



STEPPING STONE & NEXT STEP PEER SUPPORT CENTERS

AUGUST 2022



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

www.steppingstonenextstep.org



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

Just another day in the life of a Gnome

By: Kim Metcalfe



Gnomes live under cover to bring you closer as friends. They don't assume anything about you or judge you. Like ourselves, gnomes have developed some of their own ideas on how peer support works. They would like to share some of their experiences dealing with people that changed their lives like magic. Share stories of what things are like when they are well. It's not about fixing it or unwelcomed advice. Real people living life. Being questioned, what's happening, what's going on? Feelings being explored. Being present and sitting with them. Creating a shared story that moves them out of their roles and changes their perspective. Allowing friends to become connected to the outer community and themselves. Making a new meaning, a new shift in life where a sense of hope is found and more of a flow within friendships is created. They are able to talk about different things and connect more. Being honest, sincere and direct with each other. Ask what you see, feel and need in that moment. Listening to the feelings behind each individual's story. Sharing views that they relate around. About how they can focus on Hope and other possibilities in life and empathize with their friends. Both taking shared responsibility to find out where they go from here. Difficulties overcome by possibilities. The willingness to be vulnerable and open, learning from each other. Being interested and having questions and ideas that are relevant brings out the best part in others and me as well.



If you are interested in contributing a story, poem, or other idea, please call Shanon at 603-543-1388.



Bisquick Sausage Balls

- 1 pound sharp cheddar cheese
- 1 pound ground pork sausage
- 2 c Bisquick baking mix
- 1 Tbsp freezer-dried chives (optional)
- 1/4 c milk (add if needed)



Preheat oven to 350°. In a large bowl, combine the ground sausage, Bisquick mix, and shredded cheese. Shape the mixture into 24 golf ball-sized balls and place on baking sheets. Bake for 20 to 25 minutes, or until golden brown. Serve with your favorite dip on the side!

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS—8/19, 26

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 #

11 AM-Noon Check-in NO GROUPS—8/19

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 #



Board of Directors News



We're looking for talented and thoughtful volunteer Board members. If you can contribute your time and ideas and are interested in exploring this opportunity, contact Shanon Laferte at 603 543-1388, and she will give your contact information to the Board member who manages Board Recruitment.

Community Eats



Starting in August, we will be offering food at Stepping Stone on Tuesdays at Noon; Next Step on Wednesdays at 11AM. We will be using what we have, so each week will be different. What is it going to look like, you ask?

- Staff will prepare food and package it into recyclable containers.
- We expect you to eat with us at the Centers if there is room to sit within social distancing guidelines. If we are at full capacity, we will offer you a container to take home.
- Eats are available one to a person on a first-come, first-served basis.



Beginning July 16, 2022,
dial 988 to access to The Lifeline.

The Lifeline accepts calls from anyone who needs support for a suicidal, mental health or substance use crisis.

The 10-digit statewide Access Point number 833-710-6477 will remain in effect, even after July 16, 2022.

988 does not have geolocation capabilities, so if calling from a non-603 number, continue to use 833-710-6477 even after July 16, 2022 to reach the NH Access Point.

Wallet Cards and Flyers are available in English & Spanish: <https://www.nh988.com/about-us/>

How to Reach Us

Stepping Stone

Phone: 603-543-1388

Fax: 603-543-0131

Center hours:

Sunday 11 AM–3 PM
Monday 9 AM–4 PM
Tuesday 9 AM–4 PM
Wednesday 9 AM–4 PM
Thursday 9 AM–4 PM
Friday 9 AM–4 PM

Next Step

Phone: 603-448-6941

Fax: 603-448-0702

Center hours:

Monday 8 AM–5 PM
Tuesday 9 AM–3 PM
Wednesday 9 AM–5 PM
Thursday 8 AM–5 PM
Friday 9 AM–3 PM
Saturday 10:30 AM–4:30 PM



Upcoming Events & Meeting

Community Meetings

Stepping Stone, Tuesday, 1-2 PM

Next Step, Wednesday, 1-2 PM

Newsletter Workgroup

Monday, 8/8, 10-11 AM
Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 8/16, 10 AM—12 PM

Via computer or smartphone:

<https://global.gotomeeting.com/join/160387205>

You can also dial in using your phone.

United States: +1 (571) 317-3122
Access Code: 160-387-205

Educational Event

Tuesday, 8/23, 1 PM

Step-Up Step-Down

w/ David Blacksmith & Sam Captain
Stepping Stone

Educational Event

Wednesday, 8/24, 1 PM

Step-Up Step-Down

w/ Ken Lewis Via Zoom

Next Step

NH Mental Health Planning & Advisory Council

Meets quarterly in January, April, July, and October.

Monadnock Peer Support
32 Washington Street
Keene, NH 03431
Telephone: (603) 352-5093

The Giving Room

You may shop by appointment only and must be accompanied by staff on the following days:

Next Step – All day Monday and Thursday (see Amber).

Stepping Stone – Monday, 11AM-12PM & 1-2PM (see Kim or Shanon); Wednesday, 1-3PM (see Theresa);

Saturday, 11:30AM-12:30PM (see Joanne).



Changes to August schedule

Next Step—Closed 8/16, & 18; 8/11, open 9AM-3PM;
8/26, open 11AM-3PM.

Stepping Stone—8/26, open 11AM-4PM.





Location

62 Pleasant St.
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.



Mon-Thu 8:30am-6pm

Fri 8:30am-4pm

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
TTY-NH Relay: 800.735.2964



Please call the Sullivan County shelter at 603 542.3160 for more information about the Emergency Shelter Program or Housing Stabilization Counseling.



141 Mascoma Street, Lebanon, NH 03766
Phone: 603-448-4872 | Email: info@headrest.org

Headrest supports individuals and their families, friends and neighbors affected by substance use, navigating recovery, or in crisis, by providing effective programs and treatment options that support prevention and long-term recovery. Headrest will never turn anyone away.

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.

"If you don't believe in yourself no one will do it for you."

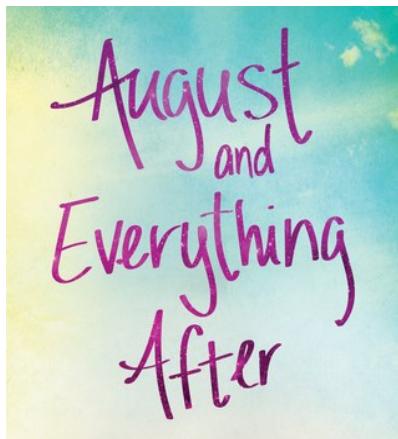
-Kobe Bryant

-born August 23, 1978



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.

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WISH LIST
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patio table
digital camera
DVD player
digital clock
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Editor: Shanon L. Laferte