

Message from Executive Director

Anthony Zambrano

As we reflect on Fiscal Year 2026, I am proud of what Downeast Horizons has accomplished together. It has been another year of growth, opportunity, challenges, and through it all our employees, management team, and Board of Directors remained committed to providing the highest quality services to the individuals we support.

Like many organizations and families, Downeast Horizons continued to experience rising costs for gasoline, heating, electricity, food, and other operating expenses.

Despite these challenges, our employees remained dedicated to providing quality services while working hard to control costs and use our resources wisely. Their commitment has helped strengthen the financial health of our agency.

With the continued support of our Board of Directors, Downeast Horizons took another important step toward securing the agency's future by investing \$2 million in long-term financial reserves. Of that amount, \$500,000 was invested with The First Wealth Management and \$1.5 million with Camden National Bank Wealth Management. This investment reflects our commitment to responsible financial stewardship and helps position Downeast Horizons to continue providing quality services for years to come.

Because of the dedication of our employees and the agency's sound financial management, we were also pleased to once again provide a Summer Incentive to our staff. This incentive recognizes the outstanding work of our employees and our appreciation for their continued commitment to the individuals we serve.

Another significant milestone this year was the successful completion of our participation in the Lifespan Waiver Grant Program. The knowledge and experience gained through this initiative have positioned Downeast Horizons well as the State of Maine continues implementing the Lifespan Waiver.

As always, none of our accomplishments would be possible without the dedication and compassion of our employees, the guidance of our Board of Directors, the trust of our program participants and their families, the support of our donors, and the many community partners who believe in our mission.

On behalf of everyone at Downeast Horizons, thank you for your continued support. Together, we will continue our mission of assisting and supporting people with developmental disabilities to live complete and fulfilling lives.



Downeast Horizons Board of Directors

2026 Board of Directors

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Downeast Horizons Senior Management

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Carolyn Glinko, Director of HR
Amanda Davis, Business Manager
Ashley Johnson, Resource Coord.
Nikki Cutchens, Children Admin.
Ashley Mitchell, Children Admin.

Tracey Morey, Adult Services Dir.
Jeff Jones, Adult Services Dir.
Alicia Holdsworth, Shared Living Coord.
Jenny Ashmore, QA Coord.
Wesley McFarlin, Children Admin.

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MDI Office

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Mission Statement

Downeast Horizons assists and supports individuals with developmental disabilities to live complete and fulfilling lives.

www.dehi.org



Investing in the Future

Assisting Adults & Children
with Developmental Disabilities
Since 1974



Special Olympics USA Games



Children's Services



Train Ride



Color Fun 5K



Autism Walk



Camp CaPella



Community in Action

Downeast Horizons assists and supports individuals with developmental disabilities to live complete and fulfilling lives.

Annual Report 2026

Yesterday, Today, and Tomorrow

The following is an outline of recent accomplishments.



Community Supports:

Downeast Horizons' Community Support Programs continued to grow throughout the year. The Brewer and Ellsworth programs welcomed new participants, with particularly strong growth in Brewer's Day and Evening programs. During August and September alone, the Brewer and Ellsworth programs added 10 new individuals, and additional participants joined the programs throughout the year.

Program participants continued to find meaningful ways to give back to their communities. The Brewer Day Program expanded its community service opportunities by volunteering at the Durgin Center in Brewer, where participants helped serve meals to elderly patrons in a café setting. This opportunity provided meaningful community engagement while also allowing participants to develop valuable vocational skills.

The Brewer Evening Program continued its tradition of baking and delivering Christmas cookies to local police and fire departments and an assisted living facility on Dirigo Drive. These gestures of goodwill help strengthen connections between Downeast Horizons and the local community.

Employment continues to be an important part of community inclusion for many of the individuals we support. To meet updated Maine Home and Community Based Services requirements, Downeast Horizons implemented a system to track and report the number of employed individuals across our Community Support Programs and residential homes. As of April, Downeast Horizons supported 48 individuals who were employed.

Residential Services:

Downeast Horizons welcomed new residents into several of our group homes during the year. The Forrest Avenue home welcomed a new resident who required a fully accessible environment due to mobility needs. The home was a good fit for the individual, and the transition went well.

