

# Butterfly Bulletin

Vol.20 No.12

December 2020

## Monadnock Area Peer Support Agency

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

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

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

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

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

Check [www.monadnockpsa.org](http://www.monadnockpsa.org) for Online Peer Support Groups! Contact us on Facebook at Monadnock Peer Support Agency, or on our group at Monadnock Peer Support Community Group

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 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, Admin. Assistant  
jmclaughlin@monadnockpsa.org • www.monadnockpsa.org  
(603) 352-5093 (available 9 AM - 4 PM)

*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.

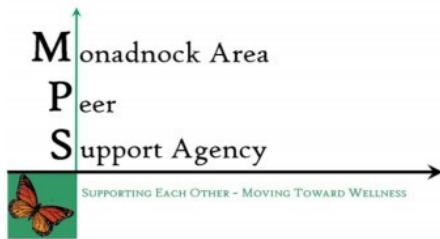
While at MPR, you'll have the opportunity to connect with people who know how to listen and who have lived experience. You will also have the privacy of your own room, time to rest and take a break from life's concerns. You will be in charge of how you use your time during your stay.

**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!**

# ANNOUNCEMENTS



- ⇒ **Phase 2 of reopening began in October!** All groups will be in person; those who cannot attend in person will still be able to attend through Zoom during the same time, as a computer will be in the group room. More information on reopening can be found on our website or by giving us a call. **Please call ahead before coming on property because we can only have a limited number of people in our space; leave a message if needed.**
- ⇒ **Please take the Peer Support Outcomes Survey!** It is vitally important to us as an organization as it is tied directly to our funding and quality assurance. The printed version has been included as part of the newsletter if you can't access it online at this link: <https://www.surveymonkey.com/r/RJSMNYP>. Please bring it into the center and a staff or member will help you electronically fill it out.
- ⇒ We are looking for **new board members!** If you are interested, please refer to our flyer on page 2.
- ⇒ **Community Meeting** is the second Tuesday of the month, but for December it will be held the third Tuesday of the month and will be held via ZOOM on **December 15th at 1:15 PM** (Zoom ID: 603-352-5093).
- ⇒ **NH Mental Health Peer Alliance, formerly Consumer Council** is the third Tuesday of the month on **December 15th at 11:00 AM—1:00 PM**. Contact Greg Burdwood at [Greg@connectionspeersupport.org](mailto:Greg@connectionspeersupport.org) for call-in info.
- ⇒ **Board meetings** are held the 3rd Monday of the month but might be subject to change as the Board has discussed changing days. **It will be held December 21st at 6:00 PM** (Zoom ID: 603-352-5093).
- ⇒ **FEP/ESMI Stakeholder work group meeting** is the third Tuesday of every month on **December 15th at 5:30 PM—7:00 PM**. Contact Michelle Wagner at [MWagner@NAMINH.org](mailto:MWagner@NAMINH.org) for meeting info.



Dear MPS members,

Many of you may know by now that I have accepted a new position as executive director of a nonprofit based in Oregon. My last day is Thursday, December 3rd.

Some of you were here before me, and others have joined us during my time at MPS. It has been the pleasure of my life serving at MPS, and I thank the community immensely for placing their trust in me. I came to MPS new to peer support, and have grown to fully embrace the amazing wellness community we have built.

MPS celebrates its 25th anniversary this year and together, all of us, have worked to make MPS what it is today. Over the past 3 years we have accomplished some momentous achievements. We expanded programmings, reorganized, and streamlined our programming to fit the needs of our community and align with best practices of Intentional Peer Support. We started a first of its kind youth peer support program, garnered significant local media coverage, expanded our advocacy profile, and are now poised to start a first of its kind peer supportive housing program. I cannot wait to see what MPS moves towards in the next 25 years of peer support in our community.

The MPS board is finalizing the appointment of an interim executive director. I look forward to supporting them as they move into this position. We have an awesome team and community ready to receive them, and I assure you the best days of MPS are yet to come.

I have loved my time at MPS! Don't worry though, I look forward to continuing to be a presence as a member... even from the west coast.

Best wishes,

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





MONADNOCK PEER SUPPORT

# COMMUNITY MEETING

Virtual Meeting Only!  
Dec. 15th | 1:15 PM  
Zoom ID: 603-352-5093



## DID YOU TAKE THE SURVEY?

DECEMBER 31ST IS THE LAST  
DAY TO MAKE YOUR VOICE  
HEARD BY TAKING THE  
2020 PEER SUPPORT  
OUTCOMES SURVEY!



*We are looking for people to join our*

## BOARD OF DIRECTORS!

If you are a resident of Cheshire County with lived experience that wants to bring their expertise and passion to the MPS Board of Directors, please give us a call at 603-352-5093 or send us an email at [jmclaughlin@monadnockpsa.org](mailto:jmclaughlin@monadnockpsa.org)!



