



What is Community Integration Case Management?

Community Integration (CI) Case Management is a service designed to assist adults experiencing serious mental illness to develop the skills and access the resources needed to reach their personal recovery goals. Providers work collaboratively with consumers to help them identify their personal recovery goals and establish targeted and client-centered action plans designed to help consumers move in the direction of these recovery goals.

CI Case Management services supports consumers by addressing both the resource needs of the consumer, as well as helping the consumer develop the skills necessary to learn to navigate the community resources independently over time.

CI Case Managers can support consumers with learning and developing skills related to:

- Accessing and navigating the community using public transportation
- Identifying various personal, recovery and resource needs

- Problem solving skills to manage day to day needs and responsibilities, and to reduce stressors related to barriers and manage mental illness symptoms
- Assessing potential barriers and challenges interfering with personal and recovery goals
- Effective decision-making about things like household needs and expenses, choosing providers and treatment, and managing relationships
- Implementing coping strategies for improved management of mental illness symptoms
- Improving effective communication skills to be able to self-advocate when needed

The Right Tools at The Right Time: Accessing Targeted Resources to Achieve Recovery Goals

Community Integration Case Managers help consumers achieve personal and recovery goals through assessment, identification of resource needs, linking to community resources, and monitoring the effectiveness of the resource in meeting the need of the consumer. CI Case Managers help consumers access

supportive resources in the community to meet a variety of needs, such as:

- Housing subsidies, home-ownership and rental assistance programs
- MaineCare access and maintenance
- Emergency and financial assistance programs, such as SNAP, TANF/Aspire, General Assistance
- Social Security Disability/Supplemental Security Income Programs
- Financial Assistance
- Vocational Rehabilitation & "Ticket to Work" programs
- Primary Care Services
- Psychiatry Services
- Mental Health Recovery Services
- Home Health Care Services
- Transportation Resources
- Peer Support Services
- Substance Abuse Recovery Services
- Crisis Resolution services
- Domestic Violence and Sexual Assault Services
- Support Groups
- Legal Services
- Elder Services
- Disability-Specific Services and Resources

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

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

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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Community Integration Case Management Services

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



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