



STEPPING STONE & NEXT STEP
PEER SUPPORT & RESPITE CENTERS
JULY 2020

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

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

www.steppingstonenextstep.org

UPDATE ON OUR SUPPORTS

Susan E Seidler, Executive Director

Our Reopening Task Force continues to meet to develop a plan to reopen Stepping Stone and Next Step with the safety of our community in mind.

Although we do not have a firm date to reopen and the plan needs to be approved by our Board of Directors, I can announce several protocols we will put in place:

- Space will be limited within the centers to allow for physical distancing.
- Before entering the buildings:
 - We will take your temperature, and if it is above 100.0°F, we will ask you to go home and seek medical advice.
 - We will ask you a series of questions:
 1. Have you been in close contact with a confirmed case of COVID-19?
 2. Have you had a fever or felt feverish in the last 72 hours?
 3. Are you experiencing any respiratory symptoms, including a runny nose, sore throat, cough, or shortness of breath?
 4. Are you experiencing any new muscle aches or chills?
 5. Have you experienced any new change in your sense of taste or smell?If you answer, “Yes” to any question, we will ask you to go home and seek medical advice.
 - We will provide you with a disposable mask and require you wear it at all times.
- We will require frequent handwashing and sanitizing.

The Reopening Task Force is working together to ensure we can open safely and provide peer support for as many people as possible. Our success depends on you working with us—we are strongest when we all work together.

While we are apart please remember:

- Stay at home except for essentials, such as employment, groceries, pharmacy, and medical appointments.
- Practice good handwashing.
- Observe social distancing of at least 6 feet between you and others while in the community.
- Wear a face covering when in the community and at other times when social distancing is difficult to observe.

Thank you for your patience. I look forward to seeing you soon.

SEE PAGE 2 FOR WAYS TO CONNECT WITH US.

Group information and keeping connected:

- Daytime telephone peer support is available Mon-Fri, 9 AM-3 PM, at 448-6941, 543-1388, or 1-888-582-0920.
- Warmline is available Sun, Mon, Wed 4-9 PM; Tue, Thu, Fri, Sat 4-8 PM, at 543-1388 or 1-888-582-0920.
- Zoom groups are available:
 - **Daily Check-in:** Monday-Friday, 9-10 AM
Computer: Go to <https://zoom.us/j/641939622>
Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 641939622
Phone: Call 1-646-558-8656, enter Meeting ID 641939622#, for password press #
 - **Intentional Peer Support:** Monday-Friday, 11 AM-Noon
Computer: Go to <https://zoom.us/j/95084929764>
Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 95084929764
Phone: Call 1-646-558-8656, enter Meeting ID 95084929764#, for password press #
 - **Let's WRAP!:** Monday-Friday, 1:30-2:30 PM
Computer: Go to <https://zoom.us/j/477821098>
Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 477821098
Phone: Call 1-646-558-8656, enter Meeting ID 477821098#, for password press #

Board of Directors Meeting Wednesday, 7/15, 3:30 PM, via zoom

VIA COMPUTER:

<https://us02web.zoom.us/j/82166592558?pwd=eHVqL08zYm1Nbi80Y2tmaFZpQnF1dz09>

VIA SMARTPHONE OR TABLET:

Meeting ID: 821 6659 2558

Password: 741935

One tap mobile

+13017158592,,82166592558#,,,,0#,,741935# US (Germantown)

+13126266799,,82166592558#,,,,0#,,741935# US (Chicago)

VIA TELEPHONE:

+1 646 558 8656 US (New York)

Meeting ID: 821 6659 2558

Password: 741935

NH Mental Health Planning & Advisory Council

Tuesday, 7/14, 9:30 AM-12 PM, via zoom

Join Zoom Meeting

<https://nh-dhhs.zoom.us/j/6097694487?pwd=NzVwTjNIZ01Ba2NzY0VMR2t1N3p4Zz09>

Meeting ID: 609 769 4487

Password: 418565

Dial by your location

+1 646 558 8656 US (New York), enter Meeting ID: 609 769 4487, enter Password: 418565



Location

1 Pleasant St., Suites 104 and 105
Claremont, NH 03743
603-287-7127

Facebook

<https://www.facebook.com/pg/recoveryresourcecenter>

We believe that the key to long-term recovery is a strong foundation of support and community. The Center is a communal space for individuals and families seeking support for substance misuse and addiction-related issues. We host an array of peer-based, non-clinical programs, and services including recovery coaching, support groups, educational workshops, and drug-free/sober community events.

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



Confidential

Judgment-free

24 Hours a day

7 Days a week



Mon-Thu 8:30am-6pm
Fri 8:30am-4pm
Food Shelf opens at 9 am

713 Hartford Ave, White
River Junction, Vermont ∞
802-295-6500

info@uppervalleyhaven.org

a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, service coordination, and other support.

Southwestern Community Services

96-102 Main Street
Claremont, NH 03743
Phone: 603.542.9528
Toll Free: 800.529.0005



Please call the Sullivan County shelter at 542.3160 for more information about the Emergency Shelter Program or Housing Stabilization Counseling.

Recipe of the Month - BLT Dip

- 1 pound bacon
- 1 cup mayonnaise
- 1 cup sour cream
- 1 tomato - peeled, seeded and diced

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain on paper towels. In a medium bowl, combine mayonnaise and sour cream. Crumble bacon into the sour cream and mayonnaise mixture. Mix in tomatoes just before serving. Serve with chips or crackers.

Moment to Moment

By: Deb Ploof

A Member shared a story about an interaction she had at the center. Through their conversation she got support and did not feel judged. She felt comfortable and at ease. Feeling heard made it easy to open up. When they ended the conversation she felt warm inside from their presence. She is grateful for that moment.

Mission Statement: To support our mental health peers on their personal paths towards wellness within a community free from judgment where we share feelings, experiences, and tools in a respectful way.

-Adopted 3/13/19

Our programs are funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services. Our supports are free to NH residents.

Consumer Council Meeting—There is no meeting in July.

“Love and be kind to yourself. Sometimes you are all you have.”

-Shanon Pyatt

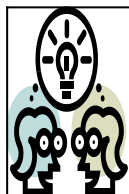
-born July 22, 1979

Peer Respite in New Hampshire

The Stepping Stone Drop-In Center Assn.
108 Pleasant Street
Claremont, NH 03743
Telephone: (603) 543-1388

HEARTS Peer Support Center of Greater Nashua
5 Pine Street Extension Suite 1-G
PO Box 1564
Nashua NH 03060
Telephone: (603) 864-8769

Monadnock Area Peer Support Agency
64 Beaver Street
Keene, NH 03431
Telephone: (603) 352-5093



Suggestion Boxes are at both sites for your ideas and suggestions regarding the Centers. 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 (suspended through at least 7/31/20):

Sunday 11 AM–3 PM

Monday–Thursday 9 AM–4 PM

Friday Noon–7 PM

Saturday 11 AM–4 PM

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours (suspended through at least 7/31/20):

Monday–Thursday 9 AM–5 PM

Friday 11 AM–6 PM

Saturday 11 AM–4 PM

Peer Respite

(suspended through at least 7/31/20):

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 4–9 PM, seven days a week. To reach our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.



Editor: Shanon L. Pyatt