



# DayOne

Annual Report 2008

July 1, 2007 - June 30, 2008

FULFILLING OUR MISSION...

*To dramatically reduce substance abuse among  
Maine youth to help them live productive,  
healthy, and rewarding lives.*

Prevention

\*

Intervention

\*

Treatment

\*

Aftercare

## Program Information

### Administration

525 Main Street, South Portland, ME 04106  
Phone: 207.767.0991 Fax: 207.767.0995

### Prevention

**Natural Helpers & Empowering Youth**  
*Student Peer Support Programs*  
207.512.8921

### Mainly Parents

*Support groups, toll-free Talkline and online curriculum*  
207.512.8922 or 1.800.249.5506

### Intervention

**Maine Juvenile Treatment Network**  
*Statewide substance abuse screening, assessments and referrals*  
207.512.8922 or 1.800.269.0016

**Maine Gambling Addiction Network**  
1.800.269.0016

### Treatment

**Juvenile Drug Treatment Courts**  
*A juvenile justice program*  
207.767.0991

**Long Creek Youth Development Center**  
207.822.2651

**Mountain View Youth Development Center**  
207.285.0831

**Outpatient Counseling**  
*For Individuals, Groups & Families*  
*In Cumberland & York Counties*  
207.874.1045

**James C. Harrod Residential Treatment Center**  
*A year-long intensive therapeutic community*  
207.929.5166

### Aftercare

**Counseling & Transitional House for Recovery**  
207.929.5166

## From the Director

Dear Friends,

At a time when adolescent substance abuse is at historic highs and the number of our youth in treatment continues to decline, communities must share in the commitment to keeping our youth safe and healthy.

It is only through dialogue between parents and their kids, an honesty in our communities about the challenges our kids face, and a commitment from lawmakers to the issue that we can honestly make progress.

Day One has made great strides this year, but the challenges facing our kids are great and we ask that you join us by supporting our programming, building bridges to the youth and families who need help, and reaching out to our elected officials by educating them of the importance of this issue.

Thank you to all who have supported us for these last thirty-four years.

Best,

David J. Faulkner, MSW  
Executive Director



## From the Board President

As the President of the Day One Board of Directors, I have long known of the hard work of Day One staff in meeting our mission to decrease substance abuse in Maine. We have worked through broad based efforts in prevention, intervention, treatment and aftercare at a time when substance abuse is on the rise.

It has been a difficult year for all agencies who work in social services—particularly in mental health and substance abuse. While all of Day One's programs are affected by public funding cuts and a difficult economy, the Day One staff have done an admirable job of keeping our programs innovative and sustainable to help our kids succeed.

In November 2008, Key Bank supported Day One in making the protection of one unique resource a priority. The Day One Transitional House for Recovery is the only space of its kind in the state. As a safe and sober environment, it is essential for youth who have succeeded in their recovery program and are working to become productive and engaged citizens. I am proud to have the support of Key Bank to ensure the future of this important resource.

Sincerely,

Dianne Nason  
Day One Board President  
Senior Vice President, Key Private Bank



# Leadership, commitment and vision...

## The Day One Board of Directors

John Branson has been a member of the Day One board for one year. He is an attorney at law at The Office of John Branson.

Dianne Buckingham joined the board this year. She is a retired school teacher.

Bruce Campbell has been on the board for over twenty years. He is employed as an independent pharmacist with Health Dialogue.

Marie Clements is currently serving her third three-year term. She is employed as the Assistant Vice-President, HR Strategies at UNUM.

Douglas P. Cranshaw is serving his twelfth year on the board. He is employed as the District Manager, Northeast Region of Securian Dental.

Lisa Downing is currently the Board Secretary and has been on the board for one year. She is a Human Resources Manager at Diversified Communications.

Steve Eddy is currently serving as Board Treasurer and has been on the board for more than twenty years. He was formerly employed as a Senior Vice President of the TD BankNorth Wealth Management Group and is now an independent consultant.

Kevin Freeman is the Chairman of the Resource Development Committee and is serving his fourth year on the board. Kevin is the Director of Business Development for Pizzagalli Construction Company.

