



### Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 6/5-9, 16, 19, 20, 23, 30

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– 6/5-9, 13, 16, 19, 20, 23, 30

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 #

**Father's Day Word Search**

Father's Day is Sunday.  
Can you find these words that have to do with dad?

ATHLETIC FUNNY  
BRAVE GOLF  
DAD KIND  
DADDY SPORTS  
ESPN TENNIS  
FATHER TIE  
FISHING TOOLS  
FOOTBALL

MARTY WESTMAN/MCT

X	R	D	F	U	I	E	L	C	F	C	R	E
W	B	L	A	S	T	R	O	P	S	N	D	K
E	O	D	S	A	Z	F	X	C	E	B	A	M
G	N	M	P	O	I	U	T	C	R	E	D	T
R	B	R	A	V	E	H	I	O	O	M	D	E
S	I	D	K	Y	J	T	B	S	S	H	Y	L
H	T	I	Q	N	E	F	A	P	L	L	Y	L
S	A	R	S	L	G	R	E	R	O	O	G	A
G	V	S	H	C	K	E	L	S	N	P	O	B
F	R	T	S	F	I	S	H	I	N	G	W	T
U	A	C	O	S	N	S	T	E	D	E	O	O
N	S	T	K	O	D	A	L	A	D	U	R	O
N	N	R	H	W	B	E	D	U	I	M	G	F
Y	O	T	I	E	T	I	N	C	T	W	N	U
A	F	U	S	R	R	H	W	E	S	P	N	W
O	T	E	N	N	I	S	T	I	U	S	E	R



### Juicy Lucy Burger

- 1½ pounds ground chuck
- 2 tablespoons canola oil
- Salt & Pepper to taste
- 4 hamburger buns
- 4 slices of cheese



In a small bowl, combine the salt and pepper and set aside. Divide the beef into 4 equal portions and halve each portion for a total of 8 equal portions. Place 1 slice of cheese in the middle of 4 patties. Fold the cheese corners to the middle of each cheese slice so there is no overhang. Place patty (without cheese) on top of one of the patties with cheese. Pinch the edges together to ensure the cheese stays inside the patty when cooked/melted. Repeat this process until all 4 cheese-filled patties are formed. Heat the oil in a large pan over medium heat for 2 minutes. Add the burgers and cook for 3-4 minutes until a good sear is formed and the edges begin to brown. Gently flip the burgers over and sear the second side, about 3-4 more minutes. Transfer the burgers to a paper towel-lined plate. Assemble the burgers and add your favorite burger toppings. (Be careful when taking the first bite – the hot cheese can squirt out.) Serve and enjoy!



**Our Vision:** We envision a world where peer support promotes social change and eliminates the stigma associated with mental health.

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

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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.

“I believe everything happens for a reason. People change so that you can learn to let go, things go wrong so that you appreciate them when they are right, you believe lies so you eventually learn to trust no one but yourself, and sometimes good things fall apart so better things can fall together.”

-Marilyn Monroe  
-born June 1, 1926



### 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.

### *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](http://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.





## Educational Events in June:

Please join us for two NAMI *In Our Own Voice* presentations:

- Tuesday, 6/13, 1 PM, at Stepping Stone
- Wednesday, 6/28, 1 PM, at Next Step

“NAMI In Our Own Voice presentations change attitudes, assumptions and ideas about people with mental health conditions. These free, 40- 60-minute presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it’s like to have a mental health condition.

This presentation provides:

- An opportunity to hear open and honest perspectives on a highly misunderstood topic
- A chance to ask leaders questions, allowing for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions
- The understanding that people with mental health conditions have lives enriched by hopes, dreams, and goals
- Information on how to learn more about mental health and get involved with the mental health community”

Reprinted from



**NAMI New Hampshire**  
National Alliance on Mental Illness

### 2023 ANNUAL MEETING

Thursday, June 15th at 5:30 pm  
NAMI NH | 85 N. State St., Concord, NH

Vote for the Slate of NAMI NH Board Members  
Celebrate the 2023 NAMI NH Annual Award Recipients  
Hear About the Year in Review and Current Initiatives

RSVP by 06/05/23  
Go to Event Website: [tinyurl.com/NAMINH2023](https://tinyurl.com/NAMINH2023)

Join or renew online at [www.NAMINH.org/membership](https://www.NAMINH.org/membership).  
Not sure if your membership is current?  
Email us at [development@NAMINH.org](mailto:development@NAMINH.org) and we will check.

