

# Butterfly Bulletin

The Newsletter of Monadnock Area Peer Support Agency, Created by Our Members  
This program is funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services

Vol.20 No.4

## April 2020

### Monadnock Area Peer Support Agency

64 Beaver Street, PO Box 258, Keene, NH, 03431

Phone hours Monday through Friday, 9:00 am—4:00 pm

Phone: (603) 352-5093, (603) 352-5094 or Toll Free (866)-352-5093

Warm Line Hours: 4:00 pm-9:00 pm, 7 Nights a Week, 365 Days a Year

Warm Line Numbers: (603) 352-5093 or try our Toll Free Number (866) 352-5093

Check [www.monadnockpsa.org](http://www.monadnockpsa.org) for Online Peer Support Groups! Our doors may be temporarily closed due to COVID-19, but our community is always open and here for support.



Contact us on Facebook at Monadnock Peer Support Agency, or on our group at Monadnock Peer Support Community Group, or on Instagram Monadnock\_Peer\_Support





## **Monadnock Area Peer Support Agency & Monadnock Peer Respite Mission Statement**

As a peer driven organization, it is the mission of Monadnock Area Peer Support Agency (MPS) to promote wellness and recovery, as defined by the individual, through Intentional Peer Support, and to provide advocacy, educational, vocational, interpersonal, social and spiritual opportunities to adults who utilize mental health services. Together, we learn wellness strategies, develop mutually beneficial relationships, and support each other in attaining increased capacities for self-determination, independence and personal growth.

### ***What is Monadnock Area Peer Support Agency?***

*Have you ever felt like no one understands or knows what it's like to struggle with mental health challenges? Do you self-identify as someone with mental health challenges or with a mental health issue?*

**Monadnock Area Peer Support Agency (MPS)** is a place where anyone with lived experiences of mental illness can come, enjoy and participate in an atmosphere of mutual peer support. The members of MPS are respectful, accepting and nonjudgmental. We strive to utilize **Intentional Peer Support (IPS)** in our interactions and aim for recovery and wellness in our current life choices. We offer each other inspiration and empathy and encourage each other to achieve our dreams. We benefit from participation in **FREE** groups, activities and events that promote recovery and wellness.

*You might have used mental health services in the past or you might be using mental health services now or maybe you're new at this—whatever your story, we hope you will join us.*

**MPS is a safe place to rediscover and maintain hope—it's a safe place to be you.**

## **MONADNOCK PEER RESPITE**

**Contact:** Douglass Robertson, Respite Coordinator  
drobertson@monadnockpsa.org  
www.monadnockpsa.org (603) 352-5093 (available 9 AM - 4 PM)  
(802) 387-0269 (all other hours)

*Transforming 'crisis' into opportunities; to learn, heal, and grow.*

**WE ARE SAD TO ANNOUNCE THAT MONADNOCK PEER RESPITE IS CURRENTLY UNAVAILABLE TO PROTECT THE HEALTH OF OUR STAFF, MEMBERS AND COMMUNITY DURING THE COVID-19 PANDEMIC. WE WILL BE SHARING PERSPECTIVES AND IDEAS ON THE RELATIONSHIP BETWEEN SELF-QUARANTINE AND RESPITE WITH THE INTENTION OF TURNING PHYSICAL DISTANCING INTO AN OPPORTUNITY FOR GROWTH, HOPE, AND TRANSFORMATION.**

## **Turn to page 8 & 9 for more info**

### **Thank you for your continued support!!**



FOR IMMEDIATE RELEASE

March 17th, 2020

Monadnock Peer Support Moves Services Remotely

Contact: [pstarkey@monadnockpsa.org](mailto:pstarkey@monadnockpsa.org)

Community Members,

I am writing to inform you that after consulting with the MPS board of directors we have made the difficult decision to cease on-site, and transportation support services Wednesday, March 18th at 2:00 PM. MPS will be making remote support available to all members and participants starting Monday, March 23rd. This includes:

- Telephone support by calling 603-352-5093 from 9 am-9 pm Monday-Friday (Warm Line operates from 4 pm- 9 pm).
- Chat support through our Facebook page from 9 am- 4 pm Monday- Friday
- Facebook support group for community members to support one another (Search: Monadnock Peer Support Community Group).
- Virtual offerings of groups through Zoom conference call services (please check the website and Facebook for instructions).
- Check In and Check Out will continue to occur daily via Zoom (please check the website and Facebook for instructions).
- Monadnock Youth Peer Support groups for high school students through conference call services (please contact [jgrophear@monadnockpsa.org](mailto:jgrophear@monadnockpsa.org) and [kcarrien@monadnockpsa.org](mailto:kcarrien@monadnockpsa.org) for information).

