



Monadnock Peer Support

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MPS Interim Executive Director

Christine Allen

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Purpose

At the request of the Department of Health and Human Services (DHHS) Monadnock Peer Support (MPS) was invited to develop a program for a new Step-Up Step-Down (SUSD) program.

Overview SUSD/Respite

The SUSD program is designed to create a peer support space for individuals going through intense mental health experiences. The purpose of the volunteer program is to offer both prevention and post support to individuals going through intense self-identified mental health experiences. The “step up” component of the program refers to an individual who may be headed into a psychiatric hospital stay but may not need that level of care, or may be waiting to be admitted. It is possible that the “step up” portion of the program may alleviate an individual’s need to be hospitalized. The “step down” component of the program offers individuals leaving a psychiatric hospital stay the opportunity to have a more structured support before returning home.

SUSD is a program for individuals who need support in a longer term environment (2-3 months). SUSD provides support in obtaining and maintaining jobs and housing. Our SUSD model hopes to support the needs of our community so they can develop meaningful relationships, achieve steady employment, and achieve self-actualization and move toward what they want in their lives and support for the individuals so they can determine their path towards wellness and recovery.

Respite is a 6 nights/7 days program that is 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”. Respite provides a safe place in which each person can find the balance and support needed to turn what is often referred to as a crisis into an opportunity to learn, heal and grow.

The programs will maintain 3 peer respite SUSL beds as space allows in addition to 2 Respite beds, also as space allows.

In both programs people can maintain their employment, their school enrollment and any appointments they may have. Each person has a private bedroom with a common kitchen, bathroom and sitting room to share. There are private spaces to have a one on one conversations. Individuals may participate in any of the opportunities that MPS offers. Both programs are non-medical and non-clinical and free of charge, no insurance required.

MPS is modeled on the practice of Intentional Peer Support (IPS). IPS has been found to be beneficial, yet underutilized, alternative to clinical and medical care which is possibly related to a lack of public knowledge of its benefits.

Other MPS Information

Wellness programs - The daily programs of MPS that offer peer support and programming for people with lived experience of mental health to move towards wellness as defined by the individual..

Members - Individuals who engage with wellness programs and who have the ability to vote on agency matters.

Participants - Individuals who engage with wellness programs, but are not voting members. Participants may be used to refer generally to individuals across programs.

Guests - Individuals who are engaged with Peer Respite and SUSL.

IPS - Intentional Peer Support, a mental health best practice that all staff are trained in and is the base of MPS programming.

WRAP - Wellness Recovery Action Plan, an evidence-based practice that all staff are trained in and is part of the base of MPS programming.

Peer - An individual with self-identified lived experience of mental health.

Contact for Respite/SUSD:

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