

THE  
PETER G. DODGE  
FOUNDATION  
**IMPACT REPORT**

OPTIONS • AWARENESS • ACCESS

2014-2016 MISSION GRANTS



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The Peter G. Dodge Foundation is dedicated to helping people lead lives free from the effects of alcohol addiction. By increasing options, elevating awareness, and facilitating access, we are transforming treatment for alcohol use disorder (AUD).

To date, The Peter G. Dodge Foundation (PGDF) has invested over \$1 million in the Mission Grant program, which supports initiatives by exemplary non-profit organizations in the United States whose work aligns with our mission.

In our first three  
Mission Grant cycles,  
PGDF has:

**90,400 Reached**



Presented educational events and resources on AUD for the public that have reached approximately 90,400 people.

**8 Internships**



Provided life-changing opportunities to eight high school students to work in a renowned addiction science lab.

**2 Studies**



Funded two innovative pilot studies on novel strategies for treating alcohol use disorder (AUD), opening new areas of scientific inquiry.

**700 Trained**



Supported AUD-related training and education for approximately 700 leaders in the addiction field.

**800 Served**



Sponsored reduced-cost treatment, referral to treatment, or treatment-enhancing services to approximately 800 people.

# INCREASING OPTIONS

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## The David Lynch Foundation

A PGDF-funded pilot study by the David Lynch Foundation, in partnership with Friends Research Institute, determined that Transcendental Meditation (TM) was a potentially useful intervention to include in inpatient treatment for alcohol use disorder (AUD). The study showed that regularly practicing TM may lead to better short-term treatment outcomes. The data generated from this research will be used in an application to the National Institutes of Health to seek funding for a larger study on the effects of TM on AUD treatment. Additionally, 71 individuals (60 study participants, 11 facility staff) received TM training as part of the study.

“This project would never have occurred without the generous and visionary support of PGDF. The findings show strong support for feasibility of using TM in the alcohol treatment setting... In addition, the dataset could be used for various secondary analyses that could answer important scientific and clinical questions about alcohol-dependent patients who undergo inpatient treatment.”

*Dr. Jan Gryczynski, Friends Research Institute (David Lynch Foundation grant)*



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## National Institutes of Health

An in-progress study jointly funded by PGDF, NIDA, and NIAAA, and conducted by Dr. Lorenzo Leggio at NIH examines the role of gut microbiota in AUD disease process. The study has already produced a systematic review of existing literature that was published in *Alcohol and Alcoholism*, July 2017. The study is ongoing until mid/late 2018.



“My team and I are very grateful to The Peter G. Dodge Foundation for supporting this very exciting project. The bidirectional role of the microbiota-gut-brain axis in neuropsychiatric disorders is becoming increasingly recognized but little is known in AUD. Not only does this project expand our focus on the role of the gut / brain signaling in AUD, but also it will provide preliminary data that may represent the basis for the future development of novel treatments for patients who suffer from AUD.”

*Dr. Lorenzo Leggio, National Institutes of Health*

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## Pinhead Institute

Pinhead Institute placed four exemplary high school students as interns in the lab of Dr. Olivier George at Scripps Research Institute, where they assisted with groundbreaking scientific research in alcohol addiction. PGDF’s commitment to this program is ongoing through 2018, and four additional PGDF-sponsored students will work as interns during that period.



“Throughout our time in the George Lab, up to the last moments, we have been exposed to plenty of knowledge about addiction and drugs... It has been an amazing, as well as strengthening, experience to take a part in... I am very grateful for this opportunity given to me and to all the people I have met during this experience.”

*Ella White, PGDF-sponsored intern, Pinhead Institute*



# ELEVATING AWARENESS

## Faces & Voices of Recovery



**Make CARA Count!**  
**Comprehensive Addiction & Recovery Act**

**Recovery Community Organizations**  
Funds RCOs to provide recovery services, conduct public education and outreach, and strengthen the network of community support. Establishes a resource center to provide technical assistance to RCOs.

**National Youth Initiative**  
Builds communities of support for young people in recovery in high schools and higher education.

**Save Lives With Overdose Response**  
Educates on the use of naloxone and makes it more available to those responding to opioid or heroin overdoses.

**National Task Force on Recovery and Collateral Consequences**  
Recommends strategies to reduce, and eliminate the collateral consequences for individuals in recovery who have State or Federal drug convictions.

**Revise FAFSA**  
Directs the Department of Education to remove the question about "prior drug convictions" from student-loan and Pell grant applications.

**Women, Families, Veterans & More**  
Funds women's recovery services, veterans' treatment courts, treatment for opioid and heroin addiction, prescription take-back expansion and monitoring programs, and a national education campaign.