# Online Support Groups and Activity Descriptions

## **Check-In: Mondays - Fridays @ 9:15 AM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5093**

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

## **Check Out: Mondays - Fridays @ 4:00 PM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5093**

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

## **Feelings of Anger:**

**Mondays @ 1:00 PM - 2:30 PM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

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

## **LGBTQ+ Support Group:**

**Tuesdays @ 12:00 PM - 1:00 PM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

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

## **Women's Group:**

**Tuesdays @ 3:00 PM - 4:00 PM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

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

## **Isolation Support Group:**

**Wednesdays @ 1:00 PM - 2:30 PM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

Isolation Support is a group designed to support each other from home. This space will allow us to come together virtually, and through the phone as we address our concerns around feelings of isolation, that may bring us sadness, fear, etc. This space will be confidential.

## **Depression/Bipolar Support:**

**Wednesdays @ 5:00 PM—6:30 PM (on site)/5:30 PM - 7:00 PM (online)**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

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

## **Hearing Voices Network:**

**Thursdays @ 12:00 PM - 1:30 PM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

If you hear voices, see, smell, feel or taste things that others don't, our Hearing Voices Network-USA group might be helpful to you. This group is connected to the national Hearing Voices Network-USA and Intervoice, the International Hearing Voices Movement, and is a safe place where people can meet and talk about their experiences without being judged or diagnosed. **Please note: at this time, this group is for individuals who self-identify as having experiences of voice hearing, visions, etc. We ask that if you do not have these experiences, please be willing to explain why you want to attend.** Please go to [www.hearingvoicesusa.org](http://www.hearingvoicesusa.org) for more information.

## **Trauma Survivors:**

**Thursdays @ 2:00 PM - 3:30 PM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

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

## **Men's Group:**

**Fridays @ 10:00 AM - 11:00 AM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

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

## **Anxiety/Depression Support:**

**Fridays @ 2:00 PM - 3:30 PM**

**Zoom Phone Number: 1-929-205-6099**

**Zoom Meeting ID: 603-352-5094**

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





NH Peer Support Outcomes Survey 2020

**PLEASE READ THIS SECTION BEFORE TAKING THE SURVEY OR HAVE A PEER PROVIDE THE INFORMATION TO YOU.**

This peer support agency is asking for your feedback. Your input will help to show the extent to which peer support in NH is an effective process. This annual survey provides data about the benefits of peer support. This helps your peer support agency with planning and to show that peer support services are a good investment of public funds.

Reports will be made for each peer support agency, the State of New Hampshire, and for use by stakeholders in the behavioral healthcare system, locally and nationally.

**THE SURVEY IS ANONYMOUS.** The results are averaged from all responses and do not identify anyone. Results are expressed as percentages. For example, "75% of those taking the survey agree that this program helps them make positive changes in their lives."

**THE SURVEY IS VOLUNTARY.** If you take the survey you are giving permission for your responses to be included in the data for this agency and for the statewide averages.

**THE SURVEY IS CONFIDENTIAL.** Confidentiality is assured if you take the survey online. If you take it on paper, you are not guaranteed confidentiality or anonymity because someone else has to copy your responses from the paper into the computer. That is because the data analysis is done by computer.

**EVERY ITEM** requires an answer for the survey to be valid. Some items include the choice of No Response, in case you want to skip that question, but you must select No Response as your answer.

**IMPORTANT:** if you EXIT or stop the survey before finishing all of the items, your responses will not be included. You must complete the whole survey in order for it to count.

Please take this survey only once between October 1 and December 31.

We **THANK YOU** for sharing your thoughts and hope you will enjoy the report on NH Peer Support when it comes out.

## Section I. Demographics

\* 1. Which Peer Support Center do you use? (Drop down menu)

\* 2. What gender do you identify as?

☐ Male ☐ Female ☐ Transgender ☐ Other

\* 3. What is your age, in years?

☐ 18-20 ☐ 21-24 ☐ 25-44 ☐ 45-64 ☐ 65-74 ☐ 75 and over

\* 4. What race do you consider yourself to be?

☐ White (Caucasian) ☐ Black (African American) ☐ Asian ☐ American Indian or Alaska Native  
☐ Native Hawaiian or Other Pacific Islander ☐ Other ☐ Two or more ☐ No Response

\* 5. Are you a veteran of the Armed Forces?

☐ Yes ☐ No

6. Are you a smoker?

☐ Smoker ☐ Former smoker ☐ Never smoked



## Section II. Health

\* 7. I take an active role in decisions about my mental health care.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

\* 8. Do you have any health insurance coverage?

☐ YES - I have some type of health insurance, such as private, self-pay, employer-sponsored, Medicaid, Medicare, military, or other coverage.