As always, our services are offered free of charge and do not require proof of insurance. MPS extends these range of options for the wider community to offer mental health support and process any of the experiences we may be having. Your mental health is just as important as your physical health.

In the coming weeks, we must do our best to protect those among us who are most vulnerable, whether physically or emotionally, and to treat one another with respect.

To our members, I know it will be difficult to not see your peers and your center. We are taking these measures to protect you and to protect others in the community who may be more vulnerable to this disease than you are.

64 Beaver St., PO Box 258, Keene, NH 03431 | Phone: 603-352-5093/5094 | Fax: 603-355-8211 | [www.monadnockpsa.org](http://www.monadnockpsa.org)



To our staff, I recognize we are expecting you to raise the bar in your efforts to support our important mission. We do this because we know we can rely on your creativity and flexibility through these challenging times.

In Intentional Peer Support (IPS) we shift our focus from fear to hope and possibility. The board and team at MPS are hopeful that these expanded services will not only support our entire community during this time of uncertainty, but also expand our community of support across the region.

In the end, it will be impossible to tell if we overreacted or did too much, but it will be obvious if we did too little. I am proud to be a member of a community where we support one another despite having the odds stacked against us. I will provide an update on the status of on-site services by April 3rd. We will see you soon and thank you for your patience.

Best wishes,

Peter Starkey  
Executive Director  
Monadnock Peer Support

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FOR IMMEDIATE RELEASE  
March 26th, 2020

Monadnock Peer Support Moves Services Remotely Update #2  
Contact: [pstarkey@monadnockpsa.org](mailto:pstarkey@monadnockpsa.org)

Community Members,

I am writing to provide an update to the previous release on March 17th. To align with the Governor's "Stay-at-Home" emergency order, MPS will remain closed to on-site services through May 4th, 2020. ***MPS has already launched our remote services.*** This includes:

- Telephone support by calling 603-352-5093 from 9 am-9 pm Monday-Friday (Warm Line operates from 4 pm- 9 pm).
- Chat support through our Facebook page from 9 am- 4 pm Monday- Friday
- Facebook support group for community members to support one another (Search: Monadnock Peer Support Community Group).
- Virtual offerings of groups, Check In, and Check Out through Zoom conference call services (<https://www.monadnockpsa.org/online-groups> and Facebook for instructions).
- Monadnock Youth Peer Support groups for high school students through conference call services (please contact [igrophear@monadnockpsa.org](mailto:igrophear@monadnockpsa.org) and [kcarrien@monadnockpsa.org](mailto:kcarrien@monadnockpsa.org) for information).

As always, our services are offered free of charge and do not require proof of insurance. MPS extends these range of options for the wider community to offer mental health support and process any of the experiences we may be having. Your mental health is just as important as your physical health. In Intentional Peer Support (IPS) we look at crisis being an opportunity. As we continue to adapt, MPS will look for opportunities to support you all.

Best wishes,

Peter Starkey  
Executive Director  
Monadnock Peer Support

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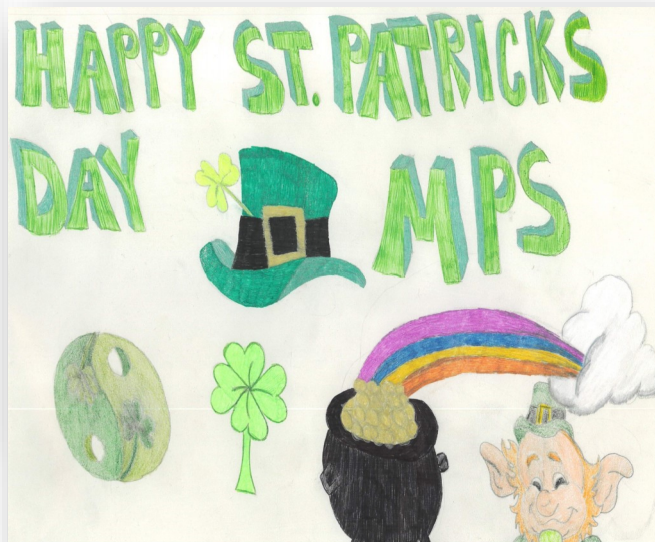
# Creative Contributions



- Caitlin Scott



-Doug Robertson



- Felicia Chase

Do you want to contribute to our newsletter? Please contact [kcarrien@monadnockpsa.org](mailto:kcarrien@monadnockpsa.org) to send pictures, poems, short stories, or whatever you have created and want to share with our members!

