



STEPPING STONE & NEXT STEP

PEER SUPPORT CENTERS

JANUARY 2024

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*

- R**each out
- E**ncourage
- S**mile
- O**pen
- L**ove
- U**nique
- T**ime
- I**nvolve
- O**pportunities
- N**otice
- S**upport

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



to January's schedule

Next Step
1/1, Closed;
1/12, Open 11 AM-7 PM

Stepping Stone
1/1, Closed;
1/12, Open 11-4 PM



Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 1/1, 12, 15

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– 1/1, 9, 15

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 #



On the 3rd Friday of every month at Stepping Stone, we have a cake to celebrate all the birthdays in the month.

Please join us for cake and celebration.

“People won’t have time for you if you are always angry or complaining.”

-Stephen Hawking

-born January 8, 1942



Million Dollar Pie

- Can of crushed pineapple, drained
- 1/4 cup lemon juice
- 8 oz cool whip
- 1 can of sweetened condensed milk
- 2 gram cracker pie crusts

Fold all ingredients together and put into pie crusts. Refrigerate overnight 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

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.



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.

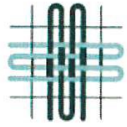
free \$0

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.



Dartmouth
Health



Coordinated Specialty Care

An evidence-based, early intervention program serving young adults who are experiencing a first episode of psychosis.

Coordinated Specialty Care is a recovery-oriented treatment program which promotes shared decision making and uses a team of specialists who works with clients to create a personal treatment plan. The specialists provide services to clients with first episode psychosis by offering:

Medication Management

Psychotherapy

Supported Employment and Education

Family Education and Support

The Coordinated Specialty Care program at West Central Behavioral Health is a collaboration with a team at Dartmouth Health. The program uses a combination of in person visits and telehealth to deliver treatment.

Enrollment for this program is open for individuals 18 years and older, living in Southern Grafton and Sullivan County.

For more information about Coordinated Specialty Care, please contact:

**West Central Behavioral Health
New Clients/Intake Line 603-542-5128**

In New Hampshire we make connections, not judgments.
Reach out.

In need of mental health or substance use support? Call, text or share this card with a friend in need.



dhhs.nh.gov/strongasgranite

833-710-6477

NH Rapid Response

988

Suicide & Crisis Lifeline

211

Your Local Doorway for Substance Use Resources

24/7. Confidential, no cost to you.



62 Pleasant St.
Claremont, NH 03743
603-287-7127

24 Hanover St.
Lebanon, NH 03766
603-790-3779

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, 1/8, 10-11 AM
Stepping Stone

NH Behavioral Health Planning & Advisory Council

Tuesday, 1/9, 9:30 AM-12 PM

Via computer or smartphone:

[https://nh-dhhs.zoom.us/j/2680146033?
pwd=UmxiaXl6VWswclFkcDR0aUZyUkp4dz09](https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXl6VWswclFkcDR0aUZyUkp4dz09)

You can also dial in using your phone.

United States: **+1 (312) 626 6799**

Meeting ID: 268 014 6033

Password: 691279

Board of Directors Meeting

Wednesday, 1/10, 3:30-4:30 PM

via computer:

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

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, 1/16, 10 AM–12 PM

Via computer or smartphone:

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

Meeting ID: 840 7178 5517

Password: 269641

Educational Event

Tuesday, 1/16, 1 PM
Live Free Recovery Services
with Sean McDevitt
Stepping Stone

Educational Event

Wednesday, 1/17, 1 PM
Live Free Recovery Services
with Sean McDevitt
Next Step