

# 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.6

JUNE

## 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



### MPS Wish List

- ♦ Energy efficient dryer
- ♦ Energy efficient washer
- ♦ Box Fans
- ♦ Air conditioner
- ♦ Gently used and new rugs
- ♦ Non perishable snacks
- ♦ Thin markers for coloring
- ♦ Gel pens
- ♦ Conference table
- ♦ Small kitchen table
- ♦ Portable radio/CD player w/ auxiliary cable
- ♦ Vacuum cleaner
- ♦ Adult scissors
- ♦ Travel mugs with lids (non glass)
- ♦ Non-rolling office chairs without arms
- ♦ Coffee

### Monadnock Peer Respite Wish List

- ♦ Towels/Wash Cloths
- ♦ Rugs
- ♦ Books (mental health, healing etc.)
- ♦ NEW in package queen bed sets, spreads
- ♦ NEW pillow cases
- ♦ 2 Tall Laundry Baskets with Bags
- ♦ Extension cords
- ♦ Couch
- ♦ Chairs
- ♦ Floor Lamps
- ♦ Inspirational Wall Art
- ♦ Scent Free Laundry Detergent
- ♦ Box floor fan
- ♦ 4 Flashlights

### Marla's Cabinet Wish List

- ♦ Deodorant (men's/women's)
- ♦ Razors (men's/women's)
- ♦ Body wash (men's/women's)
- ♦ Shaving gel (men's/women's)
- ♦ Shampoo/Conditioner (women's/men's)
- ♦ Please no bar soap at this time
- ♦ Toilet Paper—individually wrapped rolls please
- ♦ Toothpaste
- ♦ Brushes
- ♦ Tampons

Got an extra roll of women's or men's deodorant? Going to the store to buy some more tampons, pads, razors or (individually wrapped) toilet paper? Please consider buying an extra pack to donate to Marla's Cabinet!

*Please note: Marla's Cabinet is for members who actively participate at MPS.*



### **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.***





Members and staff from MPS, Connections Peer Support, and the Alternative Life Center pose at the Capital Building in Concord after testifying for an increased peer support budget before the Senate Budget Committee in May.

## State Action Fuels Uncertainty for Keene Mental-Health Service

By Liora Engel-Smith Sentinel Staff May 4, 2019

<https://tinyurl.com/MPSKeene>

The N.H. House of Representatives passed two bills this week that would begin to put into effect the state's new 10-year mental health plan. But one local mental health agency is worried about its future after the state canceled without explanation its process for securing funding.

The N.H. Department of Health and Human Services on Wednesday discontinued a request for proposals for contracts that would guarantee two years of state funding for eight peer support organizations, including Monadnock Area Peer Support Agency. What exactly that means for a funding source on which the Keene-based organization relies remains to be seen. One state lawmaker said he had been assured support for these agencies will continue. But as of Friday, Monadnock Area Peer Support Agency Executive Director Peter Starkey said he'd heard nothing.

On Thursday, the House passed by voice vote Senate Bill 11, which appropriates funds for the state's mental health plan, and Senate Bill 292, which requires regular reports on the plan's progress from the health department. SB 11 passed in the Senate in February, and SB 292 passed the following month, and they now await Gov. Chris Sununu's signature.

The bills signaled the Legislature's commitment to ensuring the 10-year plan, released in January, will be put into action, unlike the previous report, which came out in 2008 but was never implemented.

The latest plan stresses the importance of peer support to people with mental illness. It also calls for integrating these services "throughout the continuum of care."

But no one was celebrating at Monadnock Area Peer Support Friday, Starkey said. The agency receives about 95 percent of its roughly \$270,000 annual budget through a two-year contract from the state, he said, with the rest coming from private donations and a Monadnock United Way grant.

"It's unfortunate," he said of the bid process' cancellation. "It doesn't make us feel secure."

The agency's most recent two-year contract expired last June, Executive Council minutes show. Between Monadnock Area Peer Support and the seven other agencies affected by the request-for-proposals cancellation, the department committed to pay more than \$5 million over those two years, with about 55 percent coming from the federal government and the remainder from the state's general fund. After the contract expired, the state extended it by a year, Starkey said. His agency submitted a new proposal in March, a few weeks after the state published the request.

