



# Options NEWSLETTER

## BREAKING THE CYCLE OF ADDICTION

**Options' Staff** - Since our founding in 1997 Options has been served by over one hundred staff members. Eight of our outstanding staff members have been with Options for ten or more years and are still with us. To Suzoni, Mike, Kim, Vandrick, Diana, Darryl, Yanira and Khurshida, we offer our most sincere thanks.

"For 20 years, I've believed in this mission and worked to keep our core values alive. Davida and Tom Gorham mentored me, and I've made it my purpose to keep their legacy intact. I come from a long line of social justice warriors; my Native American heritage and the fight for our rights have always been part of who I am, and part of why this work matters so much to me."



**Suzoni Camp**, Interim Executive Director,  
20 years at Options

"I started here as a volunteer 13 years ago and finished my schooling without even knowing Options' history. Once I learned the mission behind this place, I knew I wanted to be a fierce protector of it. Options plays a critical role in providing on-demand SUD treatment to a population that's too often overlooked, and I'm proud to help carry that work forward."



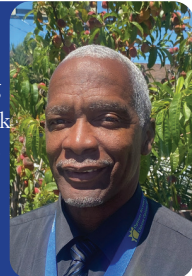
**Mike Thomas**, Senior Director of Programs,  
14 years at Options

"I continue to embrace this amazing opportunity with dedication and passion. The opportunity to work alongside the Options team, making a difference in the lives of others." For Dianna Chambers Beamon, Options is the gift that keeps on giving.



**Dianna Beamon**, Administration Clerk,  
21 years at Options

"Words of our great founder Dr. Coady 'Services work keeps you sober!' From hearing and listening to these words I put in service work and have been clean and sober for 18+ years. I live by the model positive thinking, positive actions, positive results!"



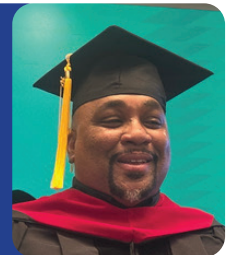
**Darryl Johnson**, Co-Occurring Counselor,  
15 years at Options, 2009 Options graduate

"My life is so much better because of Options! It's an honor and a privilege to serve our local recovery community. I'm so grateful for this experience. I love my job and the Options team!"



**Kim Chavez**, Director of Administration,  
17 years at Options, 2008 Options graduate

"I remember 17 years ago Dr. Coady telling me to be the Change I want to see in the world. Options mission statement aligns with my purpose in life; therefore it's an honor to be a part of Dr. Coady and Tom's Legacy."



**Vandrick Towns**, Director of Programs,  
13 years at Options

"I am grateful to work alongside people who are so dedicated to making a meaningful impact every day."



**Yanira Armster**, Coordinator of Programs,  
10 years at Options

"I find it gratifying to work in a community-focused environment and witness the direct impact of recovery on clients' lives."



**Khurshida Begum**, Accounts Payable/Receivable,  
10 years at Options

## A LETTER FROM THE FUND DEVELOPMENT CHAIR

Dear Friends,

We are proud to present the June 2026 edition of the Options newsletter. As we move into our 29th year of operations, providing quality treatment and support for those impacted by substance abuse, we want to think about how we have come this far, and take the time to thank the many staff members, board members, and volunteers who have brought us here. This month saw the return of our summer Staff Appreciation Picnic/BBQ where we celebrated the staff, board members and volunteers who have served Options for 5 or more years, and later on September 25, we are planning an Alumni dinner to recognize our past graduates who have carried our message and mission. Featured in this newsletter are some who have been with Options the longest. I myself am a member of Options' original founding board of directors. I have been here since our inception and I have personally seen and directly experienced the contributions each has made. And I personally, directly, and humbly thank each one for the contributions they have made. This newsletter and the event we are planning for September are dedicated to those who have provided the help without which we could not have made this incredible journey.



- Susan Bookman  
Fund Development Committee, Chair  
Options' Board of Directors, Secretary

## Options' Volunteers

Since our founding in 1997 Options has benefitted from the help of over one hundred volunteers. We offer a sincere thank you to all. Two of our outstanding volunteers have been with Options for over ten years and are with us still. To Peg Miller and Stella Koh, we offer our most sincere thanks.



