A Measure of Hope

Providing hope to our community through vaccines, innovative programs, and plans for the future.
Did you get your shot? Are you planning to travel? Where to?

Have you hugged your grandkids yet?

Yes, you read that right. Something like that, it seems. Starting with the obvious, then letting the idea gain momentum.

In recent months, our conversations with friends, family, even people in line at the grocery store, were filled with excitement because vaccines are here, and apprehension because we aren’t really sure how to act!

We ‘keep hope alive’ that we have seen the worst of the pandemic. Early on, we saw groups pitted against each other, fighting to be in a higher tier, claiming ‘we’re more vulnerable’ or ‘we’re more essential’, when actually the problem was one of scarcity—not enough doses to go around. We needed patience, not priority.

We also saw humanity at its best—adult children staying up all night to find an appointment for an elderly parent and health care workers coming out of retirement to volunteer at vaccination sites. At the end of one of our vaccine clinics, our Associate Director of Clinic Operations, Margie Burke, ran to the nearby Cumberland Farms and gave a shot to an employee so that she wouldn’t get sick and have to call out of work, and so that Duffy would not waste a dose.

Fighting a pandemic takes all of us, working together, keeping our entire community safe. When the week of January 11 arrived and homeless shelter guests and staff were eligible for vaccine, Duffy vaccinated 400 people through 800 shots. We couldn’t reach every shelter, so our sister health centers, the Hyannis Fire Department and a local pharmacy provided doses and gave shots so that congregate facilities were covered. Now, weeks later, we have offered two vaccine clinics to Duffy patients and incorporated COVID vaccination into routine care, however many of our patients have already been vaccinated through outreach by Cape Cod Healthcare.

With the help of community partners and the Commonwealth, Duffy has provided COVID social isolation and winter shelter through our in From the Streets program. We’ve provided food for the unsheltered and delivered grocery boxes to our clients that struggle to afford enough to eat. We’ve collected emergency supplies for our moms so that their babies will not go without.

None of this would be possible without your gifts and support.

Duffy Doings 3

Coming Together

A note from Heidi Nelson, CEO

Our community shines when we work together, giving individually for the benefit of all. Thank you for doing your part!

Be well,

Heidi R. Nelson, FACHE
CEO, Duffy Health Center

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Recovery in Action

“Walking through the front door at Duffy is a miracle.”

David Hale works as a Certified Addiction Recovery Coach and Peer Support Specialist at the PIER Recovery Center of Cape Cod. He provides guidance to individuals seeking recovery from substance use disorders, speaking from his own experience in recovery from drug and alcohol use. He is a resident of Champ Homes, where he has lived for several years. David is a patient at Duffy Health Center and a member of our Consumer Advisory Board (CAB), an appointed group of Duffy patients whose input is sought for strategic and operations improvement purposes on an ongoing basis.

Five years ago, when he was 60 years old, David Hale had nothing. He was staying at the NOAH Shelter (now St. Joseph House), but he’s quick to point out that he wasn’t even technically a shelter guest—he was able to stay in an overflow bed that had been opened due to inclement weather.

“I was on the verge of being absolutely, totally homeless. I had nothing—nowhere to go, no money. The bottom had basically come out of my life,” reflects David. “Even though I had been homeless before, at my age, being thrown into that life would have been a misery beyond description.”

It was through the case managers at the shelter that David learned of the resources available to someone in his circumstances: Duffy Health Center, the Pilot House (supportive sober housing; no longer open), Champ Homes (transitional housing residence) and more.

Instead of me having to suffer that indignation of being homeless, I was able to avoid that part completely,” says David. He lived at the Pilot House in the early days of his recovery and sought much-needed medical care at Duffy Health Center. At the same time, he embarked on his journey of recovery from the use of drugs and alcohol.

“One of the things that I realized when I first got into recovery was that I needed to take care of myself,” shares David. He had a host of complicated medical issues, including cataracts and neurological complications that had caused loss of motion on one side of his body. Through Duffy, David was referred to specialists and had multiple surgeries, followed by months of physical therapy. As his physical health improved, he also sought behavioral health services at Duffy to address some of the underlying causes of his substance use disorder. He received a range of case management support at Duffy as well, including obtaining health insurance.

