



Working Together, Restoring Hope



THE
DIMOCK CENTER

FY23 YEAR IN REVIEW



DEAR DIMOCK FAMILY,

Since our founding as the New England Hospital for Women and Children more than 160 years ago, we have been working to create a healthier and more equitable Boston.

As we reflect on the past year, we are reminded of the resilience of our community and the steadfast support of our many partners. This year, more than any other, we have seen what is possible when we work together to restore hope. The stories that you will find within these pages demonstrate just that. Through our partnerships, we have been able to bring about meaningful change—transforming lives and inspiring hope for a brighter future.

We extend our heartfelt thanks to each and every one of you who have played a role in making our mission a reality. Together we carry it forward, providing health care, mental health support, vital substance use treatment, early education, and family support.

Your dedication, generosity, and belief in our vision inspire us to reach new heights and create lasting change. We know that by working together, we can continue to restore hope and build a better tomorrow for all.

Thank you for being a part of The Dimock Family, and for joining us on this mission.

With gratitude and optimism,

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

Robert Rivers
Chair, Community Foundation
Board
Chair and Chief Executive Officer,
Eastern Bank

WORKING TOGETHER, RESTORING HOPE



Hundreds of infants, toddlers, and preschoolers get quality early education at Dimock each year while their families receive support accessing housing and jobs, and work toward economic stability.



Families in need of material support can access essential items like clothing, diapers, books, hygiene products, and more through Dimock's Resource Care program.

re•store

/rə'stôr/verb

1. to bring back a situation or feeling that existed before

hope

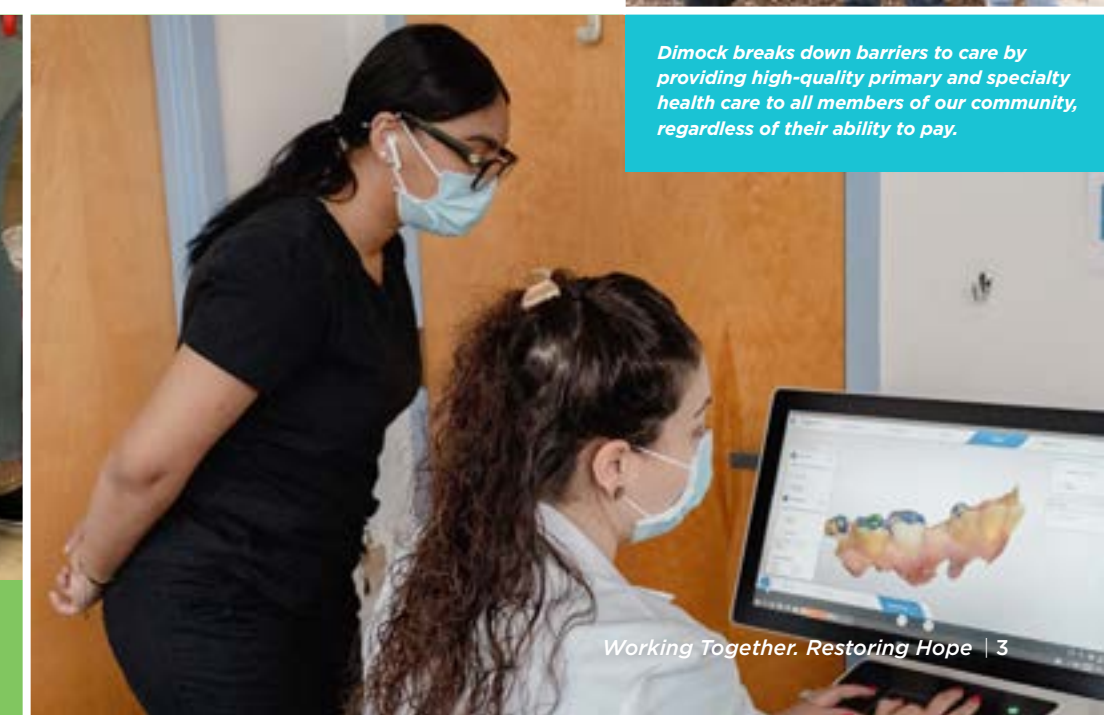
/hōp/noun

1. to want something to happen and believe that it is possible

Each year, over 3000 people struggling with substance use disorder find life-saving support along their road to recovery at Dimock.