**LEARN MORE!**  
[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)

With PGDF's support, Faces & Voices of Recovery created a campaign to educate the public about the Comprehensive Addiction and Recovery Act (CARA) of 2015. A groundbreaking piece of legislature, CARA intended to dramatically improve public policy and increase available federal funds for those in or seeking recovery by expanding access to community-based support services and prohibiting discriminatory practices. Faces & Voices' campaign reached an estimated 50,000 people. In July 2016, CARA passed the United States Congress and was signed into law by President Obama.

Additionally, as part of their 2014 Mission Grant, Faces & Voices of Recovery trained 94 recovery organization executive directors in best practices, leadership, and technical support at a two-day seminar for members of their Association of Recovery Community Organizations (ARCO).

"I can confidently say that the [Peter G.] Dodge Foundation funds helped us to focus on educating the public about CARA and engage the public in the legislative process. The funds for the ARCO Leadership Academy allowed us to provide quality presentations and educational opportunities for participants."

*Patty McCarthy, Executive Director, Faces & Voices of Recovery*

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## McLean Hospital

With a 2014 Mission Grant, McLean Hospital's Dr. Kevin Hill created a presentation for young people on alcohol misuse, addiction, and treatment, and delivered it to 14 high school, community forum, and conference audiences throughout Massachusetts in 2015, reaching over 1000 people.

As an outgrowth of this work, Dr. Hill partnered with 17 Massachusetts school districts to develop a STEM program educating 9th graders on the science of alcohol and marijuana using scientific evidence as a vehicle. Dr. Hill has submitted a grant application to NIH to fund this project. If successful, the project will span five years, resulting in the development of materials that teachers around the country could use to teach students about alcohol.



"[With Dr. Kevin Hill's PGDF-funded talks on alcohol misuse and addiction, it] appears that we have already made an impact on young people, adults, and stakeholders such as community leaders. Several who have heard Dr. Hill talk about alcohol have commented to him that they found it unusual that he stressed the importance of education about alcohol because they had not heard this message before or they had not heard it in a long time... Communities are in great need of this information and education... Thank you for helping us to get this important message out to the public in such a compelling fashion."

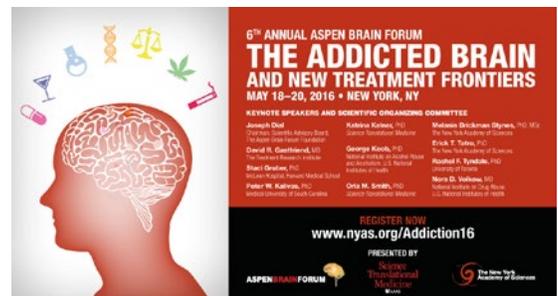
*Susan DeMarco, Development Officer, Foundations, McLean Hospital*

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## The New York Academy of Sciences

The New York Academy of Sciences conference brought together approximately 200 addiction scientists and physicians to hear from leading experts including NIDA and NIAAA directors Nora Volkow and George Koob.

The wide-ranging and technically complex content covered current issues and best practices in addiction medicine and research. After the conference, summary materials were made available online for members of the New York Academy of Sciences. PGDF's sponsorship made possible an appearance by Dr. A. Thomas McLellan of the Treatment Research Institute.



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## New Day Campaign

In conjunction with the New Day Campaign, PGDF sponsored a panel discussion entitled “Many Pathways: Alcoholism,” involving experts in addiction who shared information on medication, clinical treatment, aftercare, mutual help groups, and holistic wellness techniques. The event was held at the Eubie Blake Cultural Center in Baltimore in October 2015. Audience conversation following the panel answered questions on topics such as finding treatment for a loved one and getting involved in advocacy.



The following year, PGDF sponsored a three-part Speakers Series by the New Day Campaign entitled “Alcohol Addiction: Myths, Problems, and Solutions” hosted by the Johns Hopkins Bloomberg School of Public Health (JHSPH). Each of the three events featured an expert speaker from JHSPH faculty as well as artists, writers, and musicians sharing their own experience with the topic at hand. Multiple treatment pathways were covered as well as public health strategies for reducing harm from alcohol use.

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## Treatment Guide

A self-funded, comprehensive treatment guide researched and written by PGDF staff has reached approximately 28,000 unique users, providing 60+ pages of content.

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## Unite to Face Addiction

The Unite to Face Addiction rally, organized as a launch event by Facing Addiction, brought together a grassroots network of approximately 700 community organizations to share information and end stigma associated with substance use disorders. An estimated 10,000 people attended. The event was streamed live and later broadcast on PBS. PGDF attended the event as a sponsor and participating organization.