By any measure, the physical and emotional progress that David has made in just five years is remarkable. He has sustained his recovery and made giant strides in his personal and professional development, dedicating his time and energy to supporting others who are seeking recovery. David is like a student of Duffy Health Center’s methodology: he has taken the tools, care and guidance offered by his Duffy providers and used them to rebuild his life around his recovery. His success is largely due to the commitment he’s made to himself and his own health.

“In my mind, the mission of Duffy Health Center is to help people get physically, mentally, spiritually and emotionally back on track again,” says David. “That’s what it’s done for me. Duffy offers an endless supply of not only affection, but also results. Duffy is a great protector of the community in which it serves.

“I think the care I’ve received at Duffy is the best medical care that I’ve ever gotten anywhere in my entire life, and it took me having to lose everything to make that possible. So miracles do happen. Walking through the front door of Duffy is a miracle. If you can make it that far, you can make it all the way.”

Thank you to David Hale for sharing his story with us.

In his role as a CAB member, David Hale participates in events such as Santa’s Elves, where we prepare small holiday gifts for Duffy patients. Pictured here with Marketing Communications Manager Christina Wiseman (photo taken in 2018, pre-COVID).

Watch David share his story in a video on the Duffy Health Center YouTube channel!
Vaccines & Our Community

Providing vaccines to our most vulnerable neighbors

The first doses of vaccine began arriving at Duffy Health Center in late December, earmarked for staff as part of the state of Massachusetts’ Phase 1 of vaccine roll-out. Immediately, Margie Burke, RN, Associate Director of Clinic Operations, got to work. She provided the vaccine to any staff member who chose to take it - which was many.

As Duffy Health Center has done throughout the pandemic, once we had a handle on our internal management - in this case, of the vaccine - we look outwards to see how we could support our partners. In partnership with Outer Cape Health, Cape Cod Healthcare, Hyannis Fire, and the Regional Network on Homelessness, Margie soon began making her way around Hyannis, vaccinating staff and residents at St. Joseph House, Champ Homes, Homeless Not Hopeless, and others. In total, she single-handedly vaccinated 400 people with the two-dose Moderna shot. She provided 800 shots in total, and our community could not have done it without her!

In early April, Duffy Health Center received our first shipments of Johnson & Johnson vaccines, which will be given to our patients. The single-dose solution is ideal for the population we serve, many of whom face barriers that would make the two-dose process challenging, such as unreliable access to transportation.

Our patient doses are coming both from the Massachusetts Department of Public Health and the Federal Health Resources and Services Administration (HRSA). Duffy Health Center was one of a handful of community health centers across the country to be selected to receive vaccine through HRSA, in part due to our health care for the homeless designation.

On Friday, April 2, Friday, and Saturday, April 10, Duffy hosted vaccine clinics for our patients. There was a sense of excitement and relief in the air as people checked in, filled out their paperwork with the help of Duffy Case Managers trained to assist, and were vaccinated. After their shot, they went outside to wait 15 minutes for observation. During that time, they were offered coffee and a snack by support staff, and were welcomed to help themselves to any toiletries, socks, or other items they may need.

Moving forward, the vaccine will be incorporated into routine care. We are grateful to be able to offer the vaccine to our Duffy Team and to our patients.

Planning for the Future

Looking Ahead to Fiscal Years 2022 through 2024

Over the course of the past several months, a Strategic Planning committee has been working to create a plan for the three upcoming fiscal years (July 1 - June 30). The Committee is composed of members of the Duffy Leadership Team, Board members, and other stakeholders. Below, you’ll find the strategic priorities identified by the team, which were approved by the full Board of Directors on April 5, 2021. We look forward to what will be an exciting time in Duffy’s evolution!

Getting the “Duffy House” in Order

Expanding Our Programs & Our Reach

Responding to Community Needs

Developing Our Workforce

Strategic Priority: Resource alignment to sustain operations

Strategic Priority: New programs to respond to Duffy patient needs

Strategic Priority: New populations to expand our impact

Strategic Priority: Workforce Development in the areas of quality improvement, safety, and diversity, equity & inclusion.

Strategic Priority: Response to community gaps in services

― Anonymous Duffy Patient

“I wanted to give a sincere thank you and shout out to Duffy Health Center for such a well organized Covid vaccine clinic. It was quick, snack and drinks, comfortable seating and monitoring were provided. And as always such a friendly and caring environment. Duffy Health [Center] cares for their patients from the heart and it always shows.”