Cynthia McDougall joined the board this year. She is Vice President, Mortgage Department Manager at Maine Bank & Trust.

Dianne Nason serves as Board President and has been on the board for nine years. Her active participation on the board began with her son being a Natural Helper. Dianne is a Senior Vice President at the Key Private Bank.

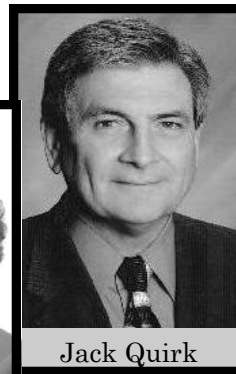
Christopher Nyhan has served on the board for three years. He is an Attorney at Law in the offices of Preti, Flaherty, Beliveau, Pachios & Haley, LLC.

Jack Quirk is serving as the Vice President of the Board and has been a member for eight years. He serves as a Human Resources Manager at Anthem Blue Cross/ Blue Shield.

Susan York-Wilbur is serving as the Chairwoman of the Nominating Committee and has served on the board for nine years. She is a retired high school guidance counselor.



Dianne Nason



Jack Quirk



Lisa Downing



Kevin Freeman



Steve Eddy



Prevention

Intervention

Treatment

Aftercare

# Prevention

*Expertise, leadership and programs for families and communities tackling adolescent substance abuse*

**Mainely Parents** is a statewide support program designed to strengthen parent/child relationships through a parent-to-parent support system, education, advocacy, and a toll-free Talkline for parents. Parents can go online to access our online parenting curriculum, Navigating the Teen Years. For more information about the program and all of our parenting resources, please visit the web site at [www.mainelyparents.com](http://www.mainelyparents.com).

**The Natural Helpers of Maine** is a prevention program that trains high school students who have been selected by their peers to be active listeners and provides them with a link to trusted adults to provide support for kids who need it. This year, Natural Helpers referred more than one thousand youth with “red flag” issues that included substance abuse, personal safety and eating disorders. This year, the program trained 219 students.

**The Peer Leaders Project** provides support for adolescents when they are in the vulnerable transition period in their first year of middle school by training peer leaders and is supported by parent forums. This year the program trained forty kids at Mahoney and Memorial Middle schools.

**The Maine Gambling Addiction Network (MEGAN)** is a program that ensures problem gamblers have access to treatment services from trained counselors. Financial help is available when insurance does not cover this service. Establishing MEGAN within two years of the first casino opening in Maine is forward thinking and a smart step in ensuring that all Mainers will have access to gambling treatment.

# Intervention

*Advice, answers and action to help teens, their families, schools and communities avert the crisis of adolescent substance abuse*

**The Juvenile Treatment Network (JTN)** is a statewide collaboration of providers, schools, the Office of Substance Abuse and the Department of Corrections. Managed by Day One staff, it has identified nearly one thousand youth who have consequently received treatment.

The JTN utilizes a standardized instrument, the expertise of our partners and more than 75 treatment providers in order to serve the youth most effectively in their communities. The JTN also serves as a payer of last resort.



# Treatment

*Hope, healing and recovery for adolescents and their families through substance abuse treatment in Maine*

**Outpatient Services** provide regular counseling services to youth recommended by their families or schools, intensive outpatient programming, family services and programs for homeless youth. We serve adolescents who are transitioning into the community from the youth detention centers and the juvenile drug treatment courts. Based on standardized screening, the treatment is tailored to best meet the needs of each adolescent. No one is turned away. If you believe a teen you care about needs counseling, call our outpatient offices at 207.874.1045 for a consultation.

**The James C. Harrod Residential Treatment Center** in Hollis is Maine's only one-year residential treatment program. The therapeutic environment gives up to 12 youth aged 16-24 the tools to learn how to live substance free and become independent, active participants in our society. After graduating from the 12 month program, they are provided with After-care services, including the option of living in our Transitional House for Recovery in Portland.

