



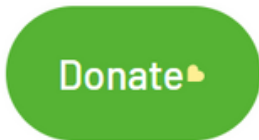
Monadnock  
PEER SUPPORT

# THE PULSE

*We love our Donors and Community Partners!*

Whether you're donating time, clothes, appliances, hygiene items, making a monetary donation, or coming along side us as a community partner, we appreciate you! There are a lot of ways to serve, if you're looking to get involved! Please reach out to Karen via email: [Karen@MonadnockPSA.org](mailto:Karen@MonadnockPSA.org)

Karen Richi



Tara Abbott  
Jennifer Friedman

Diane Croteau



Kevin Tighe

Theresa Noel



Stacy Wilbur

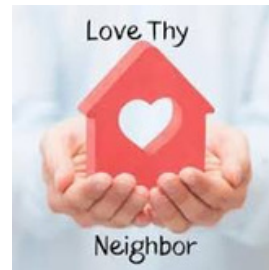


Melissa Callender

Eli Rivera

Devan Blake

Kenneth Chamberlin



Billy Holderby

Terri Bailey

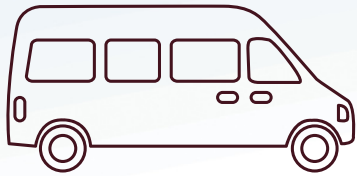


## *Our Mission*

The Monadnock Peer Support Agency is dedicated to providing a safe, supportive and empowering environment for individuals facing mental health challenges in our community. We strive to promote recovery through peer-to-peer support, education and advocacy. Our mission is to foster hope, reduce isolation and encourage self-determination on the journey towards resilience and improved quality of life.

## ANNOUNCEMENTS

### Last Month's Trip



**McAuliffe-Shepard  
Discovery Center**

Cancelled due to inclement  
weather

### This Month's Trip



**Old Settler's Pottery  
Studio**

**Sign up is required!**

## Coming Up Soon



**Community Meeting** - 3/12 @ 12pm

**Saint Patrick's Day Celebration** - 3/15 @ 11:30am-1:30pm at MPS

**Community Meeting with Speaker (TBD)** - 3/19 @ 4pm

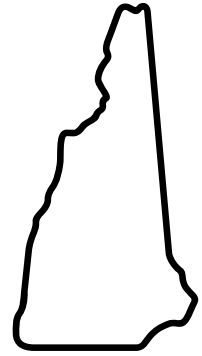
**MPS Board Meeting** - Thursday, 3/21 @ 5:30pm at MPS

**Holyoke Mall Trip (rescheduled)** - 3/26 @ 10am to 5pm



## **“Impairment: Says Who?”: The Fundamental Question of Mental Health Treatment**

By  
Crystal Nelson via *Mad In America*  
January 23, 2024



One of the defining features in the socially constructed mental disorders in the DSM is the concept of “impairment.” In order to get a diagnosis for certain mental conditions, significant distress or disturbance in functioning in certain areas of life is required. Functional impairment may seem like a clear criterion on the surface, but in practical application, it is not in the slightest.

Some important questions to consider are: “Who defines the concept of impairment?” and “How is clinically significant distress analyzed as a construct?” Impairment itself is subjective, and the amount of discourse this topic has in the mental health system is sorely lacking considering its importance in clinical settings.

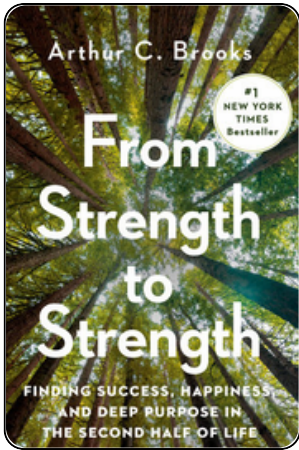
When is someone impaired in functioning? If the client gets to decide when they are impaired, answering the question is entirely in their hands. However, as happens so often in the mental health system, this is defined by other people: parents, clinicians, courts, employers, and so on. Rather than the client seeking therapy, medication, or hospitalization when they feel it is the right for them, others decide that they “need it.” This is where a lot of damage starts.