In announcing it was canceling the request for proposals, the health department did not explain its reasoning. An email Thursday morning from the department to the peer support agencies, which was reviewed by The Sentinel, also lacked details. Julianne Carbin, director of the state's Bureau of Mental Health Services, wrote in the email that the department will work with the agencies to "renew and extend" the existing contracts.

Health department spokesman Jake Leon said in a statement Thursday that the department cannot speak publicly about the reasons for the cancellation. Representatives from Gov. Chris Sununu's office did not respond to interview requests Thursday.

"Peer support agencies are a critical component of the State's mental health system, and the Department will continue to support these services through our existing relationships with (peer support agencies)," Leon wrote.

N.H. Sen. Tom Sherman, D-Rye, who chairs the Senate's Health and Human Services Committee, said Health and Human Services Commissioner Jeffrey A. Meyers told him the bid process was canceled for administrative reasons and that the state remains committed to peer support services. Sherman said he did not know when the eight agencies will receive additional funding.

"I did not get a sense of when a resolution would be provided to the agencies, but I was reassured by the Commissioner of the Department's commitment to providing these services," he wrote in an email Friday. "I cannot speak for the Department but can only report the responses that were given to me by the commissioner."

Leon did not respond to an email Friday seeking additional details about the state's next steps.

In a phone conversation Thursday morning, Starkey said the funding uncertainty puts his agency's long-term viability at risk. Its members, he said, are likewise worried that the community they built might not last.

The nonprofit organization, established in the 1990s, supports people with mental health needs through interactions with trained peers, groups and short stays in respite beds for members who don't want to be alone during a mental health crisis. Monadnock Area Peer Support's services are non-therapeutic, but teach members to anticipate and plan for rough patches, to help them avoid frequent hospitalizations.

Last year, 313 people received face-to-face support through programs at the agency's Beaver Street location and its outreach activities, according to Starkey. Staff also answered roughly 300 to 400 calls each month from people seeking support for a mental health condition, he added.

Starkey said he thinks the health department might extend the existing contract by another year, but is worried about what might come next. According to materials submitted to the Executive Council in June 2016, the department can extend the contract by up to four years.

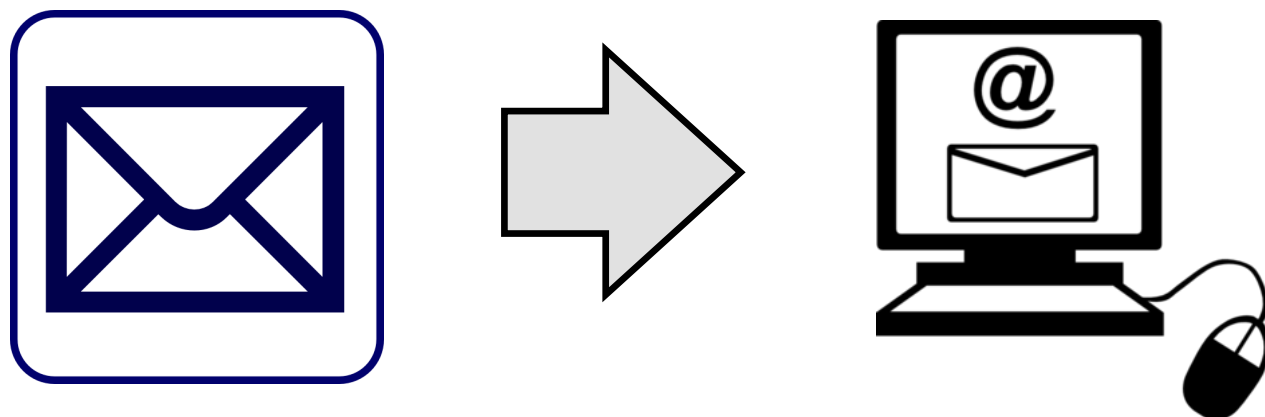
"I'm hopeful that the state will, at the least, fund our contract for the next year" he said. "I think that (the cancellation) is not keeping in the spirit of the state mental health plan, which talks about increasing peer support at all levels."