― C.L., Duffy Patient

“The vaccine process at Duffy was incredibly easy. I basically tear up every time I’m there because it’s how everything should be: everyone should be treated with kindness and dignity. Duffy is how health care should be for everyone.”

― Anonymous Duffy Patient
Mission Statement

As part of their work, Duffy’s Strategic Planning Committee (mentioned on page 5) tasked the Diversity, Equity, and Inclusion (DEI) Committee with reviewing the Duffy mission statement to ensure that it reflects our priorities in this area. The DEI Committee recommended the addition of the word equitable to reflect our commitment to health equity for people of all races, and the addition of the word marginalized to more accurately reflect the systemic discrimination suffered by many of the individuals we serve. These recommendations have been approved by the Full Board of Directors. Duffy Health Center’s mission statement now reads:

The mission of Duffy Health Center is to provide equitable, integrated primary health care and support services to persons who are experiencing homelessness or at risk of homelessness on Cape Cod, and to improve the quality of life for vulnerable and marginalized populations through community collaborations, leadership, and advocacy.

Q: Please tell us a little bit about yourself.
A: Professionally I serve as a board member at Duffy Health Center, a research fellow at Harvard Medical School and Massachusetts General Hospital; and a principal investigator at the Recovery Research Institute and Center for Addiction Medicine. My Ph.D. is in community psychology. Personally, I am a local, a mother, and ancestrally speaking I am from the Wampanoag Tribe where my great great grandfather served as Chief.

Q: How did you learn about Duffy Health Center?
A: My neighbor knew I was interested in the field of recovery from substance use, but I was also new to the area and did not know many people. He hosted a dinner so I could meet Dr. Lisa who serves patients at Duffy! [See Dr. Lisa on page 10.] She graciously attended the dinner and shared about the amazing work she does. She is a true pioneer in addiction medicine.

Q: What inspired you to join the Duffy Health Center Board?
A: It’s not uncommon to want to minimize suffering in the world. However, the in the case of Duffy, lots of hands make for light work. I can contribute to the cause and make an impact with the limited time I have. Duffy has the infrastructure to make a difference.

Q: How long have you been on the Duffy Board, and what has your experience been like?
A: I am a relatively new board member who began serving a couple years ago. A board members’ experience often reflects what the larger organization is going through. Duffy has not only weathered the course, but is identified as a leader among community health centers, all while meeting the needs of both patients and employees. I have had the experience of serving on a board that is competent, curious, and caring.

Q: What do you feel are the critical ways that Duffy meets the needs of people in our community?
A: Duffy is one of the most nimble, and thus responsive, health care providers I have ever seen. From patients walking in the door and saying they have no place to sleep tonight, to starting a shower program in the parking lot when the pandemic hit, this organization has demonstrated a level of flexibility and responsibility to their patients that is unparalleled in primary care.

Q: In what creative ways is Duffy meeting these needs reaching our vulnerable neighbors?
A: Duffy’s outreach team goes out into the neighborhoods where people live, work, and play. Health equity includes eliminating disproportionate barriers to care. Evidence based approaches delivered equitably go hand-in-hand. The Wellness on the Water series is also an innovative approach to improving well-being which is supported by leaders from across our community.

Q: In your own words, what is the mission of Duffy Health Center?
A: Duffy is health.

Q: In what ways do you feel like your board work is making an impact?
A: Every board member brings a unique set of expertise to the table, through lived experience or otherwise. I have used my background as a scientist to better prepare Duffy to address racial health equity and recovery from substance use disorder.

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Local Commitment
Partnering with The Cooperative Bank of Cape Cod

We all remember the waves of uncertainty that washed over our lives when the coronavirus first hit our community - and which continue as we navigate the ongoing pandemic. For a community health center like Duffy, the questions were endless and immediate: how do we protect our staff? What will our finances look like? Most importantly, how will we continue to serve the needs of individuals in our care, who need us now more than ever?

In those very early and uncertain days, one of the first calls we got was from The Cooperative Bank of Cape Cod, lending their support to enable the continuation of our work. Amidst all the turmoil, there was a recognition from the Bank’s leadership of the urgent need to support the most vulnerable members of our community.

