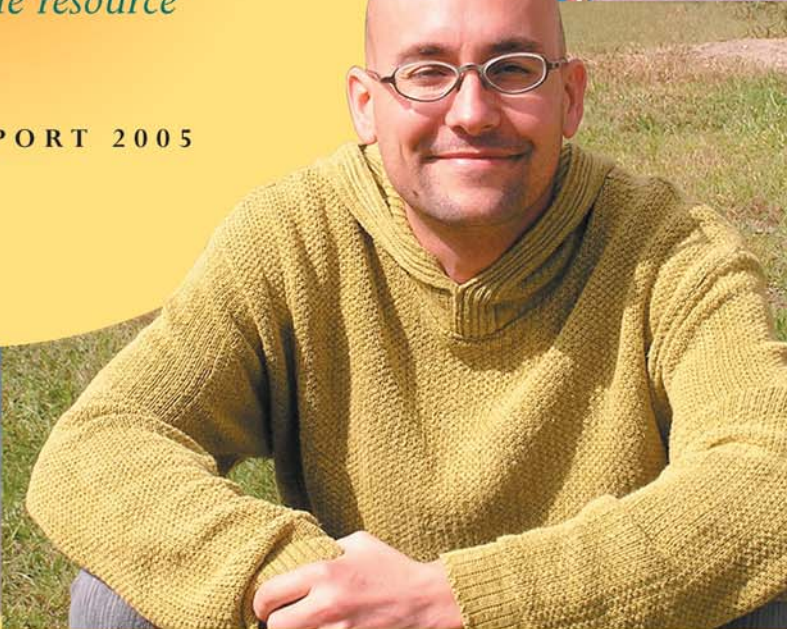
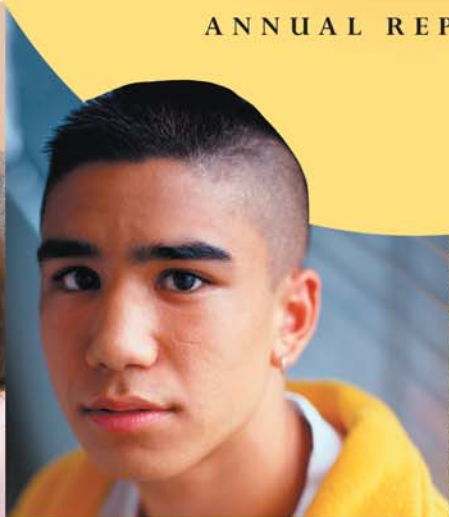




**col • lab • o • rate**  
 (kō-lab-ō-rayt)

*Day One—Providing  
 Hope, Healing and Recovery  
 through collaboration—  
 the sustainable resource*



ANNUAL REPORT 2005

Teamwork • Group Effort • Alliance • Cooperation • Connections



A SPECTRUM OF CARE  
**DayOne**

# Collaboration Supports Day One's Mission

Thank you for taking the time to review our 2005 annual report. The Board and I are extremely proud of Day One's accomplishments in 2005 and we're thankful for all the support that the citizens of the great state of Maine have shown for our agency.



In the last twelve months we have added several new programs to our spectrum of care targeting new and emerging challenges in adolescent substance abuse. Day One strives to meet the ever increasing demands for our services while remaining focused on the core work of our mission; to dramatically reduce substance abuse among Maine youth and help them lead productive, healthy and rewarding lives.

*“Alone we can  
do so little;  
together we can  
do so much.”*

*Helen Keller*

Last year our annual report focused on the personal stories of our clients. This year I want to draw your attention to our talented staff who work in leadership roles in numerous collaborations with families, schools, communities and other agencies in hundreds of settings across Maine to make sure that adolescents and families get the services they need.

Day One is known for always looking for creative ways to bring public, community and private resources together in order to meet our mission. With your generous support we offer Maine youth hope, healing and recovery. And in a time of scarce resources we do this in a thoughtful and collaborative way—our many partners know the value of Day One and so do our successful clients.