Later in the year, the Carlisle Street home also welcomed a new resident. The placement was initiated after a Case Manager familiar with Downeast Horizons contacted the agency directly regarding available residential openings. The Carlisle Street home was identified as the most appropriate setting to meet the individual's needs. The new resident adjusted well to her home and housemates, and plans were made for her to begin attending the Ellsworth Community Support Program to further her community integration.

Our Adult Services Directors continued to work closely with Case Managers and respond to State vendor calls to fill openings within our residential homes. When considering a new resident, Downeast Horizons works to ensure that the individual is a good fit for the home and compatible with current housemates. This is important to maintaining a safe, comfortable, and stable living environment for everyone in the home.

Trainings:

Downeast Horizons continues to provide ongoing training to ensure staff have the knowledge and skills needed to provide quality services to the individuals we support. All residential and community support managers and coordinators were trained on an updated Direct Service Professional Annual Training Calendar. The calendar identifies specific training topics throughout the year for program and residential leaders to review with their staff, helping to ensure consistent and ongoing training across the agency.

Direct Service Professionals received annual training on diabetes, including recognizing signs of hypoglycemia and hyperglycemia, appropriate emergency interventions, and the importance of nutrition. Staff were also trained on sleep apnea and the proper use and maintenance of CPAP machines to ensure they are prepared to support individuals with these health needs.

Our Adult Services Director, Jeff Jones conducted in-person Direct Service Professional certification classes for new employees. The classes are the final step in becoming a fully certified DSP and build upon the required online training by reviewing Downeast Horizons policies and procedures, including the proper use of the agency's 24-hour on-call system.



Employee Retention:

Downeast Horizons continues to focus on employee recruitment and retention. During the year, the agency worked diligently to fill open positions throughout our residential and community support programs. By spring, the vast majority of vacant residential positions had been filled, with all Direct Support Professional positions filled except for two Site Manager positions. Filling these positions helps provide consistency for the individuals we support while also reducing the amount of overtime required of current staff.

As of June 2026, Downeast Horizons employed 124 people who work together to provide quality services and supports to the individuals we serve.



Agency-Funded Activities:

Many of the individuals DEHI supports have very limited budgets, so we strive to offer a number of no-cost opportunities for them to enjoy our little corner of Maine the way that everyone should. Throughout the year, Downeast Horizons provides a variety of activities and events for our program participants at no additional cost.

Some of the activities offered this year included the Downeast Scenic Railway, a private tour of the Oceanarium in Bar Harbor, summer weeks at Camp CaPella, Special Olympics competitions, professional wrestling, the Downeast Horizons Prom, Bar Harbor nature cruises, and live theatre at The Grand. These activities provide wonderful opportunities for recreation, socialization, community inclusion, and new experiences for the individuals we support.

The summer weeks at Camp CaPella continued to be a favorite, providing participants with the opportunity to enjoy the traditional Maine camp experience, including accessible pontoon boat rides. We are so grateful to our generous donors for helping to make these life-enriching activities possible.



Children's Programs:

Throughout the year, the Brewer and Ellsworth Children's Programs continued to provide opportunities that encourage learning, independence, socialization, and skill development. The Ellsworth Program continued to grow its weekly Dungeons & Dragons group, providing participants with opportunities for role-playing, creativity, and social interaction. The Brewer Program incorporated hands-on activities that encouraged practical life skills, including cooking and food preparation. Participants also took advantage of community-based learning opportunities, exploring local trails and natural areas.

Children's Services staff also participated in ongoing training throughout the year. Staff were trained in Trauma-Related Behaviors and Natural Environment Training (NET), an evidence-based approach that teaches skills within a child's everyday routines and activities. NET incorporates learning opportunities into real-life situations where skills are naturally needed and used.

