



**OPTIONS**

Family of Services

PO BOX 877  
800 Quintana Rd,  
Suite 2C  
Morro Bay, CA  
93443

Ph: 805-772-6066  
Fax: 805-772-6067  
www.optionsfs.org

## A Message from Mike Mamot, CEO



All of us have felt the impact of the current, unprecedented fiscal crisis in our country. This is compounded by the fact that in the past eight years, we have received very few rate increases which have failed to keep pace with inflation. Despite all of these enormous fiscal challenges, OPTIONS is prepared to face the new year with confidence in our ability to continue to provide quality services. This is no more evident than our recent "perfect" CARF survey. Since our inception, the OPTIONS board of

directors has taken action to prepare for such a rainy day. We seek to protect all of the persons served from the adverse affects of the current economy. It is a testament to the dedication of our entire staff that I can confidently tell you - the disabled persons we serve are and continue to be in good hands. Virtually all staff members at OPTIONS have made personal financial sacrifices in pursuit of our mission. It is not enough for us to simply provide services. We will continue to improve even during these difficult times.

## OPTIONS Awarded Perfect CARF Accreditation

CARF, The Rehabilitation Accreditation Commission, has announced that OPTIONS Family of Services, Inc. has been accredited for a period of three years in Employment Services.

The latest accreditation is the fourth out of five recent Three-Year Accreditation outcomes in which OPTIONS did not receive a single recommendation. More than 1,800 organizations each year seek CARF accreditation in the USA, Canada, and Australia. It is extremely rare that any CARF survey results in zero recommendations, with less than 3% of accreditation surveys achieving this outcome annually.

This accreditation outcome represents the highest level of accreditation that can be awarded to an organization and

shows the organization's substantial conformance to the standards established by CARF. An organization receiving a Three-Year Accreditation outcome has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality.

CARF is an independent, not-for-profit, accrediting body whose mission is to promote the quality, value and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served.



### Inside this Issue:

<i>CEO Message</i>	1
<i>Perfect CARF Accreditation</i>	1
<i>OPTIONS Philosophy</i>	2
<i>Job Developer Extraordinaire</i>	2
<i>Stars of the Month</i>	2
<i>Stories of Success</i>	3
<i>Van Donation</i>	4
<i>Christmas Wish Lists</i>	4

# OPTIONS Family of Services Philosophy

At OPTIONS Family of Services, we strive for the "Full Inclusion" of our clientele within their chosen community. We are a private, 501 (c)(3) nonprofit organization providing positive choices for people with developmental disabilities and traumatic brain injury.

In 1984, Chief Executive Officer Mike Mamot started a single group home for disabled and abused children. Now on a daily basis, OPTIONS serves over 200 individuals in northern Santa Barbara and San Luis Obispo counties.

We provide comprehensive services in housing, community based day programs and training in

independent living skills - from one-on-one support and functional services to vocational services focusing on community integration, as well as meeting social and recreational needs.

OPTIONS relies on private, foundation and corporate donations to make a difference in people's lives. Government funding provides minimal support and services. Our supported persons need much more:

- Residential upgrades
- Transportation
- Adaptive equipment
- Home improvements
- Special outings
- Art supplies
- Technology and equipment, hardware, software and upgrades
- Capital improvements

Your tax-deductible donation can be sent to: **OPTIONS Family of Services, PO Box 877, Morro Bay, CA 93443**

# Job Developer Extraordinaire Honored

Yvonne Barabas, Job Developer, was recently honored for her recent achievements by the OPTIONS Board of Directors. Between July 2006 and June 2008, Yvonne placed 23 persons with developmental disabilities in supported employment. In the state of California



Yvonne Barabas, center

is a remarkable feat given that OPTIONS serves a very small fraction of all persons served in our state. Yvonne has done a fantastic job in allowing many disabled persons to realize their vocational dreams. She has developed a vast diversity of jobs creating many community partners. She is commended for her hard work and dedication!

during that same period, 434 persons were placed: Yvonne is recognized for being directly responsible for 5.3% of all placements! This