# Online Support Groups and Activity Descriptions

**Check-In: Mondays - Fridays @ 9:15 AM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5093**

Join us at the beginning of each day for Check-In, a time where we gather and each share how we feel about the upcoming day or anything that happened the night before. It is always acceptable to say pass if you don't have anything you would like to say. Join with us as we create a supportive community!

**Check Out: Mondays - Fridays @ 3:45 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5093**

Join us at the end of each day for Check-Out, a time where we gather and each share how the day went and what our hopes are for the evening or weekend. It is always acceptable to say pass if you don't have anything you would like to say. Join with us as we create a supportive community!

**Feelings of Anger:**  
**Mondays @ 1:00 PM - 2:30 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

The purpose of this group is to provide us with the opportunity to talk honestly and openly about our experiences with anger, rage, frustration, and related topics. It is a place where we can find connection and understanding by talking about our common experiences.

**Women's Group:**  
**Mondays @ 2:30 PM - 3:30 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

This is a member run space for women, or anyone who identifies as a woman, to come together and discuss issues pertaining to women in today's society.

**LGBTQ+ Support Group:**  
**Tuesdays @ 12:00 PM - 1:00 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

This group is for people who self identify as being part of the LGBTQ+ community. Those attending this group will gain the benefit of giving and receiving support in a stigma-free, peer facilitated group with people who share similar emotional and life challenges.

**Isolation Support Group:**  
**Wednesdays @ 1:00 PM - 2:30 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

Isolation Support is a group designed to support each other from home. This space will allow us to come to-

gether virtually, and through the phone as we address our concerns around feelings of isolation, that may bring us sadness, fear, etc. This space will be confidential.

**Depression/Bipolar Support:**  
**Wednesdays @ 5:30 PM - 7:00 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

Get support from others who have personal experience with feelings of depression, anxiety and/or bipolar in a safe and confidential environment. We are not a diagnosis, we are human beings. For the time being, there is no sign up and spots are not limited.

**Hearing Voices Network:**  
**Thursdays @ 12:00 PM - 1:30 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

If you hear voices, see, smell, feel or taste things that others don't, our Hearing Voices Network Group might be helpful to you. This group is connected to Intervoice, the International Hearing Voices Movement, and is a safe place where people can meet and talk about their experiences without being judged or diagnosed. Please note: you do not have to self-identify as hearing voices to attend this group. Please go to [www.hearingvoicesusa.org](http://www.hearingvoicesusa.org) for more information.

**Trauma Survivors:**  
**Thursdays @ 2:00 PM - 3:30 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

Trauma survivors is a place where individuals affected by trauma can talk openly about the effects of trauma without judgement or criticism in a confidential environment.

**Men's Group:**  
**Fridays @ 10:00 AM - 11:00 AM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

The Men's Group is a member run group for men to get together to talk about issues pertaining to males in today's society.

**Anxiety/Depression Support:**  
**Fridays @ 2:00 PM - 3:30 PM**  
**Zoom Phone Number: 1-929-205-6099**  
**Zoom Meeting ID: 603-352-5094**

The purpose of this group is to provide us with the opportunity to talk honestly and openly about our experiences with anxiety, depression, and related topics. It is a place where we can find connection and understanding by talking about our common experiences.



# Thoughts on Self Quarantine as a Stay in Peer Respite

Right now, it feels like the whole world is in the sort of calamity you see in disaster movies with Dwayne Johnson saving school buses with just his biceps, and a lot of us have had to change our lives drastically to cope with it. Because we've had to temporarily shut the doors to our Peer Respite; I thought I'd talk about how I've been using working remotely and social distancing as a personal Respite Stay.

