



# 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 impact
- The best care 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 YOUTH MOVE

Youth M.O.V.E. (Motivating Others through Voices of Experience) New Hampshire works as a diverse statewide collective to advocate for youth rights and voices in youth-serving systems.

One of Youth M.O.V.E. NH's hallmark services is Youth Peer Support. The Youth Peer Support role is designed to provide an empathetic connection from a place of similar lived experience and an example of success overcoming mental and behavioral health challenges. This role also serves to assist the youth with whom they work in identifying their personal strengths and finding clinical and community services and supports.

The relationship between peer and youth is less formal than mentorship but contains more formal boundaries than a supportive friendship. Youth MOVE NH provides youth services to school and community partners, leadership developmental and youth engagement

## WHAT WE DO

### YOUTH PEER SUPPORT

Youth M.O.V.E. New Hampshire defines their model of youth peer support as a service provided by a young person who is trained to strategically use their own lived experiences to inspire other young people to take action towards creating better outcomes for their future. This model of youth peer support is a unique service, as it is specifically meant to address the psychological and developmental needs and circumstances of transition-aged youth and young adults (ages 13-26), which are different from those of older adults.

The Youth Peer Support Specialists (YPSS) model that successful life outcomes are possible and share practical skills for navigating the healthcare system and developing wellness tools. YPSS coach, support, and prepare young people to become more involved in their



own health and treatment decisions and provide emotional support throughout the process. YPSS are trained to inspire hope for other young people who are currently in similar circumstances by sharing their lived experiences in a way that highlights healthy lifestyle changes and resources they found to overcome the barriers they've faced. They help them become empowered to be more engaged with their treatment and prepare them to begin to take greater control of their lives.

### FOR MORE INFORMATION

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