

“There's always a new day,
there's always new hope.
Each day, no matter how
dark our day is, tomorrow
morning we *will* have a
sunrise. There is always
hope, **and there is always
going to be a sunrise. That
sunrise to me is Day One.**”



Dianne Nason
Senior Vice President
Key Private Bank
and former Day One
Board Chair

Day One’s mission is to improve the health of Maine by providing substance use, mental health and wellness services to youth and families.

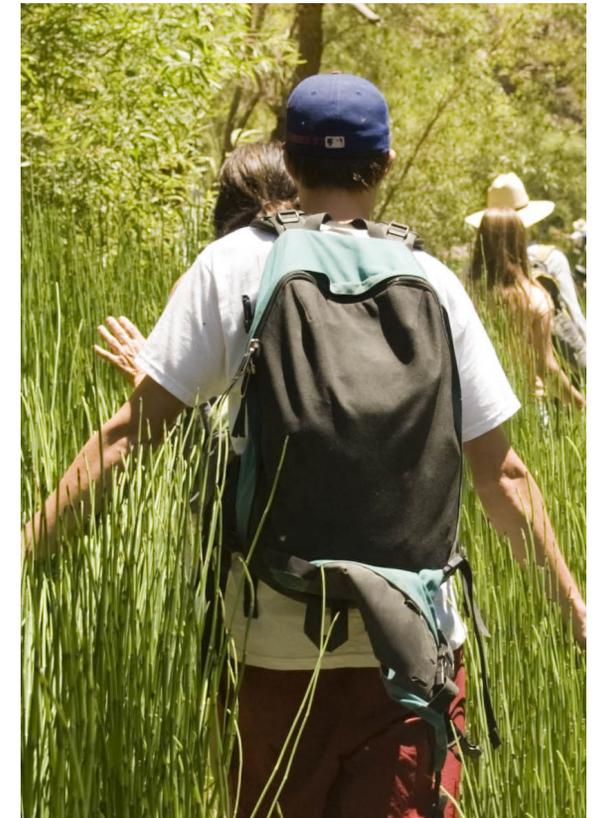
Day One's vision is that all Maine youth will have opportunities to realize their full potential to live productive, healthy and rewarding lives.

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DayOne
Brighter Futures
For Youth and Families



Day One provides the most complete continuum of youth and family-based services in the State of Maine

School-based Services



Substance use and mental health counseling in local schools; and the Natural Helpers of Maine, a peer-listening prevention program.



Outpatient Counseling



Safe and confidential substance use and mental health counseling for children, teens, adults and families.



Behavioral Health Home



Coordination of existing services using behavioral health expertise of community mental health providers.

Our Approach

Day One programs intervene at an early stage in a young person's development to give youth the chance to achieve their full potential. Our highly-qualified and licensed clinicians bring a trauma-informed approach while striving to involve families to break the cycle of substance use suffered by generations of Mainers.



Homeless Teen Services



Low-barrier substance use, mental health and case management services for homeless youth at Preble Street Teen Center in Portland.



Residential Services



Intensive treatment for youth ages 14-20 from all over Maine. Locations in Cumberland, Somerset and York Counties.



Corrections Services



Substance use counseling and reintegration planning for individuals at Long Creek Youth Development Center and Mountain View Correctional Facility.

Innovation

- * Integrated continuum of services to serve every stage of recovery.
- * Evidence-based models.
- * Collaborative partnerships.
- * Focus on treatment, education and skill building.