



Hope, Healing & Recovery



A N N U A L R E P O R T 2 0 0 4

DAY ONE BY THE NUMBERS

Day One has been making a difference in the lives of youth for over 30 years. Our Spectrum of Care provides prevention, intervention, treatment and aftercare services to youth and their families throughout Maine.

Today, we are Maine's premier agency dealing with adolescent substance abuse, and we are respected as a resource and authority in the field.

Our innovative programs and collaborative approach provide kids, parents, schools and communities with the training and support needed to bring Hope, Healing and Recovery to Maine youth and their families.

Our statistical portrait demonstrates the depth and breadth of our services and our reach. As impressive as these numbers are it is important to remember that behind each number is an adolescent, family, or community positively confronting substance abuse issues.



A handwritten signature in blue ink that reads "David J. Faulkner".

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

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families and communities tackling adolescent substance abuse

NEWS & NUMBERS

- **MAINELY PARENTS** celebrated 5 years with Day One and last year served over 7,000 parents and families through statewide support and parent education groups, our toll-free talk line and our parenting tips newsletter: **MAINE PARENT EXPRESS**.
- **GUIDING GOOD CHOICES PROGRAM** for middle school parents launched in Portland.
- **RECONNECTING YOUTH PROGRAM** and substance abuse counseling offered in the Lake Region Schools in Bridgton.
- Our flagship peer listening and mentoring program the **NATURAL HELPERS OF MAINE** trained almost 200 High School students to act as peer listeners in 15 schools reaching almost 12,000 students throughout Maine.
- Natural Helpers staff and **UNIVERSITY OF NEW ENGLAND** faculty conducted a longitudinal study on program effectiveness in support of CSAP Model Status program application.
- Almost 2,000 middle and high school students heard client testimonials from adolescents in treatment for substance abuse at Day One.
- **CUMBERLAND COUNTY YOUTH VOICES STUDENTS** from 3 high schools led a student walk in support of maintaining the drinking age at 21. Students, parents, community leaders and the media made this kick off event a huge success.
- Day One's **SAFE HOMES PROGRAM** supported parents in preventing adolescent use of alcohol for more than 1,800 young people aged 11-14 and 1,450 adults ages 26-45 in homes around Maine.

*Hope sees the invisible,
feels the intangible and
achieves the impossible*

HOPE

their families, schools and communities avert the crisis of adolescent substance abuse

KAMRON: *Juvenile Drug Treatment Court*

I first tried pot when someone offered it to me at school in Massachusetts. I was about 13. It seemed like everyone was trying it, I guess it was peer pressure. Then I started experimenting with other drugs—pot, Oxycontin, and Coricidin from the drug store and supermarket.

About this time my Dad got sick. After he died I started to use drugs a lot more. It hurt so bad I didn't know how to deal with my feelings. I felt I had nothing to live for. My Mom tried to help but I was really good at hiding things. She set limits and she made sure that she knew where I was going, what I was doing. The problem was—I wasn't telling her the truth. Then, I overdosed on Coricidin and ended up at the Emergency Room.

I stole to buy drugs and to be part of the group. I started getting into trouble with the law. The lawyer gave me the option of going to jail or Drug Court. My Mom encouraged me to go to Drug Court.

I thought about jail and knew that I would spend a few months in jail, but would be in the same place once I got out. I thought about everything I had put my family through. I thought about their support and that I didn't want to disappoint them anymore. I thought about doing something good for myself—I made the choice to go to Drug Court. I just finished one year in the program. Now I want to give something back—I'm interested in early childhood development and I'm working with kids at the YWCA, I am certified in CPR, and I have plans and hope for my future.

