

Options

NEWSLETTER

BREAKING THE CYCLE OF ADDICTION

*Special thanks to our
donors & supporters!*



Donor Appreciation Night

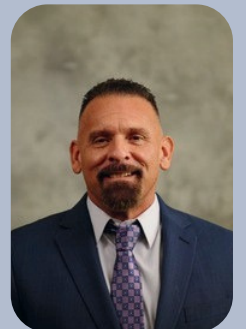
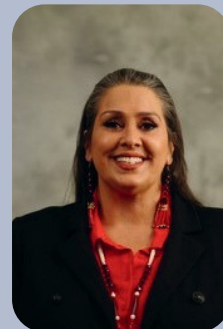
SEPT 19 2025

Veteran's Memorial Building
1931 Center St.
Berkeley, CA 94704

From our Board of Directors



From our Leadership Team



*And from all the staff,
clients, former clients,
and families at Options*

We appreciate you!

A LETTER FROM THE FUND DEVELOPMENT CHAIR

Dear Friends,

We are proud to present the June 2025 edition of the Options newsletter.

As we move into our 28th 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 gracious donors and supporters who have brought us here. History about Options' beginnings and earliest donors are featured below. On page 3, we have highlighted support for Options from our very beginnings, starting with our founder, Dr. Davida Coady. This Newsletter and the event we are planning for September 19th in downtown Berkeley 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' Principal Donor Highlights:

Peg Miller

She came to Options in 1999 to offer her services as a Yoga instructor. She came with a background in physical therapy, working with low-income and drug-addicted clients in New York City and Chicago. Her approach to working with Options clients was to encourage them to do their best, many were not used to doing exercises like yoga. She felt it was important for them to address the body as well as their addictions. Wisdom from Peg: "God gives us what we have - it is what we do with it that matters". "We have to relate to people, they need to know we are listening to the need". She went back to school to get a degree in counseling and worked with Options as a women's counselor until 2020.

Peg was also a Parishioner at St. Timothy's Episcopal Church in Danville. As a member of their Outreach Committee, she encouraged the church to adopt Options as one of their projects. From the beginning she made sure the parishioners knew that if they had furniture to donate, Options was the place to go. This effort was coordinated by parishioner Patty Farris who believed it was God who directed her to do this. The church members almost single-handedly furnished all of our recovery houses in the beginning. A few days before Christmas for many years, the members cooked a shepherd's pie luncheon with all the fixings for our clients. They have supported us every year with a very generous grant. We celebrate St. Timothy's generosity and support of Options.

Jane Brooks

In 1999, Jane Brooks met Berkeley Judge Carol Brosnahan at St. Clements Episcopal Church in Berkeley. At the time, the judge, an original Options supporter, was looking for a venue for an Options fundraising event. The event, an art show and sale, was to feature her husband Jim Brosnahan's paintings. Jane immediately offered the parish hall at St. Clement's as a venue. The event was a great success. St. Clement's continued to host the event for several years and sponsored many programs for their parishioners featuring Davida Coady and Tom Gorham. Jane Brooks, a retired therapist, was one of the first members of Options fundraising committee.

Options Supported by a Community of Donors from Its Beginnings to Today



Options Recovery Services was founded in 1996 by Dr. Davida Coady, a public health pioneer with global experience. With support from a handful of personal friends, the support of the Berkeley judges and the Berkeley Police Department she began working in the Berkeley court referring people with substance abuse disorders to treatment programs. In 1997, with a small grant from the Alameda County Superior Court and help from the late Judge Jeff Tauber from the Oakland Drug Court, Dr. Coady established a drug diversion program in the felony court. First-time drug offenders were referred to treatment -- if they were successful in treatment, the drug charges were dismissed; if not, the charges were reinstated.

In 1999, the California Endowment agreed to fund Options for \$300,000 for three years. With this grant, Options Recovery Services was incorporated as an intensive outpatient substance abuse treatment program and was able to hire staff.

Because many of Options clients were homeless it became apparent that the program needed to begin providing recovery housing for clients. In 2002, with funding from Dr. Coady's personal home equity and with financial support from longtime friend Martin Sheen, Options bought its first clean and sober house in North Oakland.

In 2004, with the support and staffing from the Wright Institute of Professional Psychology, Options was able to open its first mental health clinic to treat the clients with mental health as well as substance abuse problems. With the encouragement of contacts within San Quentin State Prison, Options began an in-prison counseling and training program in 2006 for inmates with a history of substance abuse. The program was very



THE WILLIAM G. IRWIN
CHARITY FOUNDATION

successful and was quickly adopted by the California Department of Corrections and Rehabilitation. Options is currently managing the Occupational Mentor Certification Program in seven state prisons, training inmates to become substance abuse counselors.

There are over 500 graduates of the program currently providing in prison peer mentoring services in all state prisons. Many who have returned to the community are now employed by local treatment programs. The Hedco Foundation and the William G. Irwin Foundation, and many generous individual donors, have helped to renovate old, large, multi-room facilities into efficient and supportive recovery residences. Options' many supporters, including Northbrae Community church, St. Clement's Episcopal Church, St. Mark's Episcopal Church, Episcopal Impact Fund and the Bernard E. & Alba Witkin Charitable Foundation invested substantial funding in ensuring a supportive recovery experience for our perinatal program mothers and their families. The COVID Pandemic of 2019-2024 created challenges for both housing and treatment programs. Our church supporters, local foundations such as the Lowell Berry Foundation and the West Davis and Bergard Foundations, and organizations such as the Berkeley Rotary, the Albany Rotary, and the UC Berkeley Chancellor's Office, as well as many long-term donors and first-time donors, stepped up to support our efforts to continue quality treatment and supportive housing. St. Timothy's Episcopal Church, All Souls Episcopal Parish, St. Patrick's Catholic Church and St. Raymond Parish Women's Guild have provided ongoing support to refurbish and maintain these facilities to provide clean and sober supportive housing for Options clients.



Options has continued to grow and to thrive for nearly 30 years with the support of our community of donors. Thousands of clients have found their individual roads to recovery, countless lives have been saved, families have been reunited and prospered. None of this would have been possible without the generosity of our donors. Options is honored to recognize your support, and to designate September 19, 2025 as a special night to show our appreciation. Logos of just a few of our amazing donors are shown here but there are many, many more. We thank you all.



Voices of Recovery: March 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.

"I am forever grateful for the help and options I received from your amazing team. Thank you everyone for playing a part being a part of my recovery."

- Richard B.

"It's been a long journey; I'm really grateful for Options. When I first started, Options provided me the stability I needed – it wasn't necessarily somewhere I wanted to go every day, but I was happy to go there and a lot of things I learned in Options; I still do today."

- David M.

"When I first came to Options I was sure I knew I was ready for a change, but I wasn't 100% sure and if it wasn't for the staff here with their persistent phone calls to get me to walk through the door I would have never been at almost two years sober. It's been a long journey with lots of trial and tribulations but the changes that I have done and overcame in the last two years has been great because of Options."

- Violetta T.

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

=SUMMER=



The celebration can be viewed 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.optionsrecoveryservices.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' Allston Way office on Friday afternoons or contact Barbara Madeiros, Housing Director, 510-666-9552 x123 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 x119 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, 510-666-9552 x129 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.



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