Best wishes,

*Bruce O Campbell*

# Collaboration— a Key Role in Our Success

Day One has done amazing things in the last 32 years. We've helped many thousands of Maine's youth and families recover from the affects of drugs and alcohol in their lives. As important as treatment is, our Spectrum of Care also provides the essential prevention, intervention and aftercare services that allow us to respond to every level of need.

At the heart of our success are those who work with us to deliver our mission. One of our greatest resources is our staff and their success is predicated on a willingness to collaborate to save lives—figuratively and literally. I applaud them and I want to say thank you to Maine's:

- Community Volunteers
- Donors—*Individuals, Foundations, Corporations, Cities, Towns, Municipalities, and Small Businesses*
- Schools
- Parents and other family members
- Office of Substance Abuse
- Partner Agencies and Clinicians
- Policy Makers
- Juvenile Justice Constituency—*Judges, Defense & District Attorneys, Juvenile Community Correction Officers*

One may ask, "What is the value of collaboration?" True to the meaning of the word, we are distinctly separate but we join together for a common cause—one of reducing the affects of substance abuse and helping youth and families in Maine achieve all that life can offer. We sincerely thank everyone who has worked with Day One over the past 32 years and we look forward to new and successful collaborations in the future.



*David J. Faulkner*

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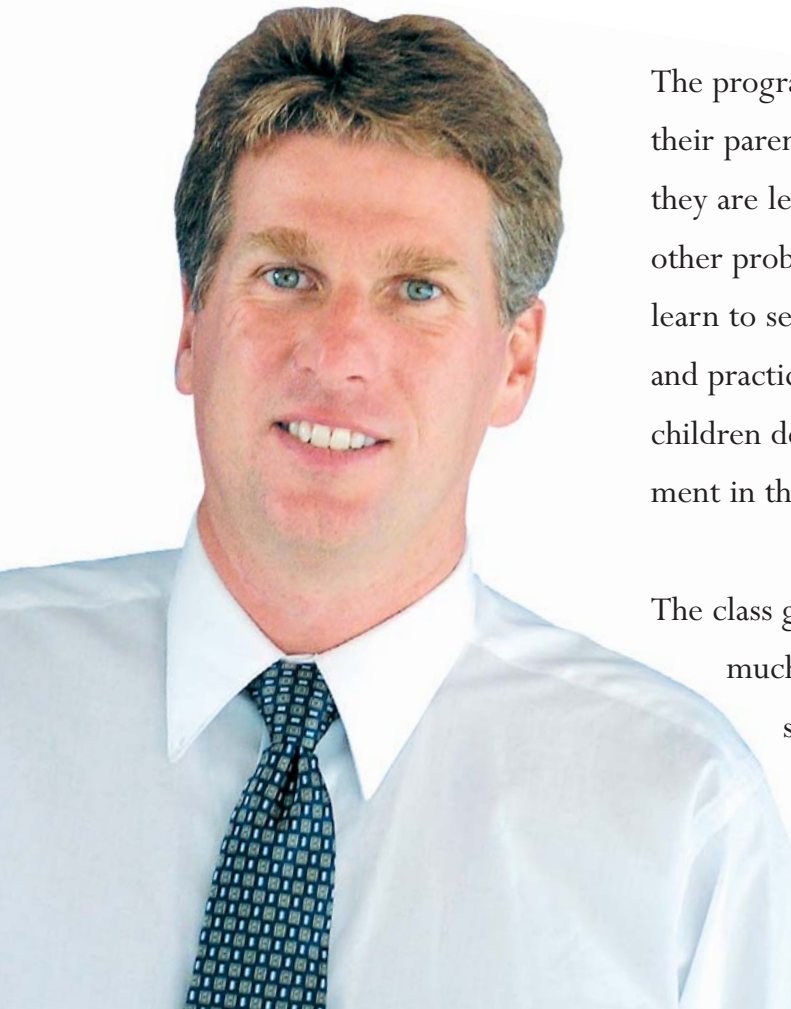
GENE VAHEY

[www.Day-One.org](http://www.Day-One.org)

207-767-0991

# Schools, Parents, Community

*“The most important team is a family.”*



When Steve Rogers participated in Guiding Good Choices, the five week interactive program for parents of middle school children, he had a dual purpose in mind. As Principal of Lyman Moore Middle School in Portland—he participated in his role as school administrator to assist his pupils’ parents; and as a parent of a middle school child—he wanted to learn how to help his child navigate the pressures of early adolescence.

