

THE HEART OF HEALING ROOTED IN COMMUNITY



THE
DIMOCK CENTER
FY24 ANNUAL REPORT

Table of Contents

1	Welcome
2	Introducing the Dimock Pharmacy
5	Improving Heart Health in Our Neighborhood
10	Fighting Addiction: Helping our Neighbors Take the First Step
15	Empowered Families, Bright Futures: Uplifting Children and Families through Our Home-Based Program
16	Financial Statement
18	From Recovery to Service: Dimock Patients Find Hope & Healing in Giving Back
21	Celebrating the 10th Anniversary of the Road to Wellness
25	Meet Dimock Leadership

Dear Dimock Friends,

As we reflect on the past year, we are deeply grateful for everyone who has walked alongside us as we worked to provide compassionate, whole-person care to our community.

Through programs like our new Cardiometabolic Clinic, which helps individuals make strides against chronic conditions like diabetes and high blood pressure, our Home-Based program which empowers families to build a strong foundation for their young children, or our acute treatment programs which provide crucial care to those taking those brave first steps toward recovery from addiction, we remain committed to turning challenges into opportunities. These efforts represent the heart of The Dimock Center's mission to serve and strengthen our community.

As we look ahead, our work remains as important as ever. The Dimock Center remains a vital lifeline for those we serve. With your unwavering support, the dedication of our staff, and the resilience of our community, we can build a healthier future together.

Thank you for being an essential part of this journey.

With deep appreciation,



A handwritten signature in black ink that reads "Charles Anderson MD".

Dr. Charles Anderson
President & Chief Executive Officer
The Dimock Center



A handwritten signature in black ink that reads "Mike Kincade".

Mike Kincade
Chair, Health Services Board
The Dimock Center



INTRODUCING THE DIMOCK PHARMACY!

Everyone deserves consistent and reliable access to the medications they need, no matter where they live. For our community here in Roxbury, this has not always been the reality. Since late 2022, four Walgreens have closed across Mattapan, Hyde Park, and Roxbury, forcing those

who relied on their local pharmacies to travel elsewhere for their medications.

Local pharmacies are extremely important in ensuring those needing them can access life-saving medicine and other medical essentials.

That's why The Dimock Center is proud to introduce the new

Dimock Pharmacy! Opened in August 2024, the pharmacy offers personalized care and access to affordable medications, all in an integrated care setting.

Now, the Dimock Pharmacy is serving patients with familiarity and care, all while putting down deep roots right here in our Roxbury community.



DIMOCK PHARMACY



DIRECT COMMUNICATION WITH PROVIDERS ALLOWS THE DIMOCK PHARMACY TO MEET REFILL AND PRESCRIPTION NEEDS QUICKLY.

Why Try the Dimock Pharmacy?



Our **location** in Dimock's health center allows patients to pick up prescriptions after appointments.



We offer pharmacy services and can answer questions in a wide variety of **languages**.

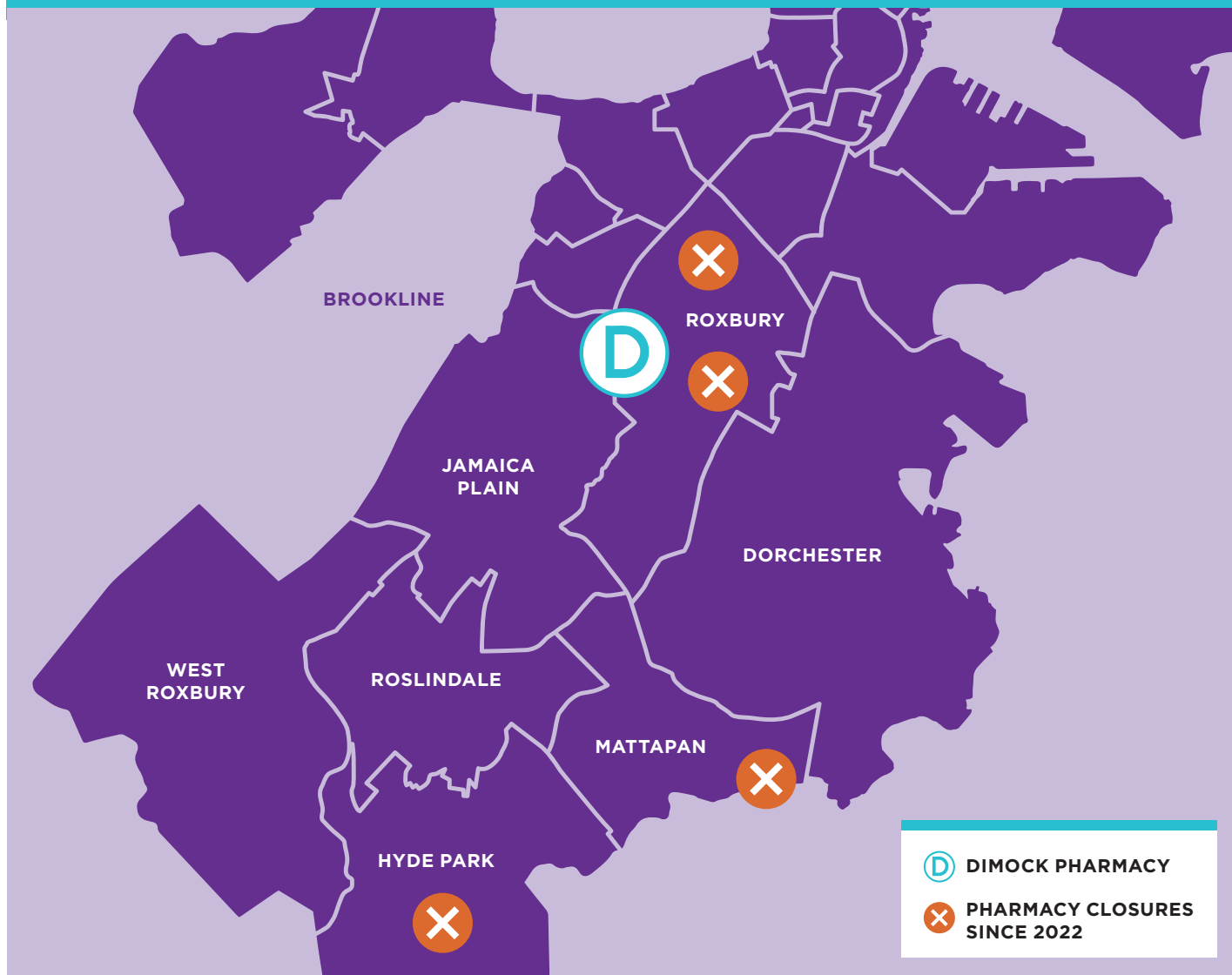


Our pharmacy team exhausts all options to help patients **save money** on their prescriptions and over-the-counter medications.



