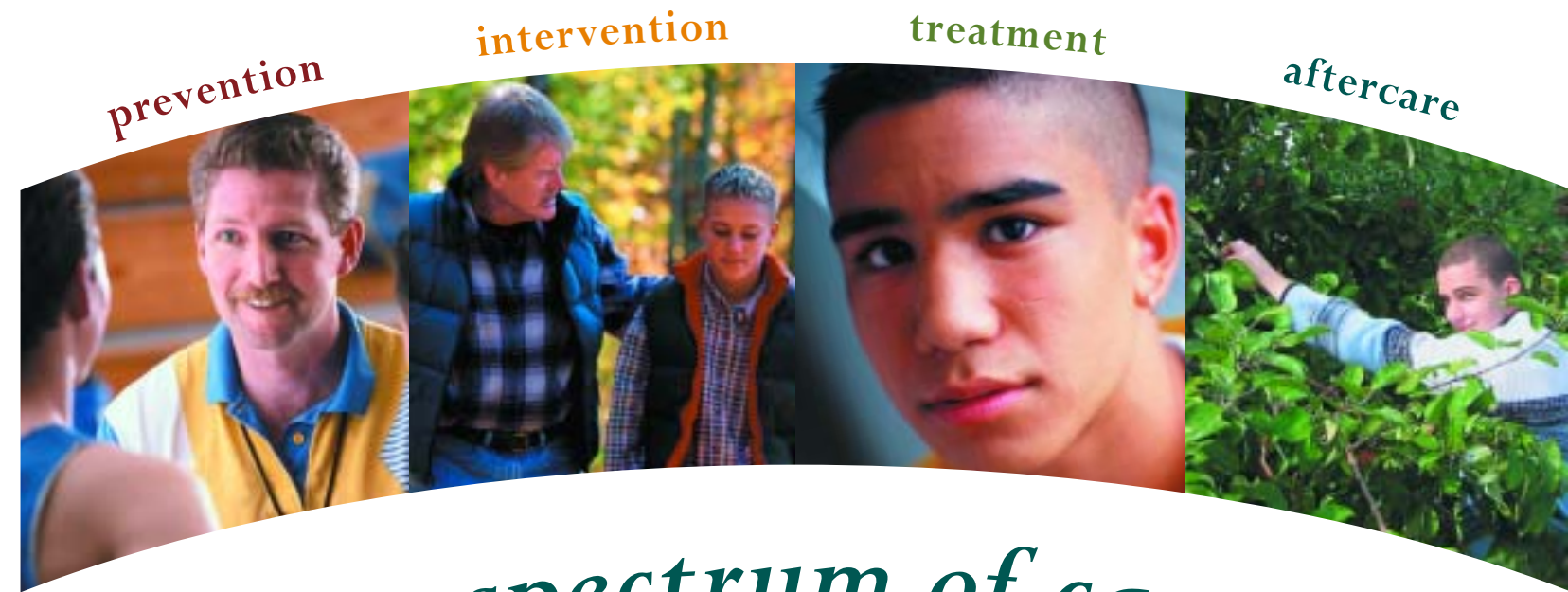


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a spectrum of care

THIRTY YEARS

*of dramatically reducing substance abuse
 among Maine youth to help them live
 productive, healthy, and rewarding lives*

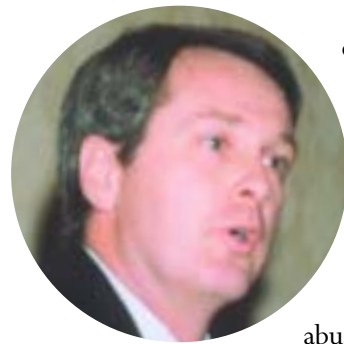


a spectrum of care

prevention intervention treatment aftercare

Messages from THE PRESIDENT

Always attuned to the changing needs of Maine's youth, Day One has grown from a street clinic in 1973 to become Maine's premier agency dealing with adolescent substance abuse. Today, we look back with great pride on 30 years of accomplishments. Throughout the pursuit of its mission to dramatically reduce substance abuse among Maine youth, Day One has been known for its innovative programming and collaborative spirit. Day One plays a unique civic role in Maine, providing the resources that



enable adolescents, parents, schools and communities to deal with the challenges of adolescent substance abuse. Day One also serves as a resource for policy makers on how best to tackle this critical issue. Day One's expertise and leadership in the field of adolescent substance abuse is nationally recognized and a key reason why Maine is able to treat almost twice as many adolescents requiring substance abuse services as the national average.