“Our support for the community did not waver last year - it was important for us to continue to give,” shares Christina Bologna, Assistant Vice President & Community Relations Officer. “In fact, in 2020 we more than doubled our charitable giving.”

The relationship between Duffy Health Center and The Coop has flourished over the course of the past year - not just in terms of the Bank’s financial contributions to Duffy, but in the true sense of the word partnership.

In April 2020 Duffy established a shower program through which we provide opportunities for basic hygiene to unsheltered individuals. The Coop took a special interest in this program, wanting to know how they could support the effort. Thus was born the collaborative “Coop Kits” campaign, which raised funds to purchase items to support the shower program through the winter, including hygiene items, socks and blankets, and cold weather gear such as hats, gloves, and boots.

In order to demonstrate their own investment to Duffy Health Center and the Coop Kits campaign, The Cooperative Bank of Cape Cod made a significant gift to Duffy from its Pandemic Relief Fund in order to purchase a tent for the shower program, to protect individuals accessing the services from the elements.

“Traditional holiday giving campaigns, such as dropping off items and donations in a bank lobby, were not feasible this past year due to risks associated with the pandemic,” shared Lisa Oliver, Chair of the Board, President and Chief Executive Officer of The Cooperative Bank of Cape Cod. “We needed to be creative in developing our 2020 holiday charitable programs, and the partnership with Duffy Health Center was a perfect example of continuing to work with local nonprofits while minimizing risk and benefiting the mutual communities we serve.”

We are profoundly grateful to The Cooperative Bank of Cape Cod for their partnership as we work together to improve the health and lives of our patients and clients. It truly takes the investment of the whole community to ensure the wellbeing of our most vulnerable neighbors, and The Coop is leading the way by example.

An Extra Investment
Carroll Bradley, assistant branch manager of The Cooperative Bank of Cape Cod’s East Harwich branch, participated in the Coop Kits program in a unique way.

Through her hobby of extreme couponing, Bradley was able to donate full-size toiletries to the Duffy Shower Program, which were utilized to help our clients who were transitioning to safe, long-term housing.

A native of the Philippines, Bradley began couponing eight years ago as a way to purchase discounted items to send back to family and friends. “I was so happy when I heard about The Coop’s partnership with Duffy Health Center and I immediately wanted to give,” says Bradley, a resident of Chatham. “My laundry room looks like a store, so I had plenty to donate.” She adds, that she often buys products that she does not need, but would be useful to others.

Bradley also praised the staff at Duffy who have traveled to the bank to pick up the donations, so she didn’t have to disrupt her daily schedule.

“I’ve been doing this for eight years now, so when I go into stores such as CVS and Stop & Shop, employees there say, Here comes Carroll,” she said. “I love it!”

Giving Hope
“Let the least I can do is support the causes that are for the community I serve.”

Dr. Rosa Eugenia Ramirez Mendez is an Internal Medicine Physician at Cape Cod Hospital. Born and raised in Mexico City, she first came to the United States in 2000 to begin her residency in New York City. In 2006, Dr. Ramirez Mendez began working as a hospitalist at Cape Cod Hospital.

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Every gift to Duffy Health Center is important and meaningful. Monthly gifts are especially valuable, because they provide a steady stream of revenue on which we can depend. From the donor perspective, automated monthly giving is convenient and often allows for a deeper investment in Duffy’s work over time.

As Dr. Ramirez Mendez shares, “I encourage others to support the incredible work that Duffy does. Initially I only knew about the medical part, but then I learned that you do so much more than that. Everyone deserves the best care possible, so if you can spare a few dollars a month to help your community, it is a worthy cause.”

“I’ve always thought that it’s the least I can do to support the causes that are for the community I serve. I feel so fortunate that I can help this great organization.”

Thank you to Dr. Ramirez Mendez for participating in this interview, and for her ongoing support of Duffy Health Center.

Learn more about Duffy’s Community of Hope at DuffyHealthCenter.org/community-of-hope.

Interested in learning more about the concept of monthly giving, or philanthropy in general?

Check out our recent episode of Health Matters: Cape Cod where we speak with Erica Waasdorp, President of A Direct Solution.

