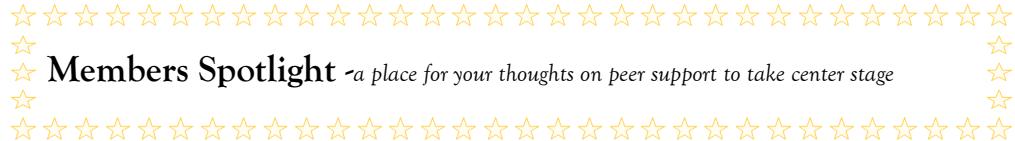




## STEPPING STONE & NEXT STEP PEER SUPPORT & CRISIS RESPITE CENTERS SEPTEMBER 2016

Stepping Stone  
108 Pleasant Street  
Claremont, NH 03743  
603-543-1388

Next Step  
109 Bank Street  
Lebanon, NH 03766  
603-448-6941



### Members Spotlight -a place for your thoughts on peer support to take center stage

## Friendships

~submitted by Members

Friendships can be like a tree,  
Mutuality like the rain,  
Respect like the sun,  
Having trust in the cycle of nature  
To continue to have growth.

When all pieces are equal, the results can be endless.

Friendships can be built like a tree trunk,  
Strong & viewed by many.  
In the end if I keep building connections,  
Stay open-minded,  
Try to be mutual & move towards what I want,  
The tree will grow!

If you are interested in contributing a story, poem, or other idea, please call Shanon at 543-1388.

### Upcoming Events & Meeting

- Labor Day Picnic—Monday, 9/5, 12-2 PM, Next Step. Please sign up for transportation from Stepping Stone.
- Hampton Beach & Seafood Festival—Saturday, 9/10, 10 AM—4 PM. Please sign up for transportation at either site.
- Newsletter Workgroup—Monday, 9/12, 9:30—11:30 AM, Stepping Stone. Please sign up for transportation from Next Step.
- Educational Event—"It's All About You" with Marty Fuller, Thursday, 9/15, 1-3 PM, Stepping Stone. Please sign up for transportation from Next Step.
- Consumer Council Meeting—Tuesday, 9/20, 10 AM—1 PM, BMH, Concord. Please sign up for transportation at either site.
- Educational Event—"It's All About You" with Marty Fuller, Thursday, 9/22, 1-3 PM, Next Step. Please sign up for transportation from Stepping Stone.
- Board of Directors Annual Dinner & Meeting, ~Wednesday, 9/28, 4-7 PM, Stepping Stone. Please sign up at either site. Transportation is available from Next Step.
- Arbor View visit—Thursday, 9/29, 1 PM. Please sign up for transportation at either site.

## Giving Back

We believe it is important to give back to our communities. If you have an idea for community volunteering or donations, or if you volunteer and want to be recognized, please see Shanon or Mark. Here's what we're doing now:

Arbor View visit: In August, we did adult coloring as well as more get to know questions. Folks seem to get into coloring & enjoyed the peer conversations. They say they look forward to our visit each month! It makes going worth while. In September, we will be doing some sort of art project with more interesting questions to continue growing & learning about each other. If you want to join us, please check in at community meetings to find out the details and look for sign-up sheets for transportation at either site.

Claremont Fire Department: A Member volunteers to help outside.

Claremont Soup Kitchen: A member volunteers putting together food boxes.

Dartmouth-Hitchcock Medical Center: A Member in Lebanon volunteers in the housekeeping department and helps with BINGO preparation.

Grafton County Senior Center: A Member in Lebanon volunteers at the front desk and waitresses when needed. She also puts together meals for Meals on Wheels.

Meals on Wheels: A Member in Lebanon volunteers to deliver meals.

## Board of Directors News

Our Annual Meeting is Wednesday, September 28th, at Stepping Stone.

The purpose of this meeting is for Members to meet and vote to elect or re-elect Board members.

We will begin the evening with dinner from 4-5:15 PM. The Board Meeting will start promptly at 5:30 PM.