**Peg Miller**

Volunteer  
for 27 years



**Stella Koh**

Volunteer  
for 10 years

Peg has taught yoga as a Physical Therapist at Options, counseled Options female clients as a licensed therapist, volunteers at Options CareBridge, and serves as liaison for St. Timothy's Episcopal Church, one of Options most steadfast supporters.

Stella volunteers on Options development committee. She states: "I like volunteering at Options because it gives me perspective and hope... Everyone at Options reminds me of the good in humanity. Everyone brings ideas and solutions and positivity regularly."

**Board of Directors** - Since our founding in 1997 Options has been served by a total of 47 board members. Six of our outstanding board members have been with Options for nine or more years, two of whom have been with Options since its very beginnings. To Susan, Sarah, Susan, Rick, Sol and Bill, we offer our most sincere thanks.

"I am honored to have been involved with Options since the beginning. Working in the courts, providing pretrial services, I was witnessing the revolving door of arrest and substance abuse without any hope of breaking that cycle. I was there when Dr Coady and her supporters chose the name "Options Recovery Services" for the program. The rest they say is history."



**Susan Bookman, 29 years on the Board**

"I remember Davida Coady and Father Bill O'Donnell sitting in my living room talking about all the people in need they saw on their 10-minute walk from Bill's church to my house. "We really have to do something," they said. And before I knew what happened, I was part of that 'we.'"



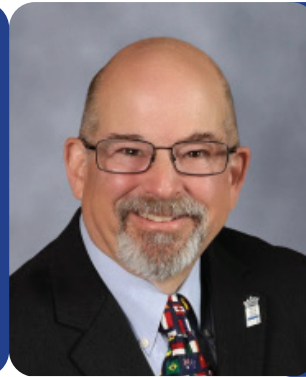
**Sarah Shannon, 29 years on the Board**

"I came to Options because Davida Coady saw something in me that she thought would be valuable to the organization. I don't know what that was, but I do know that I am eternally grateful."



**Susan Champion, 12 years on the Board**

"Once I got involved with the clients and staff (at Options) directly, I knew it was something I was called to do. I plan to continue in her (Davida Coady) memory for as long as I am able."



**Rick Sweeney, 12 years on the Board**

"I reached out to Options Recovery Services, and asked if they would partner with the State of California in this new innovative program. After retiring in 2010 state service, I was invited to be a member of the Board. Never in my wildest dreams did I think this program would be the catalyst that would cause the change of over 200,000 men and women!"



**Sol Irving, 9 years on the Board**

"I was Father Bill O'Donnell's puppet and became Davida Coady's 'gofer,' both roles I continue today. I think my heroes, Options staff and those on the front lines, know what I'm talking about."



**Bill Joyce, 9 years on the Board**

**Voices of Recovery:  
March 2026 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.*

“Options allowed me to prioritize my recovery to really delve into myself, figure out what my demons are, and make peace with them.” – *Jabu M.*

“Options has made a huge positive impact on my life. The combination of outpatient treatment and sober living was exactly what I needed coming out of rehab.” – *Hearmon K.*

“Recovery has taught me that change doesn’t happen overnight, but it does happen if you stay willing and keep showing up. I’ve learned healthier ways to deal with stress, take responsibility for my actions, and build a life that I am proud of.” – *Candice D.*

**COMMUNITY EVENT SPOTLIGHT:  
7th Annual Oakland Community Block Party**



On May 30th, Options joined the Alameda County Public Defender’s Office and more than 40 community organizations at the 7th Annual Oakland Community Block Party at DeFremery Park in West Oakland. Housing Director Barbara Madeiros and volunteers Kelly Garza and Scott St. Clair staffed our table, connecting with community members seeking recovery resources and fellow organizations looking to collaborate. Full recap at [www.optionsrecovery.org](http://www.optionsrecovery.org).

**SUMMER GRADUATION CELEBRATION**

Friday, June 12th Options proudly celebrated and recognized 10 graduates who successfully completed our Substance Use Disorder Treatment Program! Watch the video ceremony now available via Youtube, Facebook and our website.



**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 [bmadeiras@optionsrecovery.org](mailto:bmadeiras@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).

