Patient Resource Guide

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Behavioral Health

Online Resources

1. **National Alliance for the Mentally Ill (NAMI)** - Patient support & programs to improve your mental health
   a. For help or assistance, please call the NAMI helpline at 1-800-950-6264
2. **Jane Doe Inc.** - Patient Resources for Sexual Assault and Domestic Violence
   a. Massachusetts SafeLink Hotline: 1-877-785-2020
3. **Support for Veterans & Active Duty Members**—offers tips and resources how to seek help or treatment for mental health concerns while maintaining a strong mind and body
   a. Veterans Crisis Line: Dial 1-800-273-8255 and Press 1 on prompt
4. **International OCD Foundation**—Find help and learn more about managing Obsessive-Compulsive and other related disorders

Substance Abuse

**Office-Based Opioid Treatment (OBOT) Clinic** – DotHouse Health offers a substance abuse clinic for patients struggling with addiction to opioids such as morphine, heroin, oxycodone, etc. Patients 18 and older can be seen in the clinic and receive treatment with Suboxone. For more information, please contact our confidential line at 617-740-2257.

Integrative Medicine

**What is Integrative Medicine?**

Integrative Medicine combines conventional medical treatment, complementary therapies, and lifestyle changes. It encourages a compassionate, healing relationship between patients and caregivers. Integrative Medicine views the whole person – mind, body, and spirit.

There are different types of approaches to integrative medicine, including Anthroposophic Medicine and Holistic Family Medicine. Please click here to learn more about integrative medicine.

To learn about programs and clinical services offered at Boston Medical Center, please click here.

**Online Resources**

*Nutrition*
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Healthy Eating is an important part of integrative medicine! Learn more about how a balanced diet and proper nutrition can lead to a healthier lifestyle through the links below.

1. FamilyDoctor.org – Learn more about food, nutrition, and weight management
2. Anti-inflammatory Food Pyramid for patients suffering from chronic pain
3. Demonstration Kitchen at Boston Medical Center – Offers classes and recipes focused on eating healthy and proper nutrition habits. Visit the website for free recipes and their class schedule.
   a. Call them at 617-414-3840
   b. For more cooking classes at BMC, please click here.
4. For a compiled list of healthy eating recipes from a variety of websites, please click here.

Mind & Body

A healthy mind can definitely lead to a healthier body and an increased sense of well-being. Click on the links below for guided meditation podcasts and mindfulness practices.

1. UCLA Mindfulness Awareness Center – Offers free short meditation podcasts
2. Insight Meditation Society – Offers numerous types of guided mindfulness(or insight) mediation practices
3. Audio/Visual Meditation Resources in English & Spanish – Offers online audio recordings that aid in relaxation, meditation, mindfulness, and well-being
4. Kaiser Permanente Guided Imagery Podcasts – Offers guided imagery podcasts to help you relax for a variety of physical and emotional health conditions, including, but not limited to:
   • Insomnia
   • Pain
   • Headaches
   • Menopause
   • Grief

Exercise

The Dorchester YMCA offers great programs for youth development and healthy living. To find more information about programs currently offered please click the link here.

Wellness Phone Apps

Smartphones can be great tool in helping you maintain a healthy lifestyle. Access these links on a mobile device to learn more and download the app.
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1. **Headspace** – Learn to meditate in just 10 minutes a day to reduce stress, exercise more, and sleep better
2. **Insight Timer** – Community meditation app with guided meditations as well as customizations
3. **Stop, Breathe, and Think** – Simple tool to guide people of all ages through meditations for mindfulness and compassion

**Housing**

DotHouse Health has partnered with Massachusetts Coalition for the Homeless to provide housing, benefits, and material goods to all Dorchester community members.

*Note: You do NOT need to be seeing a provider at DotHouse in order to receive these benefits.*

**In person: Home-Link Help Desk**

The Homelink help desk can offers a variety of resources for individual in need of assistance, including:

- Homelessness Advocacy for individuals seeking temporary housing in shelters
- Housing search for individuals seeking to be placing on waiting lists for affordable apartment housing
- Referrals for material goods and the furniture bank, which contains items ranging from winter coats to study desks
- Applying for utility discount programs such as the reduced rate and arrearage management programs
- Applying for benefits such as SNAP (Food Stamps), TAFDC, EAEDC, and SSI

Talk in person with Housing Advocate Guissella located at the HomeLink Help Desk on the first floor outside Central Registration at the health center (1353 Dorchester Avenue)

a. Open Mondays – Wednesdays from 8 AM to 3 PM
b. No appointment necessary

For more information, please see our flyer in [English](#) and [Spanish](#).

