

# Butterfly Bulletin

Vol.20 No.9

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

## September 2020

## Monadnock Area Peer Support Agency



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

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

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

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

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

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

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





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

As a peer driven organization, it is the mission of Monadnock Area Peer Support Agency (MPS) to promote wellness and recovery, as defined by the individual, through Intentional Peer Support, and to provide advocacy, educational, vocational, interpersonal, social and spiritual opportunities to adults who utilize mental health services. Together, we learn wellness strategies, develop mutually

beneficial relationships, and support each other in attaining increased capacities for self-determination, independence and personal growth.

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

*Have you ever felt like no one understands or knows what it's like to struggle with mental health challenges?*

*Do you self-identify as someone with mental health challenges or with a mental health issue?*

**Monadnock Area Peer Support Agency (MPS)** is a place where anyone with lived experiences of mental illness can come, enjoy and participate in an atmosphere of mutual peer support. The members of MPS are respectful, accepting and nonjudgmental.

We strive to utilize **Intentional Peer Support (IPS)** in our interactions and aim for recovery and wellness in our current life choices. We offer each other inspiration and empathy and encourage each other to achieve our dreams. We benefit from participation in **FREE** groups, activities and events that promote recovery and wellness.

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

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

# **MONADNOCK PEER RESPITE**

**Contact:** Douglass Robertson, Respite Coordinator  
drobertson@monadnockpsa.org

www.monadnockpsa.org (603) 352-5093 (available 9 AM - 4 PM)  
(802) 387-0269 (all other hours)

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

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

**Thank you for your continued support!**



# ANNOUNCEMENTS



- ⇒ We are **closed for Labor Day** on Monday, September 7! Our warm line will still be available that evening from 4 PM–9 PM.
- ⇒ **Phase 1 of reopening began in July!** This is a partial reopening for specific groups that have been voted on by members. Women's Group, Depression/Bipolar, and Trauma Survivors happen on property as well as online; those who cannot attend in person will still be able to attend online during the same time. The rest of our groups will run as scheduled online. **Please read our Reopening Information and Waiver, available on our website, before arriving on the property.**
- ⇒ **Community Meeting** is the second Tuesday of the month and will be held via ZOOM on September 8th at 1:15 (Zoom ID: 603-352-5093)
- ⇒ **NH Mental Health Peer Alliance, formerly Consumer Council** is the second Tuesday of the month. The next meeting will be on the September 8th. 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 and will be held on September 21st at 5:30 PM; the board is discussing holding this meeting at a different time, so there may be updates. Please call us if you have any questions (Zoom ID: 603-352-5093)
- ⇒ **FEP/ESMI Stakeholder work group meeting** is the third Thursday of every month. The next meeting will be September 17th. Contact Michelle Wagner at [MWagner@NAMINH.org](mailto:MWagner@NAMINH.org) for meeting info.
- ⇒ We are looking for new board members! If you are interested, please refer to our flyer on page 6.



JOIN US FOR THE  
MONADNOCK PEER SUPPORT  
***community  
meeting***  
**9/8/2020**

***zoom ID# 603-352-5093***

WE ARE A COMMUNITY OF PEERS THAT  
RELIES ON THE INPUT OF OUR MEMBERS.  
BE THERE TO SHARE YOUR THOUGHTS  
WITH US.

***1:15 pm***



# The Monadnock Peer Support Board of Directors

*Is Looking  
for new  
members*

If you are a resident of  
Cheshire county with lived  
mental health experience that  
wants to bring their expertise  
and passion to the MPS BoD,  
please email  
[pstarkey@monadnockpsa.org](mailto:pstarkey@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 @ 11:30 AM - 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:** **\*In Person and Online\***

### **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:** **\*In Person and Online\***

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

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

## **Hearing Voices Network:**

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

If you hear voices, see, smell, feel or taste things that others don't, our Hearing Voices Network-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:**

### **\*In Person and Online\***

### **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.





**Has Mental Illness Affected You  
or Your Family/Friends?**

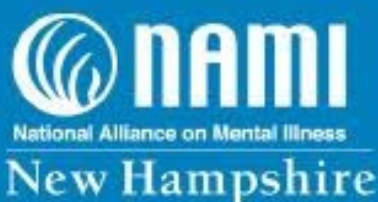
# SHARE YOUR STORY TO CRUSH STIGMA & DISCRIMINATION!