The Dimock Pharmacy is **open to the public!**

Pharmacy Closures 2022–Present



“I don’t think we have enough pharmacies in our area. There are so many kids and elderly people in our neighborhood who need their medication close by.

I love the Dimock Pharmacy. There’s no line and your medicine is always right there. Everyone is friendly and polite, and I really do feel like the residents in my neighborhood feel the same way.”

MS. BOWERS

Health Services Board Member and Roxbury Resident

IMPROVING HEART HEALTH IN OUR NEIGHBORHOOD


Dimock's New Cardiometabolic Clinic Takes a Whole-Person Approach to Wellness

The heart does more than just pump blood—it's vitally connected to the health of our entire body. Despite this, many adults live with undiagnosed or unmanaged heart conditions.

Because of this harsh reality, heart disease remains one of the leading threats to our health, shortening and claiming the lives of so many Americans.

That's why The Dimock Center is committed to supporting our neighbors in managing heart-related health conditions through our new Cardiometabolic Clinic.

The piloting of this new clinic is about more than only improving quality of life—it's about ensuring that our Dimock friends, families, and neighbors can live long, healthy lives.



**HEART
DISEASE
IS THE LEADING
CAUSE OF
DEATH AMONG
AMERICANS.¹**



**SOMEONE IN
THE U.S. DIES OF
CARDIOVASCULAR
DISEASE EVERY
34 SECONDS.²**



“We don’t want to ignore the fact that we have challenges. We do want to take these opportunities to remind ourselves that there are things that we can do when we come together as a community and bring a positive energy to solving problems.”

DR. ANDERSON, *President & Chief Executive Officer*

1. Martin, Seth S., Aaron W. Aday, Zaid I. Almarzooq, Cheryl A.M. Anderson, Pankaj Arora, Christy L. Avery, Carissa M. Baker-Smith, et al. “2024 Heart Disease and Stroke Statistics: A Report of US and Global Data From the American Heart Association.” *Circulation* 149, no. 8 (February 20, 2024). <https://doi.org/10.1161/CIR.0000000000001209>.
2. Women’s Health. “Leading Causes of Death, United States,” December 11, 2024. <https://www.cdc.gov/womens-health/lcod/index.html>.

IMPROVING HEART HEALTH IN OUR NEIGHBORHOOD



**115.9 MILLION
US ADULTS HAVE
PREDIABETES.**



**OVER 1 IN 4
AMERICAN ADULTS
HAVE HIGH HARMFUL
CHOLESTEROL.**



**NEARLY HALF
OF US ADULTS
HAVE HIGH BLOOD
PRESSURE.³**

Furthering the well-being of our community starts with identifying the key factors driving poor heart health in the Roxbury community, such as the challenges our neighbors face in accessing care, understanding their conditions, and sticking to treatment plans. At Dimock, we are partnering with our patients to help tackle these barriers.

Dimock's innovative approach starts with identifying patients at the greatest risk for high blood pressure, diabetes, and high cholesterol.

Our Quality Improvement team refers these patients to the Cardiometabolic Clinic's Care Coordinator who then reaches out to patients due for follow-up visits, schedules appointments, and checks in to see if they're keeping up with their medications or facing any challenges in taking them regularly. The Cardiometabolic Care Coordinator also relies on other care management staff to evaluate obstacles patients face in attending appointments (such as transportation) and to monitor

their blood pressure measurements and blood sugar levels. This personalized support and outreach—delivered both by phone and in person—takes place between primary care visits. It's one of Dimock's unique strategies to ensure patients effectively manage their conditions and maintain their health for the long term.

Fighting chronic cardiometabolic conditions is a complicated task, requiring care not just of the heart itself, but of the whole body, and the **whole person**.



▲ *Consistent communication with the primary care team and blood pressure monitoring can help patients better manage their chronic cardiometabolic disease.*



“The support provided by our clinic significantly enhances the quality of life for our patients. Through compassionate and comprehensive care, we ensure every patient receives the necessary attention and support.”

JOANNA FIGUEROA
Cardiometabolic Care Coordinator

3. Martin, Seth S., Aaron W. Aday, Zaid I. Almarzooq, Cheryl A.M. Anderson, Pankaj Arora, Christy L. Avery, Carissa M. Baker-Smith, et al. “2024 Heart Disease and Stroke Statistics: A Report of US and Global Data From the American Heart Association.” *Circulation* 149, no. 8 (February 20, 2024). <https://doi.org/10.1161/CIR.0000000000001209>.

The Cardiometabolic Clinic provides proactive and preventative support to patients in these areas:



Early Detection and Treatment

Regular check-ups and screenings can catch potential issues early when they are more easily treatable.



Medication Management

Helping patients take their medications as directed helps keep symptoms under control and prevents conditions from worsening.



Lifestyle Modifications

Promoting healthy habits around eating, exercise, and stress management can improve people's quality of life and potentially help them live longer.



Education and Support

Educating patients about their conditions helps them make informed decisions and maintain healthy habits.



▲ Members of the Massachusetts Department of Public Health and the Centers for Disease Control and Prevention visited The Dimock Center's new Cardiometabolic Clinic in July 2024.