As part of the open meeting following dinner, Board members will talk a bit about themselves, and community Members will have a chance to ask questions of the Board members. After all questions are answered, the Board will leave the room, and the community will vote to elect or re-elect each Board member for one more year.

Beginning on Page 5 are short biographies of active Board members seeking election or re-election. These might answer some of your questions ahead of time or bring new ones to mind to ask at the meeting. The bios are also posted at Stepping Stone and Next Step. If you need help reading them, please ask.

Please plan to join us for this very important meeting. Sign-up sheets are posted at each site.

...continued on page 5

## WISH LIST

all holiday DVDs  
good knife set  
wall clocks  
patio table  
griddle  
nightstand  
potholders  
new kitchen towels  
bathroom mats



On the 3rd Friday of every month at Stepping Stone, we have a cake to celebrate all the birthdays in the month. Please join us for cake and celebration.

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- Fran D. for scissors.
- Nancy R. for kitchen hand towels.
- Silvia D. for pot holders.
- Jeff W. for 3-ring binders.
- Members who help with community meals.

If you know of a donation we haven't recognized, please see Shanon.

You



### Newsletter Workgroup

We are always looking for new people with new ideas. What ever time you can commit to the group would be wonderful even if you can't make it every month. We appreciate every way you can contribute.

You may contact Shanon directly to express your interest or ask questions. The next meeting is Monday, 9/12, 9:30-11:30 AM, at Stepping Stone.

Transportation is available from Next Step. Please see the master schedule of meetings posted at either site.

**THANK YOU to Members who have given us feedback on the newsletter. It helps us to continue to improve. Let us know what's working!**

### Recipe of the Month—Maple-candied Bacon

- 1 lb. thick sliced bacon
- 1/2 cup maple syrup
- 1 tsp Dijon mustard
- Finely ground pepper

Preheat oven to 400 degrees F.

Line baking sheet with heavy foil. Place a baking rack over the lined sheet tray and line the bacon slices across the rack next to each other, not overlapping.

In a small bowl, whisk the maple syrup and mustard. Spoon over the top of the bacon, and bake 12 to 15 minutes. Turn the bacon over and baste with syrup mixture. Bake an additional 5 to 10 minutes, or until bacon has reached desired crispness.

Remove the pan from oven. Sprinkle bacon with a pinch of finely ground black pepper. Let the bacon rest on the rack for 5 minutes.



### Hampton Beach Seafood Festival

September 10, 2016

10 AM - 4 PM

Rain or Shine

Please see sign-up sheets at either site.

## Community Meal Menus

### Stepping Stone

9/6 Ham Dinner  
Salad

9/13 Mac & Cheese w/Hotdogs  
Salad

9/20 Cheese Ravioli/Hotdogs w/sauce  
Salad

9/27 French Toast w/sausage

### Next Step

9/7 Hot Dogs w/beans  
Salad

9/14 Beef Stew  
Salad

9/21 Tuna Mac Salad  
Salad

9/28 Chef's Choice  
Salad

**Do You Or Someone You Know Struggle  
With Addiction or Substance Use?**  
*Have questions about what to do next?*

**Your Recovery Is Our Priority!**  
Call the NH Statewide Addiction Crisis Line

**1-844-711-HELP**

[hope@keystonehall.org](mailto:hope@keystonehall.org)



*Confidential*

*Judgment-free*

*24 Hours a day*

*7 Days a week*

Our trained counselors are here to listen and help you take the steps that are right for you.



The NH Mental Health Planning and Advisory Council (formerly BHAC) advocates for adults, children and youth with serious mental health challenges.

The meetings are quarterly (October, January, April, July) on the second Tuesday of the month from 10 AM to 2 PM. Meetings are held in the Fox Chapel of the Main Building at 105 Pleasant St.