The program demonstrates that when children are bonded to their parents, their school, and other non-drug using peers, they are less likely to get involved with drugs or engage in other problem behaviors. During the workshops, parents learn to set clear family guidelines about drugs, to develop and practice skills that strengthen family bonds, help their children develop healthy behaviors and increase their involvement in the family.

The class gave Steve practical how-to advice and reinforced much of what he and his wife were already doing well—such as regular family meetings that serve as ways to

**STEVE ROGERS** PRINCIPAL OF LYMAN MOORE  
MIDDLE SCHOOL IN PORTLAND

check-in with one another or bring focus to a single topic. The simple act of really listening creates trust and openness with one another. Steve and his family have found the meetings to be immensely helpful. He compares his family to a team - requiring teamwork to help everyone reach their goal. The children then learn how their behavior affects the whole family—not just themselves.

“We learned to be explicit about our expectations for our children’s behavior. We allow them to make decisions and to be aware that each behavior has a consequence. They learn accountability and ownership for their own lives.”

## Day One Partners to Conduct Needs Assessments of Portland Cambodian and Sudanese Cultural Groups

Keeping Maine teens safe and healthy and reducing the risk for use and abuse of alcohol and other drugs is a challenge for many families, especially immigrant families where an entirely different set of stressors are at work.

In partnership with the Portland Public Schools’ Office of Multicultural & Multilingual Services, Day One will conduct needs assessments focused on two specific cultural populations: Cambodian and Sudanese immigrants living in Portland. The needs assessments will determine and develop culturally appropriate methods for substance abuse treatment and prevention. Though vastly different in culture, religion, language, and history, the two groups are alike in that they have been displaced and have resettled in a foreign land. Through the stages of assimilation, many of the cultural norms, beliefs, and practices that may have functioned as protective factors for substance abuse in traditional cultures may become weaker among the younger generations of immigrants living in Maine. The stress of resettlement can cause problems such as depression, anxiety, marital conflict, and acting-out behaviors on the part of adolescents. What is learned will be increasingly important, as Maine becomes more multi-cultural. The needs assessments are made possible by funding from the Maine Department of Health and Human Services’ Office of Substance Abuse.



# *prevention*

# Many Hands Make Light Work

*I was pretty much digging myself a grave when I was 17 years old. But you kind of grow up when you are (in the drug court system) and you realize you're not the only one... the team turns into your family and guides you every which way you can imagine."*

*Client, West Bath  
Juvenile Drug  
Treatment Court*

**AMY HAMILTON**

DAY ONE

CASE MANAGER,

JUVENILE DRUG

TREATMENT COURT



Perhaps there is nowhere that collaboration and team work are more evident than at Maine's Juvenile Drug Treatment Court (JDTC) program. Drug Court is the last resort before incarceration for youth under age 18. The year-long program presents an opportunity to help them turn their life around, and it requires dedication and commitment from everyone involved.

The drug court team is led by a Judge who each week ensures that the client is progressing in their treatment, school, work and family life towards clearly defined goals that are established at the beginning of the program. Other team members include a Defense Attorney, Assistant District Attorney, Juvenile Community Corrections Officer, Clinician, Parent Educator, and Case Manager, the client and a family member.

Expectations are pretty high.

The youth have a presenting substance abuse problem that requires weekly treatment sessions.

They are involved in

drug court every week and are required to attend education programs or school, provide service to the community and submit to random drug and alcohol testing. They also have strict curfews. Success is met with positive reinforcement, encouragement and incentives when warranted. The court imposes sanctions for negative behavior.

Amy Hamilton, Day One Case Manager in West Bath, is dedicated to her clients. She has been known to call her clients at home to be sure curfew was made. At a recent Day One Leadership Luncheon clients from the Bath JDTC talked about her commitment and support and teased her about the curfew-check calls, but it was clear that they were grateful to have someone committed to them and helping them succeed.

There are currently six juvenile drug court teams in the state, located in Augusta, Bangor, Biddeford, Lewiston, Portland, and West Bath.