A parent may see that a formerly high-performing child is experiencing distress from inescapable bullying at school and thus avoiding going on certain days. The parent hires a mental health practitioner, keeper of the social order, to look for signs of distress and impairment in the child. The practitioner determines that the child is experiencing shame, sadness, and a decline in adherence to their scheduled activities. The practitioner then diagnoses them with Major Depression. The diagnostic paradigm encourages people to see the child’s behavior as being caused by illness, rather than understood as an adaptive avoidance of oppression. The child is pathologized, reeducated, and potentially drugged, made to see themselves as ill for not upholding the order that their parents may desire for them.

A clinician may be brought a person who is dressed in a manner society considers bizarre. The person believes grandiose about things themselves which the clinician thinks are untrue and culturally inappropriate. The person being assessed treads off the beaten path, engages in copious intercourse, and upsets some people with their brazen nonadherence to social conditioning. They may feel perfectly comfortable with their personality, but the clinician views them as a manic individual to be reeducated and drugged into normalcy.

To read more, please visit: <https://www.madinamerica.com/2024/01/impairment-says-who/>





## From Strength to Strength

by Arthur C. Brooks

Brought to you by bestselling author, Harvard professor, and The Atlantic's happiness columnist, Arthur Brooks, *From Strength to Strength* is a guide for finding purpose, meaning, and success in the second half of life. Brooks calls out that little-spoken truth that the greater our achievements and our attachment to them, the more we notice our decline, and the more painful it is when that happens.

If you find yourself nearing or in the second half of your life, Brooks' book will help you refocus on your priorities through deep wisdom, detachment from empty rewards, connection and service to others, and spiritual progress to set yourself up for increased happiness.

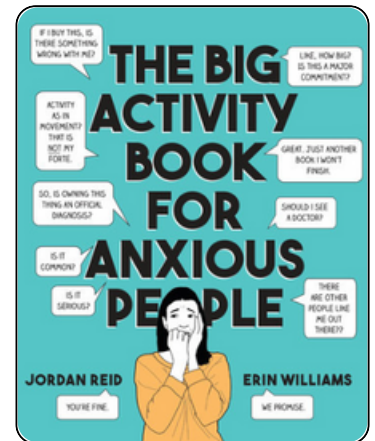
## The Big Activity Book for Anxious People

By Jordan Reid and Erin Williams

Feeling anxious? Who isn't! Your most irrational (and sometimes rational) fears are hilarious fodder for this sharp and relatable activity book.

These days, anxiety is simply part of the human experience. Part journal, part coloring book, part weird coping mechanisms, and part compendium of soothing facts, *The Big Activity Book for Anxious People* will be an outlet for anyone who wants to take a break from reality, laugh through her fears, and realize with every page that she is not alone--and to help her figure out what to do when it's 3AM and she's wide awake worrying about whether she cc'ed the right "Bob" on that email. (Probably.)

On a bad day, try coloring in the soothing grandma. On a really bad day, find step-by-step instructions on how to build an underground bunker. Reid and Williams want everyone to remember that they're in good company: anxious people are some of the funniest and most interesting and creative humans on the planet. (They know, because they are two of them.)



## Member Testimony

It seems to be my legacy because I started out as a driver and I got trained in grassroots peer support back in its founding days by the first director. When I came in, it was to check the place out and see how it was like Beaver St. The extra money would be nice and took the part time job to come back as a staff and I'm happy that I did. I had just broken up with a date and I would have been sitting home probably having misadventures or getting bored in my apartment. I think I was meant to come back.

--Frank White



Scan to see a list of our community partners!





## Upside-Down Caramel Apple Pastries

### Ingredients

1 can (16.3 oz) refrigerated Pillsbury™ Grands!™ Flaky Layers Original Biscuits (8 Count)  
3 tablespoons caramel topping  
4 medium Granny Smith apples, peeled, cored, halved and thinly sliced (4 cups)  
1 egg, beaten  
2 teaspoons sugar



### Directions

Heat oven to 350°F. Line two large rimmed cookie sheets with cooking parchment paper. Separate dough into 8 biscuits. Separate each biscuit into 2 layers, making total of 16 biscuit rounds. Press out each round to 4 inches in diameter. Spoon (8) 1/4 teaspoonfuls of the caramel topping on each cookie sheet, at least 4 inches apart. Top each 1/4 teaspoonful of caramel topping with 6 to 8 apple slices. Place 1 biscuit round over each mound of apple mixture. Press edges around mixture. Brush biscuit rounds with egg. Sprinkle with sugar. Bake first cookie sheet 18 to 22 minutes or until deep golden brown (refrigerate second cookie sheet while baking the first). Let cool on cookie sheet 5 minutes. Using another large cookie sheet, invert cookie sheet of pastries, then peel parchment away from pastries. Transfer to serving platter. Repeat with second cookie sheet of pastries. Drizzle pastries with remaining caramel topping.

