



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 MILLER TERRACES

As part of NFI North and founded in 1997, Miller Terraces has become one of the most innovative providers of adult residential, mental, and behavioral health services. Our passion for finding and implementing the most effective solutions burns bright. It's fueled by the support of donors, volunteers, families, foster and adoptive parents, state and town officials, and individuals who are drawn to Miller Terraces by our results.

The primary goal of this program is to provide a home-like living situation in a supportive setting for adults who would otherwise remain in a more intensive treatment setting and to help them to transition into their own homes and communities. Many of the program participants have had several difficult situations prior to finding a sense of belonging at Miller Terraces.

WHAT WE DO

EVERYONE CAN ADVANCE

We understand that people are social and have a deep-rooted desire to belong, so we create positive, pro-social opportunities where participants can turn for a sense of belonging. We believe that with the right support, teaching, coaching, and nurturing, everyone can advance and realize their goals. At Miller Terraces we provide services such as;

- Individualized, goal oriented support system
- A full-time Director and Assistant Director
- A full-time Clinical Coordinator to assist with assessment for service plans and treatment needs
- A full time Registered Nurse
- 24/7 Direct Care who are certified as Mental Health Rehabilitation Technicians and Certified Residential Medication Aide



AT MILLER TERRACES, WE ASPIRE TO PROVIDE A HOLISTIC APPROACH TO MENTAL HEALTH SERVICES WITH AN EMPHASIS ON OVERALL WELL-BEING. HEALTHY SOCIAL CONNECTIONS, FAMILY INVOLVEMENT, PHYSICAL HEALTH, RECREATION, AND EMPLOYMENT OPPORTUNITIES ARE ALL ESSENTIAL ELEMENTS OF A SUCCESSFUL RECOVERY FRAMEWORK FOR OUR PARTICIPANTS."

SCOTT DUFOUR, PROGRAM DIRECTOR

- A licensed Dietician Consultant and meal planning
- Coordination of community health services, emergency care, dental and clinical evaluations
- Recreational activities, community outings and activities and events focusing on skill development
- Supportive Counseling
- Private room, phone and cable TV
- Friends and family visits

FOR MORE INFORMATION

Please call (207) 942-8603 or email the Program Director at ScottDufour@nafi.com.

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