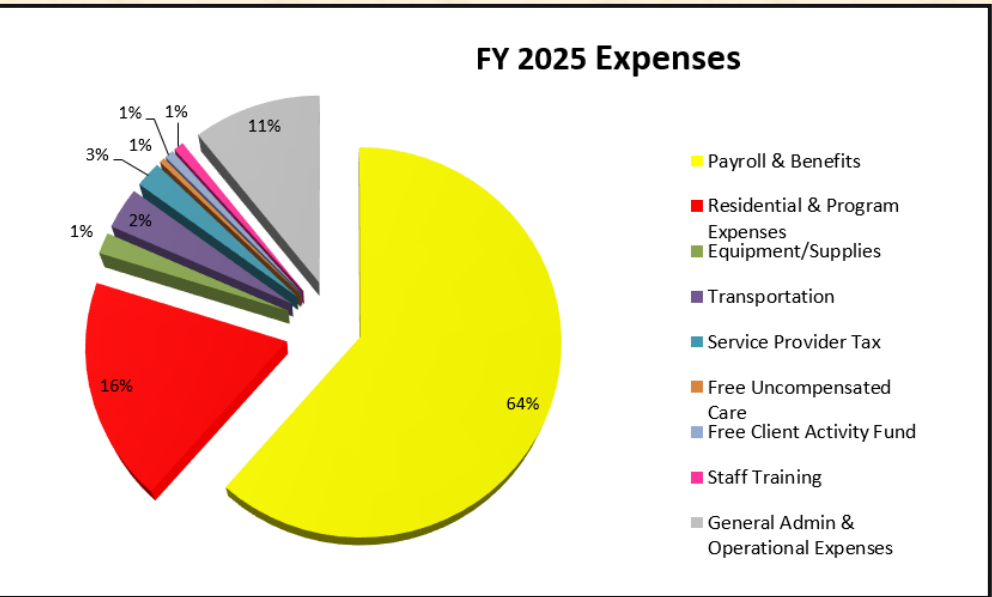
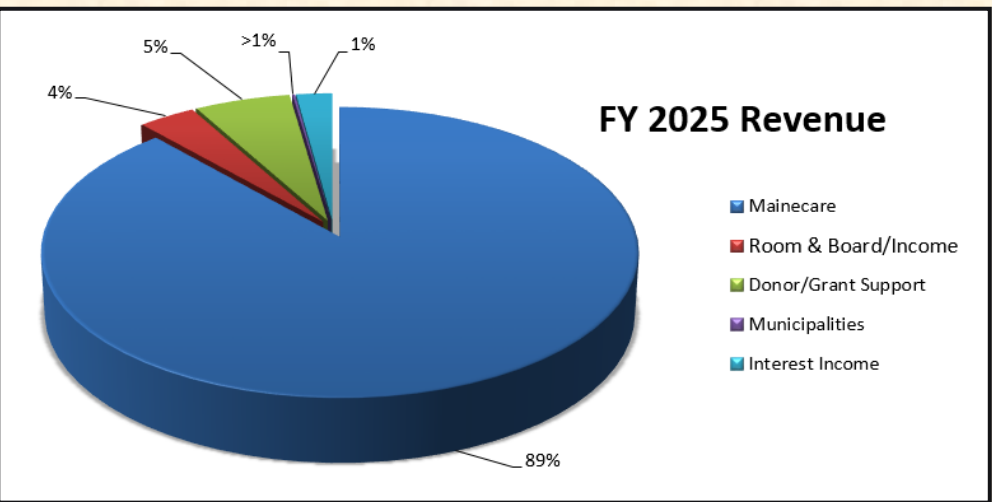
Staff also received training on the ABC approach to understanding behavior, identifying the difference between a meltdown and tantrum, pairing, confidentiality, distracted driving, hiking and tick prevention, and creating a happy, relaxed, and engaged environment to help build joy and trust during each shift.



FINANCIAL INFORMATION

(July 1, 2024 - June 30, 2025)

Statistics are based on a \$9,800,000 budget



Downeast Horizons Services

Adult Residential Services, Day & Evening Programs, Work Supports, and Shared Living:

Direct supports are provided to the adults we serve with the goals of increasing and maintaining social and community participation and developing and maintaining skills that support health and wellbeing. Services may be provided in groups or on an individual basis. All supports are scheduled in accordance with individual treatment plans.

Personal development activities may address: self-care and self-management skills; physical fitness; behavioral management; sensory, motor, and psychological needs; interpersonal skills to cultivate supportive personal, family, work, and community relationships; and opportunities to participate in activities promoting social and community engagement.

Children's Services:

Direct support is provided to children and young adults with cognitive impairments up to age 21. These services can be delivered in home or community settings, with the goals of increasing the person's level of function and skill development while decreasing maladaptive behaviors. Treatment plans are developed based on the strengths and needs of the individuals.

Downeast Horizons provides Children's Behavioral Health Professionals for one-on-one supportive services in the home and community. Their focus is on teaching children the necessary skills to gain independence with activities of daily living, with focus on community integration and behavior management, as identified in individual treatment plans.

Both Adult and Children's services are carefully designed to be fun and rewarding while focusing on the personal needs and challenges of each individual.