Annual Report 2010
July 1, 2009 - June 30, 2010

Working to dramatically reduce substance abuse among Maine youth
A message from the Board President and Executive Director

Day One gives families hope. Parents often come to us at their wits’ end. They don't know where to turn. But Day One is here, as it has been for the past 36 years, to help adolescents struggling with substance abuse and mental health issues. Our counselors are experts in the field and specialists in connecting with teenagers.

We're proud of the wonderful strides our clients make as they work with our counselors. We see clients who confront their problems, acknowledge their mistakes, and begin to build their futures.

It also gives us great pleasure to say that Day One is doing a tremendous job in supporting our staff. This year Day One was selected as one of the Best Places to Work in Maine. We were the only social service agency to earn this distinction. Making the Best Places to Work in Maine list was a direct result of how staff feel about coming to work every day. Staff have a deep sense that what they do is changing kids’ lives. They are committed to the work because they know how important it is.

We hear from young adults all the time who contact us to say that they needed our help years ago, and now they are sober, working, and have a family.

The work we do with Maine youth is only possible because of the support we receive from the community. Volunteers, donors and funders are crucial to our ability to deliver programs that change lives. Thank you for the support you have given to Day One this past year.

Sincerely,

David J. Faulkner, MSW
Dianne L. Nason

Day One is proud to be recognized as:

92% of clients in the Intensive Outpatient Program were engaged in employment and/or education.
Thank you for a great year at Day One

Community-based Outpatient Services for Adolescents and Families
- 438 clients were served through: Substance Abuse Evaluation, Individual, Group and Family Therapy, the Intensive Outpatient Program, Case Management for Youth, the Homeless Youth Project, and School-based Services. Additionally, 23 parents participated in a parent support group.

Residential Services
- Residential Treatment Center - 38 clients were served during this fiscal year. This program provides a long-term intensive therapeutic community for up to 12 male and female young people (ages 16-20) at a time.
- Transitional House for Recovery - 6 apartments are available to house 7 Aftercare clients, which include graduates of the Residential Treatment Center and other programs. It served 10 clients this year.

Prevention & Intervention Services
- Parenting - 40 parents attended parent education groups.
- Natural Helpers of Maine - is a peer-listening program that gives students a place to turn in times of stress, trouble or substance abuse. 183 students and 15 adult facilitators from 11 schools across the state were trained. This program is available to approximately 8,000 high school students in the state of Maine.

Juvenile Justice Services
- Juvenile Drug Treatment Courts - As the last alternative to incarceration, this long-term program provided intensive supervision and treatment for juvenile offenders with substance abuse issues. Due to state funding cuts, the program closed on June 30, 2010. 29 clients participated in the program in Portland, Biddeford, Lewiston and West Bath during the year.
- 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. 73 youth were screened & assessed for substance abuse, and 113 youth were treated for their substance abuse issues through this program. In total, 128 youth were served.
- Mountain View Youth Development Center - Provides similar services as the Long Creek program. 68 youth were assessed and 117 youth were treated for substance abuse issues. In total, 128 youth were served.

Maine Juvenile Treatment Network (MJTN)
- Services were provided in collaboration with Substance Abuse Agency Providers, the Department of Corrections and Schools to help adolescents struggling with substance abuse. Due to state funding cuts, the program closed on June 30, 2010. 641 Juvenile Automated Substance Abuse Evaluations (JASAE) were administered this year. As part of this collaboration, the MJTN provided:
  ⇒ Training, Processing and Screening of the Juvenile Automated Substance Abuse Evaluations (JASAE) which identifies adolescents who are in need of further evaluation for substance abuse.
  ⇒ Outreach to families to deliver the message that help is needed.
  ⇒ Referral to a local treatment provider.
  ⇒ The MJTN also coordinated and managed last resort funding for those adolescents who were in need of substance abuse treatment and did not have insurance, MaineCare or the ability to pay out of pocket. The MJTN helped adolescents with substance abuse problems who were transitioning from a juvenile detention center to the community, by paying for treatment while the youth was in this transition phase.

94% of Natural Helpers reported feeling comfortable and knowledgeable about locating and accessing resources in their school and community.
Day One welcomed 275 guests to its 36th Annual Celebration, presented by Saco & Biddeford Savings Institution. Attendees were treated to a keynote speech by Boston Bruins Great, Derek "Turk" Sanderson, who was introduced by WCSH6 Sports Anchor Lee Goldberg.

