



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.

Monadnock Area Peer Support Agency & Monadnock Peer Respite
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

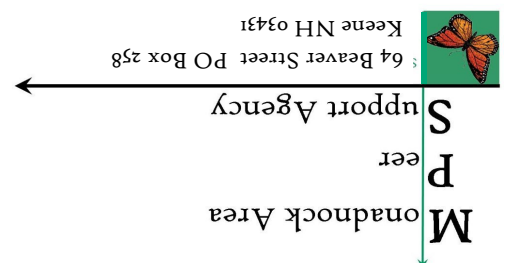
www.monadnockpsa.org

Monadnock Area Peer Support Agency is a Monadnock United Way Agency



Non-Profit
US Postage Paid
Permit #46
Keene, NH 03431

Address Service Requested



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 twin bed sets, spreads
- ♦ NEW in package queen bed sets, spreads
- ♦ NEW pillow cases
- ♦ 2 Tall Laundry Baskets with Bags
- ♦ Extension cords
- ♦ Couch
- ♦ Chairs
- ♦ Floor Lamps
- ♦ 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.

March Highlights



Anonymous' Drawing



Anonymous' Drawing



Anonymous' Drawing



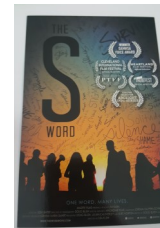
Anonymous' Drawing



Toby's Drawing



We took a group of members up to the NAMI NH annual conference! (Corynne, Barbie, Theresa and Daria). Our own Dan Swanson spoke on the panel.



Jude Grophear and Dan Swanson along with the film's Director Lisa Klein held a panel for the movie 'The S Word'. Corynne Letendre did the table at Keene State College.

<https://www.nhbr.com/nh-tries-to-cope-with-shortage-of-psychiatrists/>

NH tries to cope with shortage of psychiatrists

Report finds only 45 percent of the state's need is being met
By Rick Green

For two years, Maggie Pritchard has been trying without success to find a psychiatrist to lead the mental health unit at Franklin Regional Hospital.

The difficult recruitment effort is a symptom of a larger problem.

There is a lack of psychiatric professionals in New Hampshire, and that translates into longer waiting times for patients seeking mental health services, said Pritchard, executive director of Lakes Region Mental Health Center, which has providers serving the Franklin facility and Lakes Region General Hospital.

"Patients see physicians less often than we think would be best practice," Pritchard said. "If a doctor said he'd like to see you again in a week, you may not be able to get an appointment for three to six months."

Dr. Raymond Suarez serves as chief of psychiatry for both hospitals.

While a psychiatric nurse practitioner can prescribe medication, it takes a psychiatrist to authorize a treatment plan for a patient.

Meanwhile, there is a lack of beds statewide for psychiatric patients. Patients are often forced to wait days in hospital emergency departments until a bed opens up at New Hampshire Hospital or one of the state's four other designated receiving facilities.

Doctor stress

Dr. Vladimir Jelnov, chief medical director for Lakes Region Mental Health Center, said a lack of psychiatric providers causes more stress on other doctors and nurses. His organization sees 4,000 patients over the course of a year. "If you don't have enough psychiatrists, others have to do double the job or triple the job," he said. "I'm a little discouraged. It takes a lot of time trying to recruit someone and sometimes it feels like nobody wants to work here." A report from the Henry J. Kaiser Foundation shows New Hampshire has a shortage of mental healthcare professionals. The report estimated that only 45 percent of the state's need for such professionals was being met. Federal regulations stipulate that there is a shortage of mental health providers when the population-to-provider ratio exceeds 30,000 to 1.

National problem

Ken Norton, executive director of the National Alliance on Mental Illness in New Hampshire, said the difficulty of recruiting psychiatrists was shown in dramatic fashion three years ago when the Cheshire Medical Center in Keene closed its mental health unit after staff psychiatrists retired and couldn't be replaced. He said many other states are also seeing a shortage of psychiatrists.

"It's a national problem," he said. "The number of psychiatrists retiring each year is greater than the number of medical school students specializing in psychiatry." Financial considerations may persuade some medical students not to specialize in psychiatry. Insurance reimbursement rates are less for psychiatrists than they are for other physicians, Norton said.

