



Newsletter: September 2017

What's happening at Dimock?

A Note from Our President & CEO:

Greetings Dimock Family!

The beginning of this fall season has proven to be a busy one here at The Dimock Center, and we are looking forward to the upcoming months. The Road to Wellness 5K [Walk/Run](#) was a wonderful success, both for Dimock and for our community members. There has also been much progress on the [renovation](#) of our Dr. Lucy Sewall Center for Acute treatment Services project. Now, we are gearing up for the 30th Anniversary of [Steppin' Out](#) on October 21st. I hope to see you there!



September is National Recovery Month, which aims to increase the awareness and understanding of mental health and/or substance use disorders and celebrate those who are on the road to recovery. This celebration is an important step for clients within our residential programs to continue their recovery beyond our doors.

Throughout the year, Dimock is fortunate to have a number of generous sponsors working alongside us to further our mission. As we prepare to celebrate our milestone Steppin' Out, I would like to express my gratitude to the 58 generous sponsors and the many dedicated friends who are making this event a success. Your commitment and generosity help continue our work throughout the year to provide community members access to our holistic care and comprehensive programs. To learn more about our wonderful sponsors, please visit our [website](#).

I would like to take a moment to recognize all those struggling from the recent hurricanes. My heart goes out to all of the families and communities impacted across the country. My thoughts are with you. From all of us at The Dimock Center, we wish everyone in the affected areas a fast and safe recovery.

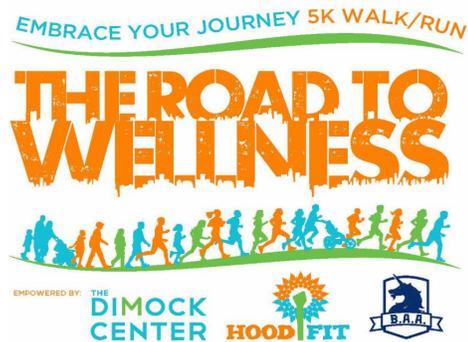
As always, please feel free to email me at OfficeofthePresident@dimock.org.



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



Dimock Events



Thank You for your Support of our 3rd Annual Road to Wellness 5K Walk/Run!
The 3rd annual Road to Wellness 5K [Walk/Run](#) took place on Saturday, September 9th at The Dimock Center. With 1,000 participants and 24 sponsors, the day was a great success. Please visit our [website](#) for more pictures and information from the event.



30th Anniversary of Steppin' Out
Steppin' Out is less than a month away! General admission tickets are still available for purchase [here](#). Guests will enjoy headliner, Kool & The Gang, followed by an after party and dancing with Biz Markie. Please join us in celebration on October 21st.

KUDOS

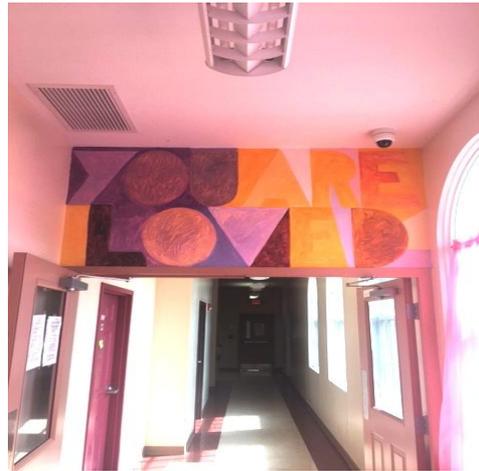
TO YOU!

Congratulations GK 50 Honorees!

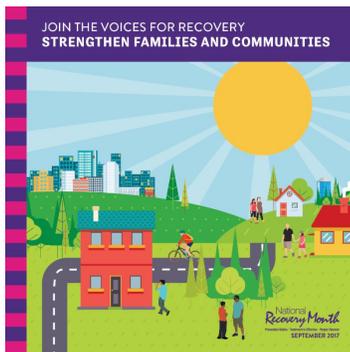
On September 19th, Get Connected!'s GK 50 Honored Boston's 50 Most Influential People of Color in Healthcare and Life Sciences. The GK 50 is a unique opportunity to recognize individuals of color who are making positive contributions in various fields. We would like to congratulate the following members of the Dimock family: Dr. Myechia Minter-Jordan, President and CEO, Dr. Holly Oh, Chief Medical Officer, Dimock Community Foundation Board Members Wanda McClain, Vice President of Community Health at Brigham and Women's Hospital, Juan Lopera, Vice President of Business Diversity at Tufts Health Plan, Dr. Sandra D. Stratford, Chief Medical Officer at Raytheon Company, as well as Dimock Friend Damian Wilmont, Vice President of Litigation, Risk & Compliance at Vertex Pharmaceuticals Incorporated. Congratulations to all!

Thank You Alex Cook!

Throughout the month, Alex Cook has painted several murals in our Mary Eliza Mahoney House Family Shelter. Alex's "You Are Loved" mural project works with organizations and communities to create this powerful message. His beautiful artwork is now above doorways and entrances. Thank you, Alex!



Programs & SERVICES



National Recovery Month

The Dimock Center celebrated National Recovery Month on campus. [Learn more.](#)



Meet Harvard Medical Student, Claire Wagner

[Learn more](#) about Claire Wagner's work at The Dimock Center and how our efforts here correlate with healthcare abroad.

A Positive Move: New Spaces for Child and Family Programs

This summer, we moved the Adult Education program from the Jackie Jenkins Scott (JJS) Building to the first floor of the Goddard Building. We also moved The Dimock Foundations for Learning program from Goddard to JJS, centralizing early childhood programs in one location. The placement of our two Adult Education classrooms in Goddard provides space to serve approximately 25 more participants, for a total of 50. In addition, the Adult Education Program is now in closer proximity to three of our residential recovery programs (Women's Renewal, My Sister's House, and the John Flowers Residential Recovery Home), helping to encourage men and women to participate in our Adult Education program as part of their recovery goals.

