



Monadnock
PEER SUPPORT

ANNUAL REPORT 2023



Letter from the Interim Executive Director

Dear MPS Friends,

As a newcomer to Monadnock Peer Support, I was struck by a sentence written by Shery Mead, the founder of Intentional Peer Support, the model used here at MPS to help adults address their mental health needs. Ms Mead wrote:

"Intentional Peer Support is about conversation. It's about how we create new "knowing" through dialogue, and about how we as human beings interrelate by beginning to practice the art of connection - with ourselves, the people in our lives, and the people on the planet we may think we have nothing in common with.

This is such a powerful call to action! " Intentional Peer Support is a way of thinking about and inviting transformative relationships. Practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things.:

Ms. Mead continues to write, "IPS is unique from traditional human services because:

- IPS relationships are viewed as partnerships that invite and inspire both parties to learn and grow, rather than as one person needing to 'help' another.
- IPS doesn't start with the assumption of a problem. With IPS, each of us pays attention to how we have learned to make sense of our experiences, then uses the relationship to create new ways of seeing, thinking, and doing.
- IPS promotes a trauma-informed way of relating. Instead of asking "What's wrong?" we learn to ask "What happened?"
- IPS examines our lives in the context of mutually accountable relationships and communities – looking beyond the mere notion of individual responsibility for change.
- IPS encourages us to increasingly live and move towards what we want instead of focusing on what we need to stop or avoid doing.

When we take the time to grow and learn together, a stronger network of support, awareness, empathy, and acceptance can transform lives and, over time, whole communities. Thank you for your engagement with and support of MPS - Together, we can eradicate the stigma of mental health and increase support to help one another manage our mental health and thrive as citizens together.

Sincerely,

David Ports

David Ports
Interim Executive Director



MPS Board Roster



Tara Abbott
Board Chair



Eli Rivera
Vice Chair



Mandy White
Treasurer



Kevin Tighe
Secretary



Chris Minkler
At-Large



Dianne Croteau
At-Large



Daria Levy
At-Large



Don Farquhar
At-Large



Devan Blake
At-Large



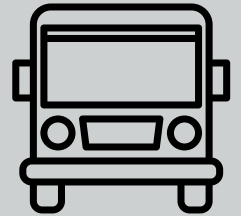
Jennifer Friedman
At-Large

Programming by the Numbers

Total Respite Guests: 106
Total SUSD Guests: 15



Over 24,000 miles in the van and car



Top 5 Groups:

1. Tea Time
2. Beyond Depression/Bipolar
3. Check Out
4. Trauma Survivors
5. Anxiety/Depression

Average Amount of Daily Visitors

28

49

But we have seen as many as this!

Check out the results of the Annual NH Peer Support Outcomes Survey; inquire through David Ports



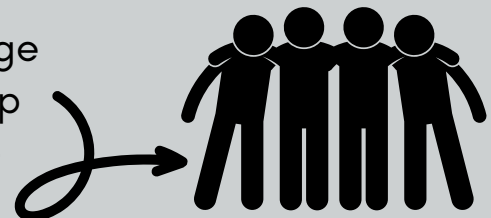
We performed outreach at:

Monadnock Business Expo, Keene Public Library, Keene Family YMCA, Monadnock Food Co-Op, Option 1 Fitness, Gathering of the Gourds, Keene Pride, Chaos and Kindness Sky Show, What the Health Festival, and more!



11 trip destinations

Average Group Size



What have we accomplished?



MPS won Keene's Best of 2022 Gold Best Mental Health Services, Gold Best Nonprofit Organization

In June, staff member Karen Richi was awarded the NAMI NH Peer Support Professional Award for 2023!



THANK YOU!

Monadnock Ford generously donated a Ford Explorer to MPS to assist us in providing rides for our residential guests.

We hosted the first **Floating Lanterns Festival**

- \$7,760.52 netted
- 500 people attended
- 303 lanterns launched



This was 1 of 8 fundraisers held this year!

We were lucky to be awarded:

- **Community Development Block Grant (CDBG)** in partnership with Cheshire County; \$750,000
- **Community Center Investment Program;** \$922,000



The Keene Serenity Center moved in!



We installed **3 more bedrooms** for the Step Up Step Down Program to assist people in our community who need an alternative to hospitalization or emergency room boarding.

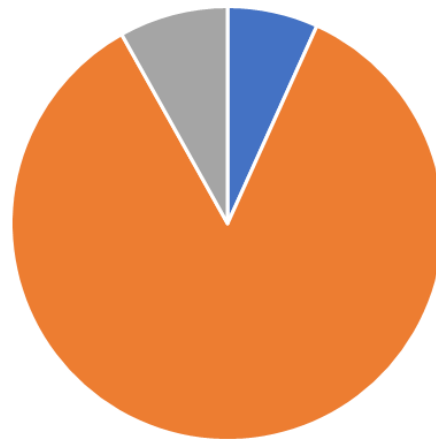


We installed a new welcome desk, and a computer lab to provide new resources to our community!

FY23 Fiscal Report

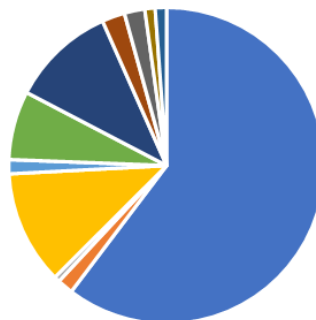
FY23	Revenue	\$1,196,829.93
	Expense	\$1,229,226.54
	Net	(32,396.61)

Fiscal Year 2023 Revenue: \$1,196,829.93



■ Public Support ■ Grant Income ■ Rental Income ■

Fiscal Year 2023 Expense: \$1,229,226.54



■ Payroll Expense ■ Professional Fees ■ Staff Development and Training
 ■ Occupancy Costs ■ Other Occupancy Costs ■ Capital Expenditures
 ■ Consumable Supplies ■ Print, Promo, Communication ■ Transportation
 ■ Assistance to Individuals ■ Other

How has MPS changed the lives of our members?

I want to help others because I don't want anyone to ever go through what I went through and have to feel that alone. My life is messy and pretty unstable, but 98% of the time I have an inner peace because nothing is going to come between me and the worth I know I have. I know I'm worthy and I know that I am able and willing and deserving. MPS has been a big part of that. When I first started coming it was Granite State Monarchs. I was one of the first Respite workers. It's been my family for years, through thick and thin.



--Dante Diffendale

During my 6 short nights at MPS I was honored to spend time with other residents and know that I wasn't alone no matter how big my problems felt. MPS has been apart of my journey in a peer support journey role, now it has been apart of my personal experience, and it is an experience I share freely with others. That peer supports work, that is why we have this proven model. All too often we can forget why we do what we do, until we actually walk the walk again. I am grateful MPS has been apart of my journey now in many ways, and I wouldn't have it any other way.

--Laura Werlinger



They give me the freedom to be myself. I utilize the workout area, and I enjoy Men's Group to openly talk without judgement. I've been involved in doing outreach and I feel safe there.

--Jason Sullivan



How can you be a bigger part of our community?



Make a financial contribution to our agency via cash or check



Attend a group and get support from other community members



Follow us on social media to stay up to date on MPS news and events



Give us a call to answer any questions you may have about what we offer. Call our warmline 4PM to 9PM 7 days a week!



Be a speaker at our community meetings and share your resource



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



In Honor of Raequinn Baldwin

May 19, 1994 - July 5, 2023