Milliman, a national actuarial and research company, found that primary care providers were paid about 20 percent higher rates on average for office visits than behavioral providers. Low reimbursement rates and paperwork burdens have led some psychiatrists to no longer take insurance payments, instead opting to have patients cover their own bills.

A study by researchers at Weill Cornell Medical College found that the percentage of psychiatrists who accept private insurance has dropped to 55 percent.

Psychiatry positives

Norton said although there are challenges, there are also plenty of positive things about working in the mental health arena.

"There are workforce shortages across the whole spectrum, including psychologists and social workers, but in covering the facts, the inadvertent message might lead to the question of, 'Why would I go into a profession with high caseloads, high burnout rates and lower wages as opposed to doing something else?'" he said.

"The answer is because it's a wonderful profession to be in. It's difficult and challenging work, but it is very rewarding to have the ability to help people who are struggling, to provide hope for people and see them through to a path to recovery." He praised those who are working in the field.

"A lot of the psychiatrists we have now who are working in the public mental health system are absolutely outstanding, including those at New Hampshire Hospital, community mental health centers, folks at the prison," he said.

"These are top-notch psychiatrists who have decided they want to work with this population, probably forgoing better salaries working in the private side rather than the public side." Norton said those professionals don't always get the credit they deserve.

"People with severe mental illness are devalued and marginalized by society, and so are the people who work with them. In some ways, the fact that we're willing to board people in emergency departments for days and weeks on end without treatment or due process rights shows how little we think of them." Dr. William C. Torrey, vice chair for clinical services in the Department of Psychiatry at Dartmouth-Hitchcock Health, said that in recent years medical students have shown more interest in specializing in psychiatry.

According to the National Resident Matching Program, a total of 982 U.S. senior medical school students matched with a psychiatry residency last year, up from 923 in 2017. This marks the sixth straight year in which psychiatry's numbers have risen. Those who go into the specialty will help replace the many psychiatrists who are reaching retirement age. Torrey said 60 percent of psychiatrists are 55 years of age or older. He said the national shortage of psychiatrists comes at a time when more people are seeking psychiatric help than ever before. The National Institute of Mental Health says one in five U.S. adults live with mental illness, but estimates suggest only about half of these people seek treatment.

"The stigma has been reduced a little bit," he said. "There are different ways of practicing. Organizations are hiring psychiatrists. Psychiatrists are able to care for people at a distance, through telepsychiatry. You can sit at home and care for people all over the country."

"Psychiatry is incredibly interesting. You get to deal with people in incredibly complicated states. You get to know patients well, and you can do a huge amount for them. It's never boring and stays interesting over the course of an entire career."

What's your opinion?

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 klafor@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.



Monadnock Area Peer Support Agency

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What's Your Story?

**Do you have lived experience?
Do you know what it's like to deal with oppression, othering & prejudice?**

We want your story!

Monadnock Area Peer Support Agency is currently developing a play about lived experience in America. Stories may be serious, embarrassing, emotional, inspiring or even funny and will be used as the basis for our script, **"The Mad Monologues."**

We are taking first person stories about the experiences individuals have in any of the following areas:

- ~When and how you first realized your experiences were different from other's experiences
- ~Finding support, including experiences with support groups, therapy groups, etc.
- ~Community mental health services
- ~Family reactions
- ~Friend reactions
- ~Hospitals
- ~School
- ~College/graduate/PhD education
- ~Work experiences
- ~Peer Support Agencies/Alcoholics Anonymous/etc.
- ~Therapist/doctor/psychiatrist visits
- ~Spiritual institutions such as churches/mosques/synagogues/etc.
- ~Advocacy
- ~Empowerment
- ~Recovery and wellness



Stories should be 1-2 pages in length and can be submitted anonymously, in person, emailed or mailed to

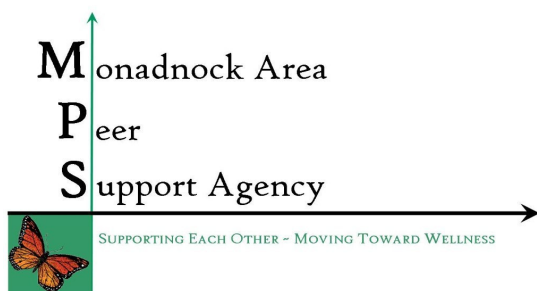
Dan at dswanson@monadnockpsa.org or

Jude at jgrophear@monadnockpsa.org.

