

# 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.19 No.7**

**JULY**

## Monadnock Area Peer Support Agency

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

Mon. & Fri. 9:00 am to 5:00 pm & Wed. 11:00 am-7:00 pm & Tues. & Thurs. 9:00 am-7:00 pm

Phone: (603) 352-5093, (603) 352-5094 or Toll Free (866)-352-5093/FAX: (603) 355-8211

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

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

[www.monadnockpsa.org](http://www.monadnockpsa.org)

Monadnock Area Peer Support Agency is a Monadnock United Way Agency





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July 2019 Vol. 19 No. 7

Monadnock Area Peer Support Agency & Monadnock Peer Respite

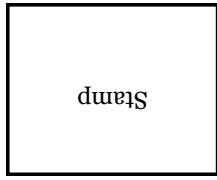
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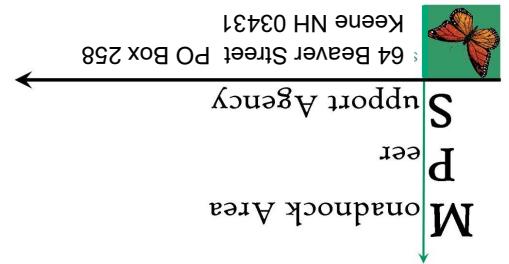
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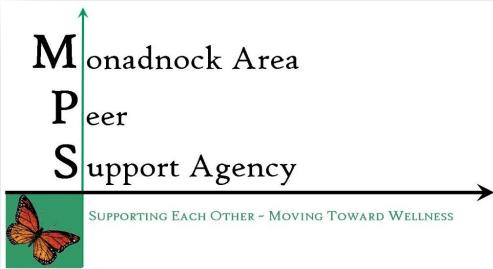
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Address Service Requested





## 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:** Jim McLaughlin, Respite Coordinator

[jmlaughlin@monadnockpsa.org](mailto:jmlaughlin@monadnockpsa.org)

[www.monadnockpsa.org](http://www.monadnockpsa.org) (603) 352-5093

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

...for anyone who is experiencing distress and feels they would benefit from being in a short-term, 24-hour, peer-to-peer, supported environment with others who have "been there." We strive to provide a safe place in which each person can find the balance and support needed to turn what is so often referred to as 'crisis' into a learning and growth opportunity.

**Monadnock Peer Respite (MPR)** is founded upon years of community advocacy that has recognized the value of peer-to-peer support. It operates based upon several core values including genuine human relationships, self-determination and personal strength, mutuality, optimism, healing environments, and respect.

While at MPR, you'll have the opportunity to connect with people who know how to listen and who have lived experience. You will also have the privacy of your own room, time to rest and take a break from life's concerns. You will be in charge of how you use your time during your stay.

To get started... If you think you might be interested in staying at MPR, contact us and let's start a conversation about what you're looking for and whether MPR may or may not be the right fit for you!



# Executive Director Evaluation

The Board of Directors wants Member feedback!

Please right-click on the link below to fill out an anonymous 10 question survey to let Peter know how he's doing as MPS's director!  
The Board will gather the information and present it to Peter during his review.

<https://www.surveymonkey.com/r/RB9RRMY>

## The Spring of My 56th Year

By Jodie Cota

In the spring of my 56th year of life I was given a prognosis: that being—get my diabetes under control. My primary doctor upped my metformin. My high diabetes, if not to deal with my avoidable high spikes of blood sugar.

Or worse, death.

A pretty grim picture. But in the renewal of spring, in nature coming back with its lush greenery, I want to revitalize. Become the best person I can be! I emotionally think I am already there. Now I'm eating healthily—fruit when I feel I need a snack. I literally am eating fruits of my labor. It is coming into fruition that I can have control of my high blood sugar. Having a free will that I believe God has given me to make decisions, I don't have to be afraid of eating fruit. I now have a regimen of eating some of my favorite fruits. Which has left me with very few spikes of blood sugar.



Snoopy and Woodstock drawn by Emily



Colored by Daria

We are always looking for new contributions! If you have artwork, photographs, poetry, prose, fiction, non-fiction, letters, etc., please drop a copy off at/send a hard copy to 64 Beaver Street—Keene NH 03431 or submit electronically at [klauford@monadnockpsa.org](mailto:klauford@monadnockpsa.org). Submissions are published first come, first serve & on an ongoing basis. Questions about your submission? Please call (603) 352-5093. Opinions expressed in these pages are those of the individual artists and do not necessarily reflect the opinions or positions of Monadnock Area Peer Support Agency, its staff, supporters or funders.

