 2021-22]

Treatment for men and for women is offered for less than 9 hours per week. The program offers treatment and educational groups, treatment planning, referrals, case management, and discharge services. Outpatient services are offered in the morning, afternoon, and evening. A Spanish-speaking group is available and accessible.

**Intensive Outpatient Services – [9,455 hours treatment and 421 hours case management in FY 2021-22]** Intensive outpatient services are providing for 9 to 19 hours of treatment per week, offering treatment and education groups, treatment planning, referrals, crisis intervention services, case management, and discharge services. Co-occurring specific treatment is available.

### Recovery Support Services – [1,366 hours recovery support in FY 2021-22]

Recovery support services include case management, peer support, housing referral, court liaison, transportation support, clinical and hospital referrals, on-site drug screening, job readiness and employment support, and assistance with insurance and government matters. Recovery support is available to Options clients who have completed treatment.

*More information can be found in our annual report. You can find hard copies in our offices or a PDF copy located on our website.*



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



**March 10, 2022 at 4:30 p.m.**

**We will have a live broadcast via Facebook and Options website!**



### **Voices of Recovery: December 2022**

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

*When I came into Options, I honestly can say that I didn't believe in myself and having an addiction or anything like that. I was really anxious and I was trying to do anything I could to correct my situation, but I really did learn a lot. I got a huge amount of information and I would always tell anyone it's like taking a class - it's like understanding addiction."*

- Alexis H.

*"Options took me in at my lowest point in my life and provided me the tools, counseling and housing to gain sobriety and remain sober."*

- Kevin T.

*"Thank you to all Options staff for showing that it is possible for me to become the woman I was meant to be today in life and a great mother to my children."*

- Carrie L.

## **Please consider supporting Options:**

### **Write a check or donate on-line**

Send a check to Options Recovery Services, donate one time or become a recurring donor on-line at [www.optionsrecovery.org](http://www.optionsrecovery.org). For questions, contact Porter Sexton, Development Director 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 afternoon or contact Barbara Madeiros, Housing Director, 510-666-9552 x 123 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, Administration, 510-666-9552 x 119 or email [dbeamon@optionsrecovery.org](mailto:dbeamon@optionsrecovery.org).

### **Sponsor a graduation ceremony**

A great way to promote your church, business or community organization. Porter Sexton, Development Director, 510-666-9552 X129 or email [psexton@optionsrecovery.org](mailto:psexton@optionsrecovery.org).

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

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

### **Visit Us on Social Media:**