For illustration purposes, I think it's important to look at what Peer Respite stays are like. For those of you who don't know; peer respite is a community resource where folks who are experiencing what they identify as a mental health crisis can stay in a private room with access to trained peers 24/7 for six nights and seven days. This is different from a clinical psychiatric hospital stay in that there is no lockdown, no administration of meds, no restraints, and no clinicians. In Peer Respite, staff use Intentional Peer Support (IPS) and the Wellness Recovery Action Plan (WRAP) to hold space for individuals to empower themselves to grow through their time of crisis and achieve wellness as they define it.

Now, this might sound a lot like what many of us are going through right now (except without the trained peers to interact with 24/7). So, how do we turn this global pandemic into an opportunity for personal growth? Here are some of the things I think are important for my COVID/respite stay:

## Modifying my Daily Maintenance plan

Right now it is really important to define what I need to do everyday that keeps me well. What is my routine going to look like, and do I need it to look the same as when I wasn't isolated? For me, maintaining a normal morning routine has been super helpful in establishing a clear line between work and down time. That said, adapting my brakes to be more spread out has been essential in keeping me on task when I am working. The variables are endless here so it's really a space to get creative about what I want and need day to day.

## Clearing, Setting up, and generally defining what I want my space to look like

In a respite stay, it's often an unfamiliar space. My home, I assume, is pretty familiar. Both spaces will probably need some modifications to be a comfortable space for healing, rest, play, work, and whatever is needed for my time to look how I want it to.



## Define what my supports do and don't look like

As mentioned earlier; Peer Respite gives me 24 hour access to trained peer support. Home...not necessarily. So this is an important time to decide what support I will need or want. Maybe my roommate? Maybe absolutely not my roommate. Maybe there are online support groups and trusted folks I reach out to over the phone or internet with on a regular basis. If that is the case now might be a good time to inform them of my need and negotiate what holding support space for each other looks like. Maybe I am very self reliant and actually need to define clear boundaries for myself around how available I am to others.

## What am I moving toward?

One more thing to consider is what, if anything, I would like to get out of this experience. Are there projects or hobbies I would like to spend more time with. Do I have any goals I want to achieve? Do I want to think about what I want my life to look like when my stay ends and some normalcy returns? These are all questions I have been pondering since this stay started. IPS talks about moving towards what we want as different from moving away from what we don't as a key element of how to turn crisis into an opportunity. It's up to you and I to define what that opportunity is and go for it.

## a final note from the author

In writing this I want to acknowledge my privilege to have access to things I may take for granted. Things like a computer to write this on. A smartphone to access all my friends and online support, entertainment, and education. A home to feel safe in. A strong support network. Being a fit, cis-gendered, white male in his 30s. These are all things that give me a lot of privilege in the midst of this crisis. It is important to me that I acknowledge these privileges because I do not want them to detract from the message that crisis can be an opportunity for anyone, not just the most well off of our society. Indeed, it is when the least advantaged in our communities are generally happy, secure, and given the space to empower themselves that we can really call ourselves civil.

These points I share with the intent that the reader adapts the key points to their life, their needs and wants, and their specific situations. I hope that this time of difficulty for the world is a time of personal development, curiosity, and hope for each of us and our communities.

This will be the first of an ongoing series on Remote Respite ideas in the days and months ahead. Live long and prosper,

Doug Robertson  
Respite Coordinator with MPS

# What's in our wellness toolbox?



Attending Online  
Groups



Playing board games



Engaging with the  
community



Going for a walk



Playing with pets



Doing crafts



Listening to music



Watching TV/movies



Engaging with my  
faith and spirituality





# Zoom Etiquette for groups

Hey y'all, we know transition is tough. That's why we've created an etiquette tips help people use ZOOM so they can continue to give & receive support from the MPS community

-You can mute your own voice/phone and turn off your video in the event that you know you will be making a lot of noise. The facilitator may need to mute you because of background noise and it is nothing against you. It's only because the background noise takes over. Facilitators will unmute you as soon as they can and will let you know that they had to mute you.

-Zoom picks up all background noises including pets so please turn off TV's, music, etc., if you press the space bar you will be able to be temporarily unmuted.

-One voice at a time--it's okay for there to be silence. Multiple voices at a time means that the sound cuts out for everyone.

-We ask that you be in a private space. If you can't be by yourself, we ask that you use earbuds/headphones and try to find a private space. Please avoid saying anyone's name or any identifying facts about people in the group. If you are around children, please be aware that what you say could be traumatizing for young ears.

