



# NFI North

Inspiring and empowering people to reach their full potential and live successfully in their community

## WHO ARE WE?

NFI North was created at a time when people who had mental health needs were institutionalized due to a lack of community services. As a result of this widespread practice, people's lives and futures were adversely affected.

Today, stigma and discrimination still exist—but as millions of us raise our voices, harmful misconceptions are beginning to decrease. NFI North believes that people thrive best on their own and in their community. We provide services that empower and inspire people to reach their full potential.

NFI North provides an array of services across Maine and New Hampshire. The agency is an accredited, well-recognized, high-quality, nonprofit organization whose focus is on helping people help themselves. We accomplish this by providing specialized education, counseling, supported employment, care management, foster care, residential services, as well as many other services designed to meet the needs of the people we serve.



**MISSION FOCUSED**



**HIGHLY QUALIFIED STAFF**



**IN HOME & IN  
COMMUNITY SERVICE  
DELIVERY**



**INDIVIDUALIZED &  
FAMILY FOCUSED  
SERVICES**

## OUR BELIEFS

- Participant driven services
- Each person has unique strengths, needs, and ideas
- People are capable of positive change and positive approach
- The best approach is trauma-informed, individualized, and holistic
- Education and skill-building are essential for sustainable growth
- Open, honest, ongoing communication is done in an environment of respect and dignity
- Treatment approaches are guided by cultural, linguistic, and gender-responsive competencies

# ABOUT INTERMISSION

NFI North established the Intermission program in 2020. Intermission is a trauma-informed, therapeutic, transitional living program for young adults between the ages of 18-25 who may be encountering mental health challenges and need space to develop their skills as they enter adulthood.

Our program offers a safety net of supportive and educational services that foster hope, resiliency, and build self-efficacy and practical life skills that will assist them in achieving their individual goals. Intermission works in partnership with the community to establish experiences that allow for learning and personal growth by teaching, modeling, and assisting our young people in fostering healthy and meaningful connections both in our program and in the community.

At Intermission, we believe and teach that each individual's actions have an impact on our program and the community at large and we attempt to lay a foundation of understanding regarding community and how our actions impact each other.

# WHAT WE DO

## WITH THE RIGHT SUPPORT, EVERYONE CAN ADVANCE

While residing at Intermission young adults work alongside staff to identify barriers, maximize strengths and enhance skills through:

- Person-centered planning process
- Clinical/ group treatment
- Vocational and educational counseling
- Wellness planning
- A variety of community-based pro-social activities.



“AS THE NAME IMPLIES, INTERMISSION IS A PLACE FOR YOUNG PEOPLE TO TAKE A PAUSE WHILE MAKING THAT CRITICAL TRANSITION FROM ADOLESCENCE TO YOUNG ADULTHOOD. WE MEET PARTICIPANTS WHERE THEY ARE AT WHEN THEY ARRIVE. WE FOCUS ON TAKING AN EMPATHETIC APPROACH AND UTILIZING THEIR STRENGTHS, WHILE OFFERING DAY TO DAY LEARNING MOMENTS AS WELL AS PRACTICAL RESOURCES FOR PERSONAL GROWTH AND COMMUNITY CONTRIBUTION THROUGH WORK, SCHOOL OR VOLUNTEER OPPORTUNITIES.” –MATTHEW DOYON

Intermission serves as a place to provide young adults with the skills necessary to explore, discover, and move towards independence. At our program, young people will learn how to manage their emotions and behaviors with staff allowing natural learning opportunities when they arise and stepping in to assist when necessary. Successful transitions result in stable housing, mental health, and independent living skills.

## FOR MORE INFORMATION

Please call (844) NFI-HOPE or email the Program Director at [MatthewDoyon@nafi.com](mailto:MatthewDoyon@nafi.com)  
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