Please title your story "For 'Mad Monologues'" and send it to Jude or Dan at MPS, 64 Beaver Street, Keene, NH, 03431.

Please feel free to contact us about this project with any questions at the emails above or give us a call us at (603) 352-5093.

Please note: when you submit a story to MPS for "The Mad Monologues," you are giving MPS permission to change aspects of the story for dramatic and anonymity purposes.



Thank You

Larry for signs and flowers!
Nick Noyes for donating an alarm clock!
Anonymous for donating to Marla's Cabinet!
Joe and Barbie for Newsletter Delivery!
Brian, Ravynn, and Corynne for March Newsletter help!



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!



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!

Van Waivers Needed

*We have updated our van waivers! We need all members who actively use the van to please fill out new van waiver. You will be given a copy so you know all the guidelines of using the van.
Thank you for doing so!*

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

Please Note

If you want to get in contact with any of the staff at MPS you must call line 2 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 klaford@monadnockpsa.org with your ideas to make the newsletter great!

Intentional Peer Support Quote of the Month



“Our sense of boundaries and limits is influenced by many things, and there are considerable cultural differences around relationships, possessions, sharing and giving.”



NH MHPAC

The NH Mental Health Planning and Advisory Council (formerly BHAC) advocates for adults, children and youth with serious mental health challenges.

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

MHBG State Planner: Beth Anne Nichols
Beth.Nichols@dhhs.nh.gov
www.dhhs.nh.gov/dcbcs/bbh/grant.htm

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.

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.

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

If you want to join the teleconference on your own, please contact Tom Grinley at:
Thomas.Grinley@dhhs.nh.gov.

3rd Tuesday of the Month 10:00 am-1:00 pm

LOCAL APRIL HIGHLIGHTS IN THE MONADNOCK REGION

Nourishing Your Brain— Wednesday, April 10th from 5:30-7:00 pm. **FREE** with registration. There is plenty of buzz about the role nutrients can play in protecting our brains from the effects of aging, not to mention the effects of everyday living! Cindy will share current research related to food and brain health, what we know about the role of the gut microbiome and brain health. There will also be a discussion about other activities that are shown to keep those synapses snapping! Held at the Roxbury Room in Hannah Grimes Center for Entrepreneurship located at 25 Roxbury Street, Keene NH. Register here: <https://monadnockfood.coop/event/brain-health/>. For more information go to <https://www.facebook.com/events/642054906223294/>.

Is This Magic? Intro To Network Care Class— Tuesday, April 16th from 6:15-7:15 pm. What's the BEST KEPT SECRET in Keene that can change the trajectory of your health and life? Join us at Cheshire Wellness Center for a **FREE** 1 hour community workshop with Dr. Matt Abatelli and Dr. Tecia Pitts on the pivotal role your nervous system has in your health and well-being. Our doctors will do a demonstration of the form of chiropractic he utilizes in the office - Network Spinal, and he'll explain why this gentle style of chiropractic is highly effective, and how it differs from conventional chiropractic most people are familiar with. Held at the Cheshire Wellness Center located at 103 Roxbury Street, Keene NH. For more information go to <https://www.facebook.com/events/299567277398952/>.

Sleep Good-Feel Good— Friday, April 26th from 11am-12:30pm. Registration is preferred, but walk-ins will be accommodated on a space available basis. **FREE!** Sleep problems are one of the most common concerns that patients bring to Family Medicine, and poor sleep is a contributor to many other health issues – from mood problems to high blood pressure to poor attention span and memory. Come once for the basics, or enjoy the whole series to create and achieve your goal of better sleep. Activities include sleep logs and self-assessment, myths and facts about sleep, relaxation tips and tricks, information about Apps, gadgets and sleep “gear”, foods that promote sleep, the role of movement and activity level. It's a hands-on learning experience that will pay off big in more hours of restorative sleep. For more information contact Catherine Sickles 354-5454 X3532 Family Medicine Team C. <https://www.facebook.com/events/389432184954005>
[event_time_id=389432184954005](https://www.facebook.com/events/389432184954005)



Community Resources and Advocacy Information

To connect with local resources, go to www.211nh.org or call 211

Advocacy:

