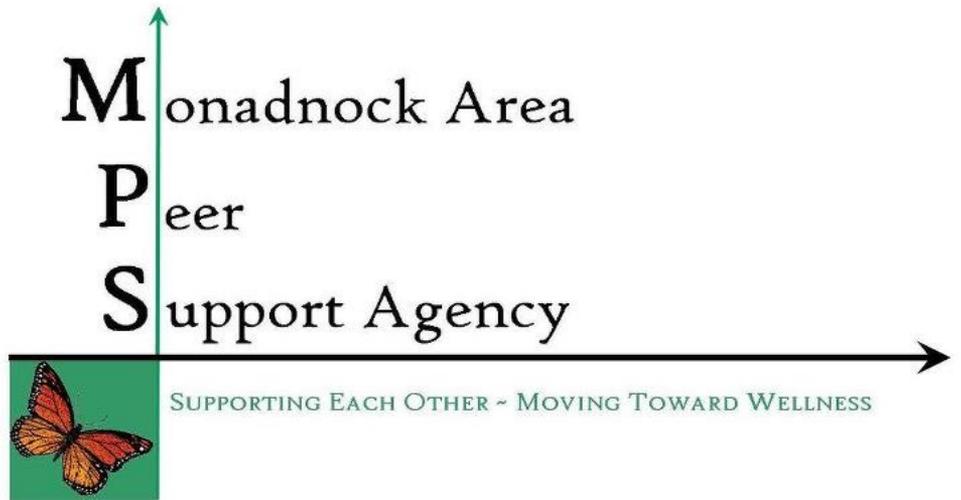


The Butterfly Bulletin

The Latest News at Monadnock Peer Support Agency

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Johann Hari: Everything You Think You Know About Addiction is Wrong

Johann Hari is a writer who has covered topics such as depression, the war on drugs, and addiction... *cont'd p.2*

Check out the latest announcements

Want to know the latest changes about MPS? Check out Page 2 and Page 6!

cont'd p.2

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.



**JOIN US FOR
COMMUNITY MEETING
ON THE 2ND
TUESDAY OF THE
MONTH AT 4PM!**

Happening in person and on Zoom
ID#: 603-352-5093



**LGBTQ+
SUPPORT
NOW ON
FRIDAYS
11:00 AM-
12:00 PM**

Now open:

**Mondays 12:30 PM-5:00 PM
Tuesdays 2:30 PM-5:00 PM
Wednesdays 12:30 PM-6:30 PM
& Thursdays 11:30 AM-5:00 PM**

Please call MPS to sign
up or to ask any questions!



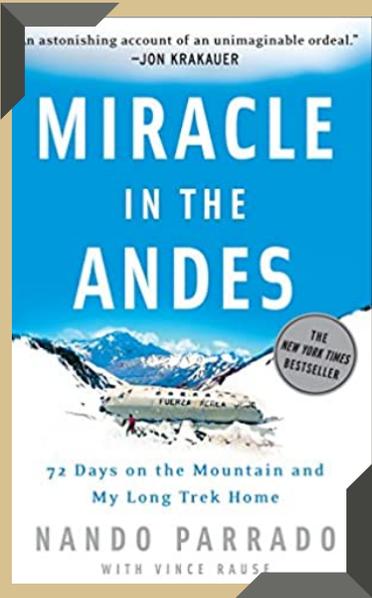
In his TEDTalk, "Everything You Think You Know About Addiction is Wrong," Johann argues that the world needs to radically change their view on addiction and how it is treated. He believes that addiction isn't as much a chemical issue in the brain, but rather an issue with connection. He talks about the idea that addiction comes from humans' natural desire to bond with one another and have meaningful connections with the people around them. When this need to connect with others is not met, however, a person will often turn to a substance to bond with instead, leading to addiction.