Dimock breaks down barriers to care by providing high-quality primary and specialty health care to all members of our community, regardless of their ability to pay.



BREAKING DOWN BARRIERS TO RECOVERY



Alex Mitchell pictured in front of Dimock's Dr. Lucy Sewall Center for Acute Treatment Services detox program.

Boston is a city world-renowned for its hospitals and healthcare. **Yet, for many struggling with substance use disorder here, it is easier to access drugs than treatment. Dimock is trying to change that.**

Across the state, the need for care is greater than the resources available. In fact, on a given day, over 50,000 people in Massachusetts are looking for substance use treatment services. **Dimock currently offers one-third of the non-hospital detox beds in the city.** But getting people who are battling substance use disorder connected to treatment can be a challenge.

A grant from the **Bank of America Charitable Foundation** has allowed Dimock to hire an **Acute Treatment Services (ATS) Admissions Navigator, Alex Mitchell**, to help overcome this challenge. Alex regularly does outreach in neighborhoods with the highest rates of substance use, such as the intersection of Massachusetts Avenue and Melnea Cass Boulevard ("Mass. And Cass") to help get people connected to treatment. If individuals decide they are ready for detox, Alex helps them navigate the intake process, sometimes transporting patients

to our ATS unit for medically-assisted treatment.

"It's really, really good to see patients from the point where they're first going through the withdrawal to the point where they complete the detox. It's usually like a total rejuvenation." shares Alex.

After patients leave detox, however, they are particularly vulnerable to relapse unless they have adequate support. Clinical Stabilization Services (CSS) is a critical step on the path between detox and residential recovery.

"Data shows that if you can keep someone in a structured program for 90 days, they're much more likely to be successful on the road to recovery," Dimock President and CEO Dr. Charles Anderson states.

Dimock's coordinated one-campus delivery model increases the likelihood of a successful recovery, as demonstrated by our women's CSS program. Currently, 90% of Dimock's women's CSS patients transfer directly from our inpatient detox. Sadly,

there are no post-detox treatment beds for men in Boston.

This year, Dimock launched the Restoring Hope Capital Campaign. The campaign aims to raise \$18 million dollars to restore and renovate the historic Dr. Marie E. Zakrzewska (Z) Building to create a state-of-the-art men's CSS on our campus.

Adding a men's CSS program to the Dimock campus will make Dimock the **only community health center in the city to offer the complete continuum of substance use treatment.** This includes ATS (detox), CSS program, Residential Recovery, and Outpatient Care for both men and women.

Jeana Johnson, LMHC is the Senior Director of Acute Treatment Services at Dimock. She has seen firsthand the importance of offering a full continuum of care. **"Instead of having to refer a patient to another CSS in another part of the state, they will be able to stay with us,"** she says. **"Residents from other programs can talk to them about what's next, and if someone's anxious about treatment, their counselor will be there to help them."**

Combined, Dimock's women's and men's CSS programs will serve over 1,000 people a year. **Thanks to your generous support, we can make sure everyone in our community has the best chance at a successful recovery.**



Jeana Johnson in front of the Dr. Marie E. Zakrzewska (Z) Building, which will be restored and renovated to create Boston's first state-of-the-art CSS unit for men.



"When you are in the detox and can look out the window and see your next step, it gives you hope."

**DAVID, JOHN FLOWERS
RECOVERY HOME
RESIDENT**



In October, Congresswoman Ayanna Pressley visited Dimock to present \$1 million in funds for the creation of the men's CSS program.