In our conversation, Erica helps us define philanthropy, acknowledging that it looks different for everyone. Erica uses the uncertainty of the past year to illustrate the value of the consistent revenue stream that successful monthly giving programs provide. She encourages donors to invest monthly in any cause they’re passionate about.
20 Years of Teamwork

Dr. Lisa Zandonella-Huhta celebrates her 20th anniversary at Duffy Health Center

Editor’s Note: When asked to participate in this interview, Dr. Lisa Zandonella-Huhta said that her family was moving to two different states, so interviewing at the Duffy Health Center was a dream come true. She has been a great asset to the medical community for 20 years. She is a highly respected leader and has brought the success of the program to Duffy Health Center.

The Oxford Dictionary defines leadership as the act of leading or guiding a group of people or organizations; synonyms include guidance, authority, control. A more nuanced definition comes from Forbes magazine: “Leadership is the process of social influence, which maximizes the efforts of others, towards the achievement of a goal.”

If there is a person in our community who embodies Forbes definition of the word, it’s Dr. Lisa Zandonella-Huhta. She affectionately knows by patients and colleagues simply as “Dr. Lisa.” In her 20 years at Duffy Health Center, Dr. Lisa has led our medical team by example, maximizing the efforts of countless Duffy Team members towards our common goal of providing health care to everyone who comes through our doors.

In 2000, an acquaintance through her son’s school introduced Dr. Lisa to Dr. Arthur Bickford, a local physician. Having just moved to Massachusetts and updated her licensure, Dr. Lisa was looking for an opportunity to get back into the medical field after some time away. “Bick,” as she calls him, invited her to help out at his private practice as a way to get some experience. Not long after, he introduced her to Judy Best-Lavigniac, the Executive Director of the O’Neill Health Center, which Dr. Bickford had founded. The O’Neill was adjoined to the NOAH Shelter (now St. Joseph House) and provided medical care to individuals suffering from opiate use disorder (OUD) and we had no way to treat them, “ says Dr. Lisa. Soon, she took a course on Suboxone, a medication prescribed to individuals suffering from opiate use disorder (OUD) to support their recovery. Dr. Lisa and Judy continued their research into Medication Assisted Treatment (MAT) by visiting colleague and Duffy friend Colleen Labelle at Boston Medical Center, who had established a successful MAT program. Soon they had all they needed to build a MAT program at Duffy Health Center - including the requirement of participation in therapy to address the root causes of substance use.

Since its inception, Dr. Lisa has spearheaded Duffy’s MAT program. She was initially waivered to treat 30 patients; she had 30 patients “In the blink of an eye.” Eventually, funding came down to hire nursing support for the patients so that they could truly access the wrap-around services needed to support their recovery. Today, Dr. Lisa carries a panel of 254 patients and the program serves close to 400 people each year. Dr. Lisa’s commitment has been an ongoing catalyst as Duffy has become a community leader in the treatment of substance use disorders. But if you ask her, the success of the program is because of the people around her.

It was early on in her tenure that Dr. Lisa and Judy recognized the need to address the complicated issue of substance use they saw in their patients. “We realized how much our patients struggled with addiction issues, and we had no way to treat them,” says Dr. Lisa. Soon, she took a course on Suboxone, a medication prescribed to individuals suffering from opiate use disorder (OUD) to support their recovery. Dr. Lisa and Judy continued their research into Medication Assisted Treatment (MAT) by visiting colleague and Duffy friend Colleen Labelle at Boston Medical Center, who had established a successful MAT program. Soon they had all they needed to build a MAT program at Duffy Health Center - including the requirement of participation in therapy to address the root causes of substance use.

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“Each person we’ve hired has brought ideas to the program that make it what it is. It just takes one person to plant the seed, then you have to allow all the people you work with to grow it. I get credit because I have an MD so I have the final say on certain things, but none of my work would be possible without the people around me. Every single person is part of this program, starting from the front desk all the way through the organization,” says Dr. Lisa, holding back tears. Her emotion is one part gratitude for the contributions of her colleagues, and one part inspiration at the personal praise she receives for the success of the program she’s built around the strength of the Duffy Team.

In reflecting on her 20 years at Duffy, Dr. Lisa says, “The best thing that ever happened to me has been working in homeless health care. My patients have been my best teachers - to this day, I learn something every day from them.”

