



Break of Day Outpatient Mental Health Counseling/ Therapy Services

Whether you are just beginning recovery from emotional difficulties, or have been working toward healing for some time, outpatient therapy offers many tools and strategies to assist you in managing your emotional challenges. At Break of Day Mental Health Group, Inc., our outpatient therapy program offers individual and group counseling to support your recovery and help you develop the skills you need to cope with life's struggles.

- Using an individualized, strengths-based approach to help consumers develop and meet personalized goals for recovery from symptoms of mental illness.
- Empowering consumers to chart the course of their own recovery using a holistic, person-centered approach and creating a safe, non-judgmental, confidential space for consumers to explore emotional, interpersonal, and sociocultural, and familial issues

- Collaborating with consumers to create individualized treatment plans, tailored to an individual's unique needs and designed to overcome a variety of possible barriers to successful participation (such as individual-type issues like learning disorders, for example, and social/environmental issues such as transportation problems, or geographic isolation)
- Facilitating the coordination of mental health and medical health care between a consumer's providers to support a "whole person" style of treatment that supports long term recovery goals.
- Providing evidence-based individual and group treatment, as well as referrals for specialized treatment needs identified in the course of assessment or treatment
- 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.

At Break of Day Mental Health Group, we provide a variety of services to meet your unique needs:

We provide mental health assessment, diagnostic and referral services, as well as individual and group counseling for a variety of mental health issues, including:

- Emotion regulation and symptom management
- Trauma
- Anxiety
- Depression
- Mood disorders
- Gender and sexuality issues
- Domestic violence issues
- Anger management
- Relationship and family issues
- Life transitions
- Co-occurring disorders
- Medical concerns causing emotional stress
- Women's issues
- Men's issues



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.*

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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Kimberly Greenleaf

President

Kathryn Brilliant

Vice President/Executive Director

Andrea Mooney, LCSW

Clinical Director

Mark Rush

Program Manager

Break of Day Mental Health Group, Inc.

Outpatient Mental Health Counseling & Therapy Services

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



**343 Birch Point Road
Wiscasset, Maine 04578**

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(207) 687-2234**

**www.breakofdaymhg.com
info@breakofdaymhg.com**

Office Hours

Mon- Fri * 8:00am – 5:00pm

After hours contact information provided by
calling the above office number