Buffet dinner will be provided.

Sponsored by: **Janssen**

A collage of six photographs: top left shows two people in professional attire; top right shows three children holding a sign that says "Walk to break down the stigma associated with mental illness"; middle left shows a child holding a sign that says "Stig-ma"; middle right shows a large group of people at an outdoor event with a banner that says "NAMI Walks YOUR WAY New Hampshire"; bottom left shows two men in green "VOLUNTEER" shirts; bottom right shows a group of people in professional attire.



**Changes in Medicaid as a result of the COVID Public Health Emergency (PHE) Declaration ending!!!!**

**Re-determinations are now being scheduled.** You must respond to any mail or requests from the Medicaid office or your coverage will be terminated.

If you receive requests from Medicaid and are unsure of what to do please reach out to your Care Coordinator at WCBH immediately. No change will be made to a coverage until your redetermination date is reached. Do not send the paperwork in until requested!

If you do not have a Care Coordinator you can call **SERVICE LINK** for assistance.  
Claremont # 603-542-5177  
Lebanon # 603-448-1558  
Claremont District Medicaid Office # 603-542-9544

**If you have had an increase in income you may now have a spend-down or lose Medicaid.**

A spend-down is like a monthly deductible that must be met before your Medicaid is turned on. WCBH will charge you 10% of your spend-down amount each month.

If you had a spend-down before the PHE it will be reinstated. This means you will start to get bills every month from WCBH for your 10%.

You can contact **Rachel Frank** in our billing office if you have questions about a bill, at **603-448-0126 Option 4.**

All Rules and requirements have been reinstated that were in effect prior to the Public Health Emergency Declaration!

52 W. Pleasant Street, Claremont, NH 03743 | 603.542.2578 | Fax: 603.542.5456 | 24/7 Mobile Crisis Response  
833.710.6477  
wcbh.org



✂

WISH LIST  
patio table  
digital clock  
new chairs  
BINGO set

✂

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.





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 meetup:

Ryan (603) 276-9698

Ryan@H2RC.org

*RFOWLER@H2RC.ORG*

Laura (603) 306-1105

Laura@H2RC.org

## Great News! Starting in June...

### Next Step-



Community Eats is moving to Fridays at 4:30 PM! We will order pizza, and have fresh fruit and veggies from Willing Hands.

### Stepping Stone-



Community Eats is staying on Tuesdays at 12 PM. Once a month we will order pizza and have fresh fruit and veggies from Willing Hands.





**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](mailto: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](mailto:info@uppervalleyhaven.org)

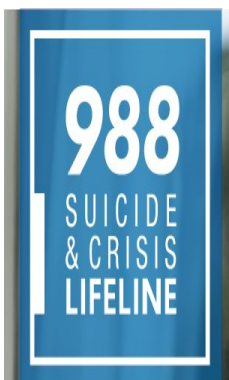
a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, service coordination, and other support.

**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.

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### 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  
cherylt@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

### Newsletter Workgroup

Monday, 6/12, 10-11 AM  
Stepping Stone

### Educational Event

Tuesday, 6/13, 1 PM  
In Our Own Voice  
with Kevin O'Brien  
Stepping Stone

### NH Mental Health Peer Alliance

Tuesday, 6/20, 10 AM–12 PM

Via computer or smartphone:

[https://us02web.zoom.us/j/84071785517?](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09)

[pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09)

Meeting ID: 840 7178 5517

Password: 269641

### Educational Event

Wednesday, 6/28, 1 PM  
In Our Own Voice  
with Kevin O'Brien  
Next Step

### NH Behavioral Health Planning & Advisory Council

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

