Celebrating 40 Years of Helping Youth!

DayOne
Substance Abuse and Mental Health Services

Above: Staff celebrate Day One’s 40th anniversary at a BBQ at Fort Williams in Cape Elizabeth, Maine

Annual Report 2013
July 1, 2012 - June 30, 2013
Community-based Outpatient Services for Adolescents and Families
✓ 491 clients were served through: Substance Abuse Evaluation, Individual, Group, & Family Therapy, the Intensive Outpatient Program, the Homeless Youth Project, and School-based Services. Additionally, 40 parents participated in a parent support group.

Residential Services
✓ Residential Treatment Center - 33 clients were served during this fiscal year. This program provides a long-term intensive therapeutic community to youth from all over Maine.

✓ AfterCare Services - 21 clients received ongoing counseling and support after completing the residential or Youth Development Center programs.

Highlights

Pictured Above (L-R): Day One Board Members Kevin Freeman, Dianne Nason, Samantha Warren, Susan York-Wilbur and Kathryn Schumacher volunteer at the Walk for Recovery in Portland
Prevention Services

- **Natural Helpers of Maine** - is a peer-listening program that gives students a place to turn in times of stress, trouble or substance abuse. 121 students and 11 adult facilitators from 6 high schools in Cumberland and York Counties were trained.

- **Peer Prevention** - 50 high school staff were trained in prevention strategies.

Juvenile Justice Services

- **Long Creek Youth Development Center** - Day One staff provide comprehensive substance abuse assessments on every youth committed to the Center. Day One clinicians provide a continuum of treatment interventions including individual, group and family counseling. They are an integral part of the clients’ unit treatment teams and also engage in case management to assist the clients in community reintegration. 60 youth were screened & assessed for substance abuse, and 112 youth were treated for their substance abuse issues through this program. In total, 120 youth were served.

- **Mountain View Youth Development Center** - Provides the same services as the Long Creek program. 43 youth were assessed and 69 youth were treated for substance abuse issues. In total, 74 youth were served.

Evidence-based Programming

- **Day One was one of two agencies selected to implement A-CRA**—the Adolescent Community Reinforcement Approach. A-CRA promotes a strength-based, person-centered intervention that capitalizes on the person’s strengths and preferred life goals. It intervenes at multiple levels and promotes integration into a community of natural, positive supports. This model is expected to improve the quality of treatment for youth and families and ultimately to improve the health and well-being of youth.
### Day One Donors July 1, 2012 - June 30, 2013

**Leadership Circle: $1,000+**
- MEMIC
- Dianne Nason
- Northeast Delta Dental
- Norton Financial Services
- Patient Advocates
- Mike & Sarah Sullivan
- Alexander & Sheila Szafran
- TD Bank
- Town of Alfred
- Town of Cape Elizabeth
- Town of Eliot
- Town of Kennebunk
- Town of Shapleigh
- Town of Windham
- United Way of Greater Portland
- United Way of York County
- Geraldine Waterhouse
- WEX
- Anonymous

**Community Supporters: $500+**
- People's United Bank
- Phillips-Green Foundation
- Pine Tree Waste
- Pioneer Telephone
- Portland Marriott at Sable Oaks
- Pratt & Whitney
- Jeff & Beth Quirk
- Rowe Ford
- Saco & Biddeford Savings Institution
- John Muhlberger & Kathryn Schumacher
- Susan & Lenny Sharon
- Jennifer Sherwood
- Systems Engineering, Inc.
- Town of Falmouth
- Town of Hollis
- Town of Kennebunkport
- Town of Lyman
- Town of Scarborough
- Tri-County Mental Health Services
- Unum
- Samantha & Kyle Warren
- Wyman's Boxing Club
- Yale Cordage
- Susan York-Wilbur
- Anonymous
Day One Donors July 1, 2012 - June 30, 2013

