



Hope, Healing & Recovery



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



HOPE, HEALING & RECOVERY

I am extremely proud to report on another successful year for Day One, and encourage you to take the time to reflect and learn a little more about our youth and their stories.

Our mission is unequivocal: Day One seeks to dramatically reduce substance abuse among Maine youth to help them live productive, healthy and rewarding lives. Our work provides the resources to ensure HOPE, HEALING & RECOVERY.

Many of Day One's youth have yet to understand the enormity of what they risk as they navigate adolescence, and it is their friends, teachers, parents and families who help them make healthy choices. Behind the stories of our youths' success, is the dedicated, talented and excellent Day One staff, and the essential role that they play.

It takes enormous courage to make healthy choices, and to seek help to change your life. It takes considerable resources to support the mission of Day One. We cannot do it without your support.

Bruce O'Connell

NEWS & NUMBERS

- Please review the **NEWS & NUMBERS** for the Spectrum of Care—Prevention, Intervention, Treatment and Aftercare on the following pages.
- Day One launches a new look to our communications platform at the **2003 ANNUAL EVENT**. This includes Annual Report, communications materials, Website, Newsletters and agency brochures.
- Day One partners with the **MAINE STATE OFFICE OF SUBSTANCE ABUSE** to deliver key public service announcements to parents in the Do You Really Know statewide media campaign.
- **WGME 13** broadcasts Prime Edition: An hour-long program focusing on kids, parents and substance abuse issues. Day One prevention and treatment staff provides on and off air information to parents and teens reaching 500,000 homes in southern and central Maine.

EXECUTIVE DIRECTOR'S MESSAGE

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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prevention

Expertise, leadership and programs for

CORINNE:

Cape Elizabeth High School Natural Helper

When I was first selected as a Natural Helper, I knew Natural Helpers was a good program, but I had no idea to what extent it would later affect my life. Because my peers selected me, I knew I already had attributes that positively influenced those around me. The training I received at the

Natural Helper retreat, and later on in the

other numerous meetings and

conferences, was the perfect

opportunity to develop skills that

help me increase the well being

of people my age through peer listening, education, and referral.

As a teenager, I know we all have problems in our lives. And I also know that many of us are very hesitant to talk to an adult because we're scared or embarrassed or nervous. As a result, teens usually talk to other teens. Because of Natural Helpers I feel very capable of assisting my peers during difficult situations, and teaching them how to use the sources, even adults, that are available to us. I am confident that what I have learned through the Natural Helper program has aided numerous people to make healthy choices.

I know just because I'm a Natural Helper doesn't mean I can solve everyone's problems, but I feel that with many students like myself having been trained, together we create a network of teens helping other teens. Whether it's by lending my shoulder to lean on, or providing a hotline number for someone in need, I'm very appreciative of the knowledge I have gained through the Natural Helper program that has helped me learn how to better help others.

“...what I have learned through the Natural Helpers program has aided numerous people to make healthy choices...”



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

intervention

Advice, answers and action to help teens,

NEWS & NUMBERS

- **JUVENILE DRUG TREATMENT COURTS:** This nationally recognized long-term program provides intensive supervision and treatment for juvenile offenders with substance abuse issues. 128 clients participated in the program last year. 72 clients are currently in the program.
- **UNIVERSITY OF SOUTHERN MAINE** evaluation of Juvenile Drug Treatment Courts identified that our Drug Courts dramatically reduced substance abuse and criminal recidivism.
- **LONG CREEK YOUTH DEVELOPMENT CENTER:** 92 youth were screened and assessed for substance abuse. 124 youth were treated for their substance abuse issues, including 54 that had been assessed the prior year.
- **MOUNTAIN VIEW YOUTH DEVELOPMENT CENTER:** 134 youth were screened & assessed for substance abuse, of which 125 youth were treated.
- **JUVENILE TREATMENT NETWORK** gained the national spotlight when Day One was invited to testify to the US Senate on the nation's first statewide voucher program. This nationally lauded program provides identification, screening, and referral for treatment to adolescents at risk for developing a substance abuse problem. Almost 1,200 clients completed Juvenile Automated Substance Abuse Evaluations (JASAE) of which 858 (75%) were referred for further substance abuse evaluation and treatment.
- **ALCOHOL AND DRUG ABUSE WEEKLY** featured the Juvenile Treatment Network in their June 28th Edition.

**“Parents need to be willing to admit
their kids are doing something wrong
to get them the help they need.”**

– Kamron's Mom

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.