**We're curating stories for sharing in a campaign to:**

- Educate Granite Staters about mental illness.
- See the person, not the mental health condition.
- Connect folks to help and hope.
- Send the message that mental illness is treatable - recovery is the expectation.

There are countless ways to share your story, including via video, written word, podcast, art, music...we'll work with you to make it happen, because your voice matters.

**To learn more, contact:**  
**Michelle Wagner - [mwagner@NAMI.NH.org](mailto:mwagner@NAMI.NH.org)**



*The First Episode Psychosis (FEP)/Early Serious Mental Illness (ESMI) initiative is coordinated by Dartmouth-Hitchcock and NAMI New Hampshire, with major support from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the NH Department of Health & Human Services Bureau of Mental Health Services.*

# FAQ for Reopening

**Q:** When will MPS reopen?

**A:** MPS will reopen when it is safer for our community again. The Reopening Committee doesn't want to contract or circulate the virus so MPS will follow CDC and State guidelines until we feel that we can operate without putting our community at risk.

**Q:** When will Peer Respite be available?

**A:** As previously stated, when it is safer for our community to be together in person. Monadnock Peer Respite made the difficult decision to temporarily close our peer respite program because we didn't want to spread the virus, so until we are able to open our center to our community, we will be taking as many precautions as possible, including suspending our respite until it is safer to do so.

**Q:** When will the van be running again?

**A:** Transportation will be one of the last piece of our programming to resume. Due to the close quarters of our van, the Reopening Committee didn't feel that it is safe to provide transportation. At this time, members have to find their own ways to MPS.

**Q:** Is MPS fully open to meet in person like it was before?

**A:** At this time, MPS is only open for select groups: Women's Group, Depression/Bipolar Support, and Trauma Survivors. Each group will be happening outdoors, so the house will be closed other than bathroom use. Feel free to bring bug spray! No one except staff are allowed inside yet beyond the bathroom during groups. Our computers, phones, showers, and laundry machines are not open for the community yet. Use of the kitchen is also not available at this time, nor will we be providing food. MPS is still fully open

online and via Zoom. We still offer one-on-one support via phone throughout the day and the Warm Line operates 4:00 PM to 9:00 PM 365 days a year.

**Q:** Who is on the Reopening Committee?

**A:** The Reopening Committee is made up of 1 board member, 2 members, and 2 staff members. They have done extensive research into reopening MPS following CDC guidelines and guidelines from NH DHHS, as well as other independent research.

**Q:** What groups are happening in person at MPS?

**A:** (Page 12 ).

**Q:** What about online groups?

**A:** Each group will still be happening online at the same time as the in-person groups so that people who don't feel comfortable coming to MPS for in-person groups can still get the support they need. In addition, the rest of our groups will still be offered online via Zoom (see page 15 for the calendar).

**Q:** What does the waiver mean?

**A:** By signing the waiver, it means that you won't find MPS responsible if you get sick. It also states that you must follow MPS's procedures while on property or you will be asked to leave. Our procedures are non-negotiable for everyone's safety. If you refuse to sign the waiver, you cannot be on the property.

**Q:** When can I come inside?

**A:** Currently, MPS is only open for members and participants to use the restroom during groups.



# FAQ for Reopening

## Cont.

**Q:** What do I have to do to attend a group?

**A:** First, please sign up for the group ahead of time. We want to see you! At this time, you cannot come to a group unless you sign up for the group in advance. Parking is not allowed on the property so please park nearby. Upon arriving at MPS, please be on time, wear a mask, and maintain six feet distance from staff and other members. Wearing a mask properly (covering both nose and mouth) at all times on MPS property is a non-negotiable part of our procedures that must be followed until further notice. You can wear your own mask or MPS staff will give you a mask you can wear on property. Your temperature will be taken by a staff member multiple times to get a reading due to the way the thermometer works. You must sign the waiver using a clean pen that we provide. You will also need to sign a document saying that you will follow MPS procedures each time you are on property. After, you will be asked to make your way up the driveway to where the group will take place under the shade of our lovely trees. We ask that you bring your own tissues so as to reduce any possible exposure. Bottled water is provided. On breaks, you will be given the option to use the bathroom if needed and you will be asked to sanitize it after use. A staff member will be required to sanitize it after you to be thorough. If you smoke cigarettes/vape, you will be asked to smoke off property. When group concludes, everyone except staff will need to leave so that staff can sanitize chairs and put away supplies.

