

STEPPING STONE & NEXT STEP

PEER SUPPORT CENTERS

MAY 2023

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



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

Many cultures and religions believe the sun has healing qualities. People are attracted to nature to heal their spirits. There are many religions. Others offer other alternatives of healing as well. We acknowledge, listen, encourage, validate and care for their beliefs. Intentional Peer Support is filled with compassion and acceptance regardless of how one believes. Peer Support on the Warmline and in the Centers has been an enlightening experience filled with hope, acceptance, joy, tears, renewal, and transformation. My gratitude goes to all who have participated in my journey, especially through currently my work here with my facilitators and colleagues. Thank you for enriching my life. Your words of wisdom have greatly affected me. Thank you for sharing your life experiences with me.

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

CHANGES TO WHAT TO EXPECT AT THE CENTERS

Effective 5/1/23, at Stepping Stone & Next Step:

- The front doors will be unlocked.
- Members may use the kitchen and microwave to prepare their own food.
- Thank you to all our Members who offer to volunteer at the Centers. We welcome you back to our volunteer team to assist Peer Support Center staff with answering the phones and cleaning.

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 5/12, 19, 26, 29

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– 5/12, 26, 29

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 #



Strawberry Spinach Salad

- 2 tbsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- 1/4 c. extra-virgin olive oil
- salt & pepper (to taste)
- 5 c. packed baby spinach (5 oz.)



- 2 c. rotisserie chicken breasts, cut into 1/2" pieces
- 2 c. thinly sliced strawberries
- 3/4 c. chopped toasted pecans (optional)
- 1/4 small red onion, thinly sliced
- 5 oz. feta, crumbled

In a large bowl, whisk the lemon juice with the mustard. While whisking, slowly pour in the oil until the dressing is combined. Season with salt and pepper. Add spinach, chicken, strawberries, 1/2 cup pecans, and onion to the bowl with the dressing and toss to combine. Pile salad onto plates and top with the remaining pecans and a generous crumbling of feta.



Board of Directors News

We're looking for 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 Governance Committee.

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.



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.

“The best exercise for the human heart is reaching down to lift someone else up.”

-Tim Russert

-born May 7, 1950



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.

Stepping Stone - Monday, 11 AM-12 PM & 1-2 PM; Wednesday, 1-3 PM; Saturday, 11:30 AM-12:30 PM.



Change to May's schedule

Next Step

5/19, Open 11 AM-7 PM; 5/26, Open 12-7 PM.

Stepping Stone

5/19, Open 11 AM-4 PM.

See page 6 for new Next Step hours.



WISH LIST

patio table

digital clock

new chairs



Are you looking for a part-time job with flexible hours?

Drivers: We are seeking *two* part-time drivers to provide transportation based on the needs of the organization (e.g., staff to meetings, worksites, and trainings) and its Members (e.g., to and from the Centers, trainings, meetings, and community-based services). A company vehicle is available for travel during working hours. Visit www.steppingstonenextstep.org or either Center for a complete job description and application.

Minimum Qualifications:

- High school diploma or GED.
- Valid driver's license, reliable transportation, violation-free driving record.
- Minimum of 5 years driving experience.
- Ability to manage time to ensure adherence to the transportation schedule.
- Proven ability to adhere to strict confidentiality standards.
- Willingness to learn.
- Ability to work independently and as part of a team.
- Ability to lift a minimum of 25 pounds, walk up and down stairs, and sit for a majority of the workday.
- Familiarity with GPS devices and maps.

We're

HIRING

Office of Consumer & Family Affairs
Address: Main Building 105 Pleasant St Concord NH 03301
Email Address: OCFA@dhhs.nh.gov
Phone: (603) 271-5045

The Office of Consumer & Family Affairs Name Change Survey



Help the Office of Consumer & Family Affairs Choose a New Name!



Language matters, and it is past time to rename this office. We are seeking community input regarding the name change.

Please feel free to make your preference known by selecting from the options in the survey at the link below, or by submitting your own ideas. We want to hear from you. Share this survey with other community members to encourage all to have a say in what we are moving towards.

Survey Link: [OCFA Name Change Survey](#) or go to <https://www.surveymonkey.com/r/OCFAnamechange>



~reprinted from <https://www.dhhs.nh.gov/programs-services/health-care/mental-health/office-consumer-family-affairs>



OUR MISSION IS TO SUPPORT,
ASSIST, & EMPOWER
THOSE WHOSE LIVES ARE
IMPACTED BY HIV & HEPATITIS C
TO LIVE FULLY WITH DIGNITY.
AND TO STOP THE SPREAD OF
THESE VIRUSES THROUGH
EDUCATION & UNDERSTANDING.