## Parent Education at Drug Court



Nationally, the Juvenile Drug Treatment Court (JDTC) program has long observed the improved success of youth in the program whose parents or caregivers are actively involved and supportive. In response, Day One has

piloted a unique family education component of the JDTC here in Maine by offering parenting support and education via our **Mainely Parents** program. A parent facilitator is part of the team in several drug courts and has been implementing parent education and **Circle of Parents** programs with great success. According to the parent facilitator, Margie Knight, at West Bath, “very few parents involved in the **Mainely Parents** Drug Court program have children who do not graduate from drug court.” This year we made a bold move to duplicate this model in Augusta, Biddeford, Lewiston, and Portland with facilitator Chris Corson, Day One Prevention Specialist. Portland and Augusta are fully operational; Lewiston and Biddeford are poised to implement the program. By utilizing our expertise in Prevention and Intervention we are strengthening families and increasing our clients’ success in drug court.

# *intervention*

# A New Home for Hope

*“I believe that a person who thinks they have choices will make positive ones.”*

*“I WAS A GARBAGE DISPOSAL... a willing guinea pig. If my friends didn't know what some pill did to them, then I would just take it and let them watch. Eventually, I was the guy getting the pills, or the coke, or whatever... and I became a guy to know. I'd been going to the Teen Center for about 4 years, especially when I needed to chill out... when I thought I was about to get in trouble, and I always thought that trouble was someone else's fault. The counselors at the Teen Center would listen to me, but wouldn't let me get away with that kind of thinking. They made me look at my own responsibility in the situation, and also tell me that I didn't have to be the big drug connection to be somebody. Even though that wasn't the kind of help I wanted then, when I was desperate and scared, I did hear it... and trusted that I could change. It took a while, but now when I go to the Teen Center I'm not looking over my shoulder, but looking ahead. I'm sober, working, going to meetings, and looking at colleges... and just wanted to say that I owe a lot of that to the counselors and workers at the Teen Center.”*

—Former Teen Center Client

“I’ve had to throw out most of what I presumed counseling was... the chairs... the quiet... the isolated hour. Street-involved youth come to us with a variety of needs, and making weekly appointments or even looking you in the eye may not be high on their list. Basic needs like food and shelter give way to needs for education and employment, but often there are barriers created by broken families, mental and physical health issues, and substance abuse... barriers that many believe will never go away. I’m honored when youth allow me to use creativity and common interests to engage with them... to build mutual trust and help expose their power to break down these barriers, instead of trying to desperately sneak around them with criminal or unhealthy behaviors.”

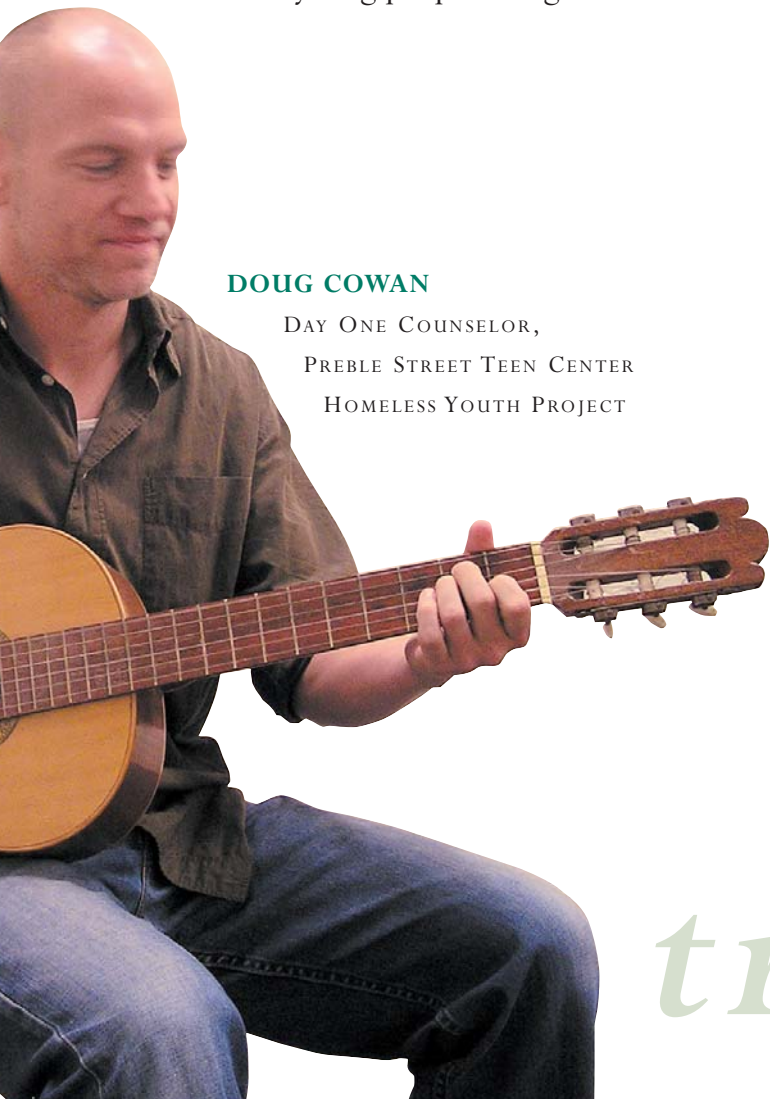
Doug Cowan has been with Day One for five years, and uses his interests in music, fitness training, and basketball as tools for engagement with youth. He holds a Masters degree in counseling. Doug is also an accomplished singer and songwriter who has performed and recorded music over the last 15 years.