“In my medical training, I was taught that the doctor is in charge - people come to me for advice, I tell them what to do and they’re supposed to do it. But that wasn’t happening here. I finally learned that if I shut up and listened, and heard my patients’ stories, I would begin to understand the challenges they faced. I changed the way I practice to seek their input into their care. I ask them, ‘Where should we start? What do you want to do?’

“With a better understanding of addiction, we realize it’s not a moral choice. It may have been an initial choice to take something, but then it takes on a life of its own. Harm reduction is how all medicine should be practiced. People don’t want to be told what to do; what’s important to me isn’t necessarily important to them.”

Dr. Lisa is a special type of leader. In her 20 years at Duffy Health Center, she has mentored countless colleagues, taught members of our community how to approach the complicated disease of addiction, and provided an unwavering example of the trust, dignity and respect a doctor should offer every patient, no matter their circumstances. She’s passed on the art of using the social influence attributed to her title to maximize the efforts of those around her - both her Duffy teammates and the patients she serves. We are so grateful to call her a member of our team.

HEALing Communities

Since 2020, Duffy Health Center has been working collaboratively with the Community Health Center of Cape Cod and the AIDS Support Group of Cape Cod as part of the HEALing Communities Study, part of the HEAL Initiative funded by the National Institutes of Health (NIH) and Substance Abuse and Mental Health Services Administration (SAMHSA).

Through a grant from the NIH aimed at testing the integration of prevention, overdose treatment, and medication-based treatment, Boston Medical Center convened the three organizations to focus on a study in Bourne and Sandwich communities. Coalition meetings are attended by a multi-disciplinary group of community stakeholders, including: local and state government, public health and health care agencies, harm reduction agencies, criminal justice and law enforcement, recovery centers and individuals with lived experience.

On a national level, other study sites include New York, Ohio, and Kentucky - all areas which have been significantly impacted by the opiate crisis. Within Massachusetts, the study is being conducted in several rural communities, highlighted on the map at right. Key components of the approach include engaging with communities in a process to:

• Identify local needs and existing resources.
• Select and implement a range of evidence-based practices to reduce opioid overdose deaths.
• Communicate messages to reduce the stigma of opioid use disorder and increase the number of individuals receiving and adhering to medication for opioid use disorder.
• Accelerate access to low-threshold initiation of medication for opioid use disorder for individuals at high risk during hospitalization, incarceration, and detoxification.

Learn more by visiting HealingCommunitiesStudy.org.
Advoeating for Health Care
An Update from the Duffy Advocacy Committee

For several years, Duffy Health Center has been incrementally increasing our involvement in local, state, and national advocacy efforts related to issues that impact our community and the patients in our care.

Our advocacy priorities are guided by both state and national associations, the Massachusetts League of Community Health Centers and the National Association of Community Health Centers. Each has its own robust team working on issues that impact our work and our patients, so we have the advantage of accessing their research, toolkits, and formulating our own advocacy plan based on widely-accepted priorities that already have momentum in the legislatures.

Current national priorities related to community health centers include:

1. Health center funding
2. Access to telehealth for our patients: ensuring equity in reimbursement
3. Access to prescription medications: preserving the 340B program, which allows patients greater access to needed prescription medications.

Duffy Health Center’s internal Advocacy Committee, led by Board member Christine Johnson-Staub in collaboration with CEO Heidi Nelson and Sara Grambach, Director of Development & Community Relations, is focused on maintaining our status as an Advocacy Center of Excellence (ACE), as recognized by the National Association of Community Health Centers. This gives us a framework for organizing our efforts to become better advocates for the people we serve.

The Committee’s goals this year include:

1. Achieving ACE Gold status.
2. Continuing to organize our staff and board to support important advocacy initiatives at local and state levels.
3. Identifying key local advocacy initiatives in support of patients/clients we serve.

If you are interested in supporting Duffy Health Center’s Advocacy efforts, please contact Sara Grambach at sgrambach@duffyhealthcenter.org.

Wellness on the Water
A series of wellness experiences featuring local studios, teachers and wellness leaders from across our community.