**The Juvenile Drug Treatment Courts**, established in 2000, are located in six different cities across the state: Biddeford, Portland, West Bath, Lewiston, Bangor and Augusta. Day One ensures the coordination of care and services by providing case management for each court. The year-long program is designed for adolescents with substance abuse problems and a high risk of committing future crimes. It allows the adolescents to stay out of jail while making significant and meaningful life changes.

**Mountain View and Long Creek Youth Development Centers** provide committed minors with the skills they need to make changes in their lives once they are back in their communities. Day One assists these youths by providing intensive cognitive behavioral group therapy, substance abuse screening and assessments, individual and group treatment, and transition/referral services at time of discharge.

# Aftercare

*Assistance, support and guidance for adolescents in creating and maintaining a recovering lifestyle*

**The Transitional House for Recovery** is a sober house located in downtown Portland. 7 graduates of the Residential Treatment Center live here for up to 18 months.

While living in the Transitional House, residents attend intensive group counseling, and pursue employment, education, or both. Many residents serve as a resource for other Day One clients and speak at Day One events including our Annual Celebration.



Key Bank Volunteers painting at the Transitional House



Prevention

Intervention

Treatment

Aftercare

## Connecting with the Community ...

### Day One Annual Celebration

If we believe that successfully addressing adolescent substance abuse in Maine requires community knowledge, commitment and funding, then one small step was accomplished at the Day One Annual Celebration on December 6, 2007. The teamwork of Day One Board and Staff brought together community leaders, elected officials and organizational allies who will be important partners as we face the difficult year ahead.

William Cope Moyers shaped the evening with his inspiring recovery story—a story of a child of privilege who nearly lost his life to the disease of addiction. He called upon the audience to fight the taboo experienced by those suffering from substance abuse or addiction, recognizing that only when we can speak freely about the issue can we make strides in addressing it. This was re-enforced

*Thank you for creating such a grand event. You should be so proud of the Day One team and the results of all your good work. It was a very touching evening and William Cope Moyers was his usual inspirational self. All the messages of the event need to be repeated over and over throughout the state! Congratulations on last night and on being such a wonderful resource for the kids, families and communities in Maine.*

*Ruth Blauer, MASAP*

with the stories of Jessika and Justin, two program graduates, who inspired the audience with their own stories of the role of Day One in their lives.



Jessika, Day One Program Graduate

The success and hospitality of the evening was the result of the generous gifts of sponsorships resulting from Day One Board leadership. We would like to thank Unum for their major dinner sponsorship. Our sincere thanks to our other major sponsors: TD BankNorth Wealth Management, Key Private Banking, Anthem Blue Cross/Blue Shield, PretiFlaherty, Securian Dental, Diversified Communications and Pizzagalli Construction Company.

#### Day One's 2007 Annual Celebration

Key Note Speaker

**William Cope Moyers**

And our Award Winners

Maine Attorney General Steve Rowe

Susan Sharon, Deputy News Director  
of MPBN

Kim Johnson, Departing Director of OSA

The Preble Street Resource Center  
The York County Prevention Collaborative



We would like to give special thanks to  
Unum for hosting this event.



**Day One's Second Annual Golf Tournament** was held on July 30th at the Nonesuch River Golf Club. This year's event nearly tripled in size and was a huge success! Golfers and volunteers enjoyed a beautiful day of networking, golfing and a barbecue lunch with many raffle and contest prizes.

**Special Thanks:** We'd like to thank Carrie Baker of C. Baker & Associates for sponsoring the dinner at our Golf Tournament in July. Since taking us on as one of her clients in the spring, Carrie has been extremely generous and kind to us at Day One. Thank you to Carrie and her team at C. Baker & Associates!



Members of the Baker Newman Noyes team at the 2nd Annual Day One Golf Tournament

### Hole Sponsors:

American Steel, Anderson-Watkins Insurance, Biddeford Savings Bank, Deering Lumber, Don's Sheet Metal, ES Boulos, Haley's Metal Shop, Jokers, Maine Energy Recovery, MittelAsen, Nappi Distributors, Precision Screw, RBC Dain Rauscher, Rivergreen Bank, Saco & Biddeford Rotary Club, Saco Bay Rotary Foundation, Saco Valley Federal Credit Union, Sanford Institution for Savings, TFH Architects, Union Oil & WGME-13.