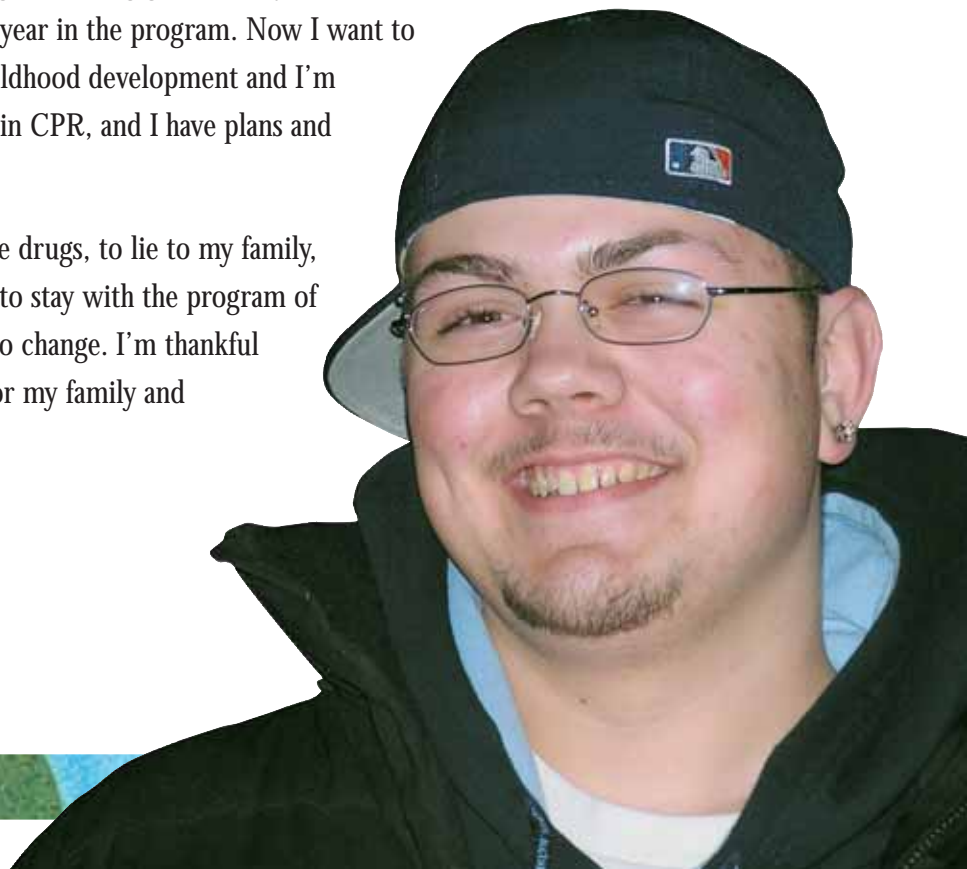
Now I see everything as a choice. I chose to take drugs, to lie to my family, to steal—and I chose to make the good decision to stay with the program of Drug Court. I'm thankful for the opportunity to change. I'm thankful for Judge Cote. And most of all, I'm thankful for my family and especially my Mom. They never gave up on me.

“My Mom never gave up on me. And I wouldn't be here if it wasn't for this program.”

*With the gift of listening
comes the gift of healing*

CATHERINE DE HUECK

HEALING



and their families through substance abuse treatment in Maine

For most, it's not easy being at Long Creek. They are not there by choice. There is limited access to the outside world, regulated activity, and an accountability that is unfamiliar. Luke sees his time there as an opportunity. After a challenging youth, he uses his time for self-reflection and self-expression. He now has a plan—and a hope for the future. His hope includes art. He is studying at Pierre's School of Cosmetology. He sees it as another artistic expression and a way of helping others to feel good about themselves. "It's been a pleasure to watch his success and set goals for the future," says Caroline. For Luke, Caroline was an important part of that success. "No matter what, she was there for me."

After talking to Luke for a few hours and listening to him we came away with our own hope—for Luke, his future and everyone he touches. No doubt he will be successful and continue to communicate with the world through his art, and to give back. That's very important to Luke.

NEWS & NUMBERS

- **COMMUNITY-BASED SERVICES FOR ADOLESCENTS AND FAMILIES:** Day One Outpatient Services is identified as a Center for Excellence in dealing with co-occurring mental health and substance abuse disorders under the Maine Health Access Foundation grant with the Co-Occurring Collaborate of Southern Maine.
- Day One's **INTENSIVE OUTPATIENT PROGRAM** celebrates five successful years. 544 clients were served through Substance Abuse Evaluation, Individual, Group, Family & Home-based Family Therapy, the Intensive Outpatient Program, Case Management for Youth, and the Homeless Youth Project.
- **RESIDENTIAL TREATMENT CENTER:** The James C. Harrod Residential Treatment Center, Maine's only year long residential program, undergoes Phase I of a refurbishment and upgrade to the facilities. This unique program provides a long-term intensive therapeutic community for up to 12 male and female young people at a time.
- 24 clients were admitted into Maine's only year long treatment residence. Nine clients graduated in 2004.

"I really didn't know who I was until I was at Long Creek. Being there is the best thing that ever happened to me —it gives me the time to spend on myself."

in creating and maintaining a recovering lifestyle

by, almost too quickly, which may be a hard concept to grasp for some. The results are easy to see. I'm no longer the self-centered shell of a child that the cat dragged in to that wonderful program.