SUPPORT FOR ANYONE LIVING WITH OR
AT RISK FOR HIV & VIRAL HEPATITIS:

SYRINGE ACCESS, CASE
MANAGEMENT, AND COMMUNITY
EDUCATION

2 BLACKSMITH STREET
LEBANON, NH
(603) 448-8887
(800) 816-2220
WWW.H2RC.ORG



MOBILE SYRINGE EXCHANGE

Anonymous, confidential & COST-FREE
BY APPOINTMENT
UPPER VALLEY VT & NH

We offer:

- **Support For People Who Use Drugs**
- **Harm Reduction Supplies**
syringes and safer injection works
- **Narcan & Fentanyl Test Strips**
- **Overdose Prevention Training**
- **Hepatitis C & HIV** prevention, testing
and referrals to care
- **Education & Referrals**
- **Connection** to recovery support,
medical and social services
- **Help** signing up for health insurance
and other support services

Meeting You Where You're At.

For more information
or to schedule a meet-up:

Ryan (603) 276-9698
Ryan@H2RC.org
RFOWLER@H2RC.ORG
Laura (603) 306-1105
Laura@H2RC.org

May





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. 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.



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.



Upper Valley Haven

Mon-Thu 8:30am-6pm

Fri 8:30am-4pm

713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500 info@uppervalleyhaven.org

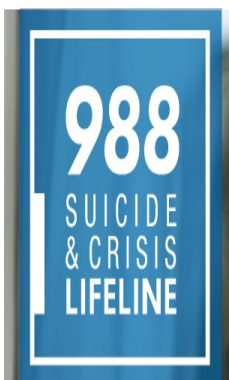
a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, service coordination, and other support.

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.



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

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

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

Saturday 11 AM–4 PM

Next Step

Phone: 603-448-6941

Fax: 603-448-0702

Center hours:

Monday 9 AM–3 PM

Tuesday 9 AM–5 PM

Wednesday 9 AM–5 PM

Thursday 9 AM–5 PM

Friday 9 AM–7 PM

Saturday 10:30 AM–2:30 PM

Peer Support Warmline

Our Warmline is available Sunday-Thursday, 4-9 PM;

Friday, 4-8 PM; Saturday, 4-9 PM.

To reach our Warmline, call 603-543-1388. If calling long distance within NH, you may call toll free at 888-582-0920.

Peer Respite in New Hampshire

H.E.A.R.T.S. Peer Support Center of Greater Nashua
5 Pine Street Extension Suite 1-G
PO Box 1564
Nashua NH 03060
Telephone: (603) 864-8769

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

NH Recovery Oriented Step-Up/Step-Down Programs (SUSD)

Connections Peer Support Center

161 1st NH Turnpike, Northwood, NH 03261
603.427.6966 Office; 603.373.6519 Fax
kali@connectionspeersupport.org

H.E.A.R.T.S. Peer Support Center

5 Pine St. Ext. 1G, Nashua, NH 03060
603.882.8400 Office; 603.864.8482 Fax
cheryl@heartpsa.com

Monadnock Area Peer Support

24 Vernon Street, Keene, NH 03431
603.352.5093 Office; 603.550.5506 Fax
karen@monadnockpsa.org

On the Road to Wellness

59 Sheffield Road, Manchester, NH 03103
603.232.6250 Office; 603.232.6158 Fax
sUSD@otrtw.org

Upcoming Events & Meeting

Community Meetings

Stepping Stone, Tuesday, 1-2 PM

Next Step, Wednesday, 1-2 PM

Educational Event

Tuesday, 5/2, 1 PM

Basic Computers
with Shanon Laferte
Stepping Stone

Newsletter Workgroup

Monday, 5/8, 10-11 AM
Stepping Stone

Board of Directors Meeting

Wednesday, 5/10, 3:30-4:30 PM

via computer:

<https://us02web.zoom.us/j/87115911999?pwd=M6xUUw5RG9jb0RpbUxrMGVqZXB6Zz09>

Meeting ID: 871 1591 1999

Passcode: 684790

via smartphone or Tablet:

+13126266799,,87115911999#,,,,*684790#
US (Chicago)

+16465588656,,87115911999#,,,,*684790#
US (New York)

via Telephone:

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 871 1591 1999

Passcode: 684790

NH Mental Health Peer Alliance

Tuesday, 5/16, 10 AM–12 PM

Via computer or smartphone:

<https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09>

Meeting ID: 840 7178 5517

Password: 269641

Educational Event

Wednesday, 5/17, 1 PM

Basic Computers
with Chris Manns
Next Step

NH Behavioral Health Planning & Advisory Council

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