At Duffy Health Center, we know that the wellbeing of our community depends on all individuals’ ability to access health and wellness services. In the spirit of our mission, we started Wellness on the Water to further promote good health on Cape Cod and to give people a way to care for their neighbors while caring for themselves at the same time. We can all benefit from this series!

Thank you to our partners so far in 2021!

Chatham Works is a Fitness Center + Coworking Space + Retail Shop located in North Chatham. Their goal is to help customers live healthier, happier, and better lives and they have assembled the best resources and personnel they could find to help make that happen. Their approach to fitness emphasizes variety, group exercise, and functional training.

Featuring the Lower Cape’s only dedicated cycling studio and brand new, top-of-the-line Precor Indoor Cycling Chrono Power bikes, Chatham Works offers a variety of different types of cycling classes taught by some of the most experienced instructors on the entire Cape! Whether novice or advanced, our cycling class is a great place to accommodate every level. It’s your own ride, you set the pace and workout. This is the ultimate workout for any level. Beginners are welcome!

Chathamworks.com

Stay Tuned for Seasonal Wellness Boxes
In June 2021, we will be launching the first of our Wellness on the Water Seasonal Wellness Boxes! Featuring products from local artisans including: Cape Cod Nail Co. - The Happy Lotus - Nautically Northern - Cape Cod Home Remedies - Cape & Islands Tea - and more!

Wellness on the Water t-shirts & tumblers (pictured at right) are also available for sale!

Learn more and get involved at DuffyHealthCenter.org/wellness

Follow us on social to learn about future wellness experiences!

@wellness_on_the_water  @wotwcapecod

Perfectly Different Faces
“Each person has something that makes them unique. A silly laugh, sparkling eyes, or big rosy cheeks. There’s a different story behind each name. So many journeys, no one is the same.”

Teach children about showing empathy & goodwill to our most vulnerable neighbors through this story about the individuals served by Duffy Health Center. Written by Melissa Payne and illustrated by Jeremy Wurzburg, both Recovery Support Navigators at Duffy Health Center, includes learning guide on Duffy’s core values.

Perfectly Different Faces is for sale locally at:
Love Live Local Shop
539 South St, Hyannis
Books by the Sea
1600 Falmouth Rd, Centerville

Also available on Amazon. Priced at $13.99 - $10 of which goes to support recovery services at Duffy Health Center.

Perfectly Different Faces
Washington, DC: Michael Neugebauer

Thank you to our partners so far in 2021!

Booty Barre (Outdoor Class)
Saturday, May 22nd at 4:00p.m.

Spin (Outdoor Class)
Sunday, May 23rd at 8:30a.m.

Coming in May 2021: 2 in-person, outdoor experiences with Chatham Works!
Duffy Doings

Sara Grambach, Director of Development & Community Relations at Duffy

Since 2000, Falmouth Road Race, Inc. has helped charity partners raise over $45 million and bring awareness to their causes. The Numbers for Nonprofits charity runner program not only assists charities in raising much-needed funds, it also brings people together and provides deeper meaning to running the ASICS Falmouth Road Race.

Meet the members of Team Duffy below!

Sarah Lapsley-Martin, Friend of Duffy

After [my brother] Chris passed away in July of 2018 we started a fund at Duffy Health Center to help others. The funds we raise go to support adults and adolescents struggling with addiction. Chris was more than his addiction. He was caring, thoughtful, clever, loving...he was so many amazing things. To say his is missed is an understatement. There isn’t a day that goes by that Chris isn’t on my mind and my families mind. His passing has left a huge hole not only in our family, but my heart. As we run this year we will be thinking of Chris and how these donations can help others in need.

Brenna Lapsley, Friend of Duffy

Duffy is an organization that has helped my family and I honor and remember my brother Chris who lost his battle with addiction on July 25, 2018. Duffy is an organization on the Cape that offers help and support to people who struggle with addiction. I will continue to raise money to keep my brother’s memory alive always. It’s important for me to talk about Chris and realize it can happen to anyone. Chris was loved so much, he was smart, funny, and had the biggest smile and beautiful blue eyes. He was my best friend. I would have never expected ever in my life that I would lose him to addiction. The truth is, addiction is an ugly disease. It doesn’t discriminate, doesn’t care how old you are, or how much money you have.