Day One has been a beacon of hope, healing and recovery to generations of young people navigating adolescence. As proud as we are to celebrate our past accomplishments, we're even more excited about the chance to help Maine youth of today and tomorrow become healthy adults.

Bruce Campbell

THE EXECUTIVE DIRECTOR

Our spectrum of care enables Day One to provide prevention, intervention, treatment, and aftercare services to youth and their families throughout Maine. Our presence in communities, schools, and juvenile justice programs makes it easier for youth to receive critical, life saving help where and when they need it. As we look back on the successes of our first 30 years and pause for a moment to celebrate our hard work with friends and supporters, it is important to look ahead to the new challenges that face communities throughout our great state. Our work is far from over. We need your caring, your support, and your generosity. Together, we can dramatically reduce substance abuse among Maine's youth to help them lead healthy, productive, and rewarding lives.



David J. Faulkner

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Director of Finance & Administration
Lisa Munderback

Director of Residential Services
Gene Vahey

DAY ONE TIMELINE:

1972

State of Maine awards planning grant for Drug Rehabilitation

1973

Day One incorporates as Drug Rehabilitation, Inc.

1974

Residential Treatment Program is established on Danforth Street in Portland



1979

Residential Treatment Program moves to Hollis



Prevention

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



For over 30 years, Day One's Department of Prevention has provided education, training, and outreach services by partnering with schools, parents, and community groups statewide to increase awareness about the effect of adolescent substance abuse. Day One continues to expand its partnerships and programs in these areas to ensure that adolescents make smart, healthy choices. Demand for our services has grown, as parents, teachers and community leaders increasingly understand the importance of their role in helping

children remain alcohol and drug free. Our established and trusted programs thrive. Day One currently offers 11 highly effective prevention programs that serve almost 25,000 clients. Day One remains creative in developing new and innovative programs that build community resources to increase awareness and reduce the debilitating effects of adolescent substance abuse. This year we developed two new programs to respond to demand for services in middle schools and rural high schools. Our leadership and expertise in the field of substance abuse prevention works to make our communities safer places to live and raise families.



REASON TO BELIEVE: Information, education and training are important tools against adolescent substance abuse. Day One is an expert in delivering these tools to the community.

“Thank you so very much for all that you do. I truly appreciate the role that Day One plays in supporting Maine’s adolescents and in increasing the awareness of substance abuse issues throughout the state.”

Maine Parent

1984

Homebuilders Program is launched—now known as the Homebased Family Support Program



1984

Natural Helpers of Maine Program begins

1985

AfterCare Program Begins

1985

Education Program begins at Residential Treatment Center in Hollis with classroom bill passed by Maine Legislature

Intervention

Day One's intervention programs make an enormous impact in averting a crisis and getting kids back on track. Whether our intervention is required for an individual, a family, school, or wider community, Day One works to provide the assessment, screening, referrals and treatment necessary to transform a bad situation into a positive one. Day One's spectrum of care offers programs that support teens, families, schools and communities to understand and avoid the pain and hardship of adolescent substance abuse. Day One is always there to provide advice and services to get adolescent substance abuse under control. Our ability to draw upon more than 30 years of expertise in prevention and treatment allows us to be responsive to community needs by bringing new and innovative practices to serve Maine. We know that quick fixes won't work and we carry out the hard

REASON TO BELIEVE: Studies show that for many adolescents in Maine, access to alcohol and other drugs is easier than access to treatment. Day One's intervention programs are turning that around.



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

work necessary to turn around one of Maine's largest public health nightmares. Our nationally lauded juvenile justice programs, the Juvenile Drug Treatment Court and the Juvenile Treatment Network, enable families, communities and schools to call on the services of Day One to intervene when one teen or many may be in need of our assessment, screening, referrals and treatment services. In the last five years, almost 9,000 adolescents have been served by this program in 80 locations throughout the state. Demand for our school and community Substance Abuse Treatment Network for Adolescents is increasing. Day One is expanding throughout the state to ensure that when people call on us we can provide advice, answers and action to help teens, families and schools avert the crisis of adolescent substance abuse.