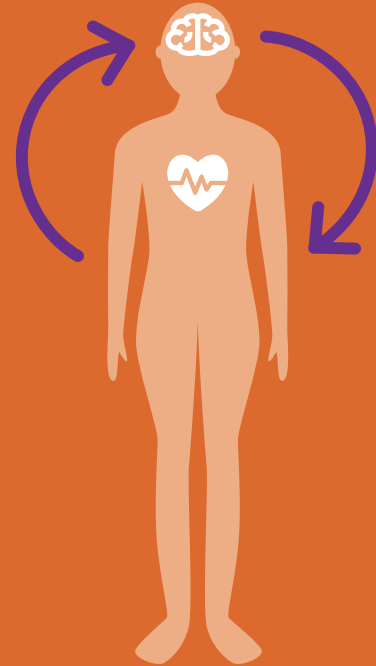
Caring for the Whole Person

Taking a whole-person approach to fighting chronic cardiometabolic conditions requires an understanding of the connection between heart health and overall well-being.

This connection runs deeper than you might think—every system in the body plays a role in maintaining a healthy heart.

“THE MIND, HEART, AND BODY ARE ALL INTERCONNECTED AND INTERDEPENDENT IN A RELATIONSHIP THAT CAN BE CALLED THE MIND-HEART-BODY CONNECTION.”⁴

AMERICAN HEART ASSOCIATION



The Link Between Oral and Heart Health

A prime example of this connection is the unexpectedly direct link between dental health and heart health. Poor dental health, especially gum disease, has been linked to an increased risk of heart disease. Bacteria from infected gums can enter the bloodstream and contribute to inflammation and plaque buildup in the arteries, leading to cardiovascular problems.

Regular dental check-ups and cleanings help reduce inflammation in the mouth, which can positively affect overall inflammation levels in the body. Lowering inflammation is crucial for managing heart health.

The Cardiometabolic Clinic program, with support from Sun Life and DentaQuest, specifically emphasizes the integration of medical and dental care, recognizing the critical link between oral health and overall health.

Thanks to Dimock's integrated care model, we also offer dental care here on our Roxbury campus!



4. Levine, Glenn N., Beth E. Cohen, Yvonne Commodore-Mensah, Julie Fleury, Jeff C. Huffman, Umair Khalid, Darwin R. Labarthe, et al. 2021. "Psychological Health, Well-Being, and the Mind-Heart-Body Connection: A Scientific Statement From the American Heart Association." *Circulation* 143 (10). <https://doi.org/10.1161/CIR.0000000000000947>.

HEART, BODY, AND MIND

The heart is the powerhouse of our health, fueling both body and mind.



Respiratory

The lungs and the heart work together to circulate oxygenated blood throughout your body. Issues with the heart can strain the lungs and lung conditions can put additional stress on the heart.⁵



Digestive

When gut bacteria is unbalanced, it contributes to high blood pressure, heart disease, and increased cholesterol levels, all of which harm blood vessels and raise the risk of heart attacks and strokes.⁶



Oral

Poor oral hygiene, particularly gum disease, can increase the risk of heart disease. Bacteria from infected gums can enter the bloodstream, contributing to inflammation and plaque buildup in the arteries.⁷



Emotional

Mental health issues can trigger physiological changes that increase the risk of heart disease. Conditions like depression, anxiety, and stress can contribute to heart problems by affecting biochemistry and behavior.⁸



Cognitive

Managing heart health helps protect the brain from cognitive decline and dementia. People with a higher risk for heart disease, stroke, and other cardiovascular issues tend to have worse cognitive performance.⁹

At Dimock, we understand that heart health is connected to so many other vital systems in your body, as well as your social and emotional health. That's why patients of the Cardiometabolic Clinic can access the health and behavioral care services that Dimock provides, **all on one campus.**

Our whole-person approach to cardiometabolic health is helping individuals in our community live healthier, longer lives. By supporting every aspect of our patients' well-being, we are striving to build a future where every heart beats strong.



"Dimock's integrated approach ensures that patients receive holistic care."

DANIEL MOTA, MD, MHS
Director of Quality Improvement, Care Coordination & Value-Based Care

5. Association, American Lung. "Your Heart and Lungs: The Ultimate Relationship." Accessed January 31, 2025. <https://www.lung.org/blog/heart-lung-relationship>.
6. "Can Your Gut Health Affect Your Heart?," June 20, 2024. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/can-your-gut-health-affect-your-heart>.
7. King, S., Chow, C.K. and Eberhard, J. (2022), Oral health and cardiometabolic disease: understanding the relationship. *Intern Med J*, 52: 198-205. <https://doi.org/10.1111/imj.15685>.
8. www.heart.org. "Mental Health and Heart Health." Accessed January 31, 2025. <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/mental-health-and-heart-health>.
9. www.heart.org. "Higher Cardiovascular Risk Score Linked to Lower Cognitive Function." Accessed January 31, 2025. <https://www.heart.org/en/news/2023/05/30/higher-cardiovascular-risk-score-linked-to-lower-cognitive-function>.



Dimock's amazing CSS team welcomes patients to treatment, many of whom come from ATS across the street.

FIGHTING ADDICTION

Helping our Neighbors Take the First Step

All people deserve the chance to live long, healthy lives surrounded by their families and friends. However, for so many in our community who struggle with substance use disorder (SUD)—or who have lost a loved one to addiction—this isn't their reality.