### And raffle prize donors -

Biddeford-Saco Country Club, Dicks Sporting Goods, Fore Street, Fox Ridge Golf Club, Gritty's, Joker's/Turf's, LT's of Maine, Myostrich.com, Nonesuch River Golf Club, Portland Symphony Orchestra, The Front Room, The Old Port Sea Grill, The Roma Café, The Schooner Isaac H. Evans, Val Halla Golf Club & Walter's Café.

Special thanks to Don Lauzier of Saco & Biddeford Savings for his huge role as Golf Tournament Committee Chair.

## Hall of Flags Day



Day One Directors Lisa Munderback and Michele Hylen at Hall of Flags Day

Each spring Day One staff and clients make the journey to Augusta to draw attention to our services. This year our clients were given the chance to meet with Speaker of the House Glenn Cummings and have a question and answer session with Senator Bill Diamond.

## An Afternoon's Delight

On August 12<sup>th</sup>, Day One, with the collaboration of Longfellow Books, had the honor of hosting authors Anita Shreve and Kate Braestrup, as well as former board member Betty-Jane Shreve, at the Unitarian Universalist Church in Portland. Anita Shreve read an excerpt from her new book *Body Surfing* and Kate Braestrup read from her memoir, *Here if You Need Me*. After a brief intermission of book sales and signings, Betty-Jane Shreve performed her monologue, *Bed Among the Lentils*. A special thanks to Betty Jane Shreve for making this event possible.



Prevention

Intervention

Treatment

Aftercare

# Supporting Our Mission

## Grants for Kids

**The Narragansett Number One Foundation** granted \$15,700 to Day One's James C. Harrod Residential Treatment Center in Hollis. The money was spent on new computers, kitchen supplies and renovations, and a camping trip for the residents currently working on their recovery.

**The Nine Wicket Foundation** granted Day One \$4,800 for a 4 day/3 night canoeing and hiking trip for all 12 youth in our Residence and a 6 day/1 night kayaking trip for our Homeless Youth program.

## Engaging Youth

The Juvenile Drug Treatment Court in Lewiston was awarded \$5,000 by **Androscoggin Bank's MainStreet Foundation** to prepare youth involved in the program for employment and engage them with the community.

**Maine Community Foundation's Maine Charity Fund** supported youth transitioning out of Long Creek and Mountain View Youth Development Centers to their communities with a \$3,000 grant. The grant supported educational, vocational, transportation and living needs.

**The Hudson Foundation's** \$7,500 grant provided outdoor and recreational opportunities for kids in a variety of programs.

## Supporting Homeless Youth

**Maine Community Foundation's Equity Fund** granted \$5,500 to Day One's Homeless Youth Program at the Preble Street Teen Center in Portland. The grant enabled Day One to expand specialized supportive services for homeless youth who are facing issues related to their sexuality and gender identity.

## Transitional House Grants

**The Maine Association of Realtors** awarded Day One \$2,760 for upkeep and repairs to the Transitional House for Recovery in Portland.

**The Virginia Hodgkins Somers Foundation** also granted Day One \$5,250 for repairs to the Transitional House.

**The Agnes M. Lindsay Trust** recently awarded Day One \$2,500 for Transitional House roof renovations and repairs.

## Better Serving Kids

Thanks to the generous contribution by the **Davis Family Foundation**, Day One has been able to purchase computer systems that make us more effective, efficient and capable of reporting treatment so that we can better serve our clients in the future.

## Natural Helper Grants

**Anthem Blue Cross Blue Shield's Wellpoint Foundation** generously contributed funds to support Natural Helper programs in three schools.