“For many adolescents in rural counties the access to alcohol and other drugs is pervasive. Getting them the treatment they need can be a challenge where services are limited. The Juvenile Treatment Network provides identification, screening, referral and last resort funding for treatment throughout the state of Maine.”

Community Partner

1991

Juvenile Justice substance abuse treatment expands at Maine Youth Center (now known as Long Creek Youth Development Center)

1995

Storytelling program, “Communicating with Heart,” begins with a grant from Maine’s Office of Substance Abuse

1996

Case Management for Youth launches in collaboration with Community Counseling Center

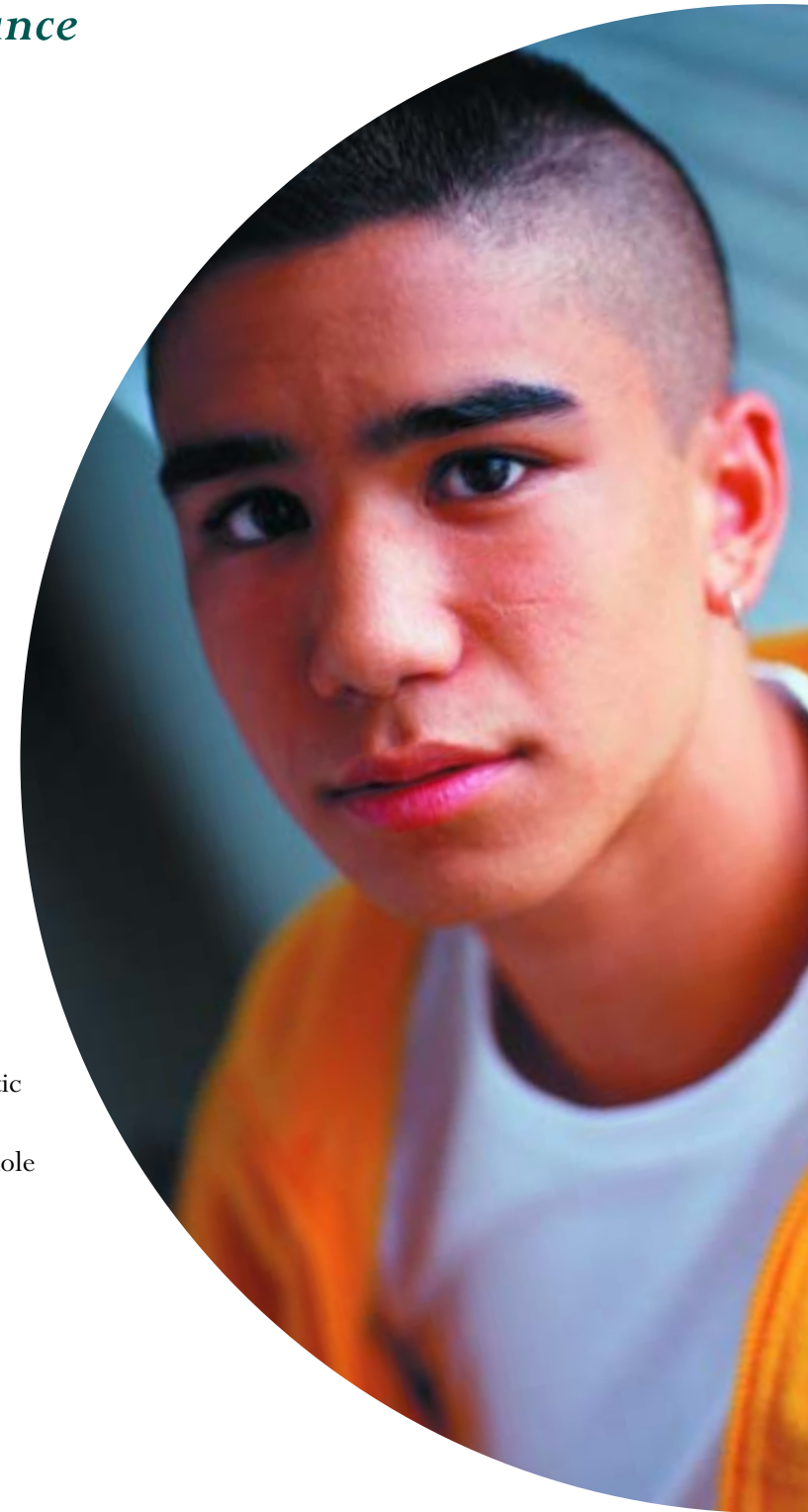
1996

Board of Directors adopts the Carver Model of Governance



Treatment

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



REASON TO BELIEVE: Day One's resourcefulness builds client's resilience. Day One delivers treatment that works for the individual—and has for 30 years.