Each day in Massachusetts (MA), nearly six people die from a drug overdose. Although preliminary data from the Boston Public Health Commission suggests a recent decrease in opioid-related overdose deaths, last year still saw the third-highest number of overdose deaths since 2001.¹

Despite steps forward, there is still a long way to go, and some communities continue to be hit harder than others. For years, Roxbury, the South End, and parts of Dorchester have seen much higher rates of substance use-related deaths than other parts of Boston.²



"It's changed my life for the better, I'm sober almost nine months now. Going into all the meetings and all the groups they have really helped me look at things with a different perspective"

DAVID
*Volunteer and Former
Addiction Services Resident*

1. Massachusetts Department of Public Health, Data Brief: Opioid-Related Overdose Deaths among Massachusetts Residents, 2024
2. Boston Public Health Commission, Health of Boston 2024: The Substance Use and Disorders Report

Dimock offers both residential and outpatient care for our neighbors on their road to recovery:

Office-Based Addiction Treatment (OBAT)

The Dimock OBAT Clinic, previously known as the Dimock Medication-Assisted Treatment (MAT) Clinic provides access to life-saving evidence-based treatment and medications for substance use disorders. The OBAT clinic helps remove barriers to treatment, ultimately helping patients avoid relapse by reducing cravings and withdrawal symptoms. Dimock's OBAT Clinic is integrated into our Adult Medicine Clinic, helping reduce stigma and improve access to care.



Outpatient Counseling

Behavioral health services are integrated into Dimock's health center. In both our Adult Medicine and Pediatrics Clinics, mental health and medical providers sit side-by-side, collaborating to support the needs of the whole person and provide easy, convenient referrals and access to care.



Outpatient Addiction & Recovery Services (OARS)

Dimock offers structured day programs for clients in early recovery. These programs include individual, family, and group counseling focusing on relapse prevention and intervention, parenting, and anger management. OARS aims to equip individuals with essential tools for lasting recovery, empowering them to reclaim their lives and achieve well-being.



Naloxone (Narcan)

Naloxone, more commonly known as Narcan, is a nasal spray that temporarily reverses the effects of opioid overdoses. Readily available across the entire range of Dimock's SUD treatment programs, Narcan is an easy-to-use medication that saves the life of someone suffering from an opioid overdose.



Health Care

Dimock offers a broad range of health services for patients in recovery. These include primary care in addition to specialties like dental, eye care, obstetrics and gynecology, and infectious disease care for diseases such as HIV/AIDS and hepatitis.

FIGHTING ADDICTION



**DESPITE DECREASES
IN OPIOID-RELATED
OVERDOSE DEATHS
ACROSS MA,
DEATHS IN BOSTON
INCREASED BY 12%.¹**

Although the reality of substance use disorder in our community may be disheartening, we can help our neighbors fight back. When we work together, there is much we can do to support the people hit hardest by SUD and save more lives.

Together, We Can Fight Back

Fortunately, drug overdoses are preventable. Better access to addiction treatment, as well as increased access to overdose-reversing drugs like Narcan, are to thank for at least some of the decrease in opioid deaths. This new data provides a glimmer of hope that we are making progress in treating SUD, which has claimed around 25,000 lives in the state since 2000.

But as Dr. Brian Hurley, President of the American Society of Addiction Medicine, shares, the gap between **“those with addiction and those receiving treatment remains unacceptably wide.”³**



“The staff and case workers, they’re not just here for a paycheck, they really care. They helped me keep going. They are so invested that I never get a chance to feel like I’m gonna give up. I’ve got to keep going because they’re gonna keep going. If they can do it, I can do it.”

ANTHONY
*Former Addiction
Services Resident*

Caring staff at ATS working hard to meet the needs of each patient.

Research shows that many people experiencing SUD who take the first step toward treatment do not successfully transition to the next phase of recovery. While acute withdrawal management, also known as “detox,” is important, it should function not as stand-alone care, but as an entry point on the road to recovery.⁴ That’s why The Dimock Center is committed to offering **both** Acute Treatment Services (ATS) **and** Clinical Stabilization Services (CSS) on our Roxbury campus.

Thanks to support from caring people like you, patients just beginning their road to recovery can access quality SUD treatment, integrated health care, connections to a broad range of resources, and wraparound support all in one place, giving them the best chance at achieving long-term health and recovery.

3. Massachusetts Department of Public Health, Opioid-Related Overdose Deaths Among MA Residents (June 2024), <https://www.mass.gov/doc/opioid-related-overdose-deaths-among-ma-residents-june-2024-0/download>.

4. Timko, Christine, Nicole R. Schultz, Jessica Britt, and Michael A. Cucciare. “Transitioning From Detoxification to Substance Use Disorder Treatment: Facilitators and Barriers.” *Journal of Substance Abuse Treatment* 70 (November 2016): 64–72. <https://doi.org/10.1016/j.jsat.2016.07.010>.

Treating the Whole Person

What does quality SUD care look like in action?

It starts with Acute Treatment Services (ATS), which you may know as “detox.” ATS is an inpatient residential treatment program that serves those facing alcohol or substance use disorders. Dimock’s ATS services have served the community for more than 40 years. The Dr. Lucy Sewall Center for Acute Treatment Services served over 1,000 people this year alone. ATS offers medically-monitored acute withdrawal management where patients can receive 24/7 medical supervision. During a patient’s stay, providers consider their social, mental, and physical needs and a personalized treatment plan is developed. Depending on their needs, clients are referred to a less intensive level of care for further treatment.

After completing ATS, people without adequate support are particularly vulnerable to relapse. Dimock patients can access the next phase of treatment across the street at Dimock’s Clinical Stabilization Services. CSS offers a healing community that addresses the complex needs of people in early recovery. The program gives its residents space and support to regroup, reflect, and refocus their lives while processing the complex nature of addiction.

From therapy, to trauma-informed care, to music, art, and yoga, CSS gives structure, comprehensive support, and most importantly, hope, to those with ongoing trauma from SUD. This past year, nearly 300 men and women received treatment at Dimock’s CSS program. **“Providing a structured, supportive environment where individuals can stabilize physically and emotionally after withdrawal while receiving counseling, medical monitoring, and skills training, is key to sustaining recovery,”** shares Dimock’s CSS Program Director, Matt Seibel.



“A modern, well-equipped facility will help foster a healing atmosphere, providing patients with the comfort and dignity they need during such a vulnerable time. It’s a vital step forward in supporting long-term recovery.”

