



“I can laugh, love, learn, be a leader and be happy with myself. I have my life back thanks to this program.”

“Day One has changed me and pointed me in the right direction for the life ahead of me, for my family, for future relationships, and in the work force. But the most important thing Day One has shown me is I can have fun and live life without drugs or alcohol.”

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.



A United Way Member Agency

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DREAM

DBEAW



GROW

GBOM

Program Overview

Day One provides residential treatment in Hinckley and New Gloucester, Maine to youth from all over the state.

Our Residential Treatment Centers house girls and boys separately. The six-month program is open to Maine youth ages 13-20.

Activities

- Individual counseling
- Group counseling
- Family counseling
- Lifeskills such as nutritious meal preparation, laundry, household chores, budgeting
- Education through MSAD15 (New Gloucester) and RSU18 (Hinckley)
- Recreational activities
- Crisis intervention
- Case management
- Relapse prevention
- Discharge planning
- Connection to social supports
- Drug testing
- Medication administration
- Transportation

Assessment

An assessment will be scheduled for youth interested in exploring the program. Assessments can be conducted onsite or through televideo, which is through a secure and confidential internet connection.

Males and females are housed in separate locations and participate in programming separately so that treatment can be geared toward each gender.



Boys' Residence at Hinckley



Girls' Residence at New Gloucester

Evidence-based Programming

The program utilizes several evidence-based practices including a specially designed healthy decision-making therapy model that helps them understand what it takes to give up a drug using lifestyle, and prepare for success when they commit to change.

During their stay, clients learn how to make healthy choices and take responsibility for their lives.

Aftercare

Discharge planning begins immediately upon admission. Clients are encouraged to participate in ongoing counseling with their clinician for as long as needed after they are discharged from the program.

For those clients who complete treatment and live too far away to continue counseling with their Day One clinician, we make referrals to community-based counseling and resources.

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The vision of Day One is that all Maine youth will have the opportunity to fulfill their potential to live productive, healthy and rewarding lives.