Day One presented awards to Rodney Bouffard, Superintendent of Long Creek Youth Development Center; Jan Clarkin, Executive Director of Maine Children's Trust and Prevent Child Abuse Maine; Jon Doyle, senior partner and founder of the Law Office of Doyle & Nelson; and Eric Hansen, Superintendent of Mountain View Youth Development Center.

85% of clients in the Family Therapy Program reported improved communication skills.
Day One Donors July 1, 2009 - June 30, 2010

**Leadership Circle: $1,000+**
- Anthem Blue Cross & Blue Shield
- Bank of America
- C. Baker and Associates
- City of Biddeford
- City of Westbrook
- Dawson Smith Purvis & Bassett, P.A.
- Diversified Business Communications
- Law Offices of Doyle & Nelson
- Hannaford Supermarkets
- Merna Joundrey
- Key Bank
- Maine Community Foundation
- Northeast Delta Dental
- Paquin & Carroll
- Preti Flaherty
- Saco & Biddeford Savings Institution
- Town of Alfred
- Town of Cape Elizabeth
- Town of Eliot
- Town of Kennebunk
- Town of Kennebunkport
- Town of Lyman
- Town of Saco
- United Way of Greater Portland
- United Way of York County
- Unum
- Wal-Mart
- Wellpoint Association

**Community Supporters: $500+**
- Allen Screen and Digital Printing
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- CBRE The Boulos Company
- Douglas & Anne Cranshaw
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- Ralph & Mary Lou Lancaster
- Dan Lord
- MacDonald Page & Co. LLC
- National Distributors
- Pizzagalli Construction Company
- Systems Engineering, Inc.
- The Phillips-Green Foundation, Inc.
- Town of Falmouth
- Town of Standish
- John Wilbur & Susan York-Wilbur

**Community Allies: $250+**
- Flyte New Media
- Harvard Pilgrim Health Care
- Dr. David Kerr
- Law Office of John H. Branson
- Richard & Judith Lucas
- Frank & Susan McGinty
- Mercy Hospital
- Nappi Distributors
- Oakhurst Dairy
- Tom & Liz O'Connor
- Michael Ponti
- Portland Computer Copy, Inc.
- Runyon Kersteen Ouellette
- The Jessie Bullens-Crew Foundation
- Town of Buxton
- Town of Gray
- Town of Hamptons
- Town of Hollis
- Unum Charitable Foundation
- Ellen & Jeff Van Fleet
- Robert Weeman

82% of Residential Program clients gained life skills including cooking, cleaning, laundry, nutrition, meal planning and budgeting, regardless of length of stay.
67% of clients in the Day One Street Program achieved a majority of their treatment goals.
Fiscal Year: July 1, 2009 through June 30, 2010

Revenue $3,507,641

- Federal & State: 52.75%
- Medicaid: 29.44%
- Client Fees: 7.63%
- United Ways: 6.00%
- Individuals, Private Grants and Interest: 4.18%

Expenses: $3,503,844

- Residential Treatment: 26.14%
- Community Based: 25.40%
- Juvenile Justice: 18.99%
- Management & General: 17.52%
- Prevention & Intervention: 10.47%
- Fundraising: 1.48%

Day One Board of Directors

- John H. Branson, Law Office of John H. Branson
- Dianne Buckingham, Retired School Teacher
- Bruce Campbell, Pharmacist
- L. Dennis Carrillo, Doyle & Nelson
- Marie L. Clements, Unum
- Douglas P. Cranshaw, Securian Dental
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- Kevin Freeman, Pizzagalli Construction Company
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- Christopher Nyhan, Preti, Flaherty, Belleau, Pachios & Haley, LLC
- Jack Quirk (Vice President), Anthem Blue Cross Blue Shield
- Dianne L. Nason (President), Key Private Bank
- Susan York-Wilbur, Retired High School Guidance Counselor

83% of Aftercare clients were self-sufficient:
 paying bills, attending school, maintaining employment and housing.
The mission of Day One is to dramatically reduce substance abuse among Maine youth to help them live productive, healthy and rewarding lives.