NAMI NH

85 North State Street Concord, NH 03301
(603)-225-5359, Toll Free: 1-800-242-6264
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>

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

MFS Locations: Administrative Offices

64 Main Street, Suite 201 Keene
(603) 357-4400

Adult Recovery and Emergency Services

17 93rd Street Keene
(603) 357-4400

Eastern Region Office

9 Vose Farm Road Suite 120 Peterborough, NH 03458
(603) 924-7236
Winchester 83 Parker Street Winchester, NH 03470
(603) 239-4376

Mountain Wellness Associates

Center 155 Washington St, Keene NH 03431
(603)-283-0195
www.mtnwellness.org

Antioch Psychological Services Center

40 Avon Street, Keene
(603) 352-1024
www.antiochne.edu/psc

Food:

The Community Kitchen

37 Mechanic St, Keene
(603) 352-3200
www.thecommunitykitchen.org

NH Food Bank

(603)-669-9725
www.nhfoodbank.org

Government Agencies:

Bureau of Mental Health (BMH), NH

105 Pleasant Street Concord, NH 03301
Division of Mental Health, Community Based Care Services NH
Department 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

List of Peer Support Agencies

<http://www.dhhs.state.nh.us/dcbcs/bbh/peer.htm>

DHHS Online application for services

<https://nheasy.nh.gov/>

Department of Health and Human 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

Division of Elderly and Adult Services

603-357-3510 press 6 when prompted
www.dhhs.nh.gov/dcbcs/beas/contact.htm

Social Security

9 Elm Street Keene
1-877-405-3651
www.ssa.gov

Health:

Monadnock Community Hospital

452 Old St Rd Peterborough, NH 03458
(603) 924-7191
www.monadnockcommunityhospital.com

Cheshire Medical Center

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

Helpful Community Services:

Home, Healthcare, Hospice and Community Services

312 Marlboro St Keene
(603) 352-2253
Bereavement Support Groups ongoing 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
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

Keene Vet Center

(603) 358-4900
<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

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>

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

The River Center

9 Vose Farm Rd Suite 115, Peterborough, NH
(603) 924-6800
www.rivercenter.us

ServiceLink Resource Center of the Monadnock Region

105 Castle Street Keene, NH 03431
Local Line-(603) 357-1922 Local Fax-352-8822

Southwestern Community Services

63 Community Way, PO Box 603, Keene 03431
(603) 352-7512, 800-529-0005
www.scschelps.org/

Vocational Rehabilitation

at The Center at Colony Mill 149 Emerald St, Keene, NH
(603) 357-0266
<http://www.education.nh.gov/career/vocational/keene.htm>

Legal Advice & Referral Center (LARC)

15 Green St. Concord, NH 03301
Phone Number: 800-639-5290 Fax Number: 603-224-6067
www.nhlegalaid.org/about/legal-advice-and-referral-center

Brattleboro Retreat

Central Intake and Ambulatory Services Anna Marsh Lane P.O. Box
803 Brattleboro, VT 05302
Toll free: 1-800-RETREAT Local: 1-802-257-7785
www.brattlebororetreat.org

Family Resource Guide

Po Box 126 Keene, NH, 03431
<http://www.keenerotary.org/family-resource-guide>

Housing:

Keene Housing

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

Cheshire Housing Trust

168 Castle St Keene
(603)-357-7603
www.cheshirehousingtrust.org
Southwestern Community Services Housing
<http://www.scschelps.org/housing.htm>

Peer Respite:

Monadnock Peer Respite

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

Stepping Stone Crisis

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

Conway Respite

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

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
or Tom Doucette, Assistant Executive Director;
tomd-hearts@comcast.net
<http://www.heartspsa.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

NH Area Assembly of Alcoholics Anonymous

1330 Hooksett Road, Hooksett, NH 03106
(603) 622-6967
www.nhaa.net

Keene Metro Treatment Center

1076 West Swanzeay Road, Swanzeay, 03446
Phone: (603) 358-0050 Toll Free 1-877-284-7074 (medication & admission hours)

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

Monadnock Alcohol & Drug Abuse Coalition (MADAC)

P.O. Box 603, 63 Community Way Keene, NH 03431
Sarah Johnston, Director
sjohnston@SCSHELPS.org

