

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 11/9, 10, 13-17, 23, 24

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– 11/9, 10, 13-17, 23, 24, 28

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 #

Flannel

Autumn is full swing

School is in session

Logs on the fire

This time of year

Whether you are lonely,

Sad, happy or angry

I will always be there.

“Don’t walk behind me; I may not lead. Don’t walk in front of me; I may not follow. Just walk beside me and be my friend.”

-Albert Camus

-born November 7, 1913

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.



In November, cake day will be on Wednesday, 11/22. at Stepping Stone. We have a cake to celebrate all the birthdays in the month. Please join us for cake and celebration!



Honey glazed chicken

- ¼ cup honey
- 2 tablespoons soy sauce
- ⅛ teaspoon red pepper flakes
- 1 ½ tablespoons olive oil
- 2 skinless, boneless chicken breast halves, cut into bite-size pieces



Whisk honey, soy sauce, and red pepper flakes in a bowl; set aside. Heat olive oil in a skillet over medium heat; cook and stir chicken in hot oil until lightly brown, about 5 minutes. Pour honey mixture into the skillet; continue to cook and stir until chicken is no longer pink in the center and sauce is thickened, about 5 minutes more. Serve hot 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.

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

RFOWLER@H2RC.ORG

Laura (603) 306-1105

Laura@H2RC.org

free

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.

Community Eats at Stepping Stone



On Tuesday, 11/7, we will be having Thanksgiving fixings for our Community Eats. Please check in with Theresa or Shanon for donations. We'd love to see you there!



Friendly reminder that Daylight saving time ends 11/5. Yes, it's that time of year again where we change our clocks back an hour.

Board of Directors News



Our Annual Meeting is Wednesday, November 8th, 3:30 PM, via zoom (see Page 6 for ways to join the meeting). This is when Members elect or re-elect Board members.

As part of the open meeting, Board members up for election or re-election will talk a bit about themselves and why they serve on the Board, and community Members will have a chance to ask questions. After all questions are answered, the Board will leave the meeting, and the community will vote to elect or re-elect each eligible Board member. Below are bios of Members presenting.

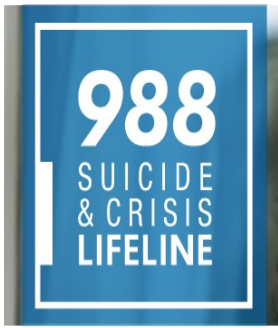
Board Members presenting for election and re-election are:

Angela Montano, recently joined the Board of Directors for Stepping Stone and Next Step peer support centers. She works at West Central Behavioral Health (WCBH) as a certified peer specialist on the mobile crisis team. She had some history with Stepping Stone and Next Step as well. She was first a member of the community in the early 2000s which then led to being part of the staff. She felt that during that time she was exposed to and began to truly understand the concept of recovery and how it can influence a person's sense of self. This also gave her an opportunity to work on her own recovery as well. She worked in different peer support roles and has dedicated most of the past 20 years to advocating for mental health. She feels with her background she can bring to the Board knowledge and help give meaning to the Stepping Stone/Next Step Mission Statement.

Emily Rose has a graduate certificate in Community Mental Health from Southern New Hampshire University. She has worked for five years at West Central Behavioral Health as a peer support specialist. She has also worked for the CRREL mailroom and Dartmouth's Psychiatric Research Center. Emily is a consumer of West Central Behavioral Health where she studied Dialectical Behavioral Therapy (DBT).

Erin K. Nichols, worked in peer support from 2010-2022 in two different peer support agencies: Monadnock Peer Support in Keene, NH, and Stepping Stone & Next Step. They have also been a certified peer support specialist on the ACT team of Monadnock Family Services in Keene NH. They started working as a peer support advocate at Healthcare and Rehabilitation Services in Hartford, VT, in 2018, and have since been hired on as the team leader/manager of Woodstock Therapeutic Community Residential in Woodstock, VT. Erin is a full-time student at Vermont State University earning their Bachelors Degree in Psychology with a minor in Criminal Justice. They also have been a volunteer mentor with Windsor County Mentors since 2021. Erin and their husband, fellow board member, Mark Nichols, live in Windsor, VT. Erin states that "peer support was the foundation that gave me the confidence to make my dreams a reality." They are also a Vermont state trainer of IPS.

Willard Metcalfe, is a Licensed Independent Clinical Social Worker (LICSW) in New Hampshire and Vermont. Bill spent roughly 20 years of his career working with individuals with an intellectual disability. He has spent the past roughly 15 years working with individuals with a mental illness. He received his Master of Social Work degree from Springfield College in Springfield, Massachusetts. Bill is currently the Director for Mobile Crisis Services for West Central Behavioral Health (WCBH) where he has been employed for seven years. Bill was an integral partner with DHHS, and Beacon Health Options in developing Mobile Crisis services in New Hampshire.



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.



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.



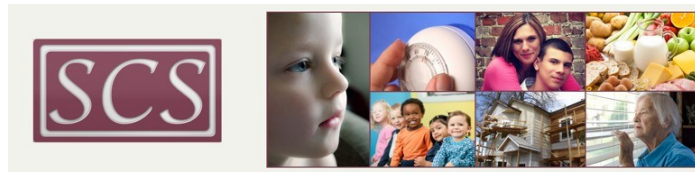
Mon-Thu 8:30am-6pm
Fri 8:30am-4pm
Food Shelf opens at 9 am

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
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.

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, 11/6, 10-11 AM

Stepping Stone

Educational Event

Tuesday, 11/7, 1 PM

Member Rights

with Corey Shaheen

Stepping Stone

Educational Event

Wednesday, 11/8, 1 PM

Member Rights

with Corey Shaheen

Next Step

Annual Board of Directors Meeting

Wednesday, 11/8, 3:30-4:30 PM

via computer:

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

[GxxUUw5RG9jb0RpbUxrMGVqZXB6Zz09](https://us02web.zoom.us/j/87115911999?pwd=M)

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, 11/21, 10 AM–12 PM

Via computer or smartphone:

[https://us02web.zoom.us/j/84071785517?](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09)
[pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09)

Meeting ID: 840 7178 5517

Password: 269641

NH Mental Health Planning &

Advisory Council

Meets quarterly in January, April,

☆☆☆
November