# Stars of the Month

- **Tony Skinner – January**  
Talented artist & a thoughtful friend
- **Eric Coakley—February**  
Dedicated to his employment at Hearst Castle
- **Carolyn Flynn-March**  
Great attention to detail
- **George Graham-April**  
Sweet, helpful & considerate
- **Ralph Grannell-May**  
Motivated to work & increase independence
- **Robert Minkler- June**  
Warm, hardworking & has a roaring laugh
- **Tyler Zweifel-July**  
Many great accomplishments this year
- **Alan Shoemaker - August**  
Role model, always wears a smile
- **Rick Woolridge- September**  
Willing, always wears a bright smile
- **Kirt Bewley- October**  
Creative, kind & generous
- **James Park - November**  
Great sense of humor, consistent
- **Judy Martin - December**  
Consistent, upbeat & making strides

# Celebrating the New Year with Stories of success

## Joy is felt as we reflect on the achievements of 2008

The year, 2008, will definitely be remembered as a year that was great. Many of the people we serve made great strides towards their goals, dreams, and ultimately, their independence. Like presents waiting under the tree, each person opened a part of themselves, revealing the dedication toward their goals and a determination to succeed.

### Moving Forward

This year, many persons served with OPTIONS gathered their belongings, boxed up their personal valuables, and moved to a new location with a bright destination. Looking forward to the future, a new living space, and the challenges ahead, each person smiled with pride for the great accomplishments they had achieved.

Tyler, a gifted artist who always brings new creative energy to any project, graduated from living in a very structured environment at the Sonata home and moved to the Morro Bay ICF. This step toward greater independence was a goal that Tyler had been striving to make for over a year. With perseverance and focus, Tyler embraced each day with a fresh approach. Each day he worked meet his objectives. Each day he strived to show the world that he was ready to move in a new direction. Each day he continued to succeed, and as the days passed, with many days of success, he reached 50 days of accomplished goals, and then another 50 days. As the days added up, it was apparent that Tyler was ready to

move forward. Tyler moved out of the Sonata home one month later, and received a plaque for being Star of the Month in July.

Amy, a bright and sassy young woman, who was also a resident at the Sonata Home, moved into her own apartment this year. She moved closer to her family and friends, and the life that she had prior to living at the Sonata home. Amy learned a lot while living at the Sonata Home, and attending the Atascadero CIS. She brushed up on her Public Relations skills, by working directly with OPTIONS PR Director on several endeavors. Amy volunteered hours of her time to give special thanks to the people who make Special Olympics happen. She helped to coordinate OPTIONS donation of thousands of water bottles to the volunteers and participants, and personally labeled hundreds of bottles with a note of thanks. OPTIONS will always remember her special presence. Now, Amy is living independently in her own apartment, working in the community, and reaching her goals.

### Hard Work Pays Off

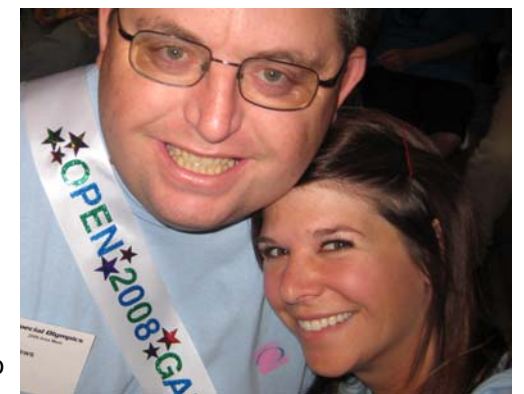
Steven, a man with a boisterous personality, desire to travel, and generous nature, first came to the Atascadero CIS without any interest in working. He wanted to go places, see new things, and experience life in a way that he never had before. Indeed his opportunities grew at the CIS Program, but the more that Steven explored, the more he realized that he

wanted to experience more. These new endeavors would cost money. Late last year, Steven set a goal of earning enough money to go to Sea World in San Diego. He started working one day a week on the Janitorial Crew, and budgeted his money to \$10 a week. One day of work turned into two, and as he continued to increase the number of days he worked, his schedule started to fill with work. He worked 4 days a week on the Janitorial Crew, Vending Crew, Shredding Crew, and Hearst Castle Crew. Some-



Amy holding a bottle she labeled herself

times he would wash OP-TIONS vehicles to make extra money. With all of his hard work over this last year, Steven has not only traveled to Sea World, but he also went to Las Vegas, sailed a Mexican cruise, and went to Universal Studios. Steven is now touring with different work programs in the area and is moving toward a



Steven, with OPTIONS CIS manager, Heather Ducato

more vocational direction.