



Thanksgiving Lunch

Thursday, 11/21, 12-2 PM

Stepping Stone

Sign up for transportation from Next Step.

Please sign up at Stepping Stone for an accurate food count.

Sign-up Deadline: Thursday, 11/14/2024



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.

Quote of the Month

“There’s good in everybody. Boost. Don’t knock.”

-Warren G. Harding
-born November 2, 1865

Classic Chicken Parm



- 1/2 c. Italian-style breadcrumbs
- 1/2 c. grated Parmesan
- 2 large eggs
- 4 small chicken-breast halves, about 1 1/2 pounds
- 3/4 c. marinara sauce
- 6 oz. mozzarella

Preheat oven to 450°F. Combine 1/2 cup Italian breadcrumbs and 1/2 cup grated Parmesan in a shallow bowl. In another shallow bowl beat 2 large eggs. Heat 1 tablespoon olive oil in a skillet over medium-high heat. Dip the 4 small chicken-breast halves into the egg, then into the breadcrumbs. Add chicken to the skillet and fry until golden brown on both sides. Put the cooked chicken into a baking dish, and top with 3/4 cup marinara sauce. Shred 6 ounces of mozzarella and sprinkle the cheese on top of the chicken. Bake everything for 20 minutes.



We have several Warmline shifts available

Hours: 4-9 PM

Locations: Stepping Stone, 132 Pleasant St, Claremont, or
Next Step, 109 Bank St, Lebanon

We are seeking individual(s) with lived experience to provide evening telephone peer support.

For a complete posting and job description visit Stepping Stone, Next Step, or www.steppingstonenextstep.org

Board of Directors News



Our Annual Meeting is Wednesday, November 13th, 4 PM, via zoom. This is when Members elect or re-elect Board members. See Page 7 for ways to join the meeting. Computers will be available at both Centers for Members to log in and participate.

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.

Please join us for this very important meeting!!!

Board Members presenting for election and re-election are:

Mark (he, him, his) is a former employee of Stepping Stone and Next Step. He lives in Windsor, Vermont, with his partner of almost seven years, his dog, and two cats. He enjoys spending his weekends working on various home projects.

Pete Bleyler grew up in Rochester, NY, and attended Dartmouth College on a Naval scholarship, and after graduating, served 5 years in the Naval Submarine force. After the Navy, he studied to become an actuary and spent 35 years with 4 different companies. The last 30 years he was a consultant in the employee benefits and compensation field.

Pete moved to the Upper Valley in 1998 and retired soon after. Retirement activities have included much hiking, biking, skiing, and travelling. Because Pete and his wife had a daughter with special needs, they both became advocates for people with intellectual disabilities and mental illness. He has served on a number of not-for-profit Boards during his retirement years, including West Central Behavioral Health and, now, Stepping Stone and Next Step Peer Support Center.

Board Members presenting for election and re-election continued:



Suellen Griffin, MSN, MHCDS, LFACHE is an experienced Behavioral Health Care Executive with over 40 years of experience in the field. She currently acts as a consultant in Behavioral Health Care industry. She most recently completed an interim position as President/CEO of Maine Behavioral Health. She was also the former President and CEO of West Central Behavioral Health, (WCBH) 1 of 10 Community Mental Health Centers in New Hampshire, providing a full range of mental health services to all ages in the southern Grafton and Sullivan County communities. She has extensive experience in program development and organizational management. Prior to her position at WCBH she worked at St. Vincent Catholic Medical Centers (SVCMC) in New York City for 31 yrs., holding 9 different positions including VP of Operations and Nursing for all behavioral health programs in the 8-hospital system. Suellen is a Psychiatric Nurse Practitioner and holds a Master's Degree in Nursing from Yale University and is also a graduate of Dartmouth College with a Master's Degree in Healthcare Delivery Science. In addition, she is a Lifetime Fellow of the American College of Healthcare Executives and served in the Army Reserves during Desert Storm.

Tina Naimie began her professional career in public accounting, and she happened to be assigned to clients that were not-for-profit healthcare organizations. She found this work very satisfying. After about 6 years, she joined the accounting staff for New London Hospital. She became the Chief Financial Officer approximately 5 years later. After a total of 12 years at New London Hospital, she transitioned to the Vice President of Finance role at Dartmouth Health. She served in that position for 13 years, until her retirement in 2023.

When she looks around at our community she sees folks in situations like those experienced by 3 generations of her family who, at many points in time, required support. She is grateful for the opportunity to serve on the Board of Stepping Stone & Next Step Peer Support Centers as they strive to promote mental health and wellness in Grafton and Sullivan Counties. ~~



ELECTION DAY is Tuesday, November 5th!

Casting your vote is one of the most important ways to exercise your freedom of choice. Visit <https://app.sos.nh.gov/viphome> to find your polling place and what you need to bring to register or vote.

Voter Registration requirements:

- be a US Citizen
- be 18 years or older before the date of election
- reside in the town or ward where you seek to vote
- provide proof of your identity, age, citizenship, and residence.
- You can register at your city or town clerk's office up to 10 days before the election.
- **You can also register on election day at your polling location.**

Transportation is available in the Claremont area 8:15 AM-12:15 PM, and in the Lebanon area 1:30-5:30 PM. You must reserve your spot by calling Bob at 603-287-3231.

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



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 - All day Monday and Wednesday.

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

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 & Meetings

Community Meetings

Stepping Stone, Tuesday, 1-2 PM

Next Step, Wednesday, 1-2 PM

Newsletter Workgroup

Monday, 11/4, 10-11 AM

Next Step

Monday, 11/4, 1:30-2:30 PM

Stepping Stone

Educational Event

Tuesday, 11/5, 1-2 PM

First-Aid

with Martha Hewitt

Stepping Stone

Educational Event

Wednesday, 11/6, 1-2 PM

First-Aid

with Martha Hewitt

Next Step

Annual Board of Directors Meeting

Wednesday, 11/13, 4-5 PM

via computer:

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

Arbor View Connections

Thursday, 11/14, 2-3 PM

Sign up for transportation
from either site.

NH Mental Health Peer Alliance

Tuesday, 11/19, 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

Thanksgiving Lunch

Thursday, 11/21, 12--2 PM

Stepping Stone

Sign up for transportation from Next Step.

NH Behavioral Health Planning

& Advisory Council

Meets quarterly in January, April,

July, and October.