



**Options
Recovery
Services**

1931 Center Street, Berkeley, CA 94704 tel: 510.666.9552 fax: 510.666.0987 www.optionsrecovery.org

Thursday, October 04, 2012

Mr. Michael A. Crenshaw, C58192

Dear: Mr. Crenshaw

I want to thank you for choosing Options Recovery Services to help you make a smooth transition. **You have been accepted into the Options outpatient re-entry program** and we look forward to working with you so that your life can continue to move forward in a positive direction. Options is an abstinence based Drug and Alcohol Treatment Program. It is required of you to adhere to all of Options programming. Options' has also created a newly formed Veteran's Mentor Group. We hope that Options Recovery Services can help and support you in meeting your goals.

Upon your release, it is requested that you report immediately to Options. In case of an emergency situation contact an Options Case Manager and transportation may be arranged. At Options you will be housed in one of our six clean and sober housing units. The rent will be a percentage of your income; typically \$350.00 per month if you are low income. In the Options housing units, along with no alcohol or drugs, we have a zero tolerance for nicotine. This goes not only for smoking but chewing as well. Smoking is a cause to be removed from Options housing program.

Our staff will assist you in obtaining General Assistance and access to public transportation. The Options substance abuse treatment program includes, among other services, educational classes, group and individual counseling, criminal and addictive thinking patterns, acupuncture, and tobacco cessation. Additional assistance obtaining mental health treatment, health care, dental care and entitlement benefits will be immediately available. The program is a 12 month program; there will be for the first 30 days a 7:00 pm curfew. Provided you adhere to all program rules within that time; your time will extend to 10:00pm. You are expected to be back at the Options Housing by 10:00pm. These curfews are set in place to help you slowly merge back into society. We encourage you to engage in treatment for six months prior to seeking employment. After graduation we also offer continued care services.

We congratulate you in your choice to continue to prioritize your recovery by participating in the Options program when you are released. If you can, please give us a little advanced notice of your release date so that we can help with a smoother transition. I look forward to seeing you on the outside.

Note: *Options is an abstinence based Drug and Alcohol Treatment Program. NO addictive/habit-forming medication is allowed including; prescribed medications.*

Sincerely,

Nathaniel R. Rouse Intern
Re Entry Coordinator

OPTIONS RECOVERY SERVICES
1931 Center St Berkeley, CA. 94704 (510) 666-9552

SERVICES PROVIDED

Intensive Day Treatment for Substance Abuse (Men and Women): Enrollment in a twelve month curriculum of Early Treatment, Phase I, II, III and IV which includes denial management, relapse prevention, intensive case management, one-on-one sessions with trained addiction counselors, and peer support. Clients are required to attend three hours a day, five days a week, Monday – Friday (Men's Program 8:30 AM – 11:30 AM, Women's Program 1:30 PM – 4:30 PM). Evening classes available (Monday, Wednesday and Friday) for those who work or go to school.

Free Mental Health Care: Therapy with Marriage and Family Therapist's on staff (individual and group sessions) at the Options' Mental Health Clinic in Berkeley. Special groups for clients with Post Traumatic Stress Disorder, and anger management issues.

Transportation: Staff and volunteers provide transportation for clients to and from detox facilities, residential treatment programs and correctional facilities as needed.

Intensive Case Management: Case managers on staff and volunteers assist clients in maintaining attendance, in taking care of the basics: food, housing, budgeting, family, and health services.

On Site Toxicology Lab: Using Syva EMIT DAT technology, the gold standard for over 40 years, Options does its own in-house drug testing and contracts with local social services agencies to do their drug testing. Results are immediate and available to contracting agencies on the web using their own login and password.

Government Benefits Assistance: Full time staff dedicated to assisting clients gain access to the County's General Assistance fund, Social Security, and Veterans Administration benefits, and to obtain identification and fill out paperwork.

Emergency Shelter: Shelter beds available to Options clients in the Berkeley Food and Housing Program's Shelters for men and women.

Clean and Sober Housing: 91 beds in six Option's transitional houses in Oakland and Berkeley.

Shelter Plus Care: 26 single occupancy permanent housing units supervised by Options staff for clients and program graduates.

Complementary Therapies: On-site acupuncture available two days week, meditation once a week, Tai Chi and Yoga twice a week.

Smoking Cessation: Staff conducted classes are required for all Options' clients who smoke.

Job Training: Early treatment clients work at the weekly Car Wash benefit (Every Saturday, 9 AM – 2 PM, at the Lutheran Church of the Cross, 1744 University Ave, in Berkeley) and volunteer opportunities are provided during all phases.

Educational and Vocational counseling: job and career planning in Phase III and IV.

Diversion Intervention Program: Options counselors lead classes for first time offenders referred to the program by Superior Court - Alameda County judges in the misdemeanor and infraction courts at the Wiley Manuel Courthouse in Oakland.

Sliding Scale Fees: As part of our intake process incoming clients are assessed on their ability to pay our minimal participation fees. No client, appropriate for our services, is turned away for lack of ability to pay.