Samantha Cronin, Licensed Counselor, RecoveryBuild Alternative Peer Group

The Alternative Peer Group Program, made possible through Behavioral Health Innovators, works to provide early intervention for individuals struggling with substance use by utilizing creative modalities and therapeutic interventions alongside a recovery coach to build trust and rapport with our group members in order to address substance use dependency. Our goal is to not only properly acknowledge substance use and addiction at a young age, but also create a toolbox of coping mechanisms and cognitive interventions to combat negative behavioral patterns before they become unmanageable. Our program receives admin support from Duffy Health Center, so I chose to run with the Duffy team to both raise money and spread awareness of our cause as an institution.

Taylor Parmenter, Friend of Duffy & Colleague at AIDS Support Group of Cape Cod

I work for the AIDS Support Group of Cape Cod, who partners with Duffy to serve and support members of our community who historically fall through the cracks in our health care system. I am running to support Duffy and our shared mission to treat everyone with respect and dignity, and to raise awareness for all of the amazing services available to at-risk individuals on Cape Cod! I am so thankful for the relationship that we at ASGCC have with our partners at Duffy, and seeing the compassion and care they give to everyone regardless of their circumstances and background is such a privilege. They change lives everyday, and I am honored to be running for them in the Falmouth Road Race this year!

Amanda McGerigle, LICSW, Embedded Therapist at Duffy

Duffy helps to change lives every day. We believe that every person has a right to shelter, good medical care and to be treated with dignity and respect. With healthcare for the homeless as our mission, we understand that we are all 1 diagnosis, 1 trauma or 1 job loss away from possible homelessness. Duffy works endlessly as we are helping people meet their needs while meeting them where they are at.

Kim Neidermire, Human Resources Manager at Duffy

Running as a representative of Duffy, I am excited to take part in the Falmouth Road Race and to bring awareness to the work that we do on Cape Cod! Working for a mission driven health center has been an amazing experience, one I am proud to be a part of. I am grateful to all of our employees for everything they do, day in and day out, to support our neighbors in need and make a difference in our community. I look forward to running with my colleagues and running to restore health and rebuild lives across Cape Cod!

Melissa Hyer-Mitchell, Licensed Counselor, RecoveryBuild Alternative Peer Group

I am thrilled to have the opportunity to run the Falmouth Road Race this year while supporting Duffy Health Center. It is an honor to be able to work for and support an agency that provides so much to our local community - providing comprehensive, compassionate care to vulnerable populations, including my program, working with local teens struggling with substance use. I am running to raise both awareness and funds for Duffy and all of the persons served in our local community.

Kate Lena, Friend of Duffy & Colleague at AIDS Support Group of Cape Cod

I am so excited to run on behalf of Duffy Health Center! Working for the AIDS Support Group of Cape Cod, we partner with Duffy on a number of extremely impactful projects. I have been so impressed with the level of compassion that Duffy staff show for folks in our community, particularly those experiencing homelessness and those using substances. I am proud to be a part of theirs and am excited to help spread the word about their amazing services. Thank you, Duffy Health Center team for your kindness and your dedication to our community.

Sara Grambach, Director of Development & Community Relations at Duffy

I’m thrilled to be part of Duffy’s inaugural participation in the Asics Falmouth Road Race Numbers for Non-Profits! I am running for our most vulnerable neighbors here on Cape Cod, experiencing homelessness or at risk for it. I am so proud to be a part of Duffy Health Center and have the honor of supporting the agency through fundraising, I believe that health care is a human right, one of Duffy’s agency values, and this community event is a fun and visible one to raise awareness of the critical work Duffy staff provide our patients and clients every day.

Christina Wiseman, Marketing Communications Manager at Duffy

I’m constantly in awe of the people I have the honor of calling my colleagues at Duffy Health Center. Everyone shows dignity, respect, and compassion to those in our care. I’m running in honor of my colleagues who make up our incredible team, and for our mission to provide high quality health care to individuals who are experiencing or at risk of homelessness on Cape Cod.

Help Team Duffy Reach Our Goal!

We would love to have our community’s support as we embark on our 7-mile run! If you’d like to support Team Duffy in reaching our goal of $15,000, please visit DuffyHealthCenter.org/FRR to make a donation.

You can give to an individual runner or to the entire team - all funds will directly support Duffy Health Center’s programs and services.

Duffy Doings