

The Butterfly Bulletin

The Latest News at Monadnock Peer Support Agency

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New Year New Who?

This year you won't be the only one entering the new year with enthusiasm...MPS is joining in too! Surviving 2020 has brought wind under our wings! We are ready to transform, grow and increase our wing span of support to all of you and the community. So the question is WHO is with us? Here our some of our resolutions:

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Oh hey there SUSD...

Everybody please give a warm welcome to a long anticipated new friend the Step Up Step Down program! SUSD will be a part of our agency beginning February 15th. The program provides a new level...

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Monadnock Area Peer Support Agency

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

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

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

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

Check www.monadnockpsa.org for Online Peer Support Groups! Contact us on Facebook at Monadnock Peer Support Agency, or on our Facebook 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.

Oh hey there SUSD (cont'd)...

...creates an increased level of support that furthers what we can offer. In addition to our Wellness Program and Peer Respite, we will be able to offer 24/7 peer support over the course of a voluntary 30- to 60-day stay to someone who is either waiting to go into a psychiatric hospital (“Step Up”) or coming out of a psychiatric hospital (“Step Down”). Our hope is to give someone who truly feels that they may have hit their mental limit a recovery- and wellness-focused environment as a step toward recuperation.

Working together, it is our hope that an individual feels that they have cultivated the necessary self-determination and skills needed to depart the program. It is also our hope that they feel realigned and hopeful about their lives and their place in the wider community. If you have questions or would like more information on the SUSD Program, please reach out to our new SUSD email at susd@monadnockpsa.org.



New Year New Who?

- New Space: As you all know, we are looking to move! Stay tuned for details, but regardless of where we land, this new space will allow us to broaden who we are and how we operate. We look forward to co-creating a comfortable and convivial environment for everyone who comes through the door.
- Jumpin’ on the wellness wagon: Seeds don’t grow without a little water, and mental health is no different. This year we plan to jump aboard the trend of incorporating physical well-being to support each other in achieving mind and body wellness.
- Community: Brick by brick we hope to fortify both what we have already built here in our own four walls, and extend more into the greater Keene community by both gaining mutual aid from local partners and finding ways to give back. With new collaborations we gain resources that will make our dreams a reality.
- Share our success: We often focus on the long term goal of improved mental health, but why not celebrate every day victories along the way! This year we encourage members to share your stories no matter the size, being hopeful in our lows and highlighting our highs.
- Ever evolving: The last resolution of 2021 is growth. MPS plans to keep moving toward the future, and once one resolution is met we aspire to add a new resolution to continue to expand the ways in which we support each other.



Highlights of Hope

Group of the Month: Anxiety/Depression Support

What drives change? Though many things can cause us to shift gears, often it can be unwanted feelings that create enough tension to leave us seeking a solution. The tensions caused by feeling the anxieties of every day living, along with our now-normal life facing COVID, is definitely enough to make anyone seek change, but what do you do when the necessary wellness tools just don't seem to be accessible?

Join our Anxiety/Depression Support group. Talking with others who have similar feelings of anxiety or overwhelm just might give you the extra support you need to facilitate change in your own life.



Free the Mind February Challenge:

5 minutes/5 days a week

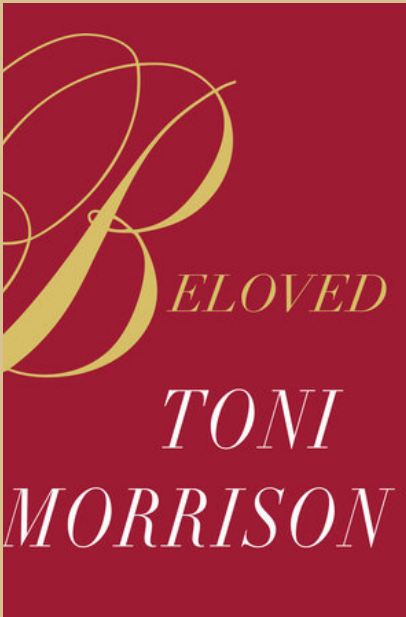
In her article, “Reducing Anxiety through Personal Responsibility and Mindfulness,” Advanced Level WRAP Co-Facilitator Kristen King says, “...[M]indful self-reflection has opened my eyes to two things: (1) how much anxiety I have been feeling and avoiding and (2) how many more options I have for dealing with it than I realized.”

Join us this month as we take 5 minutes a day to evaluate how much anxiety we’re feeling and possibly avoiding. Let’s use those 5 minutes to look at how many options we have for dealing with that anxiety. Let us know how it’s going for you at Check In or Check Out!

Read the full article here: <https://mentalhealthrecovery.com/info-center/reducing-anxiety-through-personal-responsibility-and-mindfulness/>

MPS Monthly Must Have's

Monthly Recommendations



Book of the Month:

Beloved by Toni Morrison

"Toni Morrison's magnificent Pulitzer Prize-winning novel--first published in 1987--brought the unimaginable experience of slavery into the literature of our time and into our comprehension.

[This novel] moves beyond its particulars, combining imagination and the vision of legend with the unassailable truths of history."

Recipe of the Month:

Anxiety Reducing- Garlic and Herb Baked Salmon

Omega's in salmon have been linked to a lower risk of depression and to reduce feelings of anger and thoughtlessness in adults.

Instructions

- Preheat oven to 400 degrees F.
- Sprinkle the salmon with salt and pepper
- Place salmon with lemon slice on foil and drizzle with 1 teaspoon of olive oil each
- Put half of a garlic clove, 2 thyme sprigs, 2 dill sprigs, 1 rosemary sprig on top
- Fold the foil to seal each parcel tightly shut
- Bake for about 20 minutes



Next month Sneak Peak: Athletes and celebrities breaking the stigma...

Weekly Schedule

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

IN THIS HOUSE, WE BELIEVE:
BLACK LIVES MATTER
 WOMEN'S RIGHTS=HUMAN RIGHTS
NO HUMAN IS ILLEGAL
 SCIENCE IS REAL
 Disabilities Are Respected
LOVE IS LOVE
kindness is everything



Community Happenings

- Community Meeting -- 2/9/21, Tuesday, 1:15-2:15 pm
- Board Meeting -- 2/9/21, Tuesday, 6:30 pm
- Valentine's Day Check In and Check Out -- 2/12/14, Friday, 9:15am & 4:00 pm. Love isn't always about romance--there's a lot of love in peer support, too. Come connect with us on a day that's pretty commercialized, but not at MPS.
- Mental Health Peer Alliance -- Tuesdays, please email Sharon Reynolds at sharonlynnreynolds@yahoo.com for the February dates and times
- Free The Mind February Challenge -- Any time you'd like to give it a try! See page 3 for details and let us know how it's going at Check In or Check Out!