“Day One saved my life—it taught me how to stay sober, eat, clean, live, laugh and cry..”
Treatment graduate

It is through substance abuse treatment that the pain and confusion that many adolescents and their families suffer gradually diminishes, and a new, more positive direction is established. Whether the treatment is received as an outpatient, as a resident in Maine's only year long adolescent substance abuse Residential Treatment Center, through the Juvenile Treatment Networks, Juvenile Drug Treatment Courts, or the Homeless Youth Project, adolescents are supported in their struggle toward making healthy, positive choices that lead to a life of recovery. Each adolescent is unique, so we tailor our treatment services to be responsive to individual and family circumstances. We identify each client's need so that they can move with ease through our spectrum of care to get the help and treatment they require. Our outpatient services include substance abuse evaluation, individual, group and home-based family therapy, and a proven intensive outpatient program to ensure we can meet the needs of our community. Day One is the only agency providing substance abuse treatment

in the juvenile justice facilities addressing the connection between criminal behavior and substance abuse. Day One also manages the Juvenile Drug Treatment Courts, a highly effective alternative to incarceration. Day One uses multiple therapeutic modalities through structured therapy to treat the whole individual. In the last 30 years we have seen tremendous change in the challenges adolescents face—we recognize that and rise to meet each new challenge. Last year alone, we ensured critical therapeutic services to over 1,900 adolescents in Maine. We treat the whole individual and stick with them—we don't give up.

1996

Juvenile Corrections Substance Abuse Treatment Network is established

1997

Homeless Youth Project begins

1998

Juvenile Automated Substance Abuse Evaluation (JASAE) is adopted. In the first year, 1,300 youth are screened with 900 referred to a community provider for additional services

1999

Intensive Outpatient Program begins

Aftercare

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



Adolescents are in a vulnerable position after completing treatment for substance abuse. This is a critical time in their recovery. Many are not ready to be totally independent and need assistance negotiating the world in a new way—alcohol and drug free. Day One’s Aftercare program is based on a strong clinical foundation and is tailored to the individual’s needs as they move back into the community. Individual and group therapy sessions are

the anchors for the adolescents in the Aftercare program. It provides a safe, supportive environment for them while they continue to work on their recovery. We assist clients in seeking and securing employment, learning independence, and finding healthy recreational activities and a network of supportive friends. These accomplishments may seem simple, but for many, they are learning these activities for the first time. The opening of the Transitional House for Recovery in Portland in 2003 was a watershed event for Day One’s Aftercare program. It provides safe and affordable apartments for adolescents where they embrace responsibility for their own lives.

REASON TO BELIEVE :

Day One’s work results in... “lower crime, reduced law enforcement and social service costs, and the valuable contributions of healthy individuals to a community.”

—Portland Press Herald

“The house is so important to me because it is a taste of living on my own but with the support needed right there. Regular house meetings help everyone to stay on track... to catch something before it becomes a problem.”

Transitional House Resident

1999

Day One and Mainely Parents join forces to expand parent education and support throughout Maine

2000

Northern Maine Juvenile Detention Facility (now known as Mountain View Youth Development Center) opens. Day One provides screening, assessment and referral services

2000

Juvenile Drug Treatment Courts open. Grows to 6 in 2002

2000

Storytelling for Professionals training group learns while dog sledding



Everyday Heroes...

...we all know them. They are the people who give of themselves and work tirelessly to make a difference in the world and in other people's lives. Here is the staff of Day One. They make a difference in the lives of Maine's adolescents, families and communities. In treatment and counseling; education and outreach; our Residential Treatment Center; Juvenile Drug Treatment Courts; the statewide Juvenile Treatment Network; in the Youth Development Centers, and behind the scenes in Administration, Maine finds hope, healing and recovery.

