



Harvest Party

Thursday, 10/24, 1-3 PM

Next Step

Sign up for transportation from Stepping Stone by Tuesday, 10/15/2024.



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.



to October's schedule

Next Step

10/18, Open 11 AM -7 PM

10/29, Open 11 AM-5 PM

Warmline

10/8, Open 4-5 PM, Closed 5-6 PM, Open 6-9 PM

Stepping Stone

10/18, Open 12-4 PM



Again this year, Stepping Stone will be participating in Claremont Parks & Rec Department's annual Hallowesta event by handing out candy to trick-or-treaters on 10/31, from 3:30 to 5 PM.

Rotel Dip



- 1 lb. ground beef
- 1 can Rotel tomatoes
- 1 16 oz package of Velveeta cheese, cubed
- 1/2 teaspoon chili powder (optional)
- chopped fresh cilantro and tortilla chips

In a medium pot or saucepan over medium-high heat, cook beef, stirring frequently, until browned, about 5 minutes. Drain and discard fat, leaving meat in pot. Reduce heat to medium, add tomatoes and cheese. Cook, stirring frequently, until cheese is melted, about 5 minutes. Remove from heat and stir in chili powder (if using). Serve dip warm in skillet or a serving bowl. Top with cilantro (if using) and serve with chips alongside.



NAMIWalks NH is the state’s largest mental health awareness and suicide prevention event. Every fall, thousands of Granite Staters lace up their sneakers and walk together through the city of Concord to stomp out the stigma and unite under the rallying call: Mental Health for All!

FREE registration for NAMIWalks New Hampshire, on Sunday, October 6, 2024, in Concord, is open at www.NAMIWalksNH.org!

Questions? Please contact Walk Manager, Brittany Porter, at bporter@naminh.org

Stepping Stone has been selected again by the Store Leadership Team as a **Hannaford Bloomin' 4 Good Program Nonprofit Partner!** We will receive \$1 for each specially marked Bloomin' 4 Good bouquet sold during the month of **October 2024** at:

Hannaford, 220 Washington Street, Claremont NH



Public Health Council Community Flu Clinics:

walk-in only, free to all, and there are no registrations required
For complete flu clinic schedule:

<https://uvpublichealth.org/2024-phc-flu-vaccine-clinics-are-coming/>

Thursday, October 10, 4 pm to 7 pm
Enfield Community Building, 308 US Route 4, Enfield, NH
For transportation from Next Step please call 603-287-3231.

Dartmouth Health Lebanon Flu Clinic: By appointment only, www.mydh.org or call 603-653-3731

For complete flu clinic schedule:

[Lebanon Flu Clinic Schedule | Flu Vaccination Clinic | DHMC and Clinics \(dartmouth-hitchcock.org\)](http://Lebanon_Flu_Clinic_Schedule_|_Flu_Vaccination_Clinic_|_DHMC_and_Clinics_(dartmouth-hitchcock.org))

Tuesday, 10/15m 1 to 6 pm
Thursday, 10/17, 1 to 6 pm
For transportation from Stepping Stone or Next Step please call 603-287-3231.

When you schedule your appointment, please have your insurance card ready. If you carry healthcare insurance, we will bill your carrier at no cost to you. For individuals who do not have any health insurance, we will be providing flu vaccines free of charge. Please contact the Flu Hotline at [603-653-3731](tel:603-653-3731) for more information.



Valley Regional Hospital:
no appointment needed.

Saturday, 10/26, 8 a.m. to 1 p.m.

Valley Regional Hospital
243 Elm Street
Claremont, NH

Please note we are unable to provide transportation.



NHBHPAC

New Hampshire Behavioral Health Planning and Advisory Council

<https://www.dhhs.nh.gov/programs-services/mental-health/community-mental-health-block-grant-mhbg>



MISSION

The State Behavioral Health Planning and Advisory Council (BHPAC), required by Substance Abuse and Mental Health Services (SAMHSA), reviews and monitors the biennial Mental Health Block Grant plan. The council also monitors the mental health services and support system throughout the state.