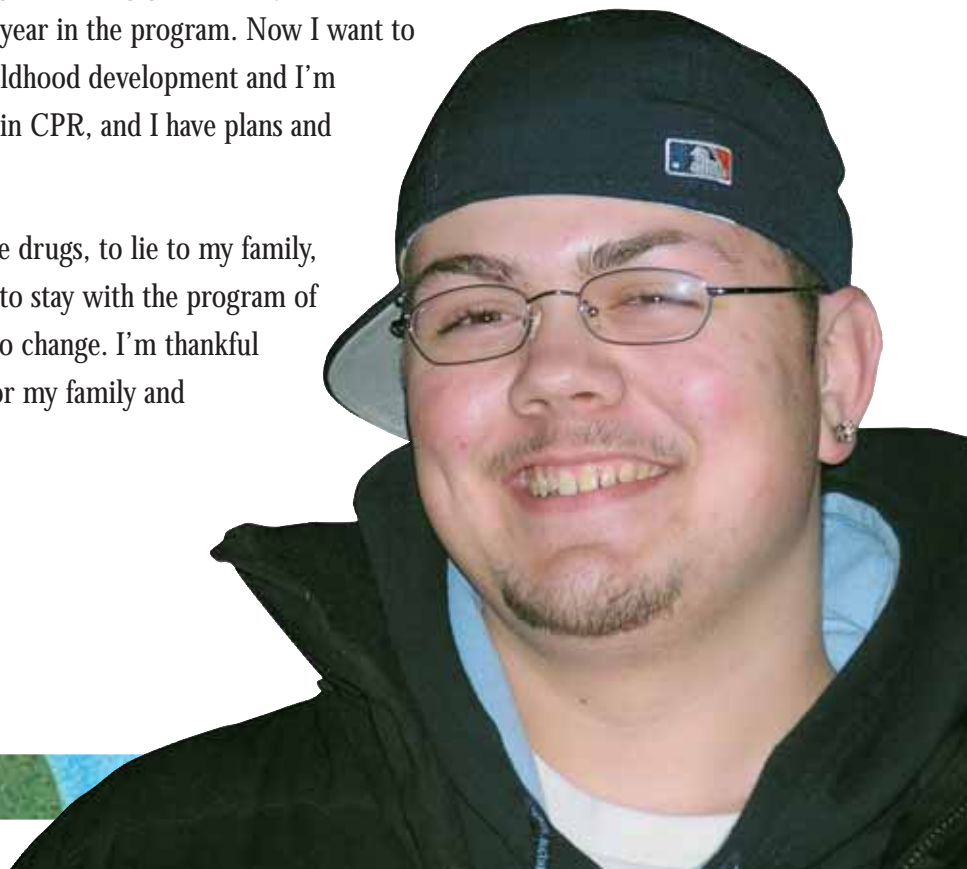
Now I see everything as a choice. I chose to take drugs, to lie to my family, to steal—and I chose to make the good decision to stay with the program of Drug Court. I'm thankful for the opportunity to change. I'm thankful for Judge Cote. And most of all, I'm thankful for my family and especially my Mom. 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



treatment

Hope, healing and recovery for adolescents

CAROLINE: *The pink petals are people that Caroline reaches out to. The yellow pollen circle is the support circle that Caroline gives to everyone she works with. We, her clients, are like the seeds that hopefully grow into flowers. The green leaves are the successes of the clients—they are her motivation. The black is until I had been incarcerated I did not find out who I really was. In the black there are red highlights. Those stand for the positive things I have achieved while being incarcerated.*

— LUKE

LUKE

We met with Luke over coffee. He is a quiet, sensitive and thoughtful young man. We talked about his past, his time at Long Creek Youth Development Center, his hope for the future—and—we talked about his art. “I see the world through art. It helps me to interpret the world and express how I feel.” He also spoke of it as a means of helping others to express their feelings—either by encouraging them to pick up paper and paint, or as a translator of their feelings through his art. “I remember one time when my room was packed with eight friends all drawing and painting.” His portfolio shows a young artist with great feeling and depth of understanding of the world—both seen and unseen.

Caroline, Luke’s Day One substance abuse counselor at Long Creek, says, “Luke is a giver. He is always available to other kids at Long Creek. Because art is so important to him, he sees that it can help others to express themselves in a way that words cannot.”



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."

aftercare

Assistance, support and guidance for adolescents

“I have hope in my life today... a new strength has entered my body and soul which I never thought possible.”

GRIFFIN

Until a certain point, my life was wildly out of control, there is really no other way to describe it. I remember what my days had been like, dominated by feelings of emptiness and loneliness no matter who I was with, or what I was doing. I lacked a solution to my problems. There was a feeling of impending doom and calamity that overshadowed everything else in my life. Those like myself who have suffered from untreated alcoholism know what I'm talking about. From my early teens onward I chased all sorts of things to fill that emptiness, and eventually my search went from making people laugh in class to drinking cases of beer and committing senseless, often embarrassing crimes. No matter what happened I could not stop drinking because of a mental obsession paired with a physical compulsion for alcohol.