# **“You Are Loved (Don’t Give Up)”**

Sung by Josh Groban

Written by Thomas “Tawgs” Salter, Molly Kaye

Don't give up  
It's just the weight of the world  
When your heart's heavy I --

I will lift it for you

Don't give up  
Because you want to be heard  
If silence keeps you I --  
I will break it for you

Everybody wants to be understood  
Well I can hear you  
Everybody wants to be loved  
Don't give up  
Because you are loved

Don't give up  
It's just the hurt that you hide  
When you're lost inside I --  
I'll be there to find you

Don't give up  
Because you want to burn bright  
If darkness blinds you I --  
I will shine to guide you

Everybody wants to be understood  
Well I can hear you  
Everybody wants to be loved  
Don't give up  
Because you are loved  
You are loved



# Support Groups, Wellness Groups and Activity Descriptions

**Anxiety/Depression Support (Fridays, 3:00-4:30 pm)**—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.

**\*\*NEW DAY AND TIME\*\* Arts and Crafts for Recovery (Tuesdays, please check page 5 for dates, 3:00-4:00 pm)**—For many people, creativity plays a key role in maintaining recovery and wellness. Come flex your artistic muscles and make some art that will help inspire you as you continue on the road of recovery and wellness! This group started as a Member idea and is largely Member-run.

**Check In (Monday, Tuesday, Thursday, Friday & Saturday at 9:15 am; Wednesday at 11:15 am) and Check Out**

**(Monday, Tuesday, Thursday, Friday at 4:45 pm; Saturday 12:45 pm; Wednesday, 6:45 pm)**—Join us at the beginning or end of each day for Check In or Check Out, a time where we gather in the Living Room and share how we are. It is always acceptable to say “pass” if you don’t have anything you would like to say. Share your answers for the question of the day and join with us as we create a supportive community!

**\*\*NEW DAY AND TIME\*\* Community Garden—**

**(Thursdays, 10:00-11:00 am)**—Are you interested in gardening? Do you have a green thumb? Come be part of the team that plans and delegates responsibilities for tending our Keene Community Garden Connections Raised Beds. All are welcome—even if you don’t have a green thumb!

**Community Kitchen/Grocery/Pharmacy Run**

**(Wednesdays, 12:15-2:15 pm)**—Are you a part of the MPS community and you need a ride to the Community Kitchen, or the pharmacy in Keene? We can provide you with free transportation! Call 352-5093 or come in to sign up. We go to Market Basket on the 1st Wed., Wal-Mart on the 2nd Wed., Aldi on the 3rd Wed., and the Dollar Store on the 4th Wed. of the month. **Service is only offered one day per week so please be sure to sign up in advance.**

**Community Lunch Prep, Community Lunch & Lunch**

**Clean-Up (Tuesdays, 10:30 am-1:00 pm)**—Do you enjoy cooking? Come make a meal with us! We bring lunch out to the barn and sit around the table, family style. Please purchase a lunch ticket for \$2. Don’t have \$2? Help with lunch prep or clean up! This is member run! **Please note: please sign up by Monday—we need 2 or more people to make lunch. Time subject to change.**

**Community Meeting (First and Third Tuesday, 1:15-2:15 pm)**

**Monadnock Area Peer Support Agency is your Center.** Attend this meeting and learn about groups, speakers and events; use your voice to suggest, question and have a say in how MPS is run. Help us plan the menu, find out about committees and hear what happened at the Board Meeting. If you miss a meeting or a speaker, check out the Community Meeting Minutes Binder or Monthly Speaker Binder in the Living Room.

**Consumer Council (3rd Tuesday of the Month, 11:00 am-1:00 pm)**—Are you interested in what’s happening around mental health issues in the State of NH? The mission of the Council is to “educate and advocate with consumers, clinicians and mental health administrators in pursuit of equal rights and a recovery-based mental health system, and to empower consumers to participate and exercise leadership in regional and statewide forums,” so get ready to make your voice heard when you attend. Please join us as we teleconference for this important, statewide meeting! Please email Tom Grinley at [Thomas.Grinley@dhhs.nh.gov](mailto:Thomas.Grinley@dhhs.nh.gov).