Johann also discusses how necessary it is for society to change how it treats people who struggle with addiction. Currently, "addicts" are frequently met with shame from others about their behavior and in turn are left feeling isolated from their peers. Or they are arrested and caged in a hostile and unstable environment. This is the exact opposite way we should be treating people who struggle with addiction. Instead, Johann argues, there should be a focus on helping that individual connect with others and provide them with a support system of people that they can bond with.

"The opposite of addiction is not sobriety; the opposite of addiction is connection," says Johann. Watch the talk here:
https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong

MPS Monthly Must Have's

Monthly Recommendations



Book of the Month:

"Miracle in the Andes" By Nando Parrado

What would you do if you suddenly found yourself stranded in the mountains, thousands of miles from home... with not enough supplies for 72 days? Would you wait for help? Would you try to make the climb down the mountain yourself? How far would you be willing to go to survive?

Fortunately, you don't have to make these impossible choices but this exact scenario is what the 1974 Uruguayan Rugby Team had to endure when their plane crashed in the Andes Mountains. "Miracle in the Andes" is the harrowing true story of survival that exposes the lengths to which some people will go to survive just one more day.

Recipe of the Month:

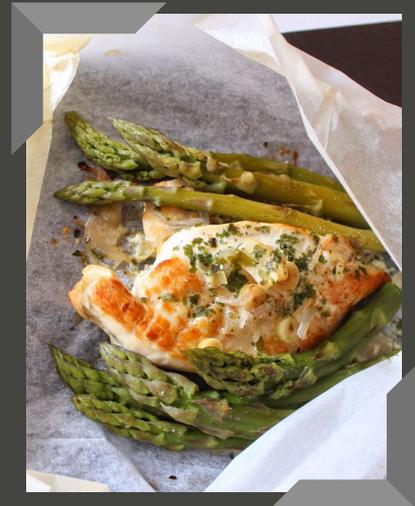
CHICKEN ASPARAGUS FOIL PACKET

Ingredients List

Author: Eatwell 101

Serves: 2

| | |
|------------------------------|-----------------------------------|
| 2 chicken breasts | 1 small shallot |
| 14 beautiful green asparagus | 1 clove of garlic |
| 1 stick of lemongrass | 1 handful freshly chopped parsley |
| 4 tablespoons liquid cream | Salt & pepper |
| 1 teaspoon mustard | |



Instructions:

1. Preheat your oven to 390°F (200°C).
2. Peel and finely chop shallot. Peel and cut the garlic clove in half, crush the two pieces with the flat of the blade.
3. Trim the hard tip of the lemongrass, then chop finely.
4. Cut the hard stem of asparagus and peel them if necessary.
5. Cook the asparagus for 5 minutes in boiling salted water. Then rinse under cold water and set aside.
6. Brown chicken breasts in a hot pan with a bit of olive oil.
7. In a bowl, combine mustard and cream with a little salt and pepper.
8. Cut two squares of parchment paper. In the middle of each, arrange chicken breast, half the asparagus, a little lemongrass, garlic and shallot. Top with the cream and mustard sauce.
9. Sprinkle with parsley, close the foil packets and bake for 15 minutes. Open up your packets and serve.

May Opportunities

Monthly Challenge // Voting for a New Name



Shery Mead at Vermont Mad Pride 2017 with a sign "My Mind / My Choice"

May Mad Pride Challenge: 5 minutes a day/5 days a week

Mad Pride events started in Toronto in the early 1990's as a protest of local community prejudices towards people with a psychiatric history living in boarding homes in the city. Since then, Mad Pride has been celebrated in communities around the world.

Join us this month as we take 5 minutes a day to list the things that we've been through that have made us stronger.

Let us know how it's going for you
at Check In or Check Out!

Photo and partial text come from the following link:

<https://www.vermontpsychiatricsurvivors.org/blog/creative-maladjustment-week-day-7-the-legacy-of-lunacy-jul-13-2019>

Vote for the Butterfly Bulletin's New Name!