At the Preble Street Teen Center—Homeless Youth Project, Doug works in collaboration with the YWCA, Portland Public Health, Preble Street Resource Center, Lighthouse Shelter, and Portland Adult Education—The Street Academy, offering various services for these young people living on the street.

**DOUG COWAN**

DAY ONE COUNSELOR,  
PREBLE STREET TEEN CENTER  
HOMELESS YOUTH PROJECT



## Day One: A Center of Excellence for Co-Occurring Disorders

In 2004, Day One was chosen by the Co-Occurring Collaborative of Southern Maine to participate in a two-year grant from the Maine Health Access Foundation. The grant was given to expand and improve integrated treatment for people with mental health and substance abuse disorders.

Day One in collaboration with Maine Medical Center's Department of Psychiatry and Spring Harbor, Crisis and Counseling Centers, Inc., and AMHC (formerly, Aroostook Mental Health Center) took the lead in advancing and establishing Centers of Excellence for integrated treatment statewide, using the Comprehensive Continuous Integrated Systems of Care model developed by national consultant, Kenneth Minkoff, M.D.

Day One is the only Center of Excellence that works exclusively with adolescents and their families to provide integrated treatment to youth with both substance abuse and mental health issues.

In the second year of the grant, Day One treatment programs at the Long Creek and Mountain View Youth Development Centers have also been named Centers of Excellence.