**\*\*NEW DAY AND TIME\*\* Creative Writing (Fridays, 1:30-2:30 pm)**—Creative Writing is open to all members and is member run! We explore new ideas, write for wellness and recovery do journaling, fiction, poetry or autobiographical writing. People are invited to write what they chose. Any piece of writing can be submitted for the MPS Butterfly Bulletin.

**Depression/Bipolar Support (Wednesdays, 5:15-6:45 pm)**—Get support from others who have personal experience with feelings of depression, anxiety and/or mania in a safe and confidential environment.

**Hearing Voices Network (USA) Group (Thursdays, 1:00-2:30 pm)**—If you hear voices or, see things that others don’t, or have experiences that no one gets, a Hearing Voices Network USA Group just might be the thing for you. This group is connected to Intervoice, the International Hearing Voices Movement, and provides a safe place where people can meet and talk about their experiences without fear of judgment, shame. You can talk about, explore and find meaning with others who share similar experiences in this peer-facilitated group. Please note: you do not have to self-identify as hearing voices to attend this group. This group is a HVN USA Chartered Group. *Please go to [www.hearingvoicesusa.org](http://www.hearingvoicesusa.org) for more information.*

**LGBTQ Support Group (Tuesdays, 5:00-6:30 pm)**—Have you struggled with mental health and exploring your sexual orientation or gender identity? Those attending this group will gain the benefit of giving and receiving support in a safe, stigma-free and non-judgmental, peer facilitated group with people who share similar emotional and life challenges.

**Men’s Group (Friday, 10:00-11:00 am)**—A group is formed by and for the male members of MPS. It is simply called Men’s Group. It is a member run group with no particular facilitator, and is a time for men to get together to talk about issues pertaining to men.

**Movie/Game Group (Mondays, 1:30-4:30 pm)**—Come together and watch a different movie or game each week. You are welcome to bring your own movies or games to share. This group is member-run.

**Music (Wednesdays, 3:00-5:00 pm)**—Come listen to a variety of music, recorded and live, sing and dance along if you wish, or just relax. You are welcome to play our (tuned!) piano in the barn or bring your own instrument to play! This group is member-run.

**Print Week (Usually 3rd Week of the Month)**—Come join us as we print the “Butterfly Bulletin Newsletter” and get it ready for delivery! *Please note: week is subject to change without notice.*

**Survivors of Suicide Attempts (LAST Friday of the Month—3:30-4:30 pm)**—For many of us, suicide can seem like the only option. If you have survived trying to end your life, this peer-run group is a safe place to talk about what you have been through and what you’re going through in an empathetic and non-judgmental environment.

**Swimming (Thursdays—3:00-4:30 pm)**—When the weather gets hot, MPS goes swimming! Join us as we head to a local watering hole and enjoy the outdoors together. Please bring a swimsuit, towel, sunscreen and change of clothes and enjoy the water.

**Volunteering at Fast Friends (Mondays, 10:45 am-12:45 pm)**—Come lend a hand to the staff of Fast Friends and visit with the animals—free transportation from MPS to MHS and back. *Please ask Jim N. for an application if you are interested in attending. Please note—there is once a month member volunteer orientation you must complete before being allowed to volunteer.*

**Warm Line (Seven Nights a Week, 365 Nights a Year, 4:00-9:00 pm)**—A confidential and non-judgmental peer support service offered nightly. Call the Warm Line at (603) 352-5093 or toll free at 1 (866) 352-5093 if you are feeling lonely, stressed, happy, have bad news or good news, or if you just want to talk with someone.



Did you know that MPS offers FREE transportation to our center at opening and from our center at closing? We cover the Monadnock Region.

To sign up for a ride please call us 30 minutes before closing or earlier to get on the list! *Please note: Van is NOT ADA Accessible at this time.*



