Annual Report 2017
July 1, 2016 - June 30, 2017
Residential Services

- Day One provides 6-month residential substance use treatment in Buxton, Hinckley and Hollis to Maine youth ages 14 - 20. Treatment is Evidence-based. For more information on specific programming, see “Evidence-based Programming” description below.
- There are 27 beds to serve adolescents with intensive substance use concerns from all over Maine. Boys and girls are housed in separate locations.
- 108 clients received residential treatment during this fiscal year and 46 clients received ongoing counseling and support through Day One’s Aftercare Services after completing the Residential or Youth Development Center programs.

Community-based Outpatient Services for Adolescents and Families

- 613 clients were served through: Substance Use Evaluation, Individual, Group, & Family Therapy, the Intensive Outpatient Program, the Homeless Youth Project, and School-based Services.

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 use.
- Thanks to a grant from the Anthem Foundation, Freeport High School and South Portland High School became the two newest schools to participate in Day One’s Natural Helpers program.
- 168 students and 16 adult facilitators from 9 high schools in Cumberland and York Counties were trained.

Corrections Services

- Long Creek Youth Development Center - Day One staff provide comprehensive substance use assessments on every youth committed to the Center. Day One clinicians provide 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. 45 youth were screened and assessed for substance use, and 91 youth were treated for their substance use issues through this program.
- Mountain View Correctional Facility - Provides the same services as the Long Creek program. 181 adults were screened and assessed. 147 adults were treated for substance use issues.

Evidence-based Programming

- Day One programming incorporates several evidence-based practices to ensure that clients receive the most current and best services to meet their needs. These practices include The 7 Challenges; Adolescent Community Reinforcement Approach (A-CRA); Aggression Replacement Training (ART); Boys Council; Client-Directed Outcome-Informed Therapy; Cognitive Behavioral Therapy (CBT); Girls Circle; Motivational Interviewing; PRIME for Life (PFL); Prime Solutions, and Transition, Inspired, Empowered, Responsible (TIER) Program.
**Testimonials** - Clients from Day One treatment programs regularly share their experience and their recovering lifestyle at schools, businesses, United Way rallies and civic organizations across Maine. This year clients provided 28 testimonials to approximately 3,145 community members.

**UNITED WAY**

The support of the United Way is invaluable to Day One.
Thank you United Way of Greater Portland, United Way of York County, and United Way of Mid-Maine!

**Girls’ Residence at Buxton Receives Funding for Expansion**

Day One opened its Girls’ Residence at Buxton in 2014 to address the need for separate residential substance use and mental health treatment for adolescent girls in Maine. Earlier renovations were made to accommodate up to 6 girls at a time. Continuing to build on the initial “barn renovations,” Day One was able to secure funding to renovate open space in the lower and upper barn for staff office / counseling space. These renovations added three additional offices to the existing space, thanks to the generosity of our major donors for the project: Dr. Kurt and Maria Ebrahim, Kennebunk Savings Bank, Saco & Biddeford Savings Institution, the Smith Family Foundation, and Town & Country Federal Credit Union’s Better Neighbor Fund.

Invited guests, Day One Staff, Board members, and residents of the Girls’ Residence at Buxton gathered on May 4 to celebrate the expansion and to thank our generous supporters. A plaque naming the five major donors is displayed in the lobby area of the residence.

**Treatment Communities of America Spring Board Meeting**

Joanne Grant, Director of Residential Services, served on a panel representing Maine at the Treatment Communities of America Spring Board Meeting in Washington, D.C. Joanne also had the opportunity to speak with Congressional staffers about expanding access to treatment.
**Leadership Circle: $1,000+**

- Anthem Blue Cross & Blue Shield
- Anthem Foundation
- Bangor Savings Bank
- Michael Bourque
- City of Biddeford
- The Boulos Company
- County of Cumberland
- Cumberland County Sheriff’s Office
- Dead River Company (The Mimi Foundation)
- Maria & Kurt Ebrahim
- Jill & Gregg Frame
- Mary Ann & Walter Frame
- The Freeman Family
- The Eunice Frye Home Foundation
- Gorham Savings Bank
- Jeff & Sonya Gorman
- Hannaford Supermarkets
- Harvard Pilgrim Health Care
- Ralph Hendrix
- Intermed
- Dr. Roger & Linda Kendrick
- Kennebunk Savings
- Key Bank Foundation
- Machias Savings Bank
- Macpage
- The Honorable Donald Marean
- Martin's Point Health Care, Inc.
- MEMIC
- Dianne Nason
- Northeast Delta Dental
- Norton Financial Services
- Ogunquit Playhouse
- Quirk Chevrolet
- Saco & Biddeford Savings Institution
- The Smith Family Charitable Trust
- Swiss Time
- Taylor, McCormack & Frame, LLC
- TD Bank
- Town & Country Federal Credit Union
- Town of Cape Elizabeth
- Town of Falmouth
- Town of Kennebunk
- Town of Shapleigh
- Town of Windham
- United Way of York County
- Unum
- Wells Fargo Foundation
- Westbrook Communities That Care
- Anonymous

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**Key Bank Neighbors Make the Difference**

Thank you Key Bank for your continued support of Day One!