RESTORING HOPE

**DIMOCK'S
CAMPAIGN
TO SAVE
MORE LIVES**

Massachusetts is experiencing the highest number of opioid overdose deaths in our state's history. The statistics are even more chilling for men of color, with the overdose death rate for Black men increasing 248% from 2018-2022.¹ **Making addiction treatment and recovery services easier to access can help fight this crisis and is needed more urgently now than ever before.**

Clinical Stabilization Services (CSS) is a critical step on the path to recovery between detox and residential recovery. Sadly, there are no post-detox treatment beds for men in Boston. **Dimock's Restoring Hope Campaign aims to change that.**

Through both public funding and private philanthropy, Dimock will restore and renovate the historic Dr. Marie E. Zakrzewska (Z) Building to create Boston's first and only men's CSS program. With a leading private gift of \$2.5 million from the **Yawkey Foundation**, we are on our way to strengthening our treatment model, filling a critical treatment gap in the Boston area, and saving more lives.

Your support can help break down barriers to care for those struggling with addiction. Join us in this important effort.

¹"Data Brief: Opioid-Related Overdose Deaths among Massachusetts Residents," Massachusetts Department of Public Health, June 2023.

OUR GENEROUS SUPPORTERS

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- Beth Israel Lahey Health
- Amelia Peabody Charitable Foundation
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- Andrew and Krista Knez
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GOVERNMENT FUNDING

- State Appropriation of American Rescue Plan Act Funds
- Federal Community Project Funding thanks to the advocacy of Congresswoman Ayanna Pressley
- City of Boston Community Preservation Fund

“Coming into these programs, you feel broken, lost. To be able to have detox and CSS on one campus—with everybody working together as a team to support you—you can't beat that.”

EDDIE, DIMOCK RESIDENTIAL RECOVERY PATIENT



The historic "Z" Building, named after Dimock pioneer Dr. Marie Elizabeth Zakrzewska, will be renovated to create Boston's first post-detox CSS program for men.

A TRANSFORMATIVE GIFT IS FIRST OF ITS KIND IN DIMOCK HISTORY

ANONYMOUS CHAMPION GIVES LITTLE ONES AND THEIR FAMILIES A HEALTHY START

In January, **Dimock's Early Intervention (EI) program received the largest individual gift in the organization's 160-year history.** What makes this life-changing million-dollar gift even more special is that it was generously donated by a Black woman—continuing the historic tradition of women leaders at Dimock.

The EI program offers families with children who have or are at risk for developmental delays a go-to resource at a critical stage of the little one's life. **The EI team understands that each family and each circumstance is unique.** That's why they work to support every child's healthy development within their family and community context.

Among funding other EI initiatives, this wonderful gift will help the EI team hire new staff such as a bilingual clinician to support the increase in Spanish-speaking families. These funds will also be used to hire staff specialized in autism spectrum disorder who can best support families as they advocate for their child and navigate testing and specialized services.

"This gift is transformational for families during a critical point in their young child's development,"



A photo of the newly renovated EI suite where children have the opportunity to play and learn with their clinician and caregivers.

shares Dr. Charles Anderson, Dimock's President and CEO. "We are deeply grateful for this donor's caring generosity."

In addition to visiting with children and families in their homes, EI specialists spend their time going above and beyond between visits to support the needs of the whole family by connecting them with other vital supports. An example of these supports could be making phone calls to help parents access resources such as diapers, food assistance, or even a playgroup. **Although this extra help is not reimbursable, we know it's critical to the family's success.** For this reason, these funds will be targeted towards these supports, as well.

Jessica Nuhibian, Dimock's Early Intervention Program Director, knows just how important these resources are to the well-being of families. "There was a surge in specialized resources during the pandemic, but a lot of those have gone away. We are figuring out what's next and what the services look like now to help to support these families. **We want families to feel empowered to advocate for**



Early Intervention provides vital support to families of infants and toddlers with developmental delays.



Jadore and Fernandel playing in the EI Suite.

their children and their children's needs," said Jessica.

New research shows that Black children are 5 times less likely to receive EI services than white children.¹ Since Dimock serves a predominantly low-income community of color, the generous anonymous gift helps reduce these racial inequities by improving access to and quality of care.