“Thank you for your kind support and willingness to help millions of people struggling with addiction. [PGDF’s] contribution will help to launch [Facing Addiction] and support the vital programs that will bring new national solutions to the addiction crisis.”

*John Silverman, Board President, Facing Addiction*



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## National Summit on Meditation, Recovery, and the Brain

PGDF co-sponsored a National Summit on Recovery, Meditation, and the Brain with the David Lynch Foundation and Freedom Institute. Held in New York City, panelists at the event shared information with over 100 leaders in the addiction recovery field about the use of Transcendental Meditation (TM) to break the chronic “stress-anxiety-addiction” cycle. Presenters included Dr. Norm Rosenthal, Dr. Richard Friedman, Dr. Jan Gryczynski, Peter Dodge, Bob Roth, Robert Miller, and Cindy Feinberg, with special guests Elizabeth Vargas and Russell Brand.

At a second event at the National Institute of Peace in Washington, DC, entitled “Exploring the Science of Meditation on Trauma, Stress, and the Brain,” PGDF presented the David Lynch Foundation pilot study on the effects of TM in the treatment of alcohol addiction.

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## America Honors Recovery

PGDF sponsored *America Honors Recovery*, the annual gala of Faces & Voices of Recovery, which convened approximately 160 leaders in the recovery movement and raised \$85,000 for the organization’s operating budget.



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## Jewish Community Services

With PGDF’s support, Jewish Community Services delivered approximately 60 classroom presentations to over 1,200 students on alcohol and other substance use throughout the Baltimore, Maryland area. Evaluations from students indicated that 95% learned something new, and program satisfaction ratings averaged 4.5 out of 5.

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## The C Three Foundation

The C Three Foundation moved from an online organization to one with a physical office, corrected its IRS operating status, and expanded its website and social media reach, making the Sinclair Method for treating AUD available to a broader audience and increasing donations to the organization.

“Before we received our Mission Grant late in 2014, the C Three Foundation was exclusively online, which put us at a deep disadvantage for fundraising opportunities. It’s astounding how big of a difference a \$10,000 grant made for us.”

*Jenny Williamson, Executive Director, C Three Foundation*



# FACILITATING ACCESS

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## Oxford House

With a 2014 Mission Grant, Oxford House created a revolving loan fund that immediately allowed the organization to add five new sober living houses with 39 beds in Maryland, with the capacity to create more houses in the future as the loans are repaid.

“We have started four new Oxford Houses in the state [of Maryland] as a direct result of the [Peter G. Dodge Foundation 2014 Mission] Grant. An additional house will be added next month in Elkton. I know that you share with me the satisfaction that a door to long-term recovery has been opened to many who might not have had the time or peer support to master recovery. The 31 new beds – soon to be 39 – will continue to serve those in recovery from addiction and co-occurring mental illness for years to come.”

*Paul Molloy, Chief Executive Officer, Oxford House*



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## The Hazelden Betty Ford Foundation

With PGDF’s 2014 contribution to the Patient Aid Fund, the Hazelden Betty Ford Foundation provided addiction and mental health treatment to nine individuals with co-occurring alcohol use disorder and major depression or bipolar disorder.

“For those who need care, but have inadequate resources, the help provided by Patient Aid can mean the difference between despair and recovery... Thanks to support from the Peter G. Dodge Foundation, nine individuals [with co-occurring disorders] who sought addiction treatment at Hazelden Betty Ford Foundation were able to access treatment...The grant from the Peter G. Dodge Foundation helped ensure mental health services were available to these individuals who are struggling with acute and complex issues.”

*Erin Bursch, Director of Corporate and Foundation Relations, Hazelden Betty Ford Foundation*

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## Samaritan House

Samaritan House partnered with Evolutions Health, Fitness, and Wellness Center to offer memberships for Samaritan House clients. PGDF's grant enabled 29 individuals to access the facility as part of their recovery program. Clients who used the gym regularly reported increased physical health, increased motivation and self-efficacy, decreased depressive moods and anxiety, and a decrease in substance craving.



“I thought I was hopeless until I entered Hope House and then Samaritan House. If I had gone home after completing the Hope House, I would probably be dead. But I went to the Sam House and stayed there for four months. While there, I was able to join the Evolutions Wellness Center. I worked out every day and began to feel so much better and loved being able to go somewhere healthy and somewhere so nice. It is a beautiful facility and the staff there was really helpful and never treated me as anything other than just a normal member of the gym. They treated me great. The Samaritan House and Evolutions were a major part of my recovery and I still go to a gym several times a week, am still sober, and my life is so much better than it was.”