In the meantime, Monadnock Area Peer Support is working through options to remain viable should state funding stop this year or the next.

"If they decide not to fund, then we go into crisis mode, if they decide to fund at the same level with the same contract for a year, it means that we are having to do business as usual, but it definitely worries me when I look at the strategic long term goals of the agency and our funding," he said. "... Can we really rely on state aid to continue funding when the state can just pull the (request for proposals) with no explanation?"



# Newsletter Mailing Announcement



Unfortunately,  
Due to budget constraints, this will be the last postage  
mailing of The Butterfly Bulletin.

We will still be printing copies at the center, and  
E-mailing it monthly. We will also deliver copies to  
Keene Public Library, Cheshire Medical, and Monad-  
nock Family Services, and other area organizations

Please email us or give us a call to be added to the email  
list, or come into the center to print a copy to take  
home!





## Thank You

Joe and Brian for Newsletter Delivery!  
Brian, Theresa, Sarah, Jodie Jim N., Jess and Kyle for May Newsletter help!  
Tracy for donating Dish-wand Scrubby and dish towels!



Have you donated something or done something for MPS and we didn't notice?  
Please let staff know and we'll be glad to include a thank you in the next Newsletter!



### *June Trip*

*We will be going to Canterbury Shaker Village. We will leave at 9:30 am on Thursday, June 13th. Please bring your own food and money. Transportation from MPS will be available. Hope to see you there!*

### *Marla's Cabinet in Need*

*Have you ever gotten a donation from Marla's Cabinet? Well now would be a great time to give back! Marla's cabinet is in dire need of some donations! The list of things we need for Marla's Closet is on page 2 of this newsletter. Even if you donate just one item, that would be greatly appreciated! If everyone donated just one item that would add up. Let's work together to support each other in difficult times. Thank you in advance!*

### *Clothes*

*Do you need nice clothes for an event or an interview? We have men's and women's clothes available for free! \*Sizes Vary \*Please take just 1 outfit*

*\*We are not taking donations of clothes at the moment*

### *Please Note*

*If you want to get in contact with any of the staff at MPS you must call line 2 (603-352-5094) after 4:00 pm. If you call line 1 you will get the warm line. Thank you!*

### *Trial Hours*

*We are doing a trial run for new hours! We are closing on Saturdays and instead going to be open on Tuesday and Thursday from 9:00 am-7:00 pm! Even with this trial we still want to know which of the two options provided that you would prefer to see! Please click the link below to vote! If the link doesn't work please write your preference down and put it in the survey box!*

<https://www.surveymonkey.com/r/BN283VI>

### *Editors Note*

*If you notice any typos/mistakes please let me know and I will point them out. Looking for ideas to put into the newsletter! What would you like to see? Please e-mail [klaforad@monadnockpsa.org](mailto:klaforad@monadnockpsa.org) with your ideas to make the newsletter great!*



## Intentional Peer Support Quote of the Month



“Where the task in mental health is finding the right treatment for an array of illnesses, peer support is about building intentional relationships where both people learn and grow. A good outcome from mental health treatment is that the person being treated is managing their illness. A good outcome for peer support is that both people will have learned to think about themselves and their relationships in new ways, and will also have started on a path of creating what they want in their lives.



### LOCAL JUNE HIGHLIGHTS IN THE MONADNOCK REGION

**Flourishing Skills Group**— Tuesday, June 4th from 5:15-6:30 pm. Registration is optional--feel free to come when you can! We could all use a little help reducing stress, building resilience, and cultivating joy to create more meaningful, happy lives. This monthly skills group will allow you tune inward and use Positive Psychology tools to improve your life in a non-judgmental, supportive group setting. Each meeting will start with an overview of the month's topic and tools like gratitude, mindset, and mindfulness, then group activities to build the supportive connections that will help you apply and sustain these skills and practices in your daily life. For more information: <https://www.facebook.com/events/2851670981517459>. Held at the Cheshire Medical Center Central Conference room 6; located at 580 Court St, Keene, NH.

