



Monadnock PEER SUPPORT

FY26 Annual Report



OUR MISSION

Providing mental health support for individuals seeking wellness through a mutually supportive peer community.



OUR DESIRED IMPACT

Mental health differences are universally accepted and understood and the communities where we work collaborate to reduce stigma, with the result that no one feels alone, ashamed or judged for their mental health struggles



-  We believe in the inherent value of each individual
-  We are honest and show a consistent and uncompromising adherence to ethical principals
-  We believe in the ability to identify and understand other people's emotions
-  We believe in journeying together
-  We believe that we are each accountable for our actions

Table of Contents

What is MPS	3
Letter from the Executive Director	4
Letter from the Board Chair	5
MPS Board Roster FY26	6
Programming by the Numbers	7
FY26 Accomplishments	8
Renovation Updates	9
FY26 Fiscal Report	10
Testimonials	11
Get Involved	12

What is MPS and How do we Serve the Community?

Monadnock Peer Support was founded in 1995 as an alternative that complements and supplements the traditional mental health system. We are a member-driven organization that provides opportunities for people who experience mental health to support one another in moving towards what we want in life as opposed to away from what we don't want. We also establish a culture in which our members and participants feel more empowered and comfortable making decisions about their own wellness.

We provide many **free** services including 30+ support groups weekly, community meals, field trips, life skills classes, fitness classes, respite stays, transitional living, transportation and more!



Healthy Eating Group!



Karaoke Time!



Monthly Field Trips!



Holiday Celebrations!

Letter from the Executive Director

Dear Members, Participants, Community Partners, and Supporters,

As I reflect on Fiscal Year 2026, I am both honored and humbled to step into the role of Executive Director during such an important time in Monadnock Peer Support's journey. This year has been one of transition, resilience, and continued commitment to the values that define who we are; connection, mutual support, and the power of lived experience.

Throughout the year, our community has continued to show up for one another in meaningful ways. Every conversation, group, and shared moment reflects the strength of peer support and the impact it has on individuals and our broader community. This work is not always easy, but it is important, and it is made possible by the dedication of our staff, the courage of our members and participants, and the ongoing support of our partners and donors.

FY26 also brought change. With transition comes both uncertainty and opportunity, and I am incredibly grateful for the steadiness and commitment of our Interim Executive Director, Eli Rivera, and our whole team during this time. We have made thoughtful adjustments to roles and responsibilities to ensure continuity of services and to strengthen our ability to meet the evolving needs of our community. These shifts reflect our focus on sustainability, collaboration, and growth.

Looking ahead, we remain grounded in our mission while continuing to build toward the future. Our priorities include strengthening our programs, expanding access to peer support, deepening community partnerships, and ensuring that our organization remains a welcoming and inclusive space for all. We are committed to listening, learning, and evolving together.

To everyone who has been part of this work over the past year, thank you. Your trust, support, and shared belief in the power of peer support make this work possible. I am grateful to be part of this community and look forward to what we will continue to build in the year ahead.

With kindness and gratitude,

Melizza Callender



Letter from the Board Chair

My name is John Letendre and I am the new Board Chair of Monadnock Peer Support. I have long admired the work of this organization and the difference it makes in people's lives. I have struggled with my own addiction and mental health issues in the past so I am very familiar with how important it is to have people on your side, people who have been where you are, understand it and are willing to help. Through my work in Population Health at Cheshire Medical Center, I have been able to get to know the staff at MPS and all the great work they do. When I was approached about serving on the board, I knew I wanted to participate but I never thought I would be elected Board Chair; and I am honored to be in this position. I would like to say this has been a lot of work (well, it has) but it also has been a lot of fun. I think this is mainly because the board, staff, members and volunteers are all such wonderful, caring people. I am excited to work alongside the dedicated people of this organization to advancing this important work.

As we look ahead, I am very optimistic about the future of this organization. Our new Executive Director Melissa Callender has been with MPS for several years. Since taking on the role of ED on March 16th, 2026 her performance has been nothing less than stellar. She hit the ground running and her enthusiasm for this work and vision for the future of MPS have been evident. I look forward to working with Melissa, the board, staff and members along with our volunteers and supporters to strengthen our impact and support our community. We have a great opportunity to build on the strong foundation already in place and together, we can continue to make a meaningful difference in the lives of those we serve.

In closing, I would like to thank the former Board members and especially former Interim Executive Director, Eli Rivera, for guiding the organization through a difficult time of transition. Through their hard work, dedication and guidance MPS has emerged a much stronger organization, ready to take on the challenges and opportunities ahead.