☐ NO - I am completely without any kind of health insurance coverage; I am uninsured.

\* 9. Do you think this peer support center helped prevent emotional difficulties from turning into a psychiatric crisis during the past six months?

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree ☐ Does Not Apply

\* 10. This peer support center helped me to stay out of the hospital for psychiatric reasons during the last 6 months.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree ☐ Does Not Apply

\* 11. This peer support center helps me understand what recovery means for me.

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

\* 12. This peer support center gives me hope that I will recover from mental illness.

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

13. This peer support center has helped improve my wellness, including my health

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

14. Have you had any problems associated with alcohol or drug use in the past year?

☐ Yes ☐ No ☐ No Response

\* 15. Are you informed about Peer-Run Crisis Respite?

☐ YES - I am informed BUT I do not have a pre-crisis plan.

☐ NO - I am not informed about Crisis Respite

☐ YES - I am informed AND I have set up a pre-crisis plan.

\* 16. Have you used crisis respite?

☐ Yes ☐ No

Copy of NH Peer Support Outcomes Survey 2020

17. Crisis respite prevented my emotional difficulties from turning into a psychiatric crisis

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree ☐ Not applicable (did not use crisis respite)

18. I spent \_\_\_\_ days at crisis respite.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7+





## Section III. Purpose

19. Because of this peer support center I am better able to cope with things when they go wrong.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

\* 20. Because of this peer support center I do things that are more meaningful to me.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

21. This peer support center has helped me become a better advocate for myself

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

\* 22. This program is helpful with my employment needs.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree ☐ Does Not Apply

\* 23. Are you currently working for pay?

☐ I work full time.

☐ I want to work but I have stopped looking.

☐ I work part time.

☐ Does Not Apply (Not in the labor force)

☐ I am looking for work but not working .

24. My current housing situation is:

☐ Stable

☐ Unstable

☐ Substandard

☐ Homeless

\* 25. This peer support center helps me with my housing needs.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree ☐ Does Not Apply

\* 26. This peer support center helps me conduct important personal business (for example, appointments, applications, navigating an appeal, managing or organizing things I need to do.)

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree ☐ Does Not Apply

\* 27. This peer support center helps me with my educational or training needs.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree ☐ Does Not Apply

\* 28. This peer support center helps me find resources for dealing with an alcohol or drug problem.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree ☐ Does Not Apply ☐ No Response

## Copy of NH Peer Support Outcomes Survey 2020

### Section IV. Community

\* 29. How long have you been coming to this peer support agency? (Or participate via Outreach)

☐ Less than a Year ☐ 1-3 Years ☐ 4-6 Years ☐ 7-9 Years ☐ 10 Years or More

\* 30. During a typical week, how often to you come to the peer support center? (Or participate via Outreach)

☐ Almost Every Day ☐ Two or More Times a Week ☐ About Once a Week ☐ About Once a Month ☐ A Few Times a Year

\* 31. I feel that I am involved in the planning for this peer support center.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

\* 32. I feel that this Peer Support Agency helps me develop healthy social relationships in the community.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

\* 33. I am involved in activities that are not connected to being a participant in the peer support center, like sports, volunteer work, clubs, church events, or other types of community life.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

34. Overall, I feel this peer support center has improved my quality of life.

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

\* 35. Overall, I am satisfied with this peer support center.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

\* 36. I would recommend this peer support center to others dealing with serious mental health issues.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

You have completed the survey. We thank you very much for doing this. Your viewpoint matters!



# December 2020



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Check In</b> 9:15 AM—9:45 AM  <b>Feelings of Anger</b> 1:00 PM—2:30 PM  <b>Check Out</b> 4:00 PM—4:45 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>LGBTQ+ Support</b> 12:00 PM—1:00 PM  <b>Women's Group</b> 3:00PM—4:00 PM  <b>Check Out</b> 4:00 PM—4:45 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Isolation Support Group</b> 1:00 PM—2:30 PM  <b>Check Out</b> 4:00 PM—4:45 PM  <b>Depression/Bipolar Support</b> 5:00PM—6:30 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Hearing Voices Network-USA</b> 12:00 PM—1:30 PM  <b>Trauma Survivors Group</b> 2:00 PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:45 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Men's Group</b> 10:00 AM—11:30 AM  <b>Anxiety/Depression Group</b> 2:00 PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:45 PM

## Dates to Remember

- ♦ Dec. 10-18—Hanukkah
- ♦ Dec. 15—Community Meeting @ 1:15 PM; FEP/ESMI Stakeholder work group; NH Mental Health Peer Alliance
- ♦ Dec. 21—Board Meeting; Winter Solstice
- ♦ Dec. 25—Christmas (CLOSED)
- ♦ Dec. 26—Kwanzaa
- ♦ Dec. 31—New Year's Eve (OPEN)