Find the recipe here:  
[click here](#) or type the following:

<https://www.pillsbury.com/recipes/upside-down-caramel-apple-pastries/8bfe8cc8-d53a-48e0-830e-e313152043ff>

## Peer Respite and Step Up/Step Down

The Respite Program at MPS is for anyone who is experiencing distress and at risk for potential hospitalization due to mental health challenges and feels they would benefit from being in a short-term, 24-hour, peer-to-peer, supported environment with others who have 'been there.'

Step-Up Step-Down is a peer driven voluntary 30-90 day mental health residential program, whose mission is to create an environment that will facilitate hope-based recovery, and increase mental, physical and emotional well-being for those who participate.



To learn more, go to our website or contact Shay Carroll by email at [shay@monadnockpsa.org](mailto:shay@monadnockpsa.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Open to the Public</p> <p>Monday through Friday 9am to 6:30pm</p> <p>24 Vernon Street Keene, NH 03451 603-352-5093</p>	<p><b>Can't make it in person?</b></p> <p><b>Join us via Zoom</b></p> <p><b>Personal Meeting ID: 603 352 5094</b></p>	<p><b>LUCK</b></p>	<p><b>1</b></p> <p>Check-in 9:15am to 9:45am</p> <p>Anxiety and Depression 10:00am to 11:30am</p> <p>Lunch on the House 11am to 1pm</p> <p>Building Boundaries 11:30am - 12:30pm</p> <p>Siesta 12:30pm to 2pm</p> <p>Jammin in the Gym 2:00pm to 2:45pm</p> <p>Transforming Body Image &amp; Eating 2pm to 3pm</p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	
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# Group Descriptions

## Addiction and Recovery

The purpose of the group is to act as a support system for each other. We talk openly and honestly about our addiction and recovery. This group provides us with a safe place to talk about these issues and aims to give us a sense of hope for the future.

## Anxiety and Depression

This group offers a non-judgment arena for peers to talk openly and honestly about their anxiety, depression and mental health and how they intertwine with each other. The group will remain confidential and offer support and empathy through sharing and discussion.

## Beyond Bi-Polar/Depression

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as depression or bipolar. It is a place where we can find connection and understanding by talking about our common experiences. As peers we create an environment where it is safe to take risks and where we can get support and give support and get feedback and give feedback. This group reminds us that we are not a diagnosis. We are worthy human beings that deserve to live happy and fulfilling lives. This group is limited to 8 participants, so please sign up with someone in the office.

## Building Boundaries

Setting boundaries is an important part of establishing ones identity and is a crucial aspect of mental health and wellbeing. Boundaries can be physical or emotional, and they can range from being loose to rigid, with healthy boundaries often falling somewhere in between. Learning to show compassion and kindness to yourself is crucial in setting healthy boundaries. This group is confidential opportunity to discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and childrens.

## Check-in and Check-out

A question and quote are read at the beginning of Check-in/Check-out to reflect on if people want to. This is not a discussion group, but not more of a space for individuals to share. Often in our lives, we are not listened to, and we are told what we think. This space also allows us to practice the idea that "you the are expert on yourself"

## Creativity Corner

Join Us in person and see what Sibeal or Karen has up their sleeve for you to help them create!

## Coffee Hour

Come Join Amanda for some good coffee, snacks and conversation

## Domestic Violence Survivors

Designed to be a safe, confidential space for domestic abuse victims, survivors, and advocates to come together and share their experiences and lean on one another, Our group offers a space to connect with other survivors and help victims cope with domestic violence while building healthy friendships and relationships and available to either men or women

## Feelings Of Anger

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as rage or anger. It is a place where

## Fiber Arts

In this group, we actively work on various kinds of fiber arts, such as knitting, crocheting, weaving, and beyond. Join us for a fun hour of conversation and crafts.