**Your Medicine Cabinet and You**— Thursday, June 13th from 3:00--4:30 pm. FREE. Join us for an interactive discussion of the rights and responsibilities of healthcare providers and individuals regarding medications. We will cover such practical issues as: medication assistance programs, proper storage and use of medications, questions to ask your doctor during appointments, questions to ask your pharmacist, and what's new in the world of medications. For more information: <https://www.facebook.com/events/432886150785462/>. Held at Cheshire Medical Center Auditorium A and B, located at 580 Court St, Keene, NH.

**Stress, Hormones, and Health Workshop**— Wednesday, June 19th from 5:30-7:00 pm. FREE. In this workshop, you will learn how hormone imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning. You will also learn why “counting calories” doesn't work for belly fat and the biggest mistakes that people make with exercise that prevents weight loss. What really works for permanent loss of belly fat? Attend this workshop to find out! About the Speaker: this invigorating seminar will be presented by Dr. Gene Clerkin, a passionate speaker, with 25 years of experience as a licensed chiropractor, specializing in Functional Wellness and nutrition. His practice focuses on comprehensive wellness programs designed to teach individuals how to become more in tune with their bodies and take care of themselves over the long-term. For more information: <https://www.facebook.com/events/318653092135365/>. Held at The Hannah Grimes Center for Entrepreneurship in the Colony room located at 25 Roxbury St, Keene, NH.



### NH Mental Health Consumer Council

#### MISSION STATEMENT

The mission of the NH Mental Health Consumer Council is to educate and advocate with consumers, clinicians, and mental health administrators in pursuit of equal rights, a recovery-based mental health system, and to empower consumers to participate and exercise leadership in regional and statewide forums. Council meetings will be conducted in a safe environment that respects the needs and contributions of all participants. To become a member of Consumer Council, if you have ideas about speakers, want to know where Consumer Council is held, or if you would like to be on the email list for receiving the minutes, please contact

Ken Lewis, Chairperson at: [kenl-hearts@comcast.net](mailto:kenl-hearts@comcast.net) If you want to join the teleconference on your own, please contact  
Tom Grinley at: [Thomas.Grinley@dhhs.nh.gov](mailto:Thomas.Grinley@dhhs.nh.gov). **3rd Tuesday of the Month 11:00 am-1:00 pm**



#### NH MHPAC

The NH Mental Health Planning and Advisory Council (formerly BHAC) advocates for adults, children and youth with serious mental health challenges. [www.dhhs.nh.gov/dcbcs/bbh/grant.htm](http://www.dhhs.nh.gov/dcbcs/bbh/grant.htm)

The council meets quarterly (January, April, July and October) in public meetings, at the call of the Director of the Bureau of Mental Health Services (BMHS) or the Council Chair.

For more information contact: **Martha Jo Hewitt** at [tricitycoop@metrocast.net](mailto:tricitycoop@metrocast.net)  
**MHBG State Planner: Beth Anne Nichols** [Beth.Nichols@dhhs.nh.gov](mailto:Beth.Nichols@dhhs.nh.gov)



### State Committee on Aging

*The members of the State Committee on Aging (SCOA) identify concerns of older citizens and make recommendations to the Bureau of Elderly and Adult Services (BEAS) regarding policy and procedures to best protect the well being, rights and quality of life of older citizens. This Committee meets the first Monday of each month. If you would like additional information, please call Kim Hillsom at 603-271-9215 or send an email to [kim.hillsom@dhhs.nh.gov](mailto:kim.hillsom@dhhs.nh.gov).*

*If you would like information about the agendas or exact meeting times/places, please get in contact with Chairperson Ken Berlin at [kaberlin@comcast.net](mailto:kaberlin@comcast.net).*





# Community Resources and Advocacy Information

\*\*\*To connect with local resources, go to [www.211nh.org](http://www.211nh.org) or call 211\*\*\*

## ADOVOCACY

**NAMI NH**  
85 North State Street Concord, NH  
03301  
(603)-225-5359, Toll Free: 1-800-  
242-6264  
[www.naminh.org](http://www.naminh.org)