*Eligibility Guidelines*
In order to receive Emergency Assistance from the Massachusetts State Government, you must meet certain income eligibility guidelines. See the income eligibility chart [here](#).

**By phone: Massachusetts Coalition for the Homeless advocates**

Talk over the phone at any time to speak with a Massachusetts Coalition for the Homeless advocate

a. Call 781-595-7570 Ext. 15

**Online Resources**

Learn more about seeking resources and getting help if you are experiencing homelessness or are at imminent risk of homelessness.

1. **Obtaining State-Aided Housing Assistance** – Learn more about state aided public housing programs, rental assistance programs, and Section 8 Housing Choice Voucher Programs, as well as eligibility guidelines for each.
2. **Federal Housing Choice Voucher Program** – Offers a detailed explanation of the choice voucher program as well as eligibility requirements. The family’s income may not exceed 50% of the median income for the Boston area.
3. **Seeking Help** – Exhaustive list of links with access to shelters and resources for single adults, families, and survivors of domestic violence.
4. Learn more about the programs and resources offered at [www.mahomeless.org](http://www.mahomeless.org)

**Social Services**

Massachusetts offers many social services for families needing additional assistance. To learn more about each of these programs, as well as eligibility requirements and enrollment procedures, please following the links below.

**SNAP – Supplemental Nutrition Assistance Program**

[Application](#)

**SSI – Supplemental Security Income**

[Application](#)

**EAEDC - Emergency Assistance to Elderly, Disabled and Children**

[Find an office location](#)

**TAFDC - Transitional Aid to Families with Dependent Children**
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Find an office location

WIC – Women, Infants, and Children

1. Contact WIC today to see if you are eligible at 617-825-0805 or 1-800-WIC-1007
2. To determine your eligibility online, please visit the WIC prescreening site (available in other languages)
3. For more food resources, please visit $2 bag sites or call the FoodSource Hotline at 1-800-645-8333

Help Steps – Connects individuals to health & human services in Massachusetts

Family & Community Programs

Dorchester and Boston offer a multitude of family and community programs to ensure that all families have the resources they need to thrive. Please follow the links below for a variety of program offerings.

Family Nurturing Center

Works with our many community partners to provide comprehensive family support from birth to adolescence. Coordinates a range of programs that include Welcome Baby newborn outreach and Parent/Child Home Program visits, Playgroups for children and their parents/caregivers together, intensive Nurturing Parenting Programs that involve the whole family, and community-based services that engage families in school readiness activities, resource referral, and advocacy.

200 Bowdoin Street
Dorchester, MA 02122
(617) 474-1143

ABCD Head Start at Geneva St.

ABCD has operated the citywide Head Start program, currently providing more than 2,400 low-income children between 0-5 years of age and their parents with comprehensive educational, health and social services in Boston and Malden.

Catherine Moran, Program Director
catherine.moran@bostonabcd.org
198 Geneva Ave., Floor 1
Cradles to Crayons

Cradles to Crayons provides children, from birth to age 12, living in low-income or homeless situations with the essential items they need to thrive— at home, at school, and at play. We supply these items free of charge by engaging and connecting communities that have with communities that need.

Healthy Start Program

Provides education, free medical and dental care, healthy meals and snacks to low income infants, toddlers, and preschool children, as well as pregnant women and their families.

1-800-841-2900

Boys and Girls Club

Offers programming for kids that provides a solid foundation built from an integrated support system consisting of caring relationships, education, job and career prep and recreation.

info@bgcdorchester.org

617.288.7120

Boston After School & Beyond - Offers summer learning and after school activities for school-age children.

Basketball & Football Leagues

1. All Dorchester Sports League
2. Dorchester Youth Collaborative

Nutrition

Healthy eating, no matter what language you speak or what cuisine you enjoy, is essential to leading a healthy lifestyle! Learn more about how you can enjoy delicious and balanced meal and have a healthy diet by clicking on the links below.

Healthy Criollo Plate (English)
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Healthy Criollo Plate (Spanish)
Healthy Mexican Plate (English)
Healthy Mexican Plate (Spanish)
Healthy Soul Food Plate
Nutrition for Adults (Spanish)
Nutrition for Adults (Vietnamese)

Nutrition for Children

Healthy eating is especially important for children, since children need nutritious food to grow properly and stay healthy! Learn more about how to keep your children healthy by clicking on the links below.

Keeping a Healthy Balance in Children (English)
Keeping a Healthy Balance in Children (Spanish)

Nutrition for Moms and Babies

Pregnant and breastfeeding moms, who are eating for two, have different and much more specific nutritional needs. Learn more about how to keep you and your baby healthy by clicking this link.