



**CORNERSTONES  
OF MAINE**

## **RESIDENTIAL TREATMENT & TRANSITIONAL LIVING FOR YOUNG ADULTS**

### **Helping Young Adults Step Into Life**

Sometimes, feeling stuck just means you're on the edge of something new.

Cornerstones of Maine helps young adults ages 18 to 28 take the step from potential to progress, finding independence and self-worth along the way.

Our programs are focused on giving young adults the structure, support, and real-world experience they need to step into the life they're meant to lead.



JOURNEY TO INDEPENDENCE

MAINE

U.S.A.

## **OUR PROGRAMS:**



### **Foundation Stone: Residential Treatment Center**

For young adults in crisis, Foundation Stone provides short-term mental health and stabilization in a structured, home-like environment.

- Stabilization
- Assessment
- 24/7 therapeutic support
- Daily individual, group, and family therapy
- Executive functioning coaching
- Medication management (if needed)
- Family therapy
- Psychoeducation
- Extensive discharge planning
- Average stay: 30-90 days



### **Stepping Stone: Transitional Living Program**

Our transitional living program offers a real-world, experiential approach to developing independence. Clients live in collaborative residences with staff on-site to provide structure, accountability, mentorship, and therapeutic support.

- 2 individual and 3 group therapy sessions per week
- 2 to 1 resident-to-staff ratio
- Executive functioning & life skills coaching
- Academic & career support
- Community engagement & social skill-building
- 1 parent support meeting per week & two family therapy sessions per month
- Specialized neurodivergent-affirming programming in its own residence, with an occupational therapist



### **Touchstone: Step-down & Aftercare**

Our step-down aftercare program offers structured support to clients as they transition from residential treatment or transitional living to full independence.

- Independent housing with coaching and clinical check-ins
- Continued support for job, school, and life transitions
- Individualized discharge and aftercare planning



## Rubedo: Neurodivergent Affirming Transitional Living

Neurodivergent young adults experience the world in unique and meaningful ways—and they deserve their own spaces to do just that. A special track within Touchstone, our neurodivergent-affirming transitional living residence—Rubedo—provides a supportive, structured environment where young adults with Autism Spectrum Disorder (ASD), ADHD, Nonverbal Learning Differences (NVLD), and other neurodiverse profiles can build confidence, independence, and a sense of belonging through specialized programming and an on-site occupational therapist.

Neurodivergence is something to be understood, supported, and celebrated. Rubedo helps clients develop skills to navigate life, relationships, education, and career goals while embracing their natural strengths.



U.S.A. MAINE JOURNEY TO INDEPENDENCE

## THE CORNERSTONES OF MAINE DIFFERENCE



### Clinician-Founded & Led

Our program was designed by and is still operated by clinical psychologists specializing in young adult development.

### Real-World Readiness

Clients practice independence in real-life settings with practical life skills coaching.

### Neurodivergent-Affirming

Our dedicated track Rubedo supports young adults with ASD, ADHD, NVLD, and executive functioning challenges.

### Community-Based Healing

Our therapeutic milieu provides a safe, structured, and supportive peer environment.

### A Continuum of Care

Our programs grow with our clients, offering the right level of support at the right time.

### Our Residences

Cornerstones of Maine clients live and learn in therapeutic environments throughout the Greater Portland area. Each residence has its own unique personality, programming, and attractions for the community living there. Residences are located in:

#### Portland, Maine

A thriving, coastal city with access to education, employment, and community resources.

#### Biddeford, Maine

A growing, artistic and entrepreneurial community.

#### Kennebunkport, Maine

A natural setting perfect for reflection and healing.

### Who We Help:

Young adults ages 18-30

Struggling with anxiety, depression, mood or anxiety disorders, ASD, ADHD, trauma, or social-emotional challenges

Young adults who have faced challenges with executive functioning skills, academics, or building relationships

Bright, capable individuals who feel stuck and need structure to build momentum

Those who have tried therapy or outpatient programs but need a more hands-on, real-world approach

### We Are Not a Fit For:

Young adults with active psychosis requiring hospitalization

Those with severe eating disorders or substance use requiring detox

Individuals who exhibit severe aggression, violence, or behavioral concerns



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CornerstonesofMaine.com