**Q:** What happens if there is bad weather or not enough people come?

**A:** If there is bad weather or if not enough people sign up, the group will be canceled at least 2 hours before the group. Groups will not be held indoors if it rains.

**Q:** How do I sign up to go to a group at MPS?

**A:** Please call MPS during our regular hours (see page 3 for hours) and let a staff person know what group you want to sign up for. Please give us your phone number, even if you think we have it, so we can call you in the event that the group is canceled. You can also send us an email through the website to sign up for a group. Please be sure to leave an email or a phone number when you sign up via email so we can contact you in the event that the group is canceled.

The history of The New Hampshire Mental Health Consumer Council has been one of activism and advocacy. Through the Years we have made efforts to push for progressive dialogue around mental health issues and legislation. We are the people who laws are written about and services provided for, and so it is of the utmost importance that our voice come first in these matters. With this progressive history in mind, it has come time to address the term Consumer to refer to individuals with mental health lived experience.

There was a time when the term consumer had powerful meaning. It was a way to say that as individuals who often had services enacted on us, that we were in fact in the driver's seat of our lives. That we were choosing to receive and consume mental health services voluntarily, without coercion. In light of what we've come to know since this term was adopted we now acknowledge that it is no longer sufficient to describe our experience as unique individuals. For we are not merely consumers seeking endless care. We are people living our lives, having relationships and families, working towards our goals, creating art, being vibrant, and dreaming our dreams.

We have come to the decision that The term "peer" speaks best to our diversity of experience. With this in mind we now adopt the name "New Hampshire Mental Health Peer Alliance" to replace "Mental Health Consumer Council". Our aim to be a voice of lived experience driving the further development of mental health services and rights in New Hampshire remains unchanged. Indeed, we hope that with this name change comes increased interest and activity in achieving these goals.

We look forward to the future of this alliance and to the work we will do together.



IF YOU WOULD LIKE TO GET  
MEETING UPDATES AND JOIN OUR  
MAILING LIST PLEASE SEND A  
REQUEST TO  
[GREG@CONNECTIONSPSA.ORG](mailto:GREG@CONNECTIONSPSA.ORG)





# How to Vote with an Absentee Ballot



1. Request an Absentee Ballot! Contact your city or town clerk, or download an Absentee Ballot Application at <https://sos.nh.gov/elections/voters/voting-during-covid-19-state-of-emergency/>
2. VOTE! When you receive your absentee ballot, mark your choices, seal the ballot in the affidavit envelope, and sign the affidavit. Return the affidavit envelope in the mailing envelope provided. See more guidance at <https://sos.nh.gov/elections/voters/voting-during-covid-19-state-of-emergency/>
3. Return your Ballot to the Clerk Return your Absentee Ballot through the mail or hand deliver it to your city or town clerk. Be sure to give the post office plenty of time to deliver your ballot.
4. Track Your Ballot Track your absentee ballot at <http://app.sos.nh.gov/Public/AbsenteeBallot.aspx>

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## Election Officials are your trusted sources for accurate election information!