Leslie first heard of Dimock's EI program when she expressed concerns about her son Frankie's development to his pediatrician at Dimock's health center. Soon, Leslie and Frankie began meeting with an EI Developmental Specialist on a regular basis. Their clinician was able to work with the family on strategies to encourage Frankie's growing communication skills. Leslie observed that the more he was able to express himself with words, the less often he would have tantrums. She shares, **"The last time he hurt himself, I asked him 'Do you want a hug?' and he told me 'Yes.' That meant the world to me. In the past, he would have just melted down."**

In addition to providing developmental guidance, Frankie's EI specialist also helps the family access other supports they need. These include resources such as clothing, diapers, and even help identifying a new school as they were planning a move.

Another EI mother, Jadore, brought her son Fernandel into the EI program with concerns about a speech delay. Fernandel had failed many hearing tests and was not speaking. Now, after a year in the program, Fernandel can fully communicate. "I'm so proud of him, everything that he gets out of this program really benefits him and I. **I cannot say that I have ever regretted signing him up for this program. It's everything I wanted,"** said Jadore.

"Every time that Joy, my son Fernandel's EI clinician, visits is so special. Fernandel is always happy and ready to meet with Miss Joy again. I have endless appreciation for her. There are no words to describe it, she is an angel living on earth."

Thanks to this generous anonymous gift, many more children will benefit from Dimock's EI program for years to come. Thank you to all of our generous donors for advocating for families like Frankie's and Fernandel's.

¹Emily Feinberg et al., "The Impact of Race on Participation in Part C Early Intervention Services," *Journal of Developmental & Behavioral Pediatrics* 32, no. 4 (2011): pp. 284-291.

"For many years, I have admired the breadth of services that Dimock provides to families. This support for families who have children with special needs has been critical, particularly as our community emerges from the pandemic. I am thrilled to make this leadership gift to Dimock's EI program. Based upon my own experience as a parent of a child who received EI services, I know that identifying learning challenges early is critical to ensuring that children get all they need to develop, thrive and succeed later in any school setting."

ANONYMOUS DONOR



Fernandel and his EI Developmental Specialist, Joy James.



Sha-Leah and her family in Dimock's health center with pediatrician Dr. Nandini Sengupta.

A FAMILY TRADITION - TRUSTING DIMOCK

SHA-LEAH'S STORY

Sha-Leah Israel has trusted The Dimock Center to provide her with quality care for as long as she can remember. Sha-Leah is a Roxbury native who works for the Boston Public Schools. When she became a mom, she only wanted to bring her children to Dimock because she knew they would also be treated with the kindness and respect that she had come to know. All four of Sha-Leah's children have been patients of Dimock's pediatrics clinic since they were born. She explains, **"because Dimock is a smaller health center, they're able to provide a more personal, comfortable experience. I don't believe we would find care this good anywhere else."**

When Sha-Leah's oldest son Cinciere began having trouble in school, she didn't hesitate to turn to his pediatrician Dr. Nandini Sengupta, who immediately referred Cinciere for testing that helped discover a learning disability. With this diagnosis, Sha-Leah was able to secure the supports that would help him to learn and thrive at school.

Now at 17, Cinciere has worked very hard and is about to successfully graduate from high school. Sha-Leah is so proud of him and grateful for Dr. Sengupta who believes wholeheartedly in Dimock's mission of treating "the whole person," for helping to meet her son's non-medical needs, and set him up for success.

Thanks to generous support from donors and community partners, families are able to receive the highest quality care and respect, just as Sha-Leah's family has for decades. Sha-Leah shares, **"I'm grateful for all the people who support Dimock every year and make this care possible."**

Together, we can create a healthier and more equitable city.



Cinciere and his pediatrician of 17 years, Dr. Nandini Sengupta.

"Because Dimock is a smaller health center, they're able to provide a more personal, comfortable experience."

SHA-LEAH, DIMOCK PATIENT AND MOM TO CINCIERE

THE 35TH ANNUAL STEPPIN' OUT GALA!



Guests danced the night away at Dimock's first in-person gala since 2019.

The Dimock Family was thrilled to reunite in person for the **35th Annual Steppin' Out** gala at the Boston Convention and Exhibition Center! Guests mixed, mingled, and danced the night away, and heard stories of strength and impact from the Dimock community. Thanks to your generous support, together we raised over \$1 million of critical funds to support patient care, mental health support, and early education for Dimock families.