*David S., Samaritan House client who participated in the PGDF-sponsored wellness program at Evolutions Wellness Center*

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## National Council on Alcoholism and Drug Abuse, St. Louis Area (NCADA)

With PGDF's funding, NCADA's Ask A Counselor program was able to reduce its fee for comprehensive drug and alcohol screening and referral to treatment by 50%. As a result, more people sought these services, allowing NCADA to meet their goal of 250 assessments and exceed it by 20%. Of the 315 people who received assessments in 2016, 94% followed recommendations made by the NCADA counselor, 66% attended counseling, support groups, or treatment, 81% reported that their use had stopped, and 11% reported that their use was reduced.

“Without funding from the Peter G. Dodge Foundation, NCADA would have been unable to lower the cost of our substance use assessments... Because of the lowered rate, and funding to help produce marketing materials that distributed that information to sources who commonly refer clients for our services, the Peter G. Dodge Foundation [contributed] to the increase in adult assessments in 2016.”

*Jenny Armbuster, Director of Community Services, NCADA – St. Louis Area*

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## White Bison

With a 2014 Mission Grant, White Bison adapted Celebrating Families, an existing program listed on the National Registry of Evidence Based Practices (NREPP), for use with Native American populations and trained 27 new program facilitators. The pilot group served 18 families, with ongoing programming planned. Execution of a pilot program allowed them to gather data to apply for further grant opportunities.



“[The demand for PGDF-funded White Bison *Celebrating Families* training] is very exciting as Native People throughout the San Luis Valley are seeking the group out because of word of mouth... it is not the norm for people to seek contact with human services departments, let alone request treatment therein, thus it is pretty amazing.”

*Ruth Horn and Rebecca Rodriguez, facilitators of White Bison Celebrating Families groups in Colorado*



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## Miriam's Kitchen

PGDF funding allowed Miriam's Kitchen to add case management for clients with alcohol use disorder to their programming, connecting 98 clients to treatment and mental health services as of the interim reporting period.

“One of the most significant barriers people experiencing homelessness face is behavioral health issues, including alcohol addiction. [The grant from PGDF is] a huge boost to our efforts in that area. An estimated 40% of the people we serve have problems with drugs and/or alcohol, and your funding... enables our Case Managers to help men and women who are homeless achieve housing stability, improve their health outcomes, and live free from the effects of alcohol addiction.”

*Sue Bell, Senior Foundation Relations Officer, Miriam's Kitchen*



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## Young People in Recovery

With a 2015 Mission Grant, Young People in Recovery (YPR) convened a national leadership conference comprised of three major program pieces: a think tank for YPR members who were being trained in peer recovery coaching by the New York State Office of Alcoholism and Substance Abuse Services; a symposium for YPR's 60 nationwide chapters; and the organization's first-ever Board of Directors' retreat. The four-day conference, serving approximately 125 organizational leaders, helped build YPR's institutional capacity and, through better training and investment in chapter leads, allowed YPR to offer its services to more individuals.

As a result of discussion at the conference, YPR realized it had a valuable product in high demand in its peer recovery coaching programming and chose to develop it further. They have since written a number of funding proposals on the subject and are increasingly viewed as national experts on peer recovery coaching, which is directly attributable to work done at the PGDF-sponsored think tank of 2015.

“Continuing to offer our chapter leads and Board members free, in-person training has been extremely valuable, especially as new chapters continue to onboard throughout the year and leadership of existing chapters changes... It is also extremely valuable to our Board, particularly for the newer and younger directors of our youth-led Board who do not necessarily have many years of volunteer Board service to draw on but are eager to learn best practices and processes...YPR is most grateful to the Peter G. Dodge Foundation for its support of our work...to address alcohol use disorder and other behavioral health issues facing young people today.”

*Ann Herbst, Vice President, Institutional Advancement, Young People in Recovery*



# LEADERSHIP AND STAFF

## BOARD OF DIRECTORS:

**Peter G. Dodge**, Chairman and President  
**Elizabeth Cairns**, Secretary and Treasurer

## FOUNDATION STAFF:

**Elizabeth Cairns**, Executive Director  
**Beth Nardi**, Program Director  
**Mackenzie Peck**, Communications Manager

FOLLOW US   

You can make a difference in the lives of people with alcohol use disorder by donating to our Mission Grant program. Visit [www.pgdf.org/donate](http://www.pgdf.org/donate).

Contact PGDF for more information at [info@pgdf.org](mailto:info@pgdf.org).