

## Words from our consumers:

*"It took awhile but I have become more outgoing, I can make good decisions for myself. I have tried some new things that I thought I could never learn. Without the confidence and support of the leaders of the group I don't feel I would have done much with my life..."*

*The Day Support Program has been very helpful in my ongoing recovery of bi-polar. I believe the positive support and valuable information I receive from the leaders and others in the group have given me the skills and tools to live with and manage my mental illness in a more productive way..."*

*"When my case manager first helped me to begin attending the Day Support group in January of 2007 I was only going out of my home for medical appointments and could only get gas at a full service station to avoid social contact. I can now attend church on occasion, eat around other people, made some friends in and out of group. I have actually gone into a store and I can pump my own gas."*

*"I think I may actually have a chance of living instead of just being alive."*

11/8/10

### Our Mission

TCMHS is committed to providing the people of Maine with excellence in mental health, substance abuse, habilitation and life skills services, respecting consumer rights, personal dignity and maintaining agency financial stability.

Tri-County Mental Health Services endorses Recovery Based Trauma Informed services, which recognizes two common themes for consumers of this agency: that violence and the resulting trauma are pervasive and should be acknowledged; and there is hope in Recovery.

[www.tcmhs.org](http://www.tcmhs.org)

TCMHS is an EOE and receives funding from:  
Department of Health & Human Services



## Day Support Program

*Support. Sharing.  
Coping Skills.*

*Tools for Recovery*

For information talk with your  
mental health professional or call  
**1-888-304-HOPE (4673)**

The **Day Support Program** offers hope of recovery for the best possible individual outcome to each consumer who participates in the program. It is the intention of Tri-County Mental Health Services to offer knowledge; skill building and support to allow each person to achieve his/her own personal goals. It is our hope that each person's participation in the program will result in

- a sense of empowerment,
- increased independence and self confidence,
- the development of a natural support network and
- a desire to be a contributor to society in whatever way would benefit him/her and those around them.

More specifically, the Day Support Program includes daily living skills, social skills, understanding various mental illnesses, treatment options and coping skills.

**Most groups meet five days each week for four hours at a time.**

**Locations:**

1155 Lisbon Street, Lewiston  
144 High Street, Farmington  
143 Pottle Road, Oxford  
49 Congress Street, Rumford  
32 North High Street, Bridgton

11/8/10

**Daily living skills include:**

- Planning Meals
- Budgeting for Meals
- Hands on Cooking Lessons
- Volunteering to participate in meal preparation and clean up
- Learning about healthy hygiene habits
- Learning about taking good care of your health
- Budgeting your money along with resources to help budget your money
- Learning about community resources and how to access them

**Social skill building include:**

Various activities to encourage socialization, listening skills and team building. Activities include:

- Check-ins about challenges and progress
- Crafts to encourage relationship building, focusing and concentration and feeling a sense of accomplishment
- Listening and sharing different types of music and how it affects one's mood
- Movies with a theme to be discussed
- Games to encourage social skill development, focus, concentration and fun
- Problem solving techniques in social situations
- Communication skill building

- Assertiveness and self advocacy skills, such as learning to use your voice to get your needs met

**Understanding Mental Health:**

- Learning about your mental illness
- Symptoms
- Treatment options
- Coping skills
- Practicing coping skills and measuring the outcome
- Medications-benefits and side effects
- Identifying relapse warning signs and reducing lapses

Day Support Groups support wellness and recovery by helping people learn strategies for managing symptoms, communicating, and building support systems

**Statewide  
24-Hour Emergency  
Services:  
1-888-568-1112  
(toll free & TTY)**