



### Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 4/19, 22

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– 4/9, 22

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.

On the 2nd Wednesday of every month, Next Step will have cake to celebrate all the birthdays in the month.

Please join us for cake and celebration.



### Quote of the Month

“One habit that’s important for keeping me mentally healthy is having meaningful conversations with the people around me. That’s a habit that fuels my body and my mind. I also like to go to the beach and write, and I’ve been trying to focus on giving myself time to be alone.”

-Katelyn Ohashi

-born April 12, 1997

### Gooey Butter Cookies

- ◇ 1 (8-ounce) package cream cheese softened
- ◇ ½ cup unsalted butter softened
- ◇ 1 egg
- ◇ ½ teaspoon vanilla extract
- ◇ 1 (15.25-ounce) box yellow cake mix
- ◇ 1 cup powdered sugar plus more for dusting



In a large bowl, beat cream cheese, butter, egg and vanilla with a hand mixer until fluffy. Mix in cake mix until combined, and chill for 30 minutes. Preheat the oven to 350°. Place powdered sugar in a bowl. Scoop out and roll dough into 1½-inch balls and roll in powdered sugar until well coated. Place onto a lightly greased cookie sheet. Bake for 10–12 minutes. Let cookies sit on the cookie sheet for a few minutes, then remove to a rack to cool. Sift more powdered sugar on top, if desired.

**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.



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 The Giving Room FREE

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.



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](http://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](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

Food Shelf opens at 9 am

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.

## How to Reach Us

### Stepping Stone

Phone: 603-543-1388

Fax: 603-543-0131

#### **Center hours:**

Monday 8 AM–6:30 PM

Tuesday 8 AM–4:30 PM

Wednesday 8 AM–4:30 PM

Thursday 8 AM–4:30 PM

Friday 8 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

### Educational Event

Tuesday, 4/2, 1-2 PM  
TLC Recovery Program  
With Andrew Grenier  
Stepping Stone

### Educational Event

Wednesday, 4/3, 1-2 PM  
TLC Recovery Program  
With Andrew Grenier  
Next Step

### Newsletter Workgroup

Monday, 4/8, 10-11 AM  
Stepping Stone

### NH Behavioral Health Planning & Advisory Council

Tuesday, 4/9, 9:30 AM-12 PM  
Via computer or smartphone:

[https://nh-dhhs.zoom.us/j/2680146033?  
pwd=UmxiaXI6VWswclFkcDR0aUZyUkp4dz09](https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXI6VWswclFkcDR0aUZyUkp4dz09)

You can also dial in using your phone.  
United States: [+1 \(312\) 626 6799](tel:+13126266799)  
Meeting ID: 268 014 6033  
Password: 691279

### NH Mental Health Peer Alliance

Tuesday, 4/16, 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