Key Bank volunteers work during their “Neighbors Make a Difference” day at the Girls’ Residence in Buxton to provide some TLC to the decks and surrounding gardens at the house.

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**Left:** Raking and picking up the garden area to get ready to plant some vegetables!

**Right:** Putting some much-needed stain on the thirsty back decks (there are several not shown here)!
Day One Donors July 1, 2016 - June 30, 2017

**Community Supporters: **$500+

21st Century Learning Program
Zander Abbott
Biddeford-Saco Rotary Club
Fred & Janet Bishop
Emily & Alvin Bugbee, Sr.
Town of Buxton
Camden National Bank
Cape Elizabeth High School Baseball Boosters
Dennis & Diane Carrillo
Clark Insurance Agency
Crossroads
Dawson Smith Purvis & Bassett, PA
Elsmere BBQ
Kevin & Michelle Freeman
HM Payson
Town of Hollis
Senator Angus King & Mary Herman

Law Offices of Doyle & Nelson
Leonardo's Pizza
Ed & Betsy Manganello
Jona Mapes
Lisa Mullen
National Distributors
Ogunquit Playhouse
Pro Search, Inc.
Jack Quirk
RLC Engineering
Town of Scarborough Police Department
City of South Portland Police Department
Spectrum Medical Group
Strategies for a Stronger Sanford
Systems Engineering, Inc.
Yarmouth Baseball Boosters
Susan York-Wilbur
Anonymous

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**Crossroads Unsung Hero Award**

Jill Frame

Day One was thrilled to recognize Jill Martin Frame as an Unsung Hero for her ongoing commitment to addressing youth substance use in both a professional and volunteer capacity. Jill has been a Day One Board Member since 2013 and is a Social Worker and Substance Abuse Counselor at Yarmouth High School.

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**Community Allies: **$250+

Town of Arundel
Susan Austin
Douglas & Anne Cranshaw
Crisis & Counseling Centers, Inc.
Diversified Communications
Good Will-Hinckley
Town of Gray
Great Northern Docks
Town of Harpswell
Hub Furniture Company
Johnson & Johnson
Bruce Johnson
Knights of Columbus Council 2219
Kyocera
Maine Chiefs of Police Association
Maine Red Claws
C.B. Mattson, Inc.

Frank & Susan McGinty
Nancy & James McNulty
MittelAsen LLC
Moody's Collision Centers
Lisa Mullen
Old Port Advisors
Brenda Piecuch
John Sheahan
Southern Maine Health Care
Town of Standish
Tri-County Mental Health Services
United Insurance
USM
Ellen & Jeff Van Fleet
Samantha & Kyle Warren
Anonymous
Day One Donors July 1, 2016 - June 30, 2017

Friends: $100 +
Bob Ayotte
Ross & Jo Anne Babcock
Stephen Booth
Stephanie & Christopher Bowe
Andrea Cayer
Andy Dixon
John & Julia Fay
Chief Edward Googins
Daniel Greer
Erik Jensen
Kimberley Jones
Harry & Susan Konkel
Maine Behavioral Health Foundation
Millennium Pharmaceuticals, Inc.
Katherine & David Mount
Julien Murphy
Nappi Distributors
Tom & Liz O'Connor
Larry & Lisa Plotkin
Portland Boxing Club
Portland Sea Dogs
Rudy’s of the Cape
Jeff & Susie Saffer
Jane Smith
Susan & Frank Soto
South Portland HS Class of 1961
Paul Tully
Unitarian Universalist Church of Saco & Biddeford
Saunya Urban
James Vachon
Sharon Vieira
WinXnet, Inc.
Yoga Loft (Joni Hewitt)
Anonymous