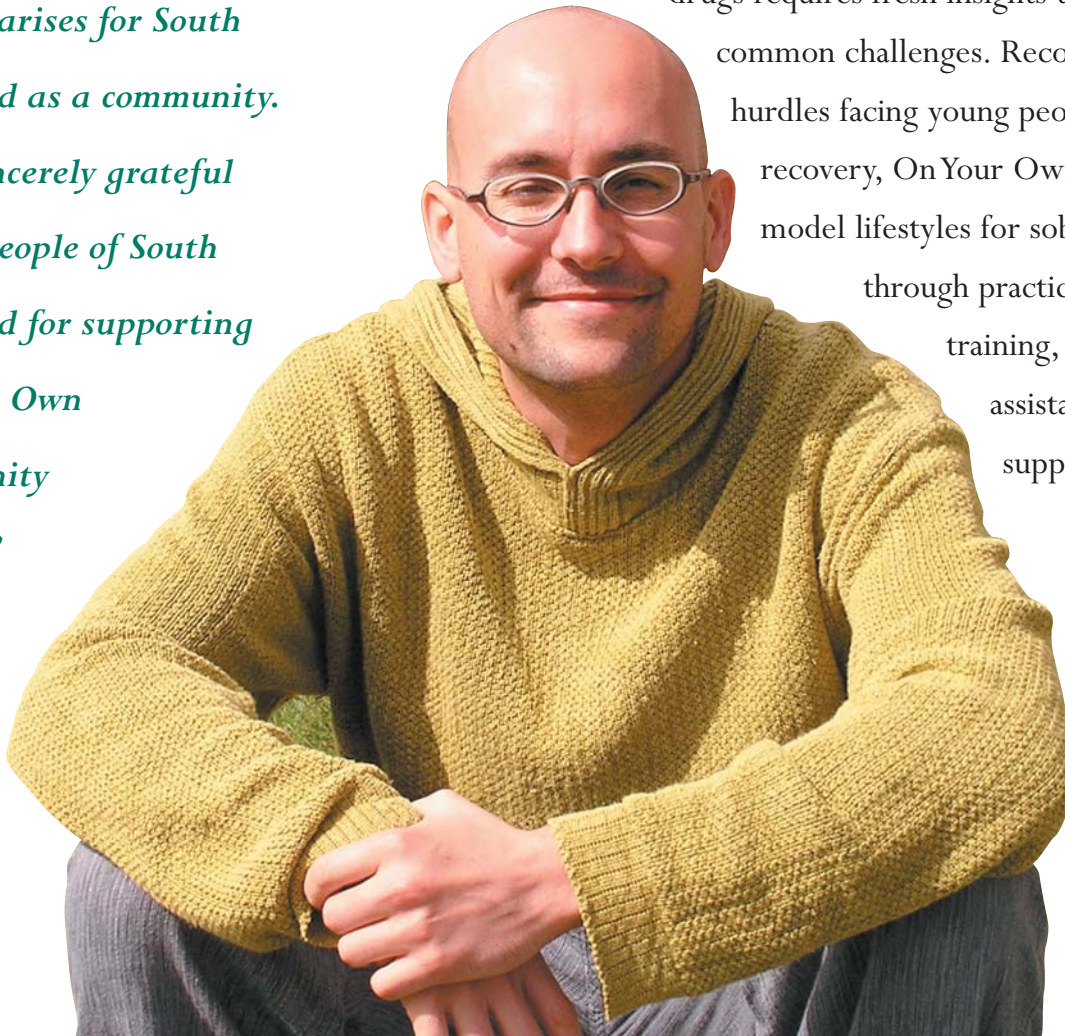
*treatment*

# Support, Resources, Assistance

*“By providing youth with positive role models and practical resources to transition to meaningful lifestyles, a general benefit arises for South Portland as a community. I am sincerely grateful to the people of South Portland for supporting On Your Own community service.”*

**O**n Your Own is a unique collaboration between South Portland, the Juvenile Treatment Network and Day One aftercare. This aftercare project will offer South Portland youth continuing resources for sobriety and independent living.

Often, youth flounder after leaving more structured treatment environments. Struggling to live one day at a time without drugs requires fresh insights to manage common challenges. Recognizing the hurdles facing young people in early recovery, On Your Own mentors model lifestyles for sober living through practical life-skills training, employment assistance, and the support of food



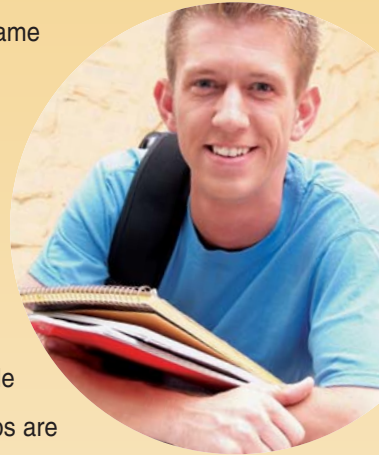
**LYTFI TOWNS**  
DAY ONE  
AFTERCARE  
COUNSELOR

and transportation vouchers to continuing resources for sobriety and independent living. Services are for clients during the first 90 days after completing substance abuse treatment.

After completing an initial screening, On Your Own clients connect with mentors who have led sober, independent lifestyles for at least one year. Mentors are compensated for providing time and knowledge of community resources to support other young people in recovery. On a regular basis, mentors meet with a Day One aftercare counselor for overall support and supervision. On Your Own is a City of South Portland Community Development Assisted Project.

