



2024

Members

DCD membership is strictly anonymous and kept confidential. Currently there are over 55 members statewide with an active list of 55 who attend DCD meetings periodically throughout the year. On average, monthly meetings have around 10-18 attendees.

Duties

Dentists Concerned for Dentists (DCD) began as a grass roots effort by a small group of dentists in the late 70's who were recovering from alcoholism and/or other chemical dependencies. They wanted to provide education and support to other dentists who still suffered. The services provided by DCD are free and confidential.

Available services: education, assessment, intervention resources, and referral support, monitoring and follow-up. Services are available 24 hours a day, 365 days a year to dentists, their staff and families.

Individuals can access services via face-to-face counseling, phone consultations or via the internet at [Dentists Concerned for Dentists | Minnesota Dental Association \(mndental.org\)](https://www.mndental.org). A virtual and in-person support group for recovering dentists meets the 3rd Wednesday of each month at a central location in the Twin Cities.

Activities

This is the 22nd year Sand Creek Employee Assistance Program has provided a professional assistance program and the coordination of services to the Minnesota Dental Association (Dentist Wellness Program) and DCD. The Dentist Wellness Program offers mental health counseling and a wide array of work/life benefits to dentists and their families. The Dentist Wellness Program is a more comprehensive service offering while the DCD groups works alongside to provide outreach and recovery support services independently.

Membership in DCD is voluntary, and any DCD services are provided on a voluntary basis, however, some members are referred to DCD by the State of Minnesota's Health Professional Services Program (HPSP) and attend monthly recovery meetings as a part of their ongoing recovery plans. Many recovering dentists cite their involvement in DCD as one of the key factors in their successful recoveries.

Continued Goals & Objectives for the Upcoming Year

- 1) The primary and ongoing objective of DCD is to provide accessible and substantive services to dentists who are struggling with alcohol abuse or other chemical dependencies. DCD will continue to be available to dentists and their staff members, and families, to offer guidance and support in their efforts to combat these chronic and progressive diseases.
- 2) We have streamlined availability for dentists in crisis to reach a mental health practitioner directly 24/7 by establishing a more efficient on-call process and the dedicated DCD phone number still is in use and active.
- 3) Continued partnership with the Board of Dentistry and the Health Professionals Services Program (HPSP) to offer monitored support for dentists in recovery.
- 4) DCD is currently working to increase awareness of the support offered by the DCD resource and plans to send a letter to go out to larger dental corporations that invites any dentist to contact us to learn more about how we can help.
- 5) To promote the DCD intervention resource that is available to dentists, staff and families seeking to support loved ones in their chemical health struggles.

Conclusion

Dentists Concerned for Dentists continues to thrive as we continue our recovery support to dentists along with outreach and promotion to potential new members.

Recommendations

No resolutions are offered at this time.

Respectfully Submitted,

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