Helpers: up to $100
Nancy Ansheles
Olida Arnoe
Jennifer & Jay Banks
Ellen L. Belknap
Edith Blanchard
Diane & David Bourque
Peter Bowman
Buxton Center Baptist Church
Haley Cail
Patricia Carignan
Christine Casterella
Kristen Cianelli
Cori Cianelli
Lawrence Cole
Donna Costello
Donald & Jeannine Couture
Crisis & Counseling Centers, Inc.
Shirley Damm
Bob Darling
Susan & Dan Davidson
Stephen deCastro
Catherine Desrochers
Nancy Doble
Raymond Emery
Richard Farnsworth
Kristin Farrand
Chip & Laura Foye
George & Jane Gerrish
Barbara & Bob Gould
Steph & Nick Haiss
Thomas J. & Kerry Lee Hall
Sharon & William Hartl
Homer Hedrich
Susan Hedrich
Helen Hemminger
Alison & Christopher Herrick
Randy & Rebecca Hill
Kevin Hogan
Jeffrey & Rebecca Howes
Thomas & James Kane
Sandra Kittridge
George & Darlene Koukos
Michele LaChance
Eddie Lamberts
Teymur Lazimov
Robin Legacy
Connie Lou Liguori
Brian Livingston
Andrew Lockwood
Melanie Lozyim
Mark Ludzack
Gailen & Sandra Lyons
Colleen Mancini
Elizabeth Mares
Charles Martin
Scott McCatherin
David McDermott
Michael McKenney
Roy & Malinda McKinney
Laure Medeiros
Guy Spletstosser & Shauna Miller
Rebecca Millett
Bethany Mitchell
Linda Momboquette
Peter Montano
George & Jacqueline Morton
Colleen Nadeau
Nicholas Norton
William Olsen, Jr.
Carol Oster
Gearoid O'Sullivan
Timothy & Richard Ouellette
Doug Packard
Sandra Piechocki
Craig Piper
Margaret Puglisi
Suzanne Rende
Darrell Rogers
Richard Roy
Edward & Jane Roy, DMD
William & Nancy Schad
Richard & Veronica Sheehan
Hanna Shibles
William & Carol Sipperly
Susan Skaggs
Robert Small
Joseph Snider
Lori & Rick Snow
Nancy Spooner
Andrea Stairs
Mark & Susan Stasium
Jane Stevens
Robert Stevens
Stevan Stromsky
Sherry Tanguay
Rebecca Tarpinian
Debra Townsend
Judy Tripp
Linda Tyler
Maureen Vanuden
Sarah Verrier
Elizabeth Vezeau
Jessica Wakeling
Teri Welch
Jorge Wessel-Viacava
Trish & Chris Yale
Erin Yarema
J. Fox & E.S. Zerner
Todd Zukowski
Anonymous

Left: Clinicians attended the annual training for the 7 Challenges program in the Fall of 2016. The 7 Challenges is one of the tools introduced by counselors to help youth develop a process for healthier decision-making.
Revenue: $4,313,783

- Federal & State: 45.55%
- Client Fees/Insurance/Program Fees: 40.16%
- United Ways: 3.65%
- Fundraising/Foundations/Misc.: 4.06%
- Residential Treatment: 15.87%
- Community Based: 21.60%
- Juvenile Justice: 15.55%
- Prevention: 0.38%
- Fundraising: 1.17%
- Management & General: 15.87%

Expenses: $4,147,462

- Federal & State: 45.42%
- Client Fees/Insurance/Program Fees: 21.60%
- United Ways: 15.55%
- Fundraising/Foundations/Misc.: 0.38%
- Residential Treatment: 4.06%
- Community Based: 3.65%
- Juvenile Justice: 40.16%
- Prevention: 11.77%
- Fundraising: 0.09%
- Management & General: 15.87%

Day One Board of Directors

President: Dennis Carrillo, Law Offices of Doyle & Nelson
Vice President: Douglas P. Cranshaw, Retired
Treasurer: Zander Abbott, Maine Medical Center
Secretary: David Mount, Retired
Emily Bugbee, Anthem Blue Cross & Blue Shield
Andrea Cayer, Retired
Jill Frame, Yarmouth High School

Kevin Freeman, Martini Northern
Edward Googins, South Portland Police Department
Matthew Lancaster, Mr. Bagel
Dianne Nason, Key Private Bank
Rob Small, Wells Fargo
Samantha Warren, University of Maine System
Susan York-Wilbur, Retired

Fiscal Year: July 1, 2016 through June 30, 2017
525 Main Street • South Portland, ME 04106 • CALL 207.767.0991 or VISIT day-one.org
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The mission of Day One is to dramatically reduce substance use and address mental health needs among Maine youth to help them live productive, healthy and rewarding lives.