

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 8/11

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– 8/8

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 #



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.

“If we treated ourselves as well as we treated our best friend, can you imagine?”

-Meghan Markle

-born August 4, 1981



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.



Bruschetta Chicken Pasta



- 1 lb. cherry tomatoes, chopped
- 1/4 c. plus 1 tbsp. extra-virgin olive oil, divided
- 4 cloves garlic, minced
- 1/2 c. fresh basil
- Salt and pepper to taste
- 1 lb. angel hair pasta
- 1 1/2 lb. boneless skinless chicken breasts
- 1 tbsp. Italian seasoning
- 1/4 c. freshly grated Parmesan

In a large bowl, stir together tomatoes, 1/4 cup olive oil, garlic and basil and season generously with salt and pepper. Let sit 15 minutes. Meanwhile, bring a large pot of salted water to a boil. Cook angel hair until al dente, 4 minutes. Drain and return to pot. In a large skillet over medium-high heat, heat remaining tablespoon olive oil. Add chicken and season with Italian seasoning, salt, and pepper. Cook until no longer pink, 10 minutes per side. Let rest for 5 minutes, then thinly slice. Add tomato mixture and sliced chicken to angel hair and toss until fully combined. Top with Parmesan and serve. Yum! So good!

Save the date

PSA Satisfaction surveys will be coming out soon.



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

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.

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.



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

R.FOWLER@H2RC.ORG

Laura (603) 306-1105

Laura@H2RC.org

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](https://www.surveymonkey.com/r/OCFAnamechange) 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>



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

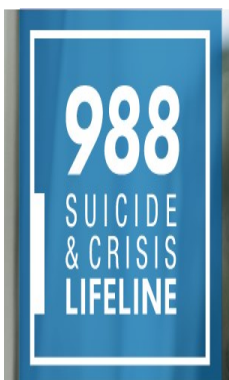
a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, service coordination, and other support.

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
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, 8/14, 10-11 AM
Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 8/15, 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

Tuesday, 8/29, 1 PM

Sexual Harassment

with Shanon Laferte

Stepping Stone

Educational Event

Wednesday, 8/30, 1 PM

Sexual Harassment

With Chris Manns

Next Step

NH Mental Health Planning & Advisory Council

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