We want to extend a standing ovation for our lead sponsors, including Presenting Sponsor **The TJX Companies, Inc.**, Leadership Sponsor **Beth Israel Lahey Health**, and Stage Sponsor **Liberty Mutual Insurance** for making this wonderful evening possible.

THANK YOU TO THE GENEROUS SPONSORS OF OUR 35TH ANNUAL STEPPIN' OUT!

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Liberty Mutual Insurance
Center for Music Therapy at Berklee College of Music
Massachusetts Convention Center Authority
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Mass General Brigham
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The Kraft Family & The Patriots Foundation

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Vertex Pharmaceuticals
Ethnic Online, New England's Magazine for Ethnic Professionals
Carroy (Cuf) U. Ferguson
Doris & Robert Gordon
Nicole Jackson-Leslie
Richard Karoff & Sandra Manzella
Allison Picott & Michael Goldstein
Lisa & George Taylor
Tremont Strategies Group



The Dimock Family reunited at the 35th Annual Steppin' Out on October 22, 2022.

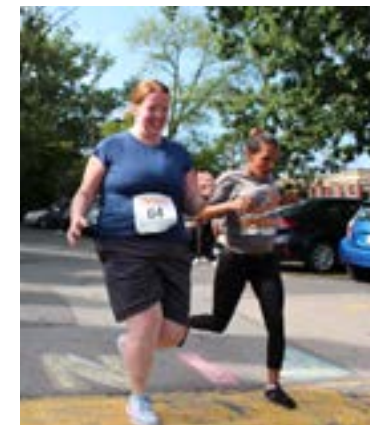


Steppin' Out was once again presented by longtime Dimock partner, The TJX Companies, Inc.



We were thrilled to have live music by Berklee College of Music, who also provides music therapy to patients in Dimock's residential recovery homes.

TOGETHER ON THE ROAD TO WELLNESS



"The Road to Wellness community has given me the strength, encouragement, and confidence to take care of myself physically in a way that I've never been able to before..."

MORGAN, ROAD TO WELLNESS ATHLETE

The **8th Annual Road to Wellness 5K Run/2-Mile Walk** was our biggest and best yet!

Presented by The Dimock Center, **HoodFit**, and the **Boston Athletic Association**, this free community fitness event helps our community get active and stay healthy. All summer long, a team of inspiring coaches leads walkers and runners of all fitness levels in group trainings leading up to the September race. We are so proud of our Road to Wellness athletes—many of whom are participating in a fitness program for the first time—for their commitment to creating a healthier community.

We are so grateful for our Lead Sponsor **John Hancock** for making this event possible! Thank you to all of our generous sponsors for their tremendous support to ensure that the Road to Wellness event and Summer Training Series remains accessible and free for all who want to improve their health and the health of our entire community.



Walkers and runners warmed up with local fitness icon Brandy Cruthird on race day.



A team of professional coaches led the Road to Wellness community in free group fitness trainings, all summer long.



Thank you to the many Road to Wellness volunteers who made this community celebration a success.



Athletes could barely contain their excitement on race day.

SPONSORS OF THE 8TH ANNUAL ROAD TO WELLNESS

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THE DIMOCK CENTER IS GRATEFUL TO BE ONE OF THE RED SOX FOUNDATION'S CORE PARTNERS

Dimock's partnership with the Red Sox Foundation spans almost two decades. From helping to refresh our campus to supporting our patients in recovery and feeding our families in need, they continue to show their steadfast commitment to the Dimock community. We are so thankful for their generous support!



Clockwise from top left: 1) Thank you Red Sox Foundation for lending many helpful hands at our monthly food distribution. 2) Red Sox Foundation volunteers spruced up the Gatehouse Building with a fresh coat of paint. 3) Volunteers from Takeda Pharmaceuticals and The Red Sox Foundation brought holiday cheer to Dimock at the Holiday Luncheon they hosted for patients living in Dimock's residential recovery homes. 4) The Red Sox Foundation's Executive Director Rebekah Splaine Salwasser and Dimock President and CEO Dr. Charles Anderson pose with Wally at the Opening Day-themed Spring Luncheon the Foundation hosted for residents in our recovery programs!