MONADNOCK PEER
SUPPORT PERSPECTIVES

MONADNOCK PEER
SUPPORT EXPRESS

MONADNOCK PEER
SUPPORT NEWS

MONADNOCK PEER
SUPPORT PULSE

MONADNOCK PEER
SUPPORT ADVOCATE

Highlights of Hope

Anonymous Testimonial // Sneak Peak

Anonymous Testimonial: My Time Spent Here at MPS

My time spent here at MPS has been a really good experience for me. I have really enjoyed being in the Step Up Step Down program which has helped me in many ways, including helping me find the right job by filling out applications online and by helping me find sturdy housing. I am in the midst of trying to find another apartment and to find a job.

I see MPS as a very helpful place to come when you need a place to talk to someone or participate in wonderful groups that can help you learn new skills or just to come here and hang out (pre-pandemic). They help you to understand things you might not be able to understand on your own and if you are struggling they are very good listeners and can give you some really positive feedback.

This place has a very good vibe to it. I will be recommending this place to other people I know, that's how much I appreciate all that this place has to offer. I want someone else to be able to experience what I have been able to experience.

Respite can also help someone who is in need of help in a crisis. They have wonderful staff who can help you while you are struggling with everyday battles and staff are here for you whenever you need them and then there is the Warm Line for after hours if you need support. This is what my experience has been like here at MPS I hope yours can be just as enjoyable as mine has been.



Next month Sneak Peak:
Sangu Delle on
There's No Shame in Taking Care of
Your Mental Health

Weekly Schedule

MONDAY

Check In
Featuring Music
9:15 am-9:45 am

Feelings of Anger
1:00 pm-2:30 pm

Check Out
Featuring the
Creative Writing
Prompt of
the Day
4:00 pm-4:30 pm

TUESDAY

Check In
Featuring
the Stretch
of the Day
9:15 am-9:45 am

Walking Group
1:30 pm-2:30 pm

Women's Group
3:00 pm-4:00 pm

Check Out
Featuring Self-
Advocacy
4:00 pm-4:30 pm

WEDNESDAY

Check In
Featuring Art
9:15 am-9:45 am

Isolation Support
1:00 pm-2:30 pm

Check Out
Featuring
Physical Well-
being Tips
4:00 pm-4:30 pm

Beyond Bipolar
& Depression
5:00 pm-6:30 pm

THURSDAY

Check In
Featuring
Movie Trivia
9:15 am-9:45 am

Hearing Voices
Network-USA
12:00 pm-1:30 pm

Trauma
Survivors
2:00 pm-3:30 pm

Check Out
Featuring
Meditation
4:00 pm-4:30 pm

FRIDAY

Check In
Featuring Moving
with Intention
9:15 am-9:45 am

LGBTQ+ Support
11:00 am-12:00 pm

Anxiety/Depression
Support
2:00 pm-3:30 pm

Check Out
Featuring the
Recipe for the
Weekend
4:00 pm-4:30 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

News About Check In and Check Out!

You might notice some new additions to Check In and Check Out--we're adding themes to broaden our horizons. We hope you'll join us!

Community Happenings

- 5/11/21 @ 4:00 pm -- 2nd Tuesday of the month, Community Meeting (please note the different time!)
- MPS Monthly Board Meeting -- Please mail christine@monadnockpsa.org for time and date
- Mental Health Peer Alliance -- 3rd Tuesday of the month from 10:00 am-12:00 pm, please email Sharon Reynolds at sharonlynnereynolds@yahoo.com or Greg Burdwood at greg@connectionspeersupport.org for more information. The Peer Alliance meets on the third Tuesday of each month from 10:00 to noon.
- May Mad Pride Challenge -- Any time you'd like to give it a try! See page 4 for details and let us know how it's going at Check In or Check Out or on our FB group "Monadnock Peer Support Community Group".
- 5/31/21 -- CLOSED for Memorial Day