MATT SIEBEL
CSS Program Director



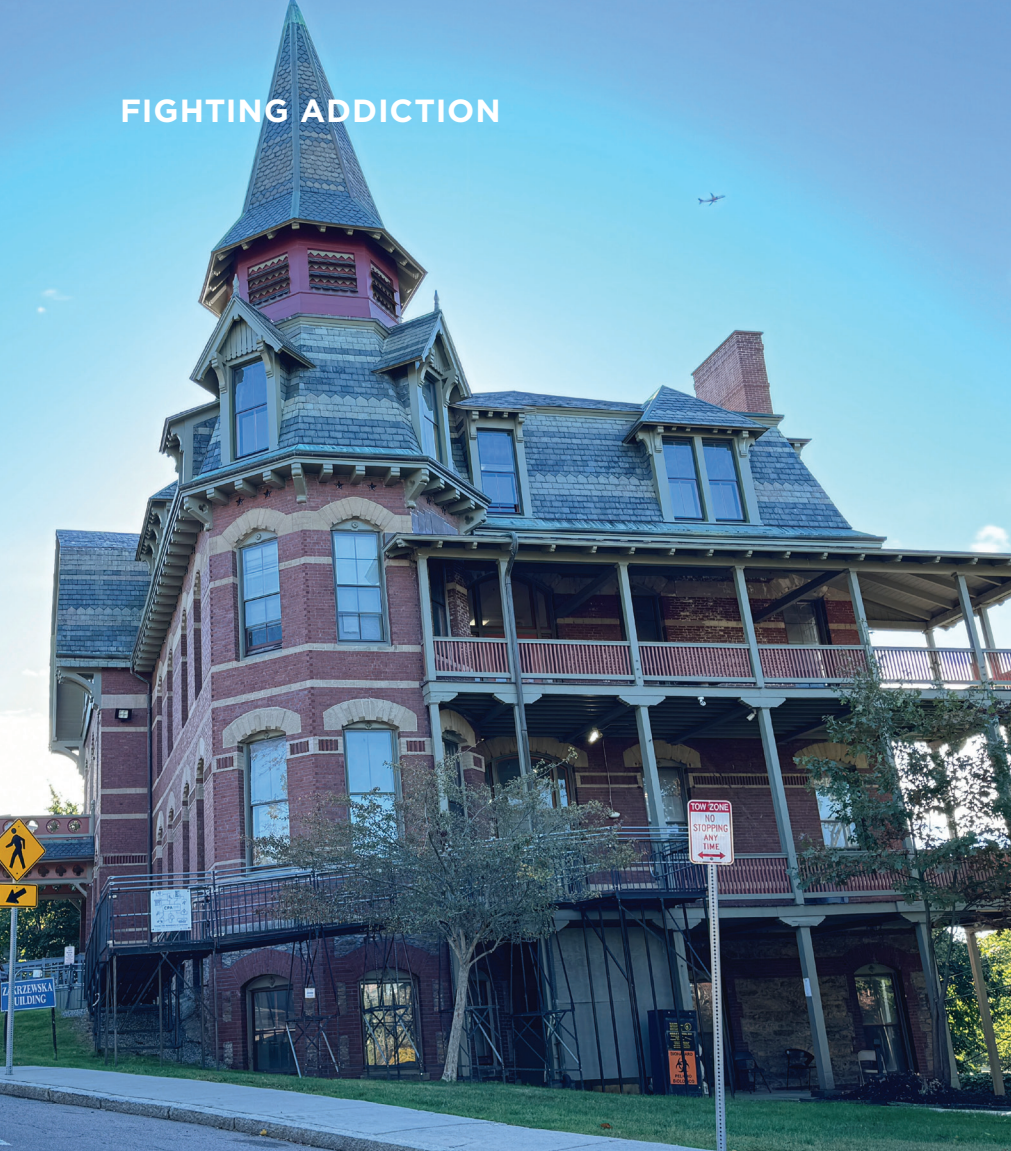
“The people within Dimock had more belief in my recovery than what I had in myself. They never judged, they assisted. Their patience and kindness made me feel welcome and gave me confidence in myself.”

CATHY GUILD
Health Services Board Member
and Former Dimock Addiction
Services Patient

ATS and CSS are vital forms of care; however, Dimock understands that there is no one-size-fits-all solution in the fight against SUD. In addition to offering both ATS and CSS on our campus, Dimock offers a wide variety of other services to meet the needs of the whole person. Patients often enter our treatment programs disconnected from medical care and outpatient providers. Thanks to continued support from people like you, Dimock can connect patients not only to treatment programs for SUD, but also to wraparound support to meet their health, behavioral, **and** material needs—all on one campus.

No matter what program a client is a part of, Dimock’s goal is to provide a sense of

FIGHTING ADDICTION



The Dr. Marie E. Zakrzewska Building will be home to Dimock's CSS program, offering compassionate, high-quality care to men and women on their way to long-term recovery.

belonging and community. SUD has affected many in our community in different ways, including the Dimock team, so we are helping our neighbors and community fight back!

A Look to the Future: Restoring Hope Campaign

Dimock is very inspired by the collective efforts of our community toward helping our friends, families, and neighbors overcome the substance use epidemic. However, there is more work to be done.

While overall opioid-related deaths have decreased in MA last year, the data shows that men are an underserved population, needing more support in the fight against SUD. In the first nine months of 2023, men comprised 72% of all opioid-related overdose deaths in MA.⁵

To expand access to vital treatment, and meet the needs of our community, Dimock's Restoring Hope Campaign is raising funds to restore and renovate the historic Dr. Marie E. Zakrzewska Building, which will



"At all levels, we have Dimock staff working who are in recovery or have a history of substance use or have been affected by it. Peer support runs through Dimock's whole Continuum of Care."

EVAN RUSSELL
*Associate Medical Director
for Addiction Medicine*

eventually house Boston's first and only state-of-the-art men's CSS program. It will also continue to serve women.

Learn more and get involved at dimock.org/restoringhope.