## College Scholarships Available for Day One Grads—A Partnership for the Future with Andover College

The dream of going to college became a reality for one of Day One's graduates when Jim (not his real name) was accepted for admission to Andover College. As part of a special program offered by the college, he received one of two scholarships available to any eligible Day One graduate. The scholarships are for two years providing the student retains good academic standing and excellent progress in their studies. Each scholarship is worth around \$6,000 per year; the students will be responsible for books and other fees.



Steven Ingram, President of the Portland and Lewiston based Andover College, offered the scholarships for full tuition for Day One graduates with the belief that everyone deserves a chance at a fresh start in life and a chance at success—what better way to achieve that than to receive a good education. This is an excellent addition to our range of Aftercare services, which include the Transitional House for Recovery, the Bridge to Success program offered by the Juvenile Treatment Network and the Youth Development Centers, in addition to our traditional counseling and support as people move back into the community.

Andover College, Maine's Career College™, offers associate degrees and certificate programs in several fields, including accounting, business administration, computer technology, criminal justice, early childhood education, medical assisting, office administration, paralegal studies, and travel and tourism. We all wish Jim the best of luck!

# aftercare



# The people who give of themselves a difference in the world and in

...**EVERYDAY HEROES**. They are the ones who make a difference in the lives of Maine's adolescents, families and communities. They are the excellent staff of Day One. In treatment and counseling; prevention, 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 through their talent, dedication, and commitment to excellence.



## Administration

Vanessa Ali	Business Office Assistant
Ron Anton	Director of Juvenile Justice & Community Programs
Jane Clark	Human Resources Assistant
David Faulkner	Executive Director
Tina Flaherty	Business Manager
Matt Gilbert	Business Office Assistant
Paul Golding	Director of Development & Public Relations
Noreen Hutcherson	Development Assistant
Lisa Munderback	Director of Finance & Administration
Pam Nickerson	Office Coordinator/Receptionist
Kat Riseman	Public Relations Coordinator
Susan Soto	Human Resources Manager
Heather Brigham Tiffany	Development Coordinator

## Prevention

Connie Conroy	Prevention Educator/ Lake Region High School
Chris Corson	Prevention Specialist
Margaret Jones	Director of Prevention Services
Amanda Lonsdale	Mainly Parents Program Coordinator
Pam Marshall	Manager of Prevention Services

## Outpatient Services & Community-Based Programs

Tiffany Bean	Case Management for Youth
Eric Brown	IOP Counselor/Outpatient Counselor
Don Burke	Director—Outpatient Services
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	Program Manager/ Outpatient Counselor
Sandy Taylor	Intake Coordinator/ Office Manager
Linda Tiffany	IOP Counselor
Jennifer Van Voorst Van Beest	Outpatient Counselor
Jennifer Zorn	Case Management for Youth/ Homeless Youth Project

## Juvenile Treatment Network

Susan Bosco	Regional Support Coordinator
Erin Clark	JASAE Screening Coordinator
Nanette Cobbett	Regional Support Coordinator
Anne Dolan Pelletier	Program Manager



and work tirelessly to make  
other people's lives...

## Juvenile Drug Treatment Court

Laurie Aldrich	Case Manager–Bangor
Lynn Campbell	Case Manager–Lewiston
Elaine Curtis	Program Manager Juvenile Drug Treatment Court/ Case Management Services
Mike Freysigner	Case Manager–Portland
Amy Hamilton	Case Manager–Bath/Wiscasset
Tricia White	Case Manager–Augusta
Andrea Zug	Case Manager–Biddeford

