



**Providing the most complete continuum of youth and family-based services  
in the State of Maine**

**Evaluations** – screening to assess the level of substance use and mental health issues.

**Individual & Family Therapy** – safe and confidential counseling for substance use and mental health issues for children, adolescents and families.

**Parent & Family Support & Education** – for parents seeking tools and information to help their family.

**School-based Counseling** – on-site mental health and substance use counseling for middle and high school students.

**Portland Teen Center** – outreach and treatment for homeless youth.

**Long Creek Youth Development Center & Mountain View Correctional Facility**

- in collaboration with the Department of Corrections, programs provide substance use treatment for committed youth at Long Creek. Young adults and adults are evaluated and treated at Mountain View, including case management and MAT program.



*Girls' Residence in New Gloucester*



*Boys' Residence in Hinckley*

**Residential Treatment Centers** – a six month residential substance use treatment program for youth from all over Maine that serves 13 - 20 year old boys and girls separately in two locations.

**Continuing Care** – counseling support is available to all clients who have completed treatment to assist in developing life skills while maintaining a recovering lifestyle.

*The MISSION of Day One is to improve the health of Maine by providing substance use, mental health and wellness services to youth and families.*

*Our VISION is that all Maine youth will have opportunities to realize their full potential to live productive, healthy and rewarding lives*

Please contact us at (207) 874-1045 ext. 1100 to arrange an appointment with us either in-person at our South Portland office or via convenient telehealth.