John Letendre



MPS Board Roster FY26



John Letendre
Board Chair



Lisa Steadman
Vice Chair



Zachary Allen
Treasurer



Eleni Peterson
Secretary



Morgan Britton
At-Large



Tim Weeks
At-Large



Julie Minkler
At-Large



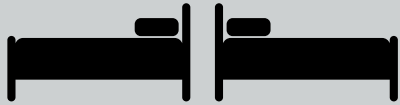
Kevin Tighe
At-Large



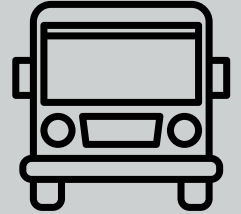
Samantha Spielberg
At-Large

Programming by the Numbers

Total Respite Guests: 24
Total SUSG Guests: 22



About 4,545
miles driven in
the vans



Groups:

1. Autism Support
2. Women's Group
3. Beyond Bipolar
4. Cooking Groups
5. Better Days

Average Amount
of Daily Visitors

9

23

But we have
seen as many
as this!

We welcomed
5 new Board
Members!



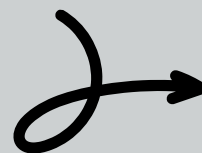
We performed outreach at:

YMCA, Library, Co-Op, Keene State College, Swamp Bats, Serenity Recovery Day, Keene High School, Pride Fest, Pumpkin Fest, Mental Health Fair at the YMCA, Earth Day, Keene State Health fair, Campus Night out at KSC, Central Square Terrace, Harper Acers, Stone Arch Housing.



8 trip
destinations

Average
Group
Size



6

What did we accomplish in FY25?



We launched several new groups and gatherings:

Nourish & Flourish, Tech Talk, Pantry Pizazz, art therapy, Healing Hearts, Veterans and First Responders Breakfast, Music Appreciation, One Strong Circle, Hoarding Support, Writing Circle and Gardening with Eli.

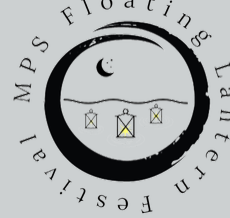
All our staff had WRAP, Addiction 101, Narcan and First Aid / CPR / AED Training



In January, we held staff development week



We hosted our 4th annual **Floating Lanterns Festival**



\$12,732 was Raised
500 people attended
152 lanterns launched



We launched some off-site support groups at Hundred Nights and Cheshire County Jail

Three staff members were promoted. Melissa Callender became the Executive Director, Stacy Wilbur became the Senior Program Director and Logan Danger became the Residential Coordinator!



We were awarded a total of \$27,094 in grant funding in addition to our state contracted grant funding.



We worked with a consultant to develop a volunteer program

We are looking forward to FY27!

Renovations were completed



In May of 2025, we embarked on a significant renovation project in collaboration with our contractor, DEW Construction, made possible by receiving the CDBG grant. Here are the key components of this renovation:

- Removing the vinyl siding and restoring the brick facade to historic quality
- Removing the external staircase at the Vernon Street Entrance
- Installing an internal staircase at the Vernon Street Entrance
- Installing an elevator at the Vernon Street Entrance
- Roof repairs
- Updates to our HVAC system
- Moving the residential area to the other side of the building



We also had some work done in the area we previously rented to Serenity Center, making more room for us to expand programming. The key components of that renovation were:

- Removal of the external door
- Installing new windows
- Mason work to repair brickwork
- Removal of the internal staircase
- Painting

We are truly grateful to have these updates completed, allowing us to serve our community more effectively.

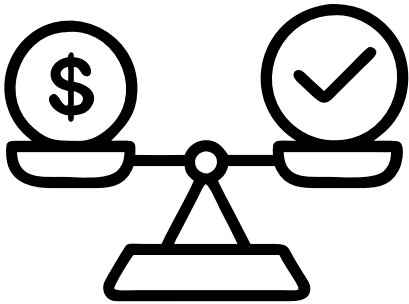
We launched a new logo



Monadnock
PEER SUPPORT

This updated logo reflects the heart of Monadnock Peer Support; growth, resilience, and the power of people coming together to support one another. It symbolizes how far we've come and the strong roots we continue to build within our community.