I have hope in my life today, and I have been given tools to continue work on my recovery. I respect life (including my own), and make an effort to pack something into it's stream today. I am happy to report that taking action in my own life and standing up for my recovery has yielded benefits that I could not have imagined in my drunken stupors of the past. I am currently pursuing a career as a medical doctor, and have developed some other interests which I believe make life truly worth living. The friends I have made in recovery are true friends and I love them dearly. A new strength has entered my body and soul which I never thought possible. All of these blessings are facts of my life when I'm working a solid recovery program which the people at Day One taught to me with such caring and compassion. I will be forever grateful for all that has been given to me.

— GRIFFIN



*Courage is not the absence of fear,
but the ability to overcome it*

RECOVERY

■ 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

Laurie Aldrich	Case Manager-Bangor
Lynn Campbell	Case Manager-Lewiston
Jane Clark	Program Manager Juvenile Drug Treatment Court/Case Management Services
Elaine Curtis	Case Management Services Supervisor
Karen Dittman	Case Manager-Augusta
Amy Hamilton	Case Manager-Bath/Wiscasset
David Puntel	Case Manager-Portland
Andrea Zug	Case Manager-Biddeford



■ RESIDENTIAL TREATMENT CENTER

Terah Ames	Relief Staff
Mark Barnette	Residential Aide
Bruce Blackman, D.O.	Psychiatric Consultant
Jean Bryenton, R.N.	Nurse
Paula Cardona	Substance Abuse Counselor
Dan Currier	Residential Care Worker
Bonnie Datson	Office Manager
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
David Lombardo	Aftercare Counselor
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
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
Maria Moustrophis	Substance Abuse Counselor
Ann Swanson	Substance Abuse Counselor
Joanne West	Substance Abuse Counselor

■ MOUNTAIN VIEW YOUTH DEVELOPMENT CENTER

Anita Cooley	Substance Abuse Counselor
Bruce Curran	Substance Abuse Counselor
Russ DuBois	Program Manager
Geri Plourde	Substance Abuse Counselor
Heidi Weymouth	Office Coordinator



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In Memory of Michael "Mikey" LaFlamme

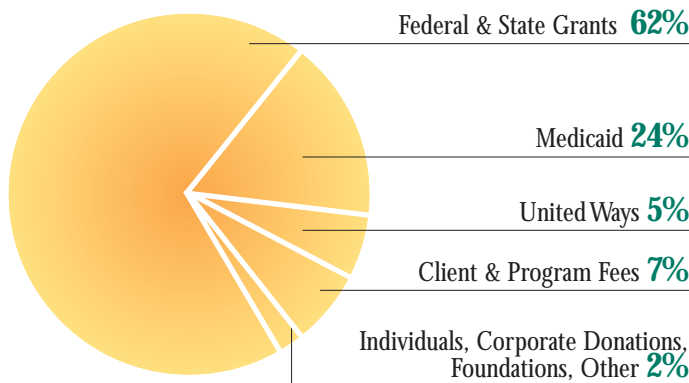
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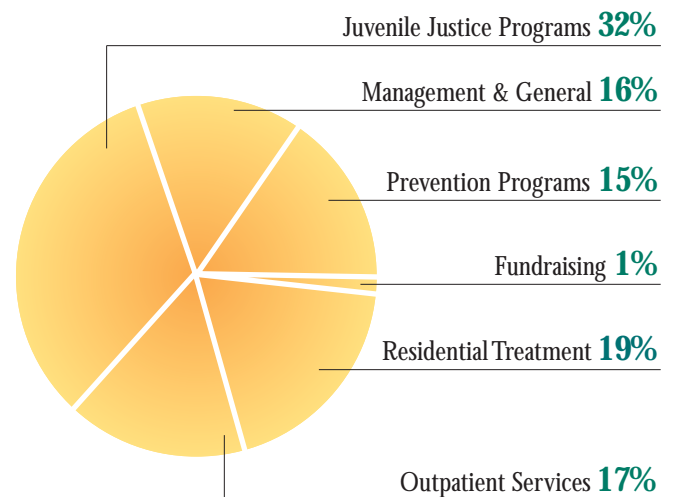
This honor roll represents donations recorded July 1, 2003 through June 30, 2004. We want to be sure that all donors receive proper recognition; please contact us (207.767.0991 or info@day-one.org) if your name has been incorrectly listed or inadvertently omitted.

Fiscal Year: July 1, 2003 through June 30, 2004

SUPPORT & REVENUE



EXPENSES



The independent public accounting firm of Runyon, Kersteen, Ouellette recently completed the audit on our FY 2004 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.

