



Break of Day provides quality Skills Development (SD) Services to assist and educate individuals by:

- Assisting consumers in meeting personally set goals using a variety of intervention methods, including curriculum-based individualized instruction, using a variety of intervention types to accommodate diverse learning styles of consumer, including task demonstration, problem solving, role-modeling, role-playing and skills practice, active listening, and accompanying consumers in the home and into the community to provide side-by-side support and demonstration to reach goals.
- Using an individualized, strengths-based instructional approach to help consumers actively develop concrete skills aimed at assisting the consumer to achieve a new level of success in managing personal emotional well-being and independence in community based living
- Offering flexible service schedules to ensure consumers are able to access Skills Development 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 developing practical, necessary skills and achieving personal 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 learning the skills necessary to manage emotionally difficult events ("anniversary times", for example), develop natural support networks, and reach personal goals.

What are Skills Development Services?

Skills Development Services are targeted, instruction-based in home/community based services that support consumers by assisting in the development of skills aimed at increasing an individual's ability to independently identify and access community resources, develop and maintain connections with natural supports, and manage the emotional and practical challenges of living independently in the community.

Skills Development services includes training in independent living skills, such as:

- How to access and navigate the community using public transportation
- How to create and maintain a household budget
- How to access 12-step programs and other community based groups
- How to select and participate in educational, vocational, and social activities.
- How to manage and maintain an independent household

Skills Development services may also include training in:

- Effective mental illness symptom management
- Managing stress
- Using assertive communication skills to advocate for oneself
- Requesting workplace accommodations
- Effective problem solving strategies
- Conflict resolution and communication skills to overcome social isolation and withdrawal and to promote successful community integration
- Managing time commitments, such as treatment appointments, work schedules

Our Philosophy

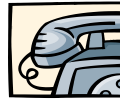
We believe that every person has the right to live as independently as possible, regardless of mental or physical abilities. We also believe that assisting people in utilizing their strengths to overcome barriers helps them to reach their goals.

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.



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.

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Break of Day Mental Health Group, Inc.

Skills Development (SD) Services

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



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