How You Can Join the Fight Against SUD and Save Lives

Thanks to caring people like you, Dimock is pioneering a future where SUD care in Boston is readily available to those who need it most. Your support gives people access to essential treatment and a community of care at The Dimock Center. Together, we are showing our neighbors affected by SUD that there is hope for a brighter and healthier future. **Join us at www.dimock.org.**

5. Massachusetts Department of Public Health, "Massachusetts Public Health Officials Release Latest Opioid-Related Overdose Reports," December 13, 2023, <https://www.mass.gov/news/massachusetts-public-health-officials-release-latest-opioid-related-overdose-reports>.



EMPOWERED FAMILIES, BRIGHT FUTURES

Uplifting Children and Families through Our Home-Based Program

A child's brain is the most flexible in the first three years of their life. That's why supporting families during this critical three-year period of child development can be life-changing.

THE DIMOCK CENTER'S HOME-BASED PROGRAM PARTNERS WITH FAMILIES OF YOUNG CHILDREN TO PROVIDE THAT SUPPORT.

At The Dimock Center, our Early Head Start Home-Based program is a lifeline for expectant mothers and families with children. Our bilingual Home-Based team walks alongside caregivers during this critical time, providing personalized support and education around topics like early learning and nutrition.



“Most of the families we serve don’t have a strong support system, so having their home visitor come every week is so important. It’s great to see these families set goals and flourish.”

ADELINA GONCALVES
Home-Based Program Manager and Former Home-Based Parent

Together, we're not just offering services—we're building relationships, fostering growth, and creating a foundation for brighter futures.

The program recognizes the role of families and caregivers as their child's first and most influential teachers. Home visitors work closely with families to nurture positive caregiver-child interactions and establish healthy routines. Dimock's Home-Based team also serves as a bridge between families and other community resources, including wraparound medical and behavioral health care, and classroom-based education offered on Dimock's Roxbury campus.

Home-Based helps ensure that all children receive the nurturing care, education, and support they deserve to thrive from the very start.

With your support, we can continue to transform lives and give more children the best possible start in life.

COMBINED STATEMENT OF FINANCIAL POSITION

ASSETS

Current Assets	\$20,302
Property, Plant and Equipment	\$29,156
Other Assets	\$6,730

Total Assets **\$56,188**

LIABILITIES & NET ASSETS

Current Liabilities	\$23,793
Other Liabilities	\$12,331
Total Liabilities	\$36,125
Net Assets	\$20,064

Total Liabilities & Net Assets **\$56,188**

The financial statements presented in this Annual Report are unaudited. Audited financials will be made available upon completion. All dollar amounts are in thousands.

COMBINED STATEMENT OF ACTIVITIES

OPERATING REVENUES

Grants and Contracts	\$20,922
Net Patient Services Revenue	\$22,498
Pharmacy Revenue	\$2,089
Contributions and Event Revenue	\$9,767
Other Income	\$1,647

Total Operating Revenues **\$56,923**

OPERATING EXPENSES

Health Services	\$21,163
Substance Use Treatment Services	\$13,496
Child and Family Development	\$7,831
Residential Programs	\$4,514
Facility and Administration	\$11,829