STOP & SHOP FIGHTING FOOD INSECURITY IN OUR COMMUNITY

In 2020, at the start of the COVID-19 pandemic, our community was facing a greater level of food insecurity than ever before. Stop & Shop generously stepped up and helped Dimock meet the unprecedented need, regularly donating nutritious groceries to our community.

Since then, Stop & Shop has distributed over 140,000 pounds of nourishing food to Dimock families at monthly food distributions and now through Dimock's new permanent food pantry. We are so grateful for Stop & Shop's significant commitment to improving the health of our community and for all of the volunteers who make this work possible!



Each month since 2020, Stop & Shop donates hundreds of pounds of nutritious produce and pantry staples to Dimock families in need.

STOP & SHOP SPONSORS DIMOCK'S "NEIGHBORS HELPING NEIGHBORS" FOOD PANTRY



This June, we hosted the official ribbon-cutting ceremony for the Neighbors Helping Neighbors Food Pantry sponsored by Stop & Shop.



Dimock's Community Outreach team helps keep the shelves stocked at the new on-campus food pantry.

Thank you Stop & Shop for continuing to nourish the Dimock community!

THE DIMOCK FAMILY

Our work to care for Boston’s most vulnerable citizens wouldn’t be possible without The Dimock Family. We are grateful to each and every contributor listed on these pages. To emphasize that every contribution is important and cherished, we are listing all Dimock Family members in alphabetical order rather than separated by giving levels and categories. Each and every contribution truly matters and we can’t thank you enough for your compassion and commitment to Dimock patients and families.

The list below includes all financial and in-kind contributors who made gifts of any size from July 1, 2022 to June 30, 2023. We are honored to have you all in the Dimock Family.

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 Michelle Hall

“Dimock feels like a community, like a family. My kids and I have always sensed that.”

**LAUREN, DIMOCK
 PATIENT, PARENT, AND
 GRANDPARENT**



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Our Child and Family Services programs provide educational and support services for families with children from birth through age five.

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**“I can’t say thank you
 enough to Dimock.
 My son’s progress
 since starting Early
 Intervention has been
 amazing.”**
JADORE, DIMOCK PARENT



At our Annual Meeting, we were happy to present the Congressman John Lewis Social Justice Award to Massachusetts Attorney General Andrea Joy Campbell for her tireless commitment to creating a more equitable Boston.

Chrisian Prescod
 Delanie Pryor
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 Mary Pullo
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 Carmen Quinonez
 R3Vive Fitness
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 The William Randolph Hearst Foundations



Dimock partnered with WellWithAll and New Academy Estates to train Roxbury teens on how to take blood pressure readings and become heart health advocates in their community. The teens call themselves "Heart Health for the Hood" or "H3" for short.

Lorita Williams
 Dr. Martin J. Williams, MD and Dr. Jennifer Smith-Williams
 Oneeka Williams, MD and Charles Anderson, MD
 Sara Wilmer
 Romina and Gregory Wilmot
 Hannah Wilson
 Susan Wilson
 Helene Winn
 WinnCompanies
 Benjamin Witham

Joanne Witham
 Carol Wool Dreyer, MD and Herbert Dreyer, MD
 Lynn Wooten
 Carl Wormley
 Richard Wright
 Yawkey Foundation
 YES Kids!
 Hanting Zhao
 Qiaoqing Zhong
 Michael F. Zito

“When I came to Dimock, there was so much recovery. Not just recovery in the sense of AA meetings. But people recovering things in their life—family, employment, housing...”

DAVID, JOHN FLOWERS
RECOVERY HOME RESIDENT



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Pictured from left to right: Dimock Community Foundation Board Chair Bob Rivers, Dimock President & CEO Dr. Charles Anderson, & Gala Chair George MacNaught



THE DIMOCK CENTER

Healing and caring for the community for over 160 years.

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