OVERVIEW

The Council is made up of representatives from State agencies, representatives of advocacy groups for individuals living with mental health conditions and/or substance use disorder, service providers, individual advocates, individuals in recovery from serious mental illness and/or substance use disorders, family members of individuals in recovery from serious mental illness and/or substance use disorders, and parents/guardians of children with a serious emotional disturbance.

SUBCOMMITTEES

1. Co-occurring

Working to increase co-occurring treatment statewide

2. Housing/Homelessness

Addressing the housing shortage and challenges of being unhoused

3. Workforce Development

Focusing on increasing NH's Peer workforce

4. Children's

Focused on issues regarding treatment, support and well-being for NH's children

5. Transitional Care

Increasing supports and after care for individuals moving out of incarceration, hospitalization, and in-patient treatment

6. Reversing Stigma

Addressing the negative effects of prejudice and discrimination on marginalized individuals

MEETING INFO

The Council meets quarterly (January, April, July and October) on the second Tuesday of that month from 9:30 am - 12:00 pm. Meetings are held in a hybrid format, where members can attend either in person or virtually. In-person meetings are held in Concord at the Brown Building Auditorium, Brown Building, 129 Pleasant Street.



TO JOIN THE NHBHPAC

Contact Michelle Wagner
NHBHPAC Chair
MWagner@NAMINH.org

New Hampshire Department of
Health & Human Services
105 Pleasant Street, Concord, NH 03301
(603) 271-5007

Tuesday, 10/8, 9:30 AM-12 PM, Concord, NH, or via zoom (see pg 7).

At October's meeting, NH Peer Support Agencies will present their annual report to the Council.

We will provide transportation from Stepping Stone & Next Step to Concord and back. Please consider attending this meeting in-person.

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 and Xylazine 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

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.

Quote of the Month

“Life is what happens while you are busy making other plans.”

-John Lennon
-born October 9, 1940

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.

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.

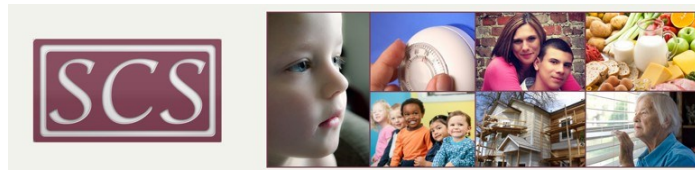
Southwestern Community Services

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:

Monday 8 AM–5 PM

Tuesday 8 AM–5 PM

Wednesday 8 AM–5 PM

Thursday 8 AM–5 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

Transportation Phone: 603-287-3231

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

cheryl@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 & Meetings

Community Meetings

Stepping Stone, Tuesday, 1-2 PM

Next Step, Wednesday, 1-2 PM

Newsletter Workgroup

Monday, 10/7, 10-11 AM

Stepping Stone

Monday, 10/7, 1:30-2:30 PM

Next Step

NH Behavioral Health Planning

& Advisory Council

Tuesday, 10/8, 9:30 AM-12 PM

Sign up for transportation from either site.

Or Via computer or smartphone:

<https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXI6VWswclFkcDR0aUZyUkp4dz09>

You can also dial in using your phone.

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

Meeting ID: 268 014 6033

Password: 691279

NH Mental Health Peer Alliance

Tuesday, 10/15, 10 AM–12 PM

Via computer or smartphone:

<https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09>

Meeting ID: 840 7178 5517

Password: 269641

Educational Event

Tuesday, 10/22, 1-2 PM

Voting

with James Ziegler

Stepping Stone

Educational Event

Wednesday, 10/23, 1-2 PM

Voting

with James Ziegler

Next Step

Harvest Party

Thursday, 10/24, 1--3 PM

Next Step

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