Total Operating Expenses **\$58,833**

Changes in Net Assets from Operations **(1,910)**

Net Non-Operating Revenue \$5,739

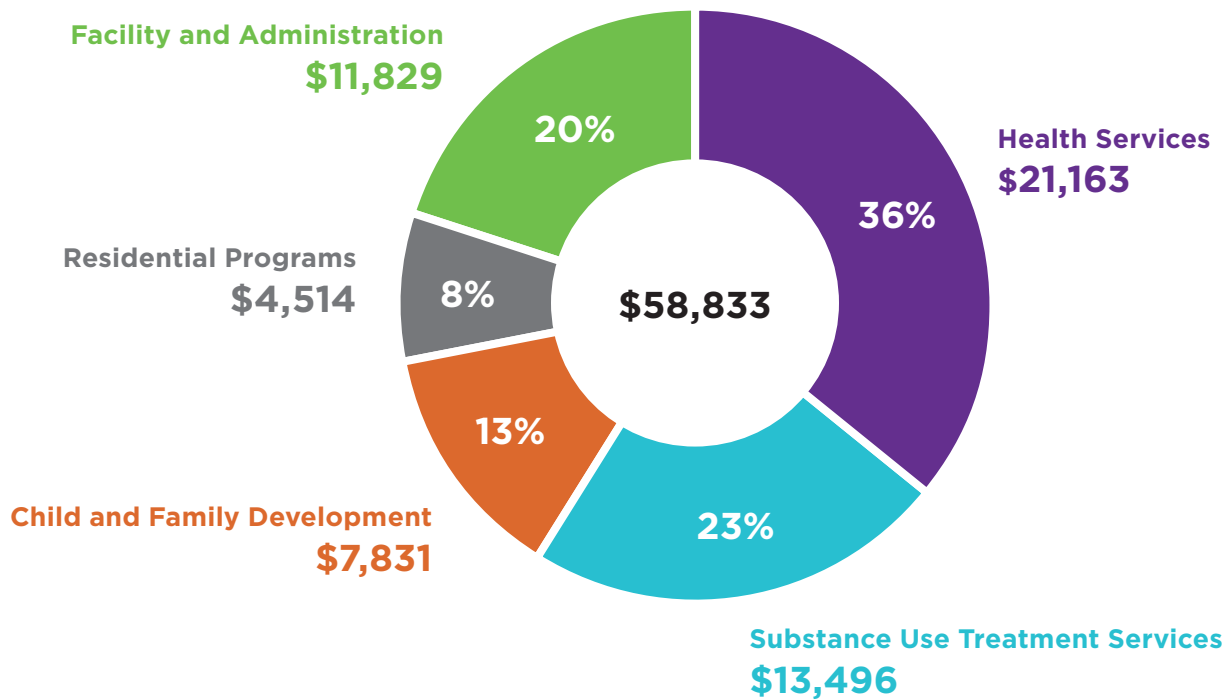
Net Income **\$3,829**



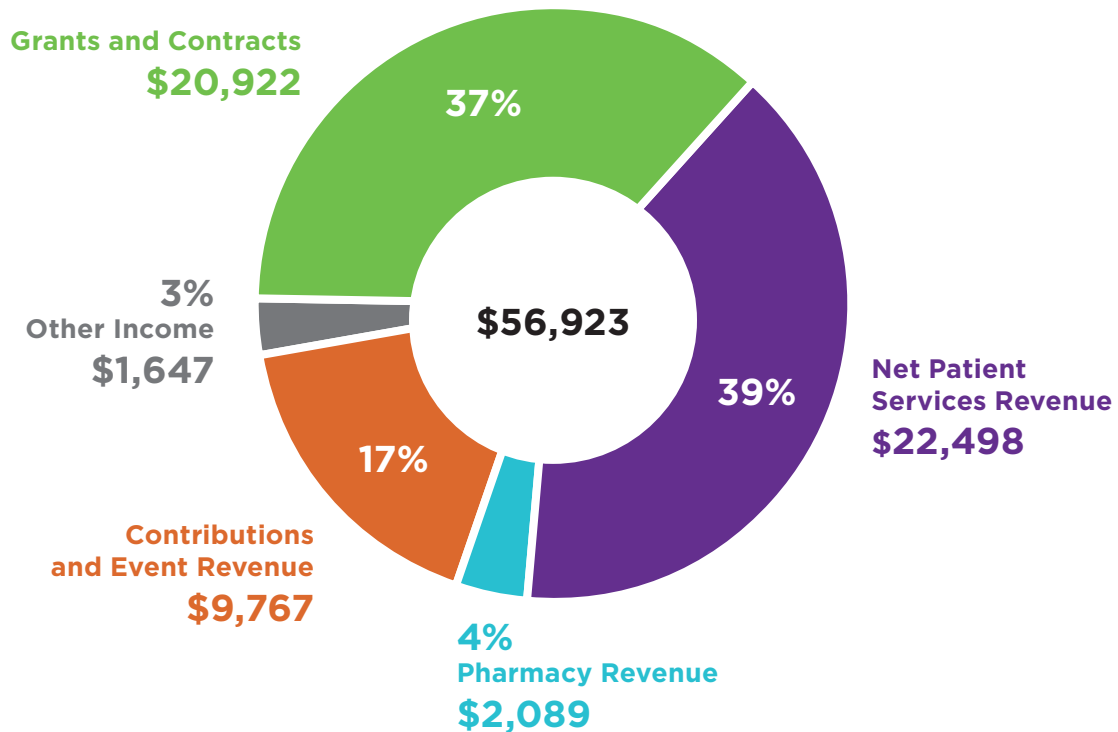
“Despite the financial challenges facing community health centers and health care providers across the country, The Dimock Center remains committed to our lifesaving work. Thanks to the generous support of our donors, community partners, and champions—and through prudent financial stewardship, which includes strategic investments and endowment returns—Dimock is able to continue meeting the ever-growing needs of our community.”

LUIS RIVERA, MBA
Chief Financial Officer

OPERATING EXPENSES BY PROGRAM



OPERATING REVENUE BY SOURCE



All dollar amounts are in thousands.

FROM RECOVERY TO SERVICE



Dimock Patients Find Hope & Healing in Giving Back

Dedicated Dimock staff and residential volunteers work together to organize and distribute items like clothing and food to those in need.

Many people who get care at The Dimock Center struggle to access essential items like healthy food, clothing, and other necessities. At Dimock, we understand that meeting people's material needs allows them to focus on long-term goals like employment, education, managing chronic health conditions, and well-being.

That's why we're committed to ensuring that our neighbors can access the material essentials they need through our Food Pantry and Clothing Closet.

In these programs, dedicated staff and volunteers, including many from our residential addiction treatment programs, work side-by-side to ensure families have access to nutritious food, comfortable clothing, shoes, and personal care items in a safe and dignified environment.

At Dimock, everyone works to uplift each other. Patients, providers, residents, and staff are connected through our integrated care model and shared mission to heal and empower the Roxbury community. This sense of unity is reflected in the efforts of residents in our substance use disorder treatment programs, who give back by volunteering at our Food Pantry and Clothing Closet.

Each week, residential volunteers sort, organize, and distribute hundreds of items with care. **With an understanding of what it is like to need help, many of these volunteers find a new purpose in helping others.** More than two thirds of the people helped by our Clothing Closet are other patients in our addiction treatment programs. **By volunteering, our residents support others' healing while making progress along their own road to recovery.**

Anthony came to Dimock at a time when he needed not just medical care for his addiction, but also support and encouragement to help him navigate the path forward.



“It helps me to help people. To see the smile on people’s faces makes me feel happy. I try to do as much good as I can, so I feel like I’m giving back in a positive way.

I’m at a place where I still need help, but the fact that I can help somebody in need makes me feel better. I believe in giving back. What you give is what you get back.”

ANTHONY
*Dimock Volunteer and
Former Resident*



**DISTRIBUTED
OVER
3000
BAGS OF
NUTRITIOUS
FOOD
&
SUPPORTED
OVER
1500
FAMILIES**

Food Pantry

Powered by Stop & Shop, The Dimock Center’s Food Pantry nourishes the Dimock community with healthy food and pantry staples.



**PROVIDED
OVER
800
PEOPLE
ESSENTIAL
CLOTHING,
SHOES, &
WINTER
GEAR SINCE
OPENING IN
2023**

Clothing Closet

Built in 2023 by TJX Companies, the Dimock Clothing Closet provides clothing, shoes, and accessories to Dimock residents in need.



FROM RECOVERY TO SERVICE



Through their work with Dimock staff, Dimock volunteers gain and develop valuable skills that help them when they reenter the workforce.

After completing Dimock's acute treatment programs for people in the early stages of recovery, Anthony felt more confident in his future for the first time in a long time. Fortunately, his next step in treatment, the Askia Academy residential recovery program, was right across the road on Dimock's Roxbury campus.