For more information contact:

MHBG State Planner: Beth Anne Nichols [Beth.Nichols@dhhs.nh.gov](mailto:Beth.Nichols@dhhs.nh.gov)

## Hunger Action Day®

To celebrate Hunger Action Day® on September 8th and bring awareness to the issue of hunger in our community throughout September, buildings, landmarks and people across the country will go orange. Wear orange, turn your social media profile pictures orange, and encourage others to do the same!



*Reprinted by permission from New Hampshire Food Bank.*

### "It's All About You" presented by: Marty Fuller, Success & Empowerment Strategist.

The first workshop is Thursday, 9/15, 1-3 PM, at Stepping Stone. IT'S MY LIFE! PLANNING MY FUTURE is about YOU! What are your dreams? What would you be doing if mental illness had not sidetracked your life? We'll talk about how to set and achieve your personal goals, remain motivated and focused, and turn stumbling blocks into stepping stones. So many feel that their dreams either cannot be realized at all, or they must be put on hold because of their mental illness, or that they are incapable of making them happen. It's a start to building self confidence. You will learn techniques that will help turn your dreams into reality and develop your personal vision board.

The second workshop is Thursday, 9/22, 1-3 PM, at Next Step. MAKING YOUR DREAMS YOUR REALITY! talks about your dreams and gives you the vision of how you would like your life to look. Using your vision board, we'll help you create a path toward achieving the life you have dreamed of. "The journey of 1000 miles begins with just one step." Remember to bring your vision board with you, and let's take that step together!

## Consumer Council

The next meeting is September 20th, 10 AM–1 PM, in Concord. Please sign up at either site for transportation.

### PLEASE NOTE:

In an effort to reduce costs, beginning in November, we will reduce the number of Newsletters we send in the US mail and rely on people to receive it via personal email or our website.

If you currently receive our Newsletter by US mail, please look in the October issue for a postcard to mail back and let us know if you can switch to an electronic option.

Board of Directors News —continued from page 2

**Lori Brown** lives in Claremont with her dog Carrie. She has been employed at Mascoma Savings Bank in Lebanon for over 20 years and works in the Human Resources Department. Lori serves as President of the River Valley Human Resources Association as well as a personnel committee member for the Grafton County Senior Citizens Council. Lori has participated in the GoodWill/GoodGuide Mentoring program through Stevens High School. In her spare time she likes to hang out with friends and family, enjoying the sunshine and going to Maine.

**Laura Byrne** hails originally from New York City, and has been an Upper Valley resident for the past 22 years. She currently resides in Hanover, and works in Lebanon, where she is the Director of the HIV/HCV Resource Center, an AIDS Service Organization. Laura is interested in raising community awareness of HIV and Hepatitis C, and working to prevent transmission of these viruses and to enhance access to treatment for those who are already living with them. She is especially concerned with prejudice in its many forms, and reducing stigma through education and communication. Before joining the Resource Center, Laura volunteered as deputy director of Village Health Works, a grassroots nonprofit organization that provides quality health care in rural Burundi, East Africa. Laura and her husband, Philip, have two grown sons. In her spare time, Laura likes to play ice hockey and is learning to sing bossa nova songs.

**Laurie Cummings-Bowen** joined the Board in May, 2016. She brings with her expertise gained in over 25 years of working in non-profit settings.

**Colleen Fisk** has lived in NH almost all of her life. She has eight children from ages 27 to 7, and she loves animals, painting, and being at the ocean. She has worked in a variety of psychiatric settings including geriatric, adult outpatient, consultative behavioral services, and most recently as the nurse manager for the Windham Center in Bellows Falls, Vermont. She has experience in behavioral management, aroma therapy, non-violent crisis intervention, DBT, WRAP programs, Snoezelen therapy, CBT, NH Mental Health Leadership, and addiction. She has been a consumer of mental health services, and has grown children who have been consumers as well. Her experiences with peer support have been very positive, and she believes it makes a significant impact on the well-being of consumers and families alike.