**Office of Consumer and Family  
Affairs, NH**  
thomas.grinley@dhhs.nh.gov  
(800) 852-3345, ext. 5045  
[http://www.dhhs.nh.gov/dcbcs/  
bbh/ocfa.htm](http://www.dhhs.nh.gov/dcbcs/bbh/ocfa.htm)

**Disabilities Right**  
64 N Main Street Suite 2 Concord NH  
(603) 228-0432 or (800) 834-1721  
<http://www.drcnh.org/>

**Substance Abuse and Mental Health  
Services Administration (SAMHSA)**  
5600 Fishers Lane Rockville, MD 20857  
1-877-SAMHSA-7 (877-726-4727) 800-  
487-4889 (TDD)  
<http://www.samhsa.gov/>

## COUNSELING

**MAPS Counseling Services**  
23 Central Square #300, Keene, NH  
03431  
(603) 355-2244  
9 Vose Farm Road Peterborough,  
NH 03458  
(603) 924-2240  
[www.mapsnh.org](http://www.mapsnh.org)

**Antioch Psychological Services  
Center**  
40 Avon Street, Keene  
(603) 352-1024  
[www.antiochne.edu/psc](http://www.antiochne.edu/psc)

**Mountain Wellness Associates**  
Center 155 Washington St, Keene  
NH 03431  
603-283-0195  
[www.mtnwellness.org](http://www.mtnwellness.org)

**MFS Locations: Administrative Of-  
fices**  
64 Main Street, Suite 201 Keene  
(603) 357-4400

**Adult Recovery and Emergency Ser-  
vices**  
17 93rd Street Keene  
(603) 357-4400

**Eastern Region Office**  
9 Vose Farm Road Suite 120 Peterbor-  
ough, NH 03458  
(603) 924-7236  
Winchester 83 Parker Street Winchester,  
NH 03470  
(603) 239-4376

## FOOD

**The Community Kitchen**  
37 Mechanic St, Keene  
(603) 352-3200  
[www.thecommunitykitchen.org](http://www.thecommunitykitchen.org)

**NH Food Bank**  
(603)-669-9725  
[www.nhfoodbank.org](http://www.nhfoodbank.org)

## GOVERNMENT AGENCIES

**Department of Health and Hu-  
man Services, Keene District  
Office**  
111 Key Road, Keene NH 03431  
(603) 357-3510; (800) 624-9700;  
TDD Access Relay (800) 735-2964;  
Fax (603) 352-2598

**List of Peer Support Agencies**  
[http://www.dhhs.state.nh.us/dcbcs/  
bbh/peer.htm](http://www.dhhs.state.nh.us/dcbcs/bbh/peer.htm)

**Bureau of Mental Health  
(BMH), NH**  
105 Pleasant Street Concord, NH  
03301

**Social Security**  
9 Elm Street Keene  
1-877-405-3651  
[www.ssa.gov](http://www.ssa.gov)

**Cheshire Medical Center**  
580 Court St, Keene  
(603) 354-5400  
<http://www.cheshire-med.com>

**Division of Mental Health, Commu-  
nity Based Care Services NH Depart-  
ment of Health and Human Services**  
105 Pleasant Street Concord, NH 03301  
(603) 271-5000; Toll Free (800) 852-  
3345, ext. 5000  
[www.dhhs.nh.gov/dcbcs/bbh/contact.htm](http://www.dhhs.nh.gov/dcbcs/bbh/contact.htm)

**DHHS Online application for ser-  
vices**  
<https://nheasy.nh.gov/>

**Division of Elderly and Adult Ser-  
vices**  
603-357-3510 press 6 when prompted  
[www.dhhs.nh.gov/dcbcs.beas/contact.htm](http://www.dhhs.nh.gov/dcbcs.beas/contact.htm)

## HEALTH

**Monadnock Community Hospital**  
452 Old St Rd Peterborough, NH 03458  
(603) 924-7191  
[www.monadnockcommunityhospital.com](http://www.monadnockcommunityhospital.com)