While in treatment, Anthony found that his team here at Dimock believed in him like no one else had before. With a renewed sense of connection and confidence in his recovery, Anthony found strength in knowing he could make a positive difference for others.

Volunteers share that working on a team reinforces their connections with others, giving them a sense of both purpose and belonging.

Today, Anthony gives back to the community through his volunteer work at our Food Pantry and Clothing Closet.

The success of Dimock's Food Pantry and Clothing Closet relies on our donors' kindness, our staff's dedication, and our volunteers' commitment. For these individuals—many of whom are in recovery themselves—volunteering fosters a sense of purpose, accomplishment, and reconnection to their community. Through their service, they are developing valuable job skills, contributing to the well-being of others, and strengthening our community in the process.

At Dimock, we are proud to support families through these programs, and we're grateful to all who volunteer their time and resources to help others along the road to recovery.





BAA and Dimock leadership come together to congratulate Thaddeus Miles, race founder, with a map of the Roxbury race course to commemorate 10 years of the Road to Wellness.

THE ROAD TO WELLNESS

CELEBRATING 10 YEARS



Celebrating the 10TH ANNIVERSARY of the Road to Wellness



The Road to Wellness event was founded in 2015 through a partnership between HoodFit, the Boston Athletic Association (BAA), and The Dimock Center. It was inspired by the inaugural HoodFit race, created in 2014 by community leader Thaddeus Miles, who saw an urgent need for a community-focused approach to wellness. Since its inception, the Road to Wellness has grown into a remarkable symbol of community health, connection, and resilience.

In 2024, we celebrated the 10th Anniversary of the Road to Wellness 5K Run/2-Mile Walk. The event and Summer Training Series continue to provide a fun and free opportunity for our community to get active and take manageable steps toward long term health and wellness. Dimock is proud to partner with HoodFit and the Boston Athletic Association to host this free fitness celebration each year on our Roxbury campus. Congratulations to all who participated!

Dedicated walkers and runners of all fitness levels trained for over 12 weeks as part of the Road to Wellness Summer Training Series, concluding with a graduation celebrating their hard-earned accomplishments.



Hundreds of athletes participated in this year's Run/Walk, marking 10 years of this incredible community event.



Thank you to the volunteers whose hard work made this special day possible.

“
I LOVE HOW
THE ROAD TO
WELLNESS
ENCOURAGES
PEOPLE AT ANY
FITNESS LEVEL
TO GET OUT
AND MOVE.
”

2024 PARTICIPANT



Participants and community members had the opportunity to learn more about local health and wellness resources, as well as our generous sponsors, at the Health & Fitness Pavilion.

Leading up to race day, we offer a 12-week Summer Training Series led by professional coaches to help participants get active and prepare for the event. We extend our heartfelt thanks to our many sponsors, including lead sponsor John Hancock, whose generous

support ensures that the race and the Summer Training Series remain free and accessible. The Road to Wellness continues to demonstrate that fitness is for everyone, regardless of age, pace, or ability—and that we are strongest when we come together as a community.

We are also immensely grateful to the Dimock staff, patients, volunteers, donors, and, most importantly, the Roxbury community, whose unwavering support has made 10 years of this incredible event possible. Here's to many more years of promoting health and wellness together!

THANK YOU TO OUR SPONSORS

John Hancock
Beth Israel Lahey Health
Boston Athletic Association
HoodFit
SparkFM
The Stop & Shop
Supermarket Company

Point32Health
Trefler Foundation
Blue Cross Blue Shield of
Massachusetts
Granite
Santander
State Street

Boston Children's Hospital
Dana Farber Cancer
Institute
MassHousing
Peabody Properties
WinnCompanies



— RED SOX —
FOUNDATION™

Celebrating Over Two Decades of Partnership

From hosting holiday and Opening Day-themed luncheons for residents of Dimock's recovery homes, to assembling hygiene kits for Dimock patients, as well as countless other offerings of support, the Red Sox Foundation goes above and beyond to support our Dimock community. We are deeply grateful for our partnership with the Red Sox Foundation and their commitment to bettering the lives of the people we serve.



Thank you, Red Sox Foundation, for donating an incredible 2,500 hygiene kits to Dimock patients in recovery! These hygiene kits contain essential everyday items such as shampoo, conditioner, deodorant, body soap, and much more to ensure that our community members can start their road to recovery with comfort and dignity.



Volunteers from The Red Sox Foundation and Takeda Pharmaceuticals made holiday cards for Dimock families.



The Red Sox Foundation staff generously spread holiday cheer at the annual Holiday Luncheon for Dimock residents in recovery.



The Red Sox Foundation and volunteers from Takeda Pharmaceuticals hosting an annual Opening Day-themed Spring Luncheon with delicious food from local restaurants.

LEADERSHIP



Dr. Charles Anderson
President and Chief
Executive Officer



Allie Barrios, JD
Director of Compliance
and Risk Management



Stephanie Browne
Chief People Officer



Barbara Couzens
Chief Community
Engagement Officer



Jocelyn Gilman
Chief Development Officer



Stephen O'Halloran
Chief Information Officer



Luis Rivera, MBA
Chief Financial Officer



Marisol Rosario
Chief Operations Officer



Lynne Sheridan
Vice President, Child and
Family Services



Dr. Monera Wong
Chief Medical Officer



We want to give a special thank you to Dr. Nandini Sengupta who retired as Chief Medical Officer in 2024 after over 30 years of service to the Dimock community. Her unwavering dedication and kindness touched the lives of so many and we continue to be inspired by the care and compassion she showed every patient she met.

THE DIMOCK CENTER

Healing and caring for the community for over 160 years.

55 Dimock Street, Roxbury, MA 02119
617-442-8800 | www.dimock.org



@thedimockcenter

In partnership with our Principal Network Affiliate:



Beth Israel Lahey Health

Additional Partners



**Prefer to read Dimock's
Annual Report online?**

Scan the QR code or visit
dimock.org/annualreport.