(603) 719-4247

Monadnock Voices for Prevention

580 Court Street Keene NH 03431
(603) 354-5454 Ext. 2313
www.monadnockvoices.org

Narcotics Anonymous World Services

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

The Serenity Center

40 Carpenter St, Keene NH
(603) 283-5015
Kristen Vance, Executive Director
kristen.vance@keeneserenitycenter.org
<http://www.keeneserenitycenter.org/>

Support Groups:

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

NAMI Family Members Support Group

St. James Episcopal Church, 44 West St, Keene
Contact: Sharon Stoup (603) 357-5615,
sprice@designandformat.com;

3rd Tuesday of each month 6:30-8:30pm

Nar-Anon—Thursdays, St James Church Keene NH 7:00-8:30 pm

Contact: (603) 352-1019

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





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 12 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! Check our website (www.monadnockpsa.org) to see projects for the class. 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!

Bank/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? 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)—**Please sign up by the Saturday before!** 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.


*****NEW, STARTS APRIL 9th*** 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 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 that others don’t, 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 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.



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.*

Support Groups, Wellness Groups and Activity Descriptions (Cont.)

Men's Group (Friday, 10:00–11:00 am)— A new group has been formed by some of 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.*

SAD Support Group (Tuesdays, 2:30–3:30 pm)— *On Hiatus*

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.

MONADNOCK

PEER RESPITE



Contact: Jim McLaughlin, Respite Coordinator

jmclaughlin@monadnockpsa.org

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!

APRIL

Monadnock Area Peer Support Agency

Mondays 9:00 am-5:00, Tuesdays 9:00 am-7:00 pm

Wednesdays 11:00 am-7:00 pm,

Thursdays 9:00 am-7:00 pm, Fridays 9:00 am-5:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	2 Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm Community Meeting 1:15-2:15 pm LGBTQ+ Support 5:00-6:30 pm	3 Bank/Com. Kitchen/Grocery/Pharmacy 12:15-3:15 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm	4 Hearing Voices Network USA 1:00-2:30 pm Creative Writing 3:00-4:30 pm	5 Men's Group 10:00-11:00 am Arts & Crafts for Recovery 1:00-2:45 pm Anxiety/Depression Support 3:00-4:30 pm
8 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	9 Community Garden 9:45-10:45 am Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm LGBTQ+ Support 5:00-6:30 pm	10 Bank/Dollar Store/Com. Kitchen/Grocery/Pharmacy/Walmart 12:15-3:15 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm	11 Hearing Voices Network USA 1:00-2:30 pm Creative Writing 3:00-4:30 pm	12 Men's Group 10:00-11:00 am Arts & Crafts for Recovery w/ Laura 1:00-2:45 pm Anxiety/Depression Support 3:00-4:30 pm
15 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	16 Consumer Council 10:00 am-1:00 pm Community Garden 9:45-10:45 am Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm Community Meeting 1:15-2:15 pm LGBTQ+ Support 5:00-6:30 pm	17 Bank/Com. Kitchen/Grocery/Pharmacy 12:15-3:15 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm	18 Hearing Voices Network USA 1:00-2:30 pm Creative Writing 3:00-4:30 pm MPS Board Meeting 6:00-7:30 pm	19 Men's Group 10:00-11:00 am Arts & Crafts for Recovery 1:00-2:45 pm Anxiety/Depression Support 3:00-4:30 pm
22 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	23 Community Garden 9:45-10:45 am Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm LGBTQ+ Support 5:00-6:30 pm	24 Bank/Com. Kitchen/Grocery/Pharmacy 12:15-3:15 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm	25 Hearing Voices Network USA 1:00-2:30 pm Creative Writing 3:00-4:30 pm	26 Men's Group 10:00-11:00 am Arts & Crafts for Recovery w/Laura 1:00-2:45 pm Survivors of Suicide Attempts 3:30-4:30 pm
29 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	30 Community Garden 9:45-10:45 am Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm LGBTQ+ Support 5:00-6:30 pm	April Educational Event 1:15-2:15 pm April 23, Tuesday Mental Health Program 'Cracking Up' from David Granirer of Canada's Stand Up For Mental Health http://standupformentalhealth.com/about/	Please Sign Up For Community Lunch by the Monday before to make it happen! This is member run!	