Secretary of State's Website: <http://sos.nh.gov> @NHSecretary

NH Secretary of State State of New Hampshire Elections Amazon Alexa Skill

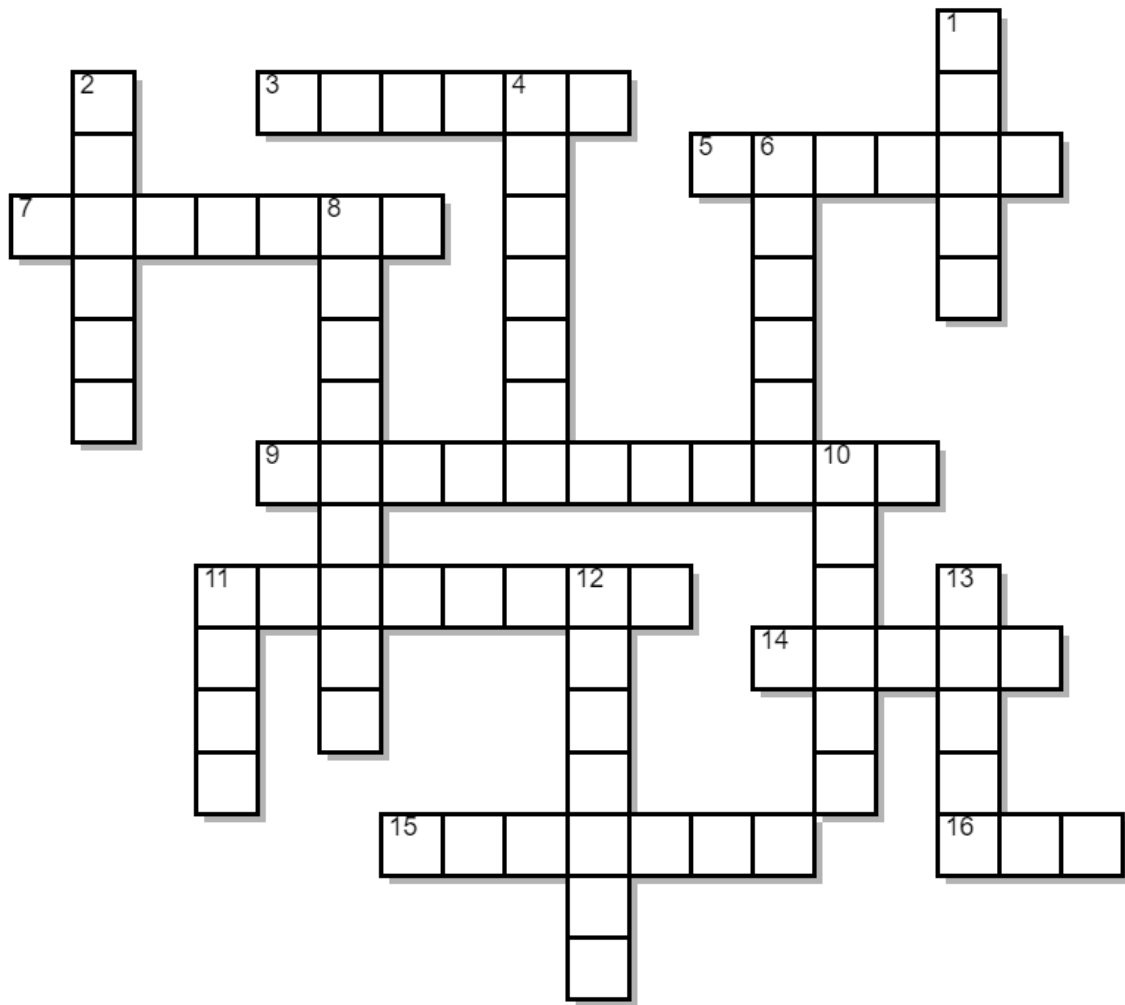
NH Secretary of State's Elections Hotline: 1-833-726-0034

Attorney General's Toll-Free Election Line: 1-800-735-2964

City/Town Clerk Lookup: <https://app.sos.nh.gov/Public/ClerkDetails.aspx>

For more info, please visit <https://sos.nh.gov/elections/voters/voting-during-covid-19-state-of-emergency/>

# Monadnock Peer Support - September



## ACROSS

- 3 Supportive gatherings at MPS
- 5 Work that needs to be done  
after the leaves fall
- 7 Gathering crops at the end of a  
season
- 9 When we are going to reopen
- 11 September's Full Moon
- 14 Apple juice, but better
- 15 Cozy top, sometimes handmade
- 16 Bale of \_\_\_\_\_

## DOWN

- 1 Green plant tendrils
- 2 These fall from trees
- 4 Orange gourd
- 6 Another word for fall
- 8 Guardian of the garden
- 10 Where the majority of our  
groups are held now
- 11 Vegetable also called an "ear"
- 12 Allyson's \_\_\_\_\_
- 13 Fuzzy fruit in season





# September 2020



Find us on Facebook at Monadnock Peer Support Agency or Monadnock Peer Support Community Group or on Instagram at Monadnock\_PeerSupport. **All of our groups are currently being run exclusively online for the time being (see page 7 for more info).**



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> 11:30 AM—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> 5:30PM—7:00 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Hearing Voices Network-USA</b> 12:00 PM—1:30 PM  <b>Trauma Survivors Group</b> 2:00 PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:45 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

- ♦ Sept. 1 & 3—Groups are cancelled for staff training
- ♦ Sept. 7—CLOSED for Labor Day
- ♦ Sept. 8—Community Meeting @ 1:15 PM
- ♦ Sept. 8 — Mental Health Peer Alliance Meeting
- ♦ Sept. 11—Patriot Day (9/11)
- ♦ Sept. 17—FEP/ESMI Stakeholder Meeting
- ♦ Date for total reopening—TBD
- ♦ Board Meeting —TBD