--When technology breaks up, feel free to ask people to repeat themselves. Sometimes it is helpful to raise your hand if you are using video

-It's okay for there to be silence

-In the event that technology and poor internet connection interrupts someone when they are speaking, the group will hold space for folks to repeat what they are saying when the connection is better

-We talk about the topics and negotiate what is recorded at the end of the group before check out, as well as keeping initials to prove to the state that we are still doing peer support even when our physical space is closed.

-please be on time as it saves the group from having to repeat important information

-We ask that any smoking or alcohol happen off camera as it can be activating for others.

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Thank you again for your patience during this transition. Working together, we are creating a whole new way for our community to connect.

Your support and cooperation are so valued by the staff and volunteers of MPS.

# Intentional Peer Support

U B C M J H J W I Y X E R I W O N C U O  
 U A K O O A C J T L V N O N E R E F Q I  
 M N I P L T V I T I A P T D I R T E D U  
 M Y E G D E N P T A E T A I V L S A P N  
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ADVOCACY  
 ALTERNATIVE  
 COLEARNING  
 COMMUNITY  
 CONNECTION  
 FACILITATOR  
 FEAR  
 GROUPS  
 HOPE

INDIVIDUAL  
 LISTEN  
 MEMBERSHIP  
 MOVINGTOWARDS  
 MUTUALITY  
 PEER  
 PERSECUTOR  
 POSSIBILITY  
 RELATIONSHIP

RESCUER  
 RESPITE  
 SUPPORT  
 TOGETHER  
 TRAUMA  
 VICTIM  
 VOICEHEARER  
 WORLDVIEW  
 WRAP



# April 2020

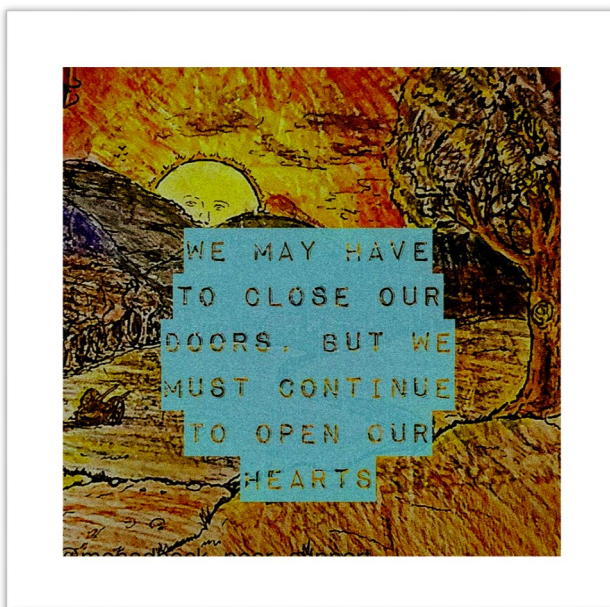
Find us on Facebook at Monadnock Peer Support Agency or Monadnock Peer Support Community Group or on Instagram at Monadnock\_PeerSupport.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Check In</b> 9:15 AM—9:45 AM  <b>Feelings of Anger</b> 1:00 PM—2:30 PM  <b>Women's Group</b> 2:30PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:15 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>LGBTQ+ Support</b> 12:00 PM—1:00 PM  <b>Check Out</b> 4:00 PM—4:15 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Isolation Support Group</b> 1:00 PM—2:30 PM  <b>Check Out</b> 4:00 PM—4:15 PM  <b>Depression/Bipolar Support</b> 5:30PM—7:00 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Hearing Voices Network-USA</b> 12:00 PM—1:30 PM  <b>Trauma Survivors Group</b> 2:00 PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:15 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Men's Group</b> 10:00 AM—11:30 AM  <b>Anxiety/Depression Group</b> 2:00 PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:15 PM

To join a Zoom group, enter the Zoom meeting ID into the "join a meeting" box on either their web browser or the Zoom application.

To call into a Zoom meeting, please dial **1-929-205-6099** and, when prompted, enter in the corresponding meeting ID found on page 7. For any clarification, please call us directly at 603-352-5093/5094, Monday through Friday, 9:00 AM –4:00 PM



**Join us for Online Peer Support Groups (see page 7)! Our physical doors may be temporarily closed due to COVID-19, but our community is always open and here for support.**  
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