## HELPFUL COMMUNITY SERVICES

**Home, Healthcare, Hospice and  
Community Services**  
312 Marlboro St Keene  
(603) 352-2253

**Bereavement Support Groups ongo-  
ing support available.**  
Toll Free: 1-800-541-4145  
<http://www.hcsservices.org/>

**Hundred Nights Shelter and Drop-  
in Center**  
17 Lamson St, Keene  
(603) 352-5197  
[www.hundrednightsinc.org](http://www.hundrednightsinc.org)  
Mindy Cambiar, Executive Director

**Keene Community Education**  
(603) 357-0088  
<http://www.keenecommunityed.org/>

**Keene Senior Center**  
70 Court St, Keene  
603-352-5037  
[www.thekeeneseiorcenter.org](http://www.thekeeneseiorcenter.org)

**Planned Parenthood**  
8 Middle Street Keene, NH 03431  
(603) 352-6898  
[https://www.plannedparenthood.org/  
health-center/new-hampshire/  
keene/03431/keene-health-center-2744-  
91770](https://www.plannedparenthood.org/health-center/new-hampshire/keene/03431/keene-health-center-2744-91770)

**The River Center**  
9 Vose Farm Rd Suite 115, Peterborough,  
NH  
(603) 924-6800  
[www.rivercenter.us](http://www.rivercenter.us)

**Legal Advice & Referral Center  
(LARC)**  
15 Green St. Concord, NH 03301  
Phone Number: 800-639-5290 Fax Num-  
ber: 603-224-6067 [www.nhlegalaid.org/  
about/legal-advice-and-referral-center](http://www.nhlegalaid.org/about/legal-advice-and-referral-center)

**Southwestern Community Services**  
63 Community Way, PO Box 603, Keene  
03431  
(603) 352-7512, 800-529-0005  
[www.scschelps.org/](http://www.scschelps.org/)

**Keene Housing**  
831 Court St, Keene, NH 03431  
(603) 352-6161  
<http://www.keenehousing.org/>

**All Recovery Group**  
Every Wednesday, 6:30-7:30 pm  
Keene Serenity Center  
Contact: Jessica White (603) 283-  
5016  
All who have been touched by addiction  
including recoverees, friends and family  
are welcome to attend and participate

**Nar-Anon**  
Thursdays, St James Church Keene  
NH 7:00-8:30 pm  
Contact: (603) 352-1019

**Keene Vet Center**  
(603) 358-4900  
[http://www.whiteriver.va.gov/  
locations/keene.asp](http://www.whiteriver.va.gov/locations/keene.asp)

**Monadnock Center For Violence  
Prevention**  
12 Court Street, Keene, NH 03431  
(603) 352-3782  
[www.mcvprevention.org](http://www.mcvprevention.org)

**Pregnancy Resource Center of  
the Monadnock Region**  
100 Washington St, Keene, NH  
(603)-358-6460  
24 hour hotline  
1-800-395-HELP  
[info@pregnancyresourcekeene.org](mailto:info@pregnancyresourcekeene.org)

**Family Resource Guide**  
Po Box 126 Keene, NH, 03431  
[http://www.keenerotary.org/family-  
resource-guide](http://www.keenerotary.org/family-resource-guide)

**Vocational Rehabilitation**  
at The Center at Colony Mill 149 Em-  
erald St, Keene, NH  
(603) 357-0266  
[http://www.education.nh.gov/career/  
vocational/keene.htm](http://www.education.nh.gov/career/vocational/keene.htm)

**ServiceLink Resource Center of  
the Monadnock Region**  
105 Castle Street Keene, NH 03431  
Local Line-(603) 357-1922 Local Fax-  
352-8822

**Brattleboro Retreat**  
Central Intake and Ambulatory Ser-  
vices Anna Marsh Lane P.O. Box 803  
Brattleboro, VT 05302  
Toll free: 1-800-RETREAT Local: 1-  
802-257-7785  
[www.brattlebororetreat.org](http://www.brattlebororetreat.org)

## HOUSING

**Cheshire Housing Trust**  
168 Castle St Keene  
(603)-357-7603  
[www.cheshirehousingtrust.org](http://www.cheshirehousingtrust.org)

