



Newsletter: October 2017

What's happening at Dimock?

A Note from Our President & CEO:

Greetings Dimock Family!

October has been an incredible month for The Dimock Center. We celebrated our 30th Anniversary of [Steppin' Out](#) on October 21st, our most successful gala yet.

The evening recognized the remarkable impact this event has had on Dimock over the past three decades by evolving into the single largest source of unrestricted dollars for our organization. I am proud that Steppin' Out has become Boston's premiere multi-cultural gala that supports our national model of care.



I would like to give an enormous thank you to everyone who attended our milestone event and celebrated our rich history. The night would not have been possible without your generous support. Thank you for your commitment to Steppin' Out for The Dimock Center!

Our work at Dimock continues at a brisk pace. We have many upcoming activities to look forward to, including our Annual [Holiday Gift Drive](#) and [Team Dimock](#) for the 2018 Boston Marathon. Visit our [website](#) to learn more about these wonderful events and how you can get involved.

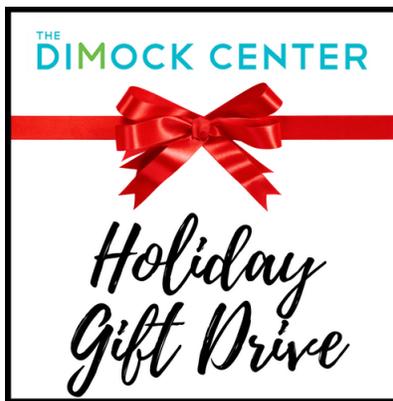
As always, please feel free to email me at OfficeofthePresident@dimock.org.



Warmest regards,
Myechia Minter-Jordan, MD, MBA
President & CEO



Dimock Events



2017 Annual Holiday Gift Drive

The Dimock Center is continuing our tradition of organizing a Holiday Drive to collect gifts for families in all of our programs. Visit our [website](#) for more details and how to get involved.

TEAM DIMOCK

Applications are now being accepted for Team Dimock for the 2018 Boston Marathon!

Calling all runners! Have you always dreamed of running the Boston Marathon? Do you already have a number as a qualifier? If you answered yes to these questions then please consider joining Team Dimock!

For the second year, The Dimock Center has been selected to participate in the John Hancock Non-Profit Marathon Program. The 122nd Boston Marathon will be held on

Monday, April 16, 2018.

To learn more about Team Dimock or if you are interested in running the 2018 Boston Marathon with us, visit our [website](#).

If you already have a bib and would like to join Team Dimock, please contact events@dimock.org.

Thank you John Hancock for our 2018 Boston Marathon bibs and your incredible support!

KUDOS
TO YOU!



Kool & The Gang

Thank You for Celebrating our 30th Anniversary of Steppin' Out!

From all of us at The Dimock Center, we would like to thank everyone for celebrating this momentous occasion with us. Special thanks to our incredible sponsors. With your support, we can continue to provide comprehensive, patient-centered care to a community dependent on our resources. Our 2017 leadership sponsors include:

Dr. Susan Dimock Presenting Sponsor:
The TJX Companies, Inc.

Dr. Lucy Sewall VIP Dinner Sponsor:
Sanofi Genzyme

Ednah Dow Cheney General Admission Reception Sponsor:
Liberty Mutual Insurance

Mary Eliza Mahoney Gold Sponsor:

Dell

Primary Affiliate Sponsor:
Beth Israel Deaconess Medical Center

Media Sponsor:
WCVB TV

To learn more about our 2017 Supporters, please visit our [website](#).



Recognizing past and current Dimock leaders, Joseph Feaster, Wendell Knox, Carolyn Golden-Hebsgaard, Jackie Jenkins-Scott, Clayton Turnbull, Flash Wiley and Ric Murphy

Our celebration brought together more than 1,000 guests. With your support, Dimock raised a record \$1.14 million for all of our services. This ensures that we provide comprehensive, integrated care to more than 18,000 people this year, including generations of families who have come to Dimock for primary care, behavioral health, support and education.

We also premiered our new video, Generations of Hope. Watch it [here](#).

For more details and photos from this incredible evening, visit our [website](#) and our [Facebook page](#).

Thank you again for celebrating our Pearl Anniversary with us. We are looking forward to celebrating our 31st Anniversary of Steppin' Out in 2018 with you!

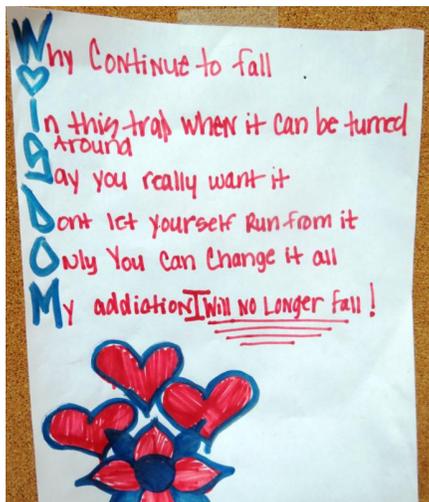
Programs & SERVICES

The Power of Group in Recovery

Dimock's Acute Treatment Services program provides inpatient detox for alcohol and opioid use disorders, for up to fourteen days. This is an integral program for Dimock and

our community.

During patients' treatment, they attend five daily group sessions covering a variety of topics including health education, tobacco and relapse prevention. The number of daily sessions also builds structure into the program that is essential in patients' treatment process. The final group of the day focuses on a patient's commitment to his or her recovery. This session motivates and inspires people to continue on their recovery process.



Poem about addiction from a patient.

Groups create hope in individuals as they watch and interact with their peers. Prior to beginning group, patients may feel alone and that no one fully understands them, which can lead to feelings of shame and isolation. Groups can help build trust and connection through supportive relationships and allow patients to create a common goal of healing. At The Dimock Center, we believe in the power of group. These sessions help our patients understand that recovery is possible.

Every few weeks patients participate in a voluntary writing activity. This project allows individuals to reflect on their past and write an anonymous letter to their addiction. This activity is significant to patients because it allows them to address their addiction in a safe environment. Not only do patients recognize this, but they also use this activity as an opportunity to say goodbye to their

addictions once and for all.

The renovations to the Dr. Lucy Sewall Center for Acute Treatment Services continue with great progress. The completion of this project will allow Dimock to serve 4,000 men and women annually. Please visit our [website](#) to view our current progress.



CONTRIBUTE NOW

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