Eventually this behavior landed me in a position where I was facing a substantial amount of time in prison for the crimes I had committed. Always looking for the easier way, I chose to go into treatment at Day One's residential program in Hollis. Little did I know, I chose something which not only was more difficult, but would change me forever. It was the longest amount of time I had committed to anything in my life, and I was terrified. I was terrified I would not make it through, terrified that I would change and no longer be able to live the only way I knew how. The process flew

NEWS & NUMBERS

- **ANDOVER COLLEGE** and Day One partner in establishing the first in a series of scholarships to be made available to graduates of Day One treatment programs.
- **THE BRIDGE PROGRAM** is established enabling residential clients of Long Creek and Mountain View Youth Development Centers to reintegrate into the community and retain continuity of treatment.
- **THE TRANSITIONAL HOUSE FOR RECOVERY** reaches capacity in Summer '04.

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

EVERYDAY HEROES...

They are the people who give of themselves and work tirelessly to make a difference in the world and in other people's lives. 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.

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June Coravos	Outpatient Counselor
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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



■ PREVENTION

Rebecca Beal	Prevention Specialist
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Chris Corson	Prevention Specialist
Cynthia Gaudiano	Prevention Program Coordinator
Margaret Jones	Director of Prevention Services
Amanda Lonsdale	Mainly Parents Program Coordinator
Pam Marshall	Mainly Parents Program Manager

■ 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

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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
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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
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Mary Weyer	Relief Staff
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■ LONG CREEK YOUTH DEVELOPMENT CENTER

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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

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



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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, 2003–June 30, 2004.

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In Memory of Michael "Mikey" LaFlamme

James G. & Keri Harrod
In Memory of James C. Harrod

Robert & Judy Kany
In Memory of Michael "Mikey" LaFlamme

George Morin
In Memory of Michael "Mikey" LaFlamme

Daniel Meyer & Wendy Flaschner
In Memory of Michael Brotherton

Robert & Frances Myers
In Memory of Michael "Mikey" LaFlamme

Dr. Joseph & Shirley Pahl
In Memory of Betty Harrod

Pine Tree State Cat Club
In Memory of Michael "Mikey" LaFlamme

Prime Business Services
In Memory of Michael "Mikey" LaFlamme

Martha Riehle
In Memory of Louie Eubank

A.S. & Marion Riley
In Memory of Betty Harrod

Scott & Karen Rodrigue
In Memory of Michael "Mikey" LaFlamme

Scarborough Middle School
In Memory of Michael "Mikey" LaFlamme

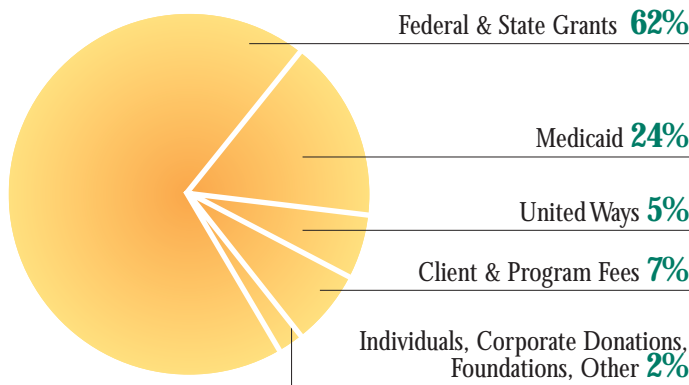
Eleanor Stetson
In Memory of Michael "Mikey" LaFlamme

Michael & Sarah Sullivan
In Memory of Neil Sullivan

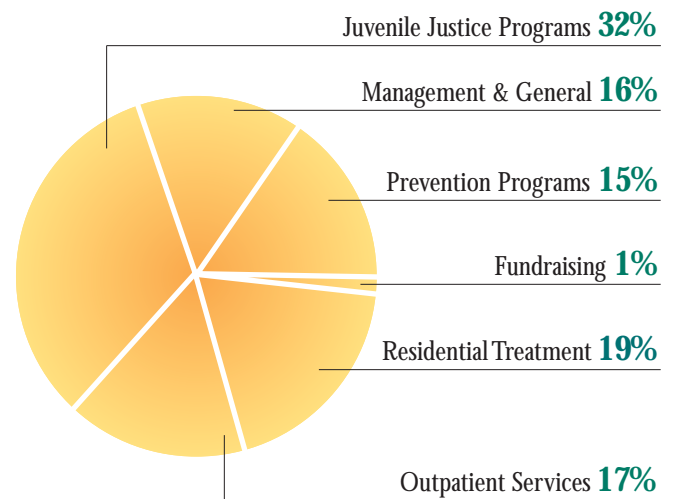
This honor roll represents donations recorded July 1, 2003 through June 30, 2004. We want to be sure that all donors receive proper recognition; please contact us (207.767.0991 or info@day-one.org) if your name has been incorrectly listed or inadvertently omitted.

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.





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