**Marilyn Marinelli** is a Board member because she believes in our Mission to provide peer support and respite to consumers with mental health challenges. Marilyn has been a consumer of mental health programs for 45. She attributes her success managing her bipolar mood disorder to the peer support meetings that she attended weekly after her first manic episode in 1990. During the eight years she attended meetings, Marilyn was able to make a contribution and give back to the organization by becoming a facilitator, Board member, and Board President. Marilyn is trained to present NAMI NH “In Our Own Voice” and started giving presentations in September 2014. She looks forward to being part of an organization that is providing much needed support for individuals with mental health challenges.

**Paul Marinelli** is a Massachusetts native who has lived in Vermont with his wife Marilyn since 2002. He is trained in Finance and has held numerous positions in financial management and has been a business owner since 1995. His present business is Yankee Barn Homes in Grantham, NH. In addition to his position on the Stepping Stone Board, he serves on the Board of Friends of Veterans VT/NH, which provides housing assistance to Veterans, and on the Finance Committee at Quechee Lakes. He also has experience with support groups addressing mental health and substance abuse issues.

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We're looking for talented and thoughtful volunteer Board members to lead and strengthen our programs. If you can contribute your time and ideas and are interested in exploring this opportunity, contact Shanon Pyatt at 603 543-1388, and she will put you in contact with the Board member in charge of Board Recruitment.

Work is completed on our new roof at Next Step!  
Thank you to all who made this project possible:



Acker Contracting, LLC  
d/b/a HP Roofing

**Friends of Mrs. Dorothy Matthews**

The Jack & Dorothy Byrne Foundation

*Jeff & Sara Acker*



Mascoma Savings Bank  
**FOUNDATION**

New Hampshire Bureau of Mental Health Services

**Stepping Stone & Next Step  
Annual Appeal Donors**



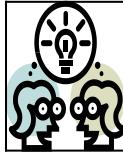
Committed to the future of rural communities.

Stepping Stone and Next Step Peer Support and Crisis Respite Centers is a private, not-for-profit agency dedicated to promoting emotional wellness and recovery. We provide consumer-run services designed and driven by consumers to best meet their own needs. We are committed to the creation of a safe, supportive, and educational environment for people with mental health challenges. Members apply real life experiences to help themselves and their peers attain wellness while casting off the victim identity and replacing it with personhood. We are funded primarily by the NH Department of Health and Human Services, Bureau of Mental Health Services (BMHS). Our services are free to NH residents.

"I live by, "Go big or go home." That's with everything.  
It's like either commit and go for it or don't do it at all."

-Paul Walker

-born September 12, 1973



Suggestion Boxes are at both sites for your ideas and suggestions regarding the centers. If you have an idea for Member fundraising, please put it in the box. Please place your constructive suggestions in the box. Your name is optional.

## How to Reach Us

### Stepping Stone

**Phone:** 543-1388

**Fax:** 543-0131

#### **Center hours:**

Sunday 11AM–3PM

Monday–Thursday 9AM–4PM

Friday Noon–7PM

Saturday 11AM–4PM

### Next Step

**Phone:** 448-6941

**Fax:** 448-0702

#### **Center hours:**

Monday–Thursday 9AM–5PM

Friday 11AM–6PM

Saturday 11AM–4PM

### Crisis Respite

Our program is free to NH residents who meet the guidelines of being at risk for using mental health services, are already using mental health services, or are referred by other services. Call 543-1388 for more information.

### Peer Support Warmline

Our Warmline is available 5–10PM, seven days a week. To access our Warmline, call 543-1388 or 543-0920. If calling long distance within NH, call toll free at 1-888-582-0920.

### Check out our website:

[www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)

A work in progress—we continue to improve its content. Stay tuned for updates.



### Community Meeting

A meeting for all members to learn what goes on within the business aspects at SS and NS. It is also an opportunity to express new ideas, promote healing, and secure respect. Your voice is important! Community Meal is served one hour before the meeting.

#### **Meetings are held at:**

**Stepping Stone, Tuesday, 1-2PM**

**Next Step, Wednesday, 1-2PM**