## Day One Donors July 2007—June 2008:

### Leadership Circle: \$1,000+

Alfred Senter Fund Trust

Allen Screen Printing

Greg Altman Foundation

Androscoggin Bank's MainStreet  
Foundation

Anthem Blue Cross Blue Shield

Christopher and Kathleen Anthony

Bangor Savings Bank

Big Moose Harley Davidson

Fred and Janet Bishop

Scott Boyer

C. Baker & Associates

Town of Cape Elizabeth

Maureen Conley

Diversified Communications

Jon Doyle

Steve Eddy

Franklin Savings Bank

Genest Concrete Works, Inc.

Cyrus and Patricia Hagge

Harold and Mary Louise Shaw

The Hudson Foundation

Town of Kennebunk

Town of Kennebunkport

Key Bank

Key Foundation

Key Private Bank

Cynthia Lambertson

Agnes M. Lindsay Trust

Maine Community Foundation

Cynthia McDougall

National Distributors

Northeast Delta Dental

Chris Nyhan

Pond Cove Paint

Preti, Flaherty, Beliveau, Pachios &  
Haley, LLC

Jack Quirk

Saco & Biddeford Savings Charitable  
Foundation

Schooner Isaac H. Evans

Alexander Szafran

Town of Dayton

Town of Shapleigh

Unum

Wellpoint Association

City of Westbrook

### Community Supporters

#### \$500+

Douglas Cranshaw

Gene and Deborah Ellis

Town of Falmouth

First Congregational Church  
of South Portland

Deborah Gallant

David Genest

Sally Hipsher

John and Cornelia Kittredge

Rita Letendre

Paquin & Carroll

Bernadette Pesce

Phillips Green Foundation

John Quirk

Saco & Biddeford Savings

Smith Elliott Smith &  
Garmey, P.A.

St. Stephen the Martyr  
Episcopal Church

Town of Standish

Susan York-Wilbur & John E.  
Wilbur

Town of Alfred

### Community Allies \$250+

Baker Newman Noyes

Bar Harbor Inn

Norine Burns

Robert Clark

Susan Currier

David Faulkner

Kevin Freeman

Town of Jay

Dr. C. Roger Kendrick

Law Office of John H. Branson

LBM, Inc.

Dianne Nason

Park Danforth

Partners in Profit

Ellen Planer

Platinum Mortgage Co. Inc.

Larry and Lisa Plotkin

Quintopia

Reynolds Motorsports

Systems Engineering

Town of Eliot

Unity Church of Windham

Jim Walsh

Jeff Wells

Wormwood's Restaurant

A special thank you to the United Way of Greater Portland and the United Way of York County for their funding support and assistance in securing employee donations.

