

PREVENTION



A SPECTRUM OF CARE

DayOne

Guide to Substance Abuse
for Maine Schools

INTERVENTION

TREATMENT

Bringing Our Mission to Maine's Schools

Despite the good news that trends relating to adolescent smoking, alcohol and drug abuse are down nationally - substance abuse in Maine is still a prevalent problem for many schools and 4 out of 5 young people still lack access to critical substance abuse treatment here in Maine. Day One is here to help.

Established in 1973, Day One is Maine's premier non-profit agency dealing with adolescent substance abuse, addiction and youth at risk. Our spectrum of care provides prevention, intervention, treatment and aftercare services for youth and families across the state regardless of their ability to pay. Since our inception Day One has worked closely with schools to provide consultation, training, programs and substance abuse counseling to help schools address the challenges of substance abuse at every level of required care.

While our focus in schools is on prevention and early intervention we also work to provide access to treatment via the schools and in some cases offer counseling services on-site where appropriate.

Please call us to find out more about our range of services available to you or keep this handy guide on file should you need our services at a later date.

The staff at Day One



Providing Hope, Healing & Recovery

Prevention

Lead by Margaret Jones, Day One's Director of Prevention and Intervention Services, our team of prevention specialists have worked in schools across the state for more than three decades providing services and programs for middle and high school pupils, teachers and parents. Our programs range from those that work quickly and discreetly to immediately impact the school and wider communities where substance abuse is an issue effecting the well being of schools, to those that stay in place over the course of several years to positively impact a generation of young people.

Middle Schools

Empowering Youth is a program that combines leadership training to address youth transitioning into middle school as well as strategies to address the school climate.

PREVENTION SERVICES

- Natural Helpers of Maine
- Guiding Good Choices
- Mainely Parents
Parent Education & Support
- Empowering Youth
- Reconnecting Youth
- Safe Homes
- The Partnership Model
- Testimonial Awareness
Days for Schools
- Storytelling

The training consists of team building games, bonding, listening skills and leadership skills and is an effective way of enhancing students' abilities, attitudes and behaviors inconsistent with future substance abuse and other kinds of delinquent behaviors. Fun team building games give more interactive time and hands-on practice. Students will also participate in an "action planning" session, where they will brainstorm activities that will impact the school climate which has been demonstrated as an effective tool to impact many issues including substance abuse during a difficult transition time in early adolescence.

Our team provides expertise, leadership and programs for families and communities tackling adolescent substance abuse

Guiding Good Choices is a five week interactive program for parents of middle school children. This nationally accepted model program helps parents learn how to help their 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.

High School

The Natural Helpers of Maine is a peer listening and support program. High school students are trained to be active listeners to friends and peers in need, and to refer them to adult help when necessary.

Youth in grades 9 – 12 may be selected to participate in the Natural Helpers of Maine program at any time during their high



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

Corinne

Cape Elizabeth High School Student and former Natural Helper



“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.”

Steve

Steve Rogers Principal of Lyman Moore Middle school in Portland and Guiding Good Choices participant.

school years. Once selected, most Natural Helpers choose to remain active in the program for the duration of their high school experience.

Students who decide to participate in the program attend an intense 2-½ day training retreat with their school Natural Helper group, an Adult Facilitator for their group and with Natural Helpers from 2 or 3 other schools.

At these retreats, they receive training in listening and communication skills, learning their personal boundaries and setting limits for themselves, being able to identify red-flag issues including substance abuse, suicide, eating disorders, physical or sexual abuse (including date rape), risk of harm to self or others, and referral skills and resources.

Back at school, Natural Helpers return to doing what they always did, being good friends; however, now they are better equipped to effectively take care of themselves, ac-

tively listen, and facilitate referrals to teachers, adult facilitators and school counseling staff.

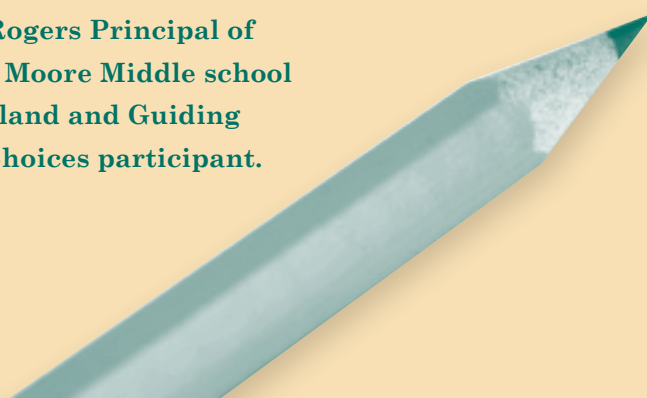
Natural Helpers has been in Maine schools for almost 25 years serving thousands of young adults and helping to reduce not only substance abuse but to positively impact lives touched by depression, suicide, cutting, eating disorders, bullying, and physical and sexual abuse.