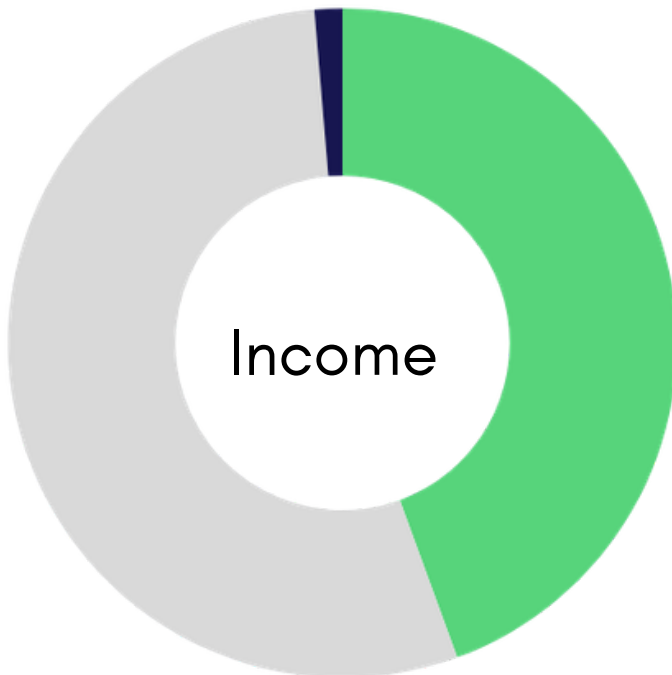
FY26 Fiscal Report



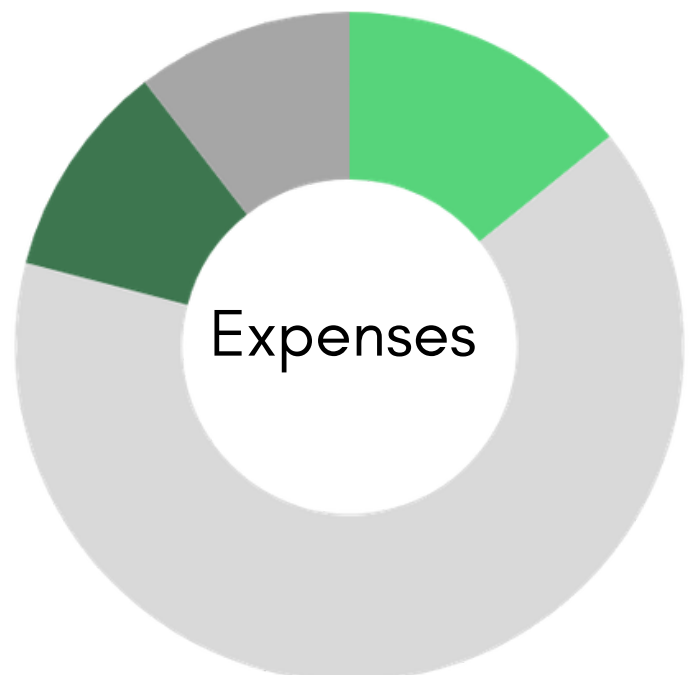
The Numbers At-A-Glance

<i>Revenue</i>	\$2,501,497
<i>Expenses</i>	\$2,479,471

● Grant Income ● Public Support
● Rental Income

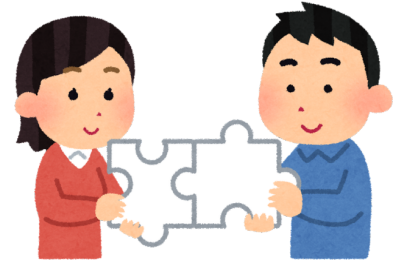


● Administration and Office
● Facilities and Capital Projects
● Day Program (Includes Respite)
● Step-Up, Step-Down Program



How has MPS impacted the lives of our Community?

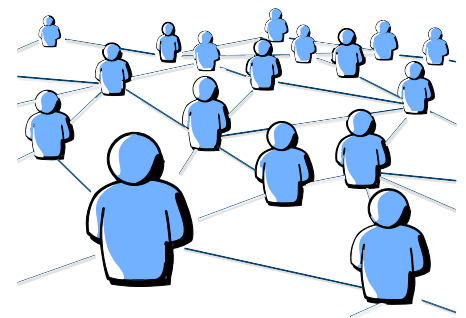
"You've helped me reach from the bottom and recreate a new me. I never thought I'd be capable of reaching the heights I have now versus where I need to be. I used to be a member at Beaver Street and met some wonderful people. I wanted to come back. The most helpful part of MPS now is socialization. I love being a part of the community because I know I'm not alone anymore. It gives me the chance to adapt and understand that there are so many people out there who go through rough patches of life just like me."



"I came into the program in a defining period in my life. If not for MPS, I would have been back on the streets. While in the program, I worked on all aspects of my life. It turned my life around and gave me a fresh start I desperately needed. What I liked the most was the support, accountability and responsibility to make better choices in life. I made many connections while in the program. The staff is the best! I want them to know what a tremendous and life-changing experience I've had here. You all saved me and I'm forever thankful."



"Thank you all for the unconditional support as well as giving me security and stability while I reclaimed myself. While in the program I worked on my living situation, employment, self-confidence, self-esteem, self-worth, reclaiming my spirituality, better eating and sleeping habits, overall health and wellness and coping and living with anxiety."



How can you be a bigger part of our community?



Make a financial contribution to our agency online, or with cash or check



Attend a group, get and give support to and from other community members



Follow us on social media, subscribe to our monthly newsletter and stay up to date on MPS news and events



Give us a call to answer any questions you may have about what services and programs we offer



Be a speaker at our community meetings and share your knowledge and resources with the community



Spread the word about us! Please share our info with anyone you think could use our support and services.



IN LOVING ♥
Memory

Paul Desrosiers

June 7, 1957 – September 29, 2025