## Residential Treatment Center

Terah Ames	Office Manager
Josie Bicknell	Residential Aide
Bruce Blackman, D.O.	Psychiatric Consultant
Jean Bryenton, R.N.	Nurse
Paula Cardona	Substance Abuse Counselor
Sara Crowley	Substance Abuse Counselor
Bonnie Datson	Relief Staff
Trudy Dill	Senior Substance Abuse Counselor
Lori Dubois	Residential Services Manager
Abby Fisher	Relief Staff
Cory Gowler	Residential Care Worker
Vincent Frost	Relief Staff
Kevin Houston	Residential Care Worker
Lisa Jade	Substance Abuse Counselor
C. Roger Kendrick, DO	Medical Director
Amy Lavigne	Residential Care Worker
Darlene Panzino	Clinical Assistant
Ray Putnam III	Residential Aide
Lisa Robbins	Teacher, Residential School Program, SAD 6
Valerie Sullivan	Teacher, Residential School Program, SAD 6
Lytfti Towns	Aftercare Counselor
Roland Thibault	Recreation Coordinator
Christine Thompson	Residential Care Worker
Gene Vahey	Director of Residential Services
Mary Weyer	Relief Staff
Victoria Zavasnik, Ph.D.	Clinical Supervisor

## Long Creek Youth Development Center

Courtney Joyal	Office Coordinator
Caroline Fasulo Raymond	Program Manager
Laura Newson	Substance Abuse Counselor
Reen Rosa	Substance Abuse Counselor
Ann Swanson	Substance Abuse Counselor
Joanne West	Substance Abuse Counselor

## Mountain View Youth Development Center

Suzan Ackerman	Substance Abuse Counselor
Paul Cullen	Substance Abuse Counselor
Bruce Curran	Substance Abuse Counselor
Russ DuBois	Program Manager
Joni Rodgers	Substance Abuse Counselor
Heidi Weymouth	Office Coordinator



# phi • lan • thro • py (fi-lan-thrö-pee) *n.* The effort or inclination to increase the well-being

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Aaron Hodgkins  
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Tracy Purington  
Caroline Raymond  
Gail Raymond  
Edwina Russell-Ballou  
William Amadei & Julie Scammell  
Mr.s & Mrs. William Searle  
Katie Shaw  
Ernest Shaw & Mary Gingrow-Shaw  
Richard & Veronica Sheehan  
Allisa Shelly  
Betty Jane Shreve  
Dan Smith

Kelly Smith  
Charles & Cindy Snyder  
Beverly Thayer  
Suzanne Thayer  
Clay Thibodeau  
Thomas Tomczyk & Mary Delano  
Martha Tracy  
Uriah Tremblay  
Philippe Trotter  
Lee & Anna Urban  
Timothy Vogel & Pauline Juneau  
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Aryn Weymouth  
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Steven Zetterberg

**Honor Gifts**  
*In Honor of Michael Palmer  
and Biff Cuthbert*  
Cynthia Lambertson

**Memorial Gifts**  
*In memory of Kevin Brady*  
Ellen & John Brady  
*In Memory of Eric R. Bunker*  
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Medical Care Development, Inc.  
*In Memory of Frances Gillett*  
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*In Memory of Debra Kenney*  
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Floyd & Helen Beckwith

*This honor roll represents donations recorded July 1, 2004 through June 30, 2005. We want to be sure that all donors receive proper recognition; please contact us (207.767.0991 or info@day-one.org) if your name has been incorrectly listed or inadvertently omitted.*

## Fiscal Year: July 1, 2004 through June 30, 2005

### SUPPORT & REVENUE



Federal & State Grants **58%**  
Medicaid **28%**  
United Ways **5%**  
Client & Program Fees **7%**  
Individuals, Corporate Donations, Foundations, Other **2%**

### EXPENSES



Juvenile Justice Programs **33%**  
Management & General **16%**  
Prevention Programs **11%**  
Fundraising **2%**  
Residential Treatment **21%**  
Outpatient Services **17%**

*The independent public accounting firm of Runyon, Kersteen, Ouellette recently completed the audit on our FY 2005 financial records. Copies of these statements are available upon request.*

Day One's programs are supported in part by funding from: Maine Department of Health and 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, Lindenmeyr Munroe, and Ethos Marketing & Design for their generosity and support in the production of this annual report.*



**col • lab • o • rate**

(kō-lab-ō-rayt)

*Day One—Providing  
Hope, Healing and Recovery  
through collaboration—  
the sustainable resource*

Day One's mission is to dramatically reduce substance abuse among Maine youth to help them live productive, healthy, and rewarding lives.



A SPECTRUM OF CARE

**DayOne**