**Southwestern Community Services  
Housing**  
<http://www.scschelps.org/housing.htm>

## SUPPORT GROUPS

**NAMI Family Members Support  
Group**  
St. James Episcopal Church, 44 West St,  
Keene  
Contact: Sharon Stout (603) 357-5615,  
[sprice@designandformat.com](mailto:sprice@designandformat.com);  
3rd Tuesday of each month 6:30-8:30pm



# Community Resources and Advocacy Information (CONT.)

## PEER RESPITE

### Monadnock Peer Respite

64 Beaver Street Keene NH  
(603) 352-5093  
Contact: Jim McLaughlin, Respite Coordinator,  
[jmclaughlin@monadnockpsa.org](mailto:jmclaughlin@monadnockpsa.org)  
<http://www.monadnockpsa.org/content/monadnock-peer-respite>

### H.E.A.R.T.S. Peer Support Center and Respite Center of Greater Nashua

P.O. Box 1564 5 Pine St. Extension Unit Suite 1G Nashua, NH 03060  
Phone: 603-882-8400 Fax (603)-882-8700  
Contact Ken Lewis, Executive Director;  
[kenl-hearts@comcast.net](mailto:kenl-hearts@comcast.net)  
or Tom Doucette, Assistant Executive Director;  
[tomd-hearts@comcast.net](mailto:tomd-hearts@comcast.net)  
<http://www.heartpsa.org>

### Conway Respite

6 Main St PO Box 241 Conway NH 03818  
(603) 447-1765  
Nichole Schiller, Respite Program Coordinator,  
[alcnichole@gmail.com](mailto:alcnichole@gmail.com)

### Stepping Stone Crisis

108 Pleasant St, Claremont, NH 03743  
(603) 543-1388  
<http://www.stepsingstonenextstep.org/>

## SUBSTANCE MIS-USE

### Alcoholics Anonymous

Mailing Address: A.A. World Services, Inc., P.O. Box 459, New York, NY 10163  
475 Riverside Dr #11 Ny, Ny 10115  
(212) 870-3400  
[www.aa.org](http://www.aa.org)

### NH Area Assembly of Alcoholics Anonymous

1330 Hooksett Road, Hooksett, NH 03106  
(603) 622-6967  
[www.nhaa.net](http://www.nhaa.net)

### Keene Metro Treatment Center

1076 West Swanzey Road, Swanzey, 03446  
Phone: (603) 358-0050 Toll Free 1-877-284-7074 (medication & admission hours)  
[www.newseason.com](http://www.newseason.com)

### Phoenix House Keene Center; Outpatient and Residential Substance Use Disorder Treatment services

106 Roxbury Street Keene NH 03431  
(603) 358-4041  
[www.phoenixhouse.org](http://www.phoenixhouse.org)

### Keene Serenity Center

34 Mechanic St, Keene NH  
(603) 283-5015  
Jocelyn Goldblatt, Executive Director  
[info@kscrecovery.org](mailto:info@kscrecovery.org)  
<http://www.keeneserenitycenter.org/>

### Monadnock Voices for Prevention

580 Court Street Keene NH 03431  
(603) 354-5454 Ext. 2313  
[www.monadnockvoices.org](http://www.monadnockvoices.org)

### Monadnock Alcohol & Drug Abuse Coalition (MADAC)

P.O. Box 603, 63 Community Way  
Keene, NH 03431  
Sarah Johnston, Director  
[sjohnston@SCSHELPS.org](mailto:sjohnston@SCSHELPS.org)  
(603) 719-4247

### Narcotics Anonymous World Services

<http://www.na.org/>

## TALK LINES

### Domestic Violence National 24 Hour Hotline

1-800-799-7233, 1-800-787-3224 (TTY)  
Chat online at <http://www.thehotline.org/>

### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
<http://www.suicidepreventionlifeline.org/>  
Lifeline Chat  
<https://suicidepreventionlifeline.org/chat/>

### Peer Support Line

National (877) 733-7563  
4:00 pm-8:00 pm, not open on holidays  
(617) 414-8300 to talk to a Mental Health Professional

### Hand-in-Hand Recovery Line

(603)-283-5015  
Monday through Friday 9:00 am—5:00 pm

### The Samaritans, Inc.

24 Hour Hotline  
(603) 357-5505 Toll Free (866) 457-2910  
<http://www.samaritansnh.org/>

### Warm Line

4:00—9:00 pm, 7 nights a week, 365 days a year  
(603) 352-5093, Toll Free (866) 352-5093



**Contact:** Jim McLaughlin, Respite Coordinator

[jmclaughlin@monadnockpsa.org](mailto:jmclaughlin@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!