■ ADMINISTRATION

Vanessa Ali	Business Office Assistant
Ron Anton	Director of Juvenile Justice & Community Programs
Tina Clark	Development Special Projects Assistant
David Faulkner	Executive Director
Paul Golding	Director of Development & Public Relations
Ginny Henkle	Business Manager
Noreen Hutcherson	Development Assistant
Lisa Munderback	Director of Finance & Administration
Pam Ney	Office Coordinator/Receptionist
Kat Riseman	Public Relations Coordinator
Susan Soto	Human Resources Manager



■ OUTPATIENT SERVICES & COMMUNITY-BASED PROGRAMS

Tiffany Bean	Case Management for Youth
Joan Braun	Family Therapist
Don Burke	Adolescent & Family Services Manager
June Coravos	Outpatient Counselor
Doug Cowan	Outreach-Homeless Youth Project
John Dana	Outpatient Counselor
Jan Gaudin	Billing Specialist
Jon Muench	Family Support Counselor
Marlene Silva	Family Support Counselor
Amy Stevenson	Outpatient Counselor
Sandy Taylor	Office Manager
Linda Tiffany	Outpatient Counselor
Jennifer Van Voorst Van Beest	Outpatient Counselor
Jennifer Zorn	Case Management for Youth

"It is very rewarding to be part of the growth that takes place through facilitated learning, exploration, and counseling."

—Joanne



2002

Mountain View Youth Development Center opens. Day One provides substance abuse services & counseling

2002

Juvenile Treatment Network expands as Substance Abuse Treatment Network for Adolescents to include schools and other youth sites

■ PREVENTION-EDUCATION & OUTREACH SERVICES

Norm Boucher	Substance Abuse Prevention Programs Manager
Jackie Bromage	Prevention Educator
Cynthia Gaudiano	Prevention Educator
Heidi Hart	Mainly Parents Program Coordinator
Margaret Jones	Director of Prevention Services
Judy Marblestone	South Portland Coordinator
Pam Marshall	One-ME Project
Diane Maxwell	Mainly Parents Program Manager
Tasha Robinson	Communités for Children Research Assistant
	Counselor/Educator
	Lake Region High School

■ JUVENILE TREATMENT NETWORK

Ken Blonder	Regional Support Coordinator
Susan Bosco	Regional Support Coordinator
Erin Clark	JASAE Screening Coordinator
Anne Dolan Pelletier	Program Manager
Nanette Doyon	Administrative Assistant

■ JUVENILE DRUG TREATMENT COURT

Jane Clark	Program Manager Juvenile Drug Treatment Court/Case Management Services
Elaine Curtis	Case Management Services Supervisor
Laurie Aldrich	Case Manager-Bangor
Richard Becker	Case Manager-Bath/Wiscasset
Karen Dittman	Case Manager-Augusta
Nicole Peeney	Case Manager-Portland
Leah Poisson	Case Manager-Biddeford
Jodie Wood	Case Manager-Lewiston

■ RESIDENTIAL TREATMENT CENTER

Bruce Blackman, D.O.	Psychiatric Consultant
Jean Bryenton, R.N.	Nurse
Polly Colvin	Substance Abuse Counselor
Jim Cyr	Substance Abuse Counselor
Steve Danzig	Substance Abuse Counselor
Bonnie Datson	Office Manager
Trudy Dill	Senior Substance Abuse Counselor
Lori Dubois	Residential Services Manager
Vincent Frost	Relief Staff

Kevin Houston	Residential Care Worker
C. Roger Kendrick, DO	Medical Director
David Lombardo	Aftercare Counselor
Darlene Panzino	Residential Care Worker
Ray Putnam III	Residential Care Worker
Lisa Robbins	Teacher, Residential School Program, SAD 6
Valerie Sullivan	Teacher, Residential School Program, SAD 6
Roland Thibault	Recreation Coordinator
Gene Vahey	Director of Residential Services
Mary Weyer	Relief Staff
Victoria Zavasnik, Ph.D.	Clinical Supervisor

■ LONG CREEK YOUTH DEVELOPMENT CENTER

Kristy Higgins	Substance Abuse Counselor
Courtney Joyal	Office Coordinator
Barbara Martin	Substance Abuse Counselor
Caroline Fasulo Raymond	Program Manager
Ann Swanson	Substance Abuse Counselor
Joanne West	Substance Abuse Counselor

"I believe that a person who thinks that they have choices will make positive ones."

