

Cornerstones of Maine

(Young Adult Program)

CONTACT

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NATSAP Member
Since: 2017

PROGRAM OUTLINE

Gender: All genders (non-binary)
Ages: 18 - 28
Grades: N/A
Enrollment: 36
Duration: 9 months
Founded: 2015



Airport: Portland International Jetport (PWM)

Cornerstones of Maine is a clinically-driven transition program designed to assist men, women, and gender nonconforming young adults (ages 18 to 28) in their journey to becoming independent. Our nine to twelve month program provides a therapeutic, resident-centered approach that gives structure and support based on each resident's individual needs. To accomplish the task of preparing young adults for independence, we utilize an experiential model that places our residents directly into academic classes at local universities, employment at local businesses, mentorships, and volunteer opportunities. Through these real-world experiences residents learn habits and skill sets that will enable them to perform successfully in their future endeavors and uncover and challenge the self-created obstacles that have prevented their success in the past.

The Cornerstones of Maine founders are psychologists, who developed the program based on contemporary research and their own extensive experience, providing psychotherapy and support to adolescents and young adults. Cornerstones of Maine is most well known for its therapeutic milieu staffing model, wherein our staff work directly in our program houses throughout the day with our residents. This enables us to provide our residents with as much support and structure as they need and facilitates a very individualized and personalized program experience. Our staffing support is delivered in the following areas: therapeutic work, executive functioning, education, independent living, health and wellness, professional development, and interpersonal growth.

The Cornerstones of Maine program is based in three beautiful homes in southern Maine. In our Kennebunkport location residents enjoy a more rural locale, living on ten acres of wooded land, just ten minutes from the ocean. In our two Portland locations our residents enjoy living directly in the middle of one of the most interesting cities in the northeast.

Professional Affiliations: NATSAP - Associate Member; Young Adult Transition Association (YATA)