Reconnecting Youth is a school based prevention program for youth in Grades 9–12, at risk for dropping out of school. The program uses a partnership model involving peers, school personnel, and parents to address the central goals of decreased drug involvement (one of the major factors in drop out rates and school exclusions), increased school performance, decreased emotional stress, and increased self esteem and personal control. Students participate in Reconnecting Youth during regular school hours for one semester.

“We want to empower each student and give them the skills they need to experience success—personally.”

Roger

Roger Lowell, Principal
Lakes Region High School



Intervention

The **Juvenile Treatment Network**—the nation’s only adolescent treatment network—works with schools to identify, screen and refer for treatment students whose performance or conduct in schools are indicative of emerging substance abuse problems.

Our school program offers services directly on-site in schools. Once a school joins the Juvenile Treatment Network staff trains school personnel to administer the **Juvenile Automated Substance Abuse Evaluation (JASAE)**. The JASAE is a screening tool that identifies a substance abuse issue, or a potential one. Triggers that indicate a JASAE are: violation of the school’s chemical health policy, noticeable changes in school performance, attendance, or changes in peers, interest in after school activities, general disposition, or personality.

After a student completes the JASAE and if it indicates a need for additional evaluation, they are referred on to treatment providers in their area for further assessment, and for treatment if necessary. Through the network, services are available from more than 50 provider agencies at more than 80 locations throughout Maine offering a broad blanket of services that schools that join the program can help pupils access.

“Correction does much, but encouragement does more.”

Johann Wolfgang von Goethe

INTERVENTION SERVICES

- Juvenile Treatment Network
- SATNA—Substance Abuse Treatment Network for Adolescents
- JCSATN—Juvenile Correction Substance Abuse Treatment Network
- Juvenile Drug Treatment Courts
 - Bangor
 - Lewiston
 - Augusta
 - Portland
 - Biddeford
 - Bath/Brunswick

We offer advice, answers & action to help teens, their families, schools & communities avert the crisis of adolescent substance abuse

Additional services include in school presentations, client testimonials from young people in recovery from drug and alcohol addiction, access to our experts for consultations and custom program design. Call us for more information on the many ways we can help you and your school address the issues of substance abuse.



Treatment

Ably lead by Don Burke, Director of **Outpatient Services**, Day One has been providing in school treatment and counseling for substance abuse for more than three decades. For many schools bringing Day One services to their schools is precipitated by an event such as a drunken driving accident, concern about prom night or the realization that a wave of substance abuse has hit their local community and it is negatively impacting the school. Recent events that have led to schools reaching out to us include the rise in oxycontin use, concern over methamphetamine and the increase in inhalant abuse especially among younger students. Each time Day One provides custom consultation and help in addressing issues within schools.

TREATMENT SERVICES

- Outpatient Services
 - Family Counseling
 - Individual Counseling
 - Group Counseling
 - Homebased Family Therapy
 - Intensive Outpatient Program
 - Homeless Teen Outreach
 - Case Management for Youth
 - Family Support Program
- Long Creek Youth Development Center
- Mountainview Youth Development Center
- James C. Harrod Residential Treatment Center

Day One counselors work on site in schools often as part of the schools counseling services to compliment existing expertise within schools. Many schools utilize our skills and experience on an ongoing basis while others bring us in as part of the curriculum on health for awareness days working with our licensed counselors and prevention experts to create custom programs for health awareness days.

We work to bring hope, healing & recovery for adolescents & their families through substance abuse treatment in Maine

Testimonials

Many of our clients also visit schools to share their personal stories of addiction and recovery and are an effective voice in reaching young people who often doubt that their own drug and alcohol use is something that can get out of control or get them in trouble with the law.

Clients from our programs and graduates of our treatment facilities can be highly effective in reaching other young people about the dangers of casual drug and alcohol use that can lead to addiction and trouble with the law. For many of our clients who have successfully overcome their substance abuse issues they like to work with younger students as peers or mentors to help others avoid the pressures and dangers of substance abuse.



Understanding is the first step to acceptance, and only with acceptance can there be recovery.”

Joanne Kathleen Rowling

Our focus in schools is on prevention, early intervention and treatment. Please call us.



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