# JULY



## Monadnock Area Peer Support Agency: Groups, Events and Activities

### MPS HOURS

Mon., Fri. 9:00 am-5:00 pm; Tues., Thurs. 9:00 am-7:00 pm; Wed. 11:00 am-7:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Check In: 9:15 am <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm Check Out: 4:45 pm	<b>2</b> Check In: 9:15 am <b>Community Lunch Prep, Community Lunch &amp; CleanUp</b> 10:30 am-1:00 pm <b>Community Meeting</b> 1:15-2:15 pm <b>Arts &amp; Crafts for Recovery</b> 3:00-4:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm Check Out: 6:45 pm	<b>3</b> Check In: 11:15 am <b>Com. Kitchen/Grocery/Pharmacy/Market Basket</b> 12:15-2:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm <b>Check Out: 6:45 pm</b> <i>No transportation home from MPS today. Transportation home from game only</i>	<b>4</b> <b>Closed for Independence Day Happy 4th of July!</b> 	<b>5</b> Check In: 9:15 am <b>Fridge Cleaning</b> 11:30 am <b>Men's Group</b> 10:00-11:00 am <b>Creative Writing</b> 1:00-2:30 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm Check Out: 4:45 pm
<b>8</b> Check In: 9:15 am <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm Check Out: 4:45 pm	<b>9</b> Check In: 9:15 am <b>Community Lunch Prep, Community Lunch &amp; CleanUp</b> 10:30 am-1:00 pm <b>Arts &amp; Crafts for Recovery</b> 3:00-4:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm Check Out: 6:45 pm	<b>10</b> Check In: 11:15 am <b>Com. Kitchen/Grocery/Pharmacy/Walmart</b> 12:15-2:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm Check Out: 6:45 pm	<b>11</b> Check In: 9:15 am <b>Community Garden</b> 10:00-11:00 am <b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Swimming</b> 3:00-4:30 pm Check Out: 6:45 pm	<b>12</b> Check In: 9:15 am <b>Fridge Cleaning</b> 11:30 am <b>Men's Group</b> 10:00-11:00 am <b>Creative Writing</b> 1:00-2:30 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm Check Out: 4:45 pm
<b>15</b> Check In: 9:15 am <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm Check Out: 4:45 pm	<b>16</b> Check In: 9:15 am <b>No Consumer Council this month</b> <b>Community Lunch Prep, Community Lunch &amp; CleanUp</b> 10:30 am-1:00 pm <b>Community Meeting</b> 1:15-2:15 pm <b>Arts &amp; Crafts for Recovery</b> 3:00-4:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm Check Out: 6:45 pm	<b>17</b> Check In: 11:15 am <b>Com. Kitchen/Grocery/Pharmacy/Aldi</b> 12:15-2:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm Check Out: 6:45 pm	<b>18</b> Check In: 9:15 am <b>Community Garden</b> 10:00-11:00 am <b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Swimming</b> 3:00-4:30 pm Check Out: 6:45 pm	<b>19</b> Check In: 9:15 am <b>Fridge Cleaning</b> 11:30 am <b>Men's Group</b> 10:00-11:00 am <b>Creative Writing</b> 1:00-2:30 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm Check Out: 4:45 pm
<b>22</b> Check In: 9:15 am <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm Check Out: 4:45 pm	<b>23</b> Check In: 9:15 am <b>Community Lunch Prep, Community Lunch &amp; CleanUp</b> 10:30 am-1:00 pm <b>Arts &amp; Crafts for Recovery</b> 3:00-4:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm Check Out: 6:45 pm	<b>24</b> Check In: 11:15 am <b>Com. Kitchen/Grocery/Pharmacy/Dollar Store</b> 12:15-2:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm Check Out: 6:45 pm	<b>25</b> Check In: 9:15 am <b>Community Garden</b> 10:00-11:00 am <b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Swimming</b> 3:00-4:30 pm Check Out: 6:45 pm	<b>26</b> Check In: 9:15 am <b>Fridge Cleaning</b> 11:30 am <b>Men's Group</b> 10:00-11:00 am <b>Creative Writing</b> 1:00-2:30 pm <b>Survivors of Suicide Attempts</b> 3:30-4:30 pm Check Out: 4:45 pm
<b>29</b> Check In: 9:15 am <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm Check Out: 4:45 pm	<b>30</b> Check In: 9:15 am <b>Community Lunch Prep, Community Lunch &amp; CleanUp</b> 10:30 am-1:00 pm <b>Arts &amp; Crafts for Recovery</b> 3:00-4:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm Check Out: 6:45 pm	<b>31</b> Check In: 11:15 am <b>Com. Kitchen/Grocery/Pharmacy</b> 12:15-2:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm Check Out: 6:45 pm	Swamp Bats Independence Eve, July 3rd. Leave MPS at 5:30 pm. Transportation from the game to home only  <b>Please Sign Up For Community Lunch by the Monday before to make it happen! This is member run!</b>  <b>Monthly speaker to be announced</b>	Please right-click on the link to fill out an anonymous 10 question survey to let Peter know how he's doing as MPS's director! See page 3 for details.  <a href="https://www.surveymonkey.com/r/RB9RRMY">https://www.surveymonkey.com/r/RB9RRMY</a>