—Doug



■ MOUNTAIN VIEW YOUTH DEVELOPMENT CENTER

June Allen	Substance Abuse Counselor
Patricia Armitage	Substance Abuse Counselor
Melissa Caswell	Substance Abuse Counselor
Anita Cooley	Substance Abuse Counselor
Russ DuBois	Program Manager
Heidi Weymouth	Office Coordinator



2003

Transitional House for Recovery opens in Portland



2003

DayOne celebrates 30 years of providing substance abuse to Maine's youth and families

Donors

Public and private support is critical to ensuring that Day One delivers its mission to dramatically reduce substance abuse among Maine youth to help them live healthy, productive, and rewarding lives. Day One is grateful for the financial and in-kind support received during the last fiscal year, from July 1, 2002 – June 30, 2003.

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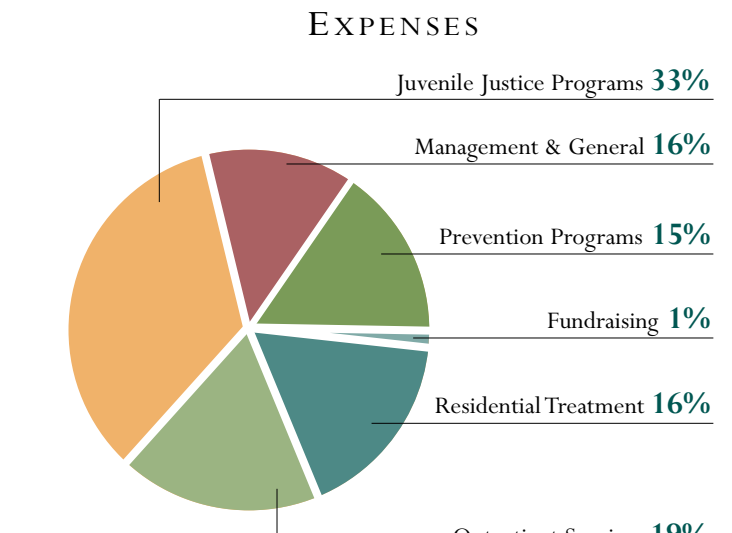
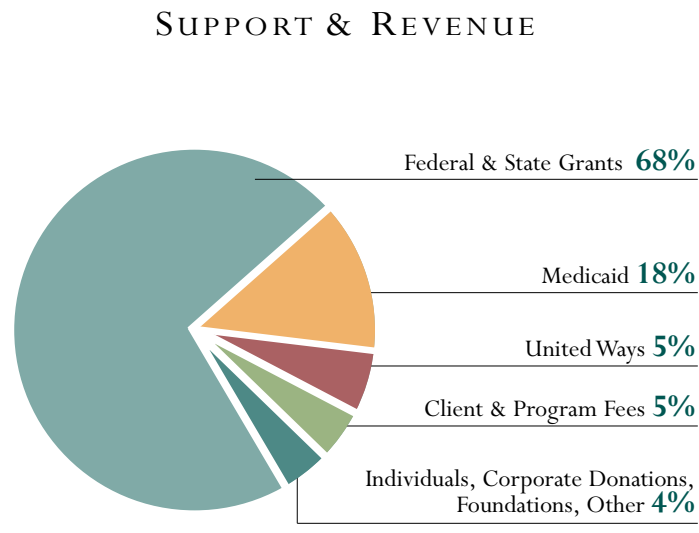
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Fiscal Year: July 1, 2002 through June 30, 2003



The independent public accounting firm of Runyon, Kersteen, Ouellette recently completed the audit on our FY 2003 financial records. Copies of these statements are available upon request.

Day One's programs are supported in part by funding from: Department of Behavioral and Developmental Services; Maine Department of Human Services; United Way of Greater Portland; United Way of York County. Day One does not discriminate on the basis of race, religion, color, gender, age, sexual orientation, national origin, or physical or mental disability in employment, treatment, or admission/access to its programs or activities. Individuals who need auxiliary aids for effective communication in programs and services of Day One are invited to make their needs known to the ADA Compliance Coordinator. This notice is available in alternative formats.

Day One gratefully acknowledges Penmor Lithographers, Lindenmyr Munroe, and Ethos Marketing & Design for their generosity and support in the production of this annual report.