# 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.

**Arts and Crafts for Recovery (Fridays, please check page 10 for dates, 1:00-2:45 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!

**Community Kitchen/Grocery/Pharmacy Run (Wednesdays, 12:15-3:15 pm)**—Are you a part of the MPS community and you need a ride to the Community Kitchen, Market Basket and/or the pharmacy or bank in Keene? We can provide you with free transportation! Call 352-5093 or come in to sign up. **We go to Wal-Mart on the 2nd Wednesday 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, 10:00 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).

**Community Garden—(Tuesdays, 9:45 am-10:45 pm)**—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!

**Creative Writing (Thursdays, 3:00-4:30 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 submission 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 bipolar disorder 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 Affiliated Group. Please go to [www.hearingvoicesusa.org](http://www.hearingvoicesusa.org) for more information.

**\*\*NEW DAY AND TIME\*\*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.

**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.*




# JUNE

## 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>3</b> <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm	<b>4</b> <b>Community Lunch Prep, Community Lunch &amp; Clean Up</b> 10:30 am-1:00 pm <b>Community Meeting</b> 1:15-2:15 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm	<b>5</b> <b>Bank/Com. Kitchen/Grocery/Pharmacy</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm	<b>6</b> <b>Community Garden</b> 10:00-11:00 am <b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm	<b>7</b> <b>Fridge Cleaning</b> 11:30 am <b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery</b> 1:00-2:45 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm
<b>10</b> <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm	<b>11</b> <b>Community Lunch Prep, Community Lunch &amp; Clean Up</b> 10:30 am-1:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm	<b>12</b> <b>Bank/Dollar Store/Com. Kitchen/Grocery/Pharmacy/Walmart</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm	<b>13</b> <b>Canterbury Shaker Village Trip</b> Leave at 9:30 am <b>Community Garden</b> 10:00-11:00 am <b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm	<b>14</b> <b>Fridge Cleaning</b> 11:30 am <b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery</b> 1:00-2:45 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm
<b>17</b> <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm	<b>18</b> <b>Consumer Council</b> 11:00 am-1:00 pm <b>Community Lunch Prep, Community Lunch &amp; Clean Up</b> 10:30 am-1:00 pm <b>Community Meeting</b> 1:15-2:15 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm	<b>19</b> <b>Bank/Com. Kitchen/Grocery/Pharmacy</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm	<b>20</b> <b>Community Garden</b> 10:00-11:00 am <b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm <b>MPS Board Meeting</b> 6:00-7:30 pm	<b>21</b> <b>Fridge Cleaning</b> 11:30 am <b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery</b> 1:00-2:45 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm
<b>24</b> <b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm	<b>25</b> <b>Community Lunch Prep, Community Lunch &amp; Clean Up</b> 10:30 am-1:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm	<b>26</b> <b>Bank/Com. Kitchen/Grocery/Pharmacy</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm	<b>27</b> <b>Community Garden</b> 10:00-11:00 am <b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm	<b>28</b> <b>Fridge Cleaning</b> 11:30 am <b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery</b> 1:00-2:45 pm <b>Survivors of Suicide Attempts</b> 3:30-4:30 pm
<b>Speaker To Be Announced!</b> <b>Member Rights and Sexual Harassment training for June 4th at Community Meeting</b>	<b>JUNE TRIP</b> Thursday, June 13th Leaving at 9:30 am Canterbury Shaker Village	<b>Please Sign Up For Community Lunch by the Monday before to make it happen! This is member run!</b>  Due to budget constraints, this will be the last postage mailing of the newsletter. Email versions of the newsletter will still be sent.		

See page 4 for more info.