Community Allies: $250+
Lisa Alexander
Carrie Baker
David Burchill
Crisis & Counseling Centers, Inc.
Cumberland County Civic Center
Demont & Associates, Inc.
Lucia DiMarco Jones
Alec & Andrea DiNapoli
Disney World
Dominion Diagnostics
Gene & Deborah Ellis
Epifanes North America Inc.
Fairchild Semiconductor
Terry & Clayton Farrin
Cynthia Gorham
Donna Jones
Cornelia Kittredge
Knights of Columbus
Elizabeth LeBlanc
Leonardo's Pizza
Frank & Susan McGinty
Cheri McPhee
Mercy Hospital
Moody's Collision Centers
Tom & Liz O'Connor
Patricia & Andy Packard
PCCI
Ellen Planer
Portland Sea Dogs
Dr. Daniel Ravin
Lisa Rideout
Elizabeth Sanford
Southern Maine Medical Center
TL2 Fitness
Town of Buxton
Town of Gray
Town of Harpswell
Gene Vahey & Margaret Jones
Ellen & Jeff Van Fleet
Evelyn Ward
Trish & Chris Yale
Anonymous

Friends: $100+
50+ Club of Hollis
Dawna Baker
Bar Mills Community Church
Philip Bartlett II
Megann Sullivan & Sarah Boss-Sullivan
Dianne & Thomas Buckingham
Catholic Charities
Central Maine Counseling Services
Lisa Coombs
Terrie Cram
Crossroads
Dorcas Society of Hollis and Buxton
Donna Erikson
Gwen Estes
Hollis Center Baptist Church
Everlast
John & Julia Fay
Joanne Fortin
Kevin & Michelle Freeman
Neil Gaer & Sarah Ward
Katherine Geneau
Group Dynamic, Inc.
Jane Hecker-Cain
Ann Hewitt
Inn by the Sea
Arleen Jensen
Bruce Johnson
Harry Konkel
Daniel J. & Phyllis M. Latham
John Leavitt
Maine Medical Center
Maine Red Claws
Mary Jean Moreau
Katherine & David Mount
Lisa Munderback
Dr. J. Hedlund & Dr. J. Murphy
Nappi Distributors
James O'Neil
People's Choice Credit Union
Peter Renney's Fashions
Brenda Piecuch
Larry & Lisa Plotkin
Roger & Lisa Prince
John Pydych
Martha Riehle
Leslie Ross-Papke
Rotary Club of Kennebunk
Portside
Rotary Club of Scarborough
Alison Schneller
Melissa Skahan
Jane Smith
Brian Soares
Susan Soto
Warren & Anna Strout
Mary Delano & Thomas Tomczyk
Town of Arundel
Town of Standish
Vivian Trott
Pieter & Christiane Williams
Deanna Wood
Ross Wyman
Northern New England CFC
Anonymous
### Day One Donors July 1, 2012 - June 30, 2013

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Anonymous
Fiscal Year: July 1, 2012 through June 30, 2013

Revenue: $2,783,556

Federal & State: 47.8%
Medicaid: 30.6%
Client Fees: 9%
Fundraising, grants & miscellaneous: 6.1%
United Ways: 6.5%

Expenses: $3,073,151

Residential Treatment: 33.5%
Community Based: 27%
Management & General: 19.1%
Juvenile Justice: 17.5%
Fundraising: 2.1%
Prevention: .8%

Day One Board of Directors

President: Dianne L. Nason, Key Private Bank
Vice President: Kevin Freeman, AlliedCook Construction
Treasurer: Steve Eddy, Investment Management & Consulting Group
Secretary: David Mount, Retired Marketing/Business Professional
Zander Abbott, Maine Medical Center
Dianne Buckingham, Retired School Teacher
Bruce Campbell, Lumeris
L. Dennis Carrillo, Law Offices of Doyle & Nelson
Douglas P. Cranshaw, IHC Health Group
Jill Frame, Yarmouth High School
Marc McDonald, Martin's Point Health Care
Nigel Moodley, Unum
Rob Small, TD Bank
Samantha Warren, Maine Department of Education
Susan York-Wilbur, Retired High School Guidance Counselor
39th Annual Celebration

Keynote Speaker:
Boxing legends “Irish” Micky Ward and Dicky Eklund, who inspired New England and the critically-acclaimed film “The Fighter”

Master of Ceremonies:
WGME 13’s Sports Director Dave Eid

Community Leadership Award:
Portland Boxing Club President and Head Coach, Bobby Russo

Community Vision Award:
Gregory Rec, Photographer and John Richardson, State House Bureau Chief, Portland Press Herald

Making a Difference Award:
Maine Prescription Drug Abuse Task Force, accepted by Maine Attorney General William Schneider

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