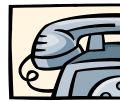




## Break of Day provides quality Daily Living Support (DLS) Services to assist and educate individuals by:

- Using an individualized, strengths-based approach to help consumers develop and meet personalized goals in the home and in the community related to achieving an increased level of emotional well-being and independence in community based living
- Assisting consumers in meeting personally set goals using a variety of intervention methods, including individualized psycho-education and task demonstration, problem solving, role-modeling, active listening, and accompanying consumers in the home and into the community to provide side-by-side support to reach goals.
- Offering flexible service schedules to ensure consumers are able to access Daily Living Support Services to achieve a variety of individualized goals around an individual's unique schedule

- Working collaboratively with Community Integration Workers and other treatment providers to ensure quality, targeted services are provided, maximizing consumer success in achieving goals
- Facilitating coordination of care amongst a consumer's providers to support holistic "whole person" style of treatment to support long term recovery for consumers
- Going the "extra mile" using creative solutions to assist consumers in managing emotionally difficult events ("anniversary times", for example), develop natural support networks, and reach personal goals.



Call Break of Day Today!

**(207) 882-6594**

**Fax: (207) 687-2233 or 687-2234**

*Serving Androscoggin, Cumberland, Kennebec, Knox, Lincoln, Sagadahoc, Waldo Counties, as well as parts of Somerset and Franklin Counties.*

## Here's what some of our clients have to say about Break of Day Mental Health Group's Daily Living Support Services:

"I never had DLS services before I came to Break of Day. Before I got DLS, I never really used to see anyone or talk to anyone, and I stayed inside my apartment all the time because I was too nervous to leave. Now I look forward to seeing my staff and getting out of the house. I am not afraid of going out anymore!"

"With the help of my DLS services, I have been able to make sure I get to all of my doctor's appointments on time and talk to my doctors about how I feel and what questions I have about my diabetes. They (DLS) have also helped me learn to do my food shopping so I can buy the things my doctor wants me to eat without going over my budget. Next, I want to learn how to cook more."

"I am so glad to see (the DLS staff) when they come to the house – they all brighten up my day!"

"When you're having a bad day, it makes such a difference sometimes just to be listened to. I know it makes a difference to me."

## Our Philosophy

We believe that every person has the right to live as independently as possible, regardless of mental or physical abilities. We also believe that assisting people in utilizing their strengths to overcome barriers helps them to reach their goals.

## Our Vision Statement

Our vision is to offer those in our community the kind of support and understanding that can help them become successful in their personal and professional lives, regardless of the challenges they may face (physical, psychiatric, emotional, economic, cultural, etc.).

## Our Mission Statement

Break of Day Mental Health Group, Inc. was developed for, and is committed to, working directly with consumers in need of mental health services. Break of Day seeks to accomplish this objective through the provision of high quality mental health care designed to support each consumer's overall well-being. Our goal is to benefit our community by providing appropriate and timely access to services, while delivering the most effective evidence-based mental health treatment identified as current best practices in the field. We treat all clients with respect and dignity, and hold their confidentiality to the highest standards. All staff employed by Break of Day Mental Health Group, Inc. utilize the principles and practices of psychosocial rehabilitation.



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Funding provided by the DHHS



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Break of Day  
Mental Health Group, Inc.

Daily Living Support (DLS)  
Services

*Where you have the opportunity  
to reinvent yourself every day!*



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