National Recovery Month 2017

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month. Throughout the month, SAMHSA works to increase awareness and understanding of mental health and substance use disorders, as well as to celebrate those in recovery.

Every year, a theme is chosen to celebrate the month. The 2017 annual theme was titled, "Join the Voices for Recovery: Strengthen Families and Communities." This theme highlights the value of family and community support throughout recovery. It also invites individuals in recovery and their family members to share their personal stories and successes in order to encourage others.



One event Dimock hosted this month was a concert performed by Shelter Music Boston for the women in our residential recovery programs.



The group provides concerts to numerous organizations dedicated to serving homeless individuals in the Greater Boston area. Current research documents the positive effects of music on physical and mental health and supports its use as a complementary tool in social service delivery; live concerts in shelters enhance the effectiveness of traditional services. For a homeless individual, an interactive, respectful concert delivering the therapeutic power of classical music directly into the shelter can provide hope, a sense of self-worth, and renewed energy to address the challenges of homelessness. Since 2012, Shelter Music Boston has been performing monthly chamber music concerts and music appreciation discussions for the residents of My Sister's House and Women's Renewal. The women look forward to the monthly concert, which they find relaxing and conducive to their healing. They also enjoy being exposed to a new form of cultural enrichment.

As we conclude National Recovery Month, our anticipation grows for the new Dr. Lucy Sewall Center for Acute Treatment Services. Painting has begun on parts of the building and renovations are on track to be completed in the next several months. Check out construction progress photos on our [website](#). This renovation will increase access to substance use disorder treatment. We will be able to serve 4,000 men and women annually. We are capturing the hope for people on their recovery journeys by Building the Road to Recovery.

The Dimock Center's Pediatric Services



Claire Wagner, Strategy and Research Consultant specializing in Global Healthcare Delivery

Meet Harvard Medical Student, Claire Wagner

Each year, The Dimock Center hosts students from Harvard Medical School who participate in a clinical experience to advance their knowledge and skills in primary care. One of this year's students was Claire Wagner, a native of Philadelphia who recently moved to Boston after spending several years working in Rwanda. At Dimock, Claire worked with pediatrician and Medical Director of Health Services, Dr. Nandini Sengupta. Under Dr. Sengupta's supervision and instruction, Claire gained experience in community-based medicine while advancing her skills in taking patients' medical history and conducting physical exams.

"It was an incredible experience to observe and take part in a pediatric practice so committed to meeting patients and their

families where they are," Claire explained. She remarked on how welcoming the staff was, and the ways in which The Dimock Center goes to great lengths to see the patient in the context of his/her social, education, emotional, and physical wellbeing. "It is not surprising to me that generations of families have been cared for at Dimock over the years. The environment of care is one in which the patient is a whole. Patients often receive wrap-around services, integrated behavioral health support, in addition to medical services," Claire stated. She added that these lessons have and will continue to inform her own clinical skills and career decisions.

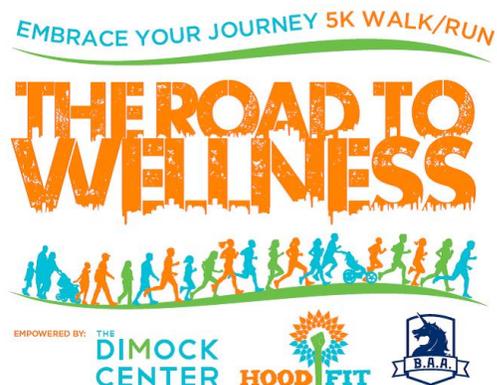
Claire's background in health equity and social justice work is what led her to Dimock last year. From 2011-2016, Claire supported the research and writing for Dr. Agnes Binagwaho, Rwanda's Minister of Health who is also on faculty at Harvard Medical School. During her year at Dimock, she was "deeply inspired" by the agility and flexibility of staff at all levels to provide patient- and community-centered services that address individual needs. She added, "I saw time and again how pediatricians at Dimock break down barriers that many patients face - whether those are barriers to health, education, or social welfare."

Claire has published over 40 peer-reviewed articles and book chapters; her research has been covered in The New York Times, and she was interviewed on National Public Radio. Claire graduated with honors from Dartmouth College where she studied medical anthropology. She is now pursuing a career focusing on health inequities, both locally and internationally.

The Road to Wellness Walk/Run Recap

The 3rd Annual Road to Wellness 5K Walk/Run took place on Saturday, September 9th at The Dimock Center. The event was co-hosted by partners The Dimock Center, The Boston Athletic Association (B.A.A.) and Hoodfit.

The Walk/Run inspires health and fitness while celebrating Roxbury's rich history, strong sense of community and diverse culture. The race course wove through the historic streets of Roxbury, starting and ending at Dimock. Nearly 1,000 people participated in the event, which raised



funding for Dimock's comprehensive health, behavioral health, and education programs and services.

24 companies sponsored the event, including Presenting Sponsor, Tufts Health Plan, John Hancock, the Trefler Foundation, the B.A.A., Mass. General Hospital and media sponsor WBUR. 33 vendors, including the YMCA of Greater Boston, Dell and Uber, participated in the Tufts Health Plan Health and Fitness Pavilion. Reimagine Play hosted a Kids Fun Run for 50 children.

Thank you to everyone who participated and helped with the event. We are already looking forward to the 4th Annual Road to Wellness 5K Walk/Run on Saturday, September 8th, 2018!





For more pictures from and information from the event, please visit our Road to Wellness [website](#).



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