## Friends \$100+

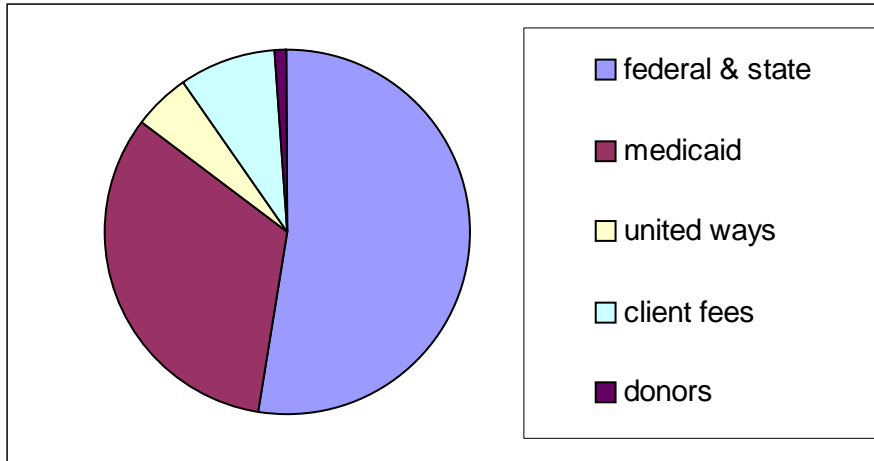
John Allen, Jr.	Casella Waste Systems, Inc.	Barbara Goodbody	Jerry Mangini	Saco Valley Credit Union
American Steel and Aluminum Corporation	Tom and Eloise Cathcart	William Gribbin	Marshall & Libby	Jeff and Susie Saffer
Anderson-Watkins Associates, Inc.	Carie Costello	Haley's Metal Shop	Frank and Susan McGinty	Nat Saltonstall
Town of Arundel	Crisis & Counseling Services, Inc.	Biddeford Hannaford Supermarket	Mittel Asen, LLC	Sanford Institution for Savings
Aubuchon Hardware	Kim Croteau	Gael Jackson	Nappi Distributors	Maria Segal
Ross and Jo Anne Babcock	Richard and Shirley Dalbeck	Joker's/Turfs	Nelson & Small, Inc.	Susan Soto
Doreen Bailey	Ann Davison	Peter Judkins	David and Michelle Neujahr	Betsey Stivers
Bally Total Fitness	Deering Lumber	Richard Kelley	NR Brothers, Inc.	Sugarloaf/USA
Becker Structural Engineers, Inc.	Don's Sheet Metal	Kennebunk Schools	The Old Port Sea Grill	Karen Taylor
Biddeford Savings Bank	Lisa Downing	Marion Killian	Deanna and Scott Perrow	TFH Architects
Biddeford-Saco Country Club	Louis and Nancy Dubuque	Kathy Kingsbury	Portland Computer Copy Inc.	Paul Thelin
Biddeford-Saco Rotary Club	Gwen Estes	Knights of Columbus	Precision Screw Machine Products, Inc.	United Way of Androscoggin County
Ruth Blauer	Jack Flaherty	Ralph and Mary Lou Lancaster	RBC Dain Rauscher	Val Halla Golf Course
Diane and Thomas Buckingham	Tina Flaherty	Richard and Nancy Lemieux	Lynne Richards	Ellen and Jeff Van Fleet
Carl Lakari, Inc.	Janice Flint	Randy LeShane	Paul Richards	Walter's Café
	Fore Street	Heather Libby	Martha Riehle	Evelyn Ward
	Fox Ridge Golf Club	LT's of Maine	Rivergreen Bank	Heidi Weymouth
	Victoria Gavel	Maine Children's Trust	David Rowe	WGME-13
	Robert & Karen Harris Gips		Saco Bay Rotary Foundation	

## Helpers Up To \$100

50+ Club Drop In Center	Patricia Carignan	Katherine Geneau	Kathleen Leavis	Cecily O'Connor	Ann Swanson
Suzan Ackerman	Catherine Chichester	George and Jane Gerrish	Robert Long	Doug Packard	Target
Addiction Resource Center	Dorothy Clark	Gervais Dube	Longfellow Books	Nyssa Parmenter	Daniel Thibault
Adventure Counseling	Jeffrey Clark	Properties, Inc.	Gailen and Sandra Lyons	Susan and George Parmenter	Roland Thibault
Affordable Photo	Jon and Paddy Clark	Ralph Gillett, Jr.	C. Waite Maclin	Pepperclub	Kit Thomas
Atlantic Sportswear	Cindy Collins	Charles and Anne Golec	Maine Association of Substance Abuse Providers	Norma & Robert Peters	Debbie Thombs
April Beckwith	Representative Gary Connor	Gritty McDuff's	Maine Children's Alliance	Marjori Phye	Mary Delano and Thomas Tomczyk
Mary Blaisdell	Kathleen Cornelio	Joanne Groder	Katherine McCarthy	Portland Sea Dogs	United Food and Commercial Workers Union
Penny & Albert Booker	Lisa Cotter	Martha Hale	David McDermott	Elizabeth Powers	Linda Valentino
Elizabeth Bordowitz	Guy Cousins	Veronica Hartman	Frederick and Rebecca Miller	Gail Raymond	J. Cathy Waldstein
Ronni Bossie	Bruce Curran	Cynthia Howard	Michelle Miller	Wayne Richards	Kathleen Walsh
The Hon. Peter Bowman	David's Restaurant	Jacob Huntress	Rebecca Miller	Ginger Roberts	Barbara Wentworth
The Hon. John Brautigam	Susan Davidson	Huot's Seafood Restaurant	Joseph Millett	Roma Cafe	Wilbur's of Maine Chocolate
Lee Broder	Euan Davis	Michele Hylen	Meagan Mondor	Sabra Saindon and Jayne Emery	Deanna Wood
Peg Brown	Stacy and Richard Del Gallo	Patricia and William Jackson	Audrey Morgan and William Richards	Elizabeth Sanford	Gail and Andrew Woodsome
The Hon. Mark Bryant	Kathryn Devine	Jay York Affordable Photo	David Mount	Fran and Alan Schneit	The Works Bakery Café
Emily Bugbee	The Hon. Cynthia Dill	Scott Jones	Mr. Bagel - Scarborough	Susan and Lenny Sharon	
Buxton Center Baptist Church	Timothy DiPaolo	John Kenney	David Murray	Shawnee Peak Ski Area	
Cape Elizabeth Police Benevolent Assn.	Estabrook's	Judith Kenney	Frank Nappi	Richard and Veronica Sheehan	
	Debbie Farrell	Julie Kingsley	The Hon. Linda Nappi	Skillin's Greenhouses	
	Jessica Ferris	Pamela Knowles	Pam Nickerson	Jessica Stagg	
	Heidi Fisher	Lawrason	Wallace & Jane Nutting	The Hon. Nancy Sullivan	
	Jason Foster	Derek Laverriere			
	Vivian Franck				
	The Front Room				

