Case for Support: *Building the Road to Recovery*

A Growing Need for Substance Abuse Treatment in MA
Opioid deaths over the last five years have skyrocketed. Massachusetts is in a public health emergency. Despite addiction spreading across the Commonwealth, the number of detox treatment beds is decreasing. Over the last decade, the state has lost more than 500 detox beds due to budget cuts. The recent closure of the Long Island Bridge has also further limited the availability of treatment services.

The Dimock Center is recognized nationally as a model for the delivery of comprehensive health and human services in an urban community. We are combatting the substance abuse epidemic and saving lives. The Dimock Center is on the front lines of this public health crisis.

Seventy-one percent of clients entering our detox facility are addicted to opiates. Prescription pain medication – Oxycontin, Percocet, and Oxycodone – is extremely addictive and, when misused, can lead to death. These pain medications are also expensive. When an addict cannot get or afford them, they frequently turn to less expensive and more dangerous heroin.

“"For those struggling with addiction, it’s important that they know there is help available and there are people who want to support them.””

– Mayor Martin J. Walsh

OVERDOSES CLIMBING IN MA

DEMAND IS RISING  SUPPLY IS DOWN

→ Losing 50 detox treatment beds a year due to budget cuts

* MA Department of Public Health
The Dimock Center is a beacon of hope for individuals and families across the Commonwealth.

Dimock is Massachusetts’ largest provider of substance abuse, mental health, and developmental disability services within a community health center setting. We serve clients from 212 zip codes.

One of the greatest barriers to recovery post detox is the availability of stabilization, residential, and community based support services. The Dimock Center’s addiction treatment services are unique because the continuum of care is centrally located on one campus. We enable clients to transition from detox to stabilization into rehabilitation and provide outpatient counseling services and job training. This comprehensive model is increasing success rates in recovery because it offers short, intermediate, and long-term care. Additionally, we are able to provide integrated health care services to our clients including women’s health, primary, dental, and eye care.

The Dimock Center is a leading voice in the fight against addiction and we share our knowledge with our community partners. For example, The Dimock Center provides residency and training opportunities for leading hospitals and colleges. The detox facility receives client referrals from hospitals throughout the City of Boston and Metro Boston. Dimock has built strong affiliations with Beth Israel Deaconess Medical Center and Boston Medical Center and works with these institutions and others to provide patients and clients with the necessary detox, residential treatment, and outpatient counseling services. We convene front line care providers as well as those who have the power to affect public policy changes.

WHO WE SERVE:
ADDITION DOES NOT DISCRIMINATE.

The Dimock Center offers the most comprehensive, one-campus model of care for substance abuse, increasing success of recovery.

Detox | Stabilization | Rehabilitation

Centrally located on-campus services:
- 5-7-day detox program
- Clinical Stabilization Services
- Residential Recovery Homes
- Workforce development
- Family reunification
- Outpatient Counseling Services
Our building is crumbling. A vital resource is in danger.

The Dimock Center’s Acute Treatment Services (ATS) is housed in the Sewall Building. It is a 30-bed detoxification unit for alcohol and opiate treatment that we have stretched temporarily to 35 beds since the Long Island Bridge closure. In addition, we serve approximately 500 clients annually in our Structured Outpatient Addiction program.

Structural experts found the building’s physical facilities are drastically overtaxed. The building’s structure and systems have deteriorated to the point that short-term repairs will not extend the building’s life, nor are such ‘fixes’ cost effective. The 135-year-old building has reached the end of its life. Without a comprehensive intervention and renovation, in 5 years the building will not be standing.

Far reaching consequences
Over 212 communities would suffer without this crucial resource

In addition to saving this crucial resource, Dimock’s Acute Treatment Services facility will increase to 40 beds.

3,000 clients are enrolled annually in Dimock’s substance abuse rehabilitation program based on 30 beds.

These additional beds provide the ability to care for about 1,000 more people annually.
In addition to investments in the state-of-the-art facility, the Dimock Center’s Acute Treatment Services' staff is comprised of a multidisciplinary team of trained professionals who are experts in their field. Our team includes a medical director, charge nurses, clinical supervisor, psychiatrist, recovery specialists, case managers, and registered nurses. Collaboratively, this team of experts provides top-of-the-line, patient-centered treatment to clients. They ensure all aspects of clinical treatment are considered and a plan is developed to assess next steps, including outpatient counseling with licensed clinical social workers.

The fit-for-purpose renovation of the Sewall Building will facilitate enhanced patient-centered care while attracting and retaining expert treatment providers.

In addition, the new facility will afford the recruitment of other innovators in substance abuse care who can help measure and track efficacy of different approaches and then export those findings to help others who do not have the same scale of program. We will continue and expand partnerships with other health institutions to establish best practices and provide critical and comprehensive services to substance abuse clients.

Our highly skilled treatment team:

**Charge Nurse**
**Nadeene Platt, LCN,**
has more than 31-years of nursing experience. She began working at The Dimock Center detox facility in 1995 as a per-diem registered nurse.

**Clinical Supervisor**
**Harold du Four, M.Ed., LADC I,** has more than 25 years of behavioral health experience and began working in the detox facility in 2012.
A full renovation is needed.

The proposed state-of-the-art renovation and expansion of the Sewall Building will include:
- New residential double occupancy units
- A permanent increase to 40 inpatient beds
- Open nurses’ stations
- Integrated case management offices
- Multipurpose community rooms
- Integrated security
- Outpatient Treatment

The “U-shaped” facility will allow for two client wings, separated by gender for added safety. The connecting wing will house the main operations and a few multipurpose rooms. The community rooms are designed to allow for flexible use as small meeting rooms or for group counseling. The fit-for-purpose design will provide enhanced patient-centered care. Outpatient treatment will be housed on the lower level allowing easier access for patients to continue their post-detox treatment.

$16 million will expand and improve our vital community resource.

Dimock needs to begin the renovation and expansion of the Sewall Building in early 2016. We estimate the project will take approximately 12 to 18 months to complete.

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<th>ITEM</th>
<th>COST</th>
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<tr>
<td>Construction</td>
<td>$8,550,000</td>
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<tr>
<td>Program &amp; Operating Expenses:</td>
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<tr>
<td>Dimock &amp; Acute Treatment Services</td>
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<td>Dual Location Costs (18 Service Months at 2 Sites)</td>
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<td>Contingency</td>
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<td><strong>Total</strong></td>
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A closer look at the plan:

Floor 1

- Men’s Wing
- Admin Office
- Nursing Supervisor Office
- Group Multipurpose Room
- Men’s Meeting Room
- Courtyard
- Women’s Wing
- Nurses’ Station
- Women’s Lounge
- Lobby/Entrance
- Admissions/Intake

Lower Level

- Courtyard
- Food Pantry/Kitchen
- Laundry
- Outpatient Treatment

Upper Level

- Historic Meeting Area
- Offices
Total renovation cost: $16 million.

We have a three-part plan to secure these funds:

5 $5 Million Past
Massachusetts approved and distributed a $5 million appropriation: secured.

6 $6 Million Present
A philanthropic campaign is underway to raise $6 million from Board members, institutions, foundations, and corporations.

5 $5 Million Future
Dimock is applying for a combination of State Historic and New Market Tax Credits for up to $5 million.

The Dimock Center launched a campaign in the spring of 2015 to raise $6 million in philanthropic gifts from individuals, partner institutions, foundations, and corporations.

How You Can Help

Your support is vital. Please commit to funding this critical community resource. Your contribution will play a part in saving and changing the lives of thousands for years to come. Please consider how generous you can be. Join us in Building the Road to Recovery.

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