Fiscal Year: July 1, 2007 through June 30, 2008

## Funds to support Day One Programs



Federal & State:  
52.5%

Medicaid:  
32.7%

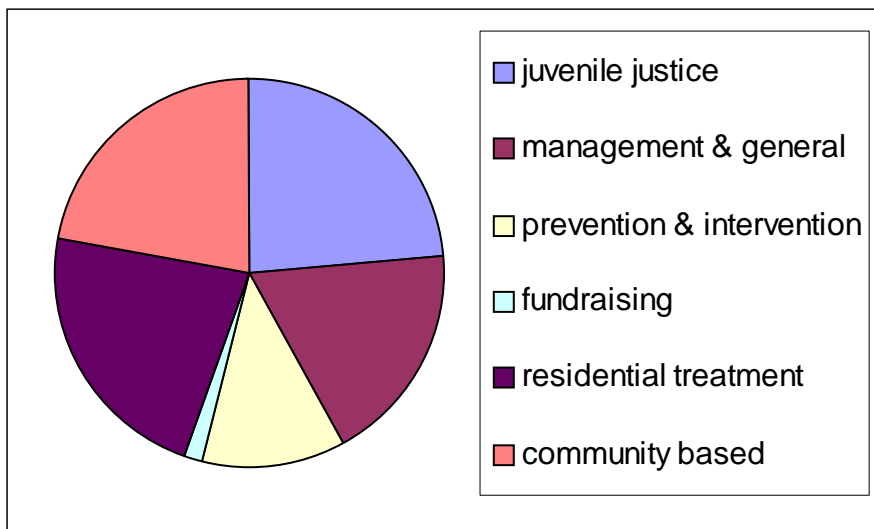
United Ways:  
5%

Client Fees:  
8.6%

Individuals &  
Private Grants:  
1.2%

**Total Support: \$4,145,342**

## Program Expenses



Juvenile Justice:  
23.7%

Management &  
General:  
18.3%

Prevention &  
Intervention:  
11.8%

Fundraising:  
1.4%

Residential Treatment:  
22.7%

Community Based:  
22.1%

**Total Expenses: \$4,258,788**

Prevention

Intervention

Treatment

Aftercare



525 Main Street  
South Portland, ME 04106

Day One would like to give special thanks to our generous community sponsors, without whom we would not be able to fulfill our mission *To dramatically reduce substance abuse among Maine youth to help them live productive, healthy, and rewarding lives.*



Day One is a member of the United Way of Greater Portland and the United Way of York County