## Fit & Active

Come to gym and do a fun and exciting 45 min workout!

## Gaming Group

Board games, video games we have it all! come game with us!

## Healthy Eating Group

Come learn how to make healthy recipes and after you get to sample your healthy creations!

## Isolation Support

This is a Safe space designed for us to come together to address our concerns and feelings of isolations, that may bring us sadness, fear, etc. Sometimes, just being able to get together and play a game feels a lot better than being alone.

## IPS Skills

Want to learn more about intentional peer support and how to apply it? This is the group for you. Learn about the 3 principles of IPS ( Helping to Learning Together, Individual to relationship and Fear to Hope and Possibility) and learn about the 4 tasks of IPS ( Mutuality, Moving Towards, Connection and World View).

## Jammin' in the Gym

Join us in the gym as we listen to some tunes and get our bodies moving

## Journaling Group

Come Journal with us! we pick different topics each week

## LGBTQIA+ Support

This group provides a confidential and supportive atmosphere to talk about the issues that affect us as members of the LGBTQ community, including our mental health experiences. Together we will be able to receive support and offer support to each other. In this group it will be possible to discuss the challenges we may have experienced or fear we may be experiencing. Some of the issues explored in the group may include, but not limited to: sexuality, mental health, suicide, stigma, isolation, internalized homophobia, anxiety, substance use/misuse, HIV/AIDS and safer behavior.

## Life Skills

This group is where we can lean on one another to learn life skills to be more independent. This could be anything ranging from sewing, cooking, finances, meal planning, cleaning and more. A modern-day home ec!

## Men's Group

Join us in some healthy, positive conversations about what life is like from a mans perspective. This group is for anyone who identifies as as a man!

## Survivors of Sexual Assault

Survivors of Sexual Assault is a place where individuals who have been sexually abused, past or present, to talk openly about the effects of the trauma ( mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with sexual assault and who can offer support for others who have been through/are going through this trauma. it is a group where people can find understanding, hope, compassion, and to find they are not alone or damaged.

## Siesta

Looking For a safe place to take a nap? come join us at MPS daily and listen to soothing sounds of nature while you get refreshed and energized.

## Tea Time

Come join the fun with some great tea, snacks and conversation!

## Transforming Body image & Eating

This is a group is a safe place to talk about relationships with food and promotes an open dialogue about positive or negative body image, providing peer to peer support

## Trauma Survivors

Trauma Survivors is a place where individuals affected by trauma, past, or present, can talk openly about the effects of trauma ( mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with trauma and who can offer support for others who have been through/are going through trauma. it is a group where people can find understanding, hope, and compassion and can find that they are not alone and damaged

## Women's Group

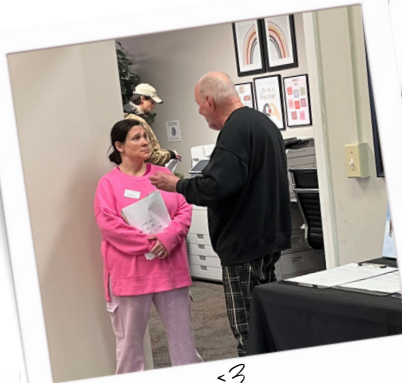
Women's Group is a place where women can talk openly and not feel inhibited to build community among themselves. The group will foster good conversation, a feeling of validity, improvement in self-esteem, and confidence. It will also provide a space for women to learn something about themselves.



# February MEMORIES



Congrats to Justin-- good luck!



<3



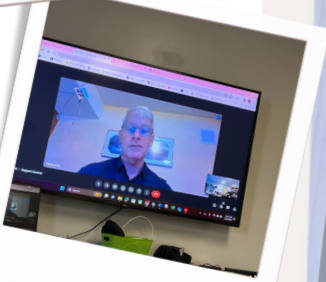
We love crafting <3



We have some pretty talented bakers among us!



We <3 Tiny Tummys



CANVA STORIES Z850

009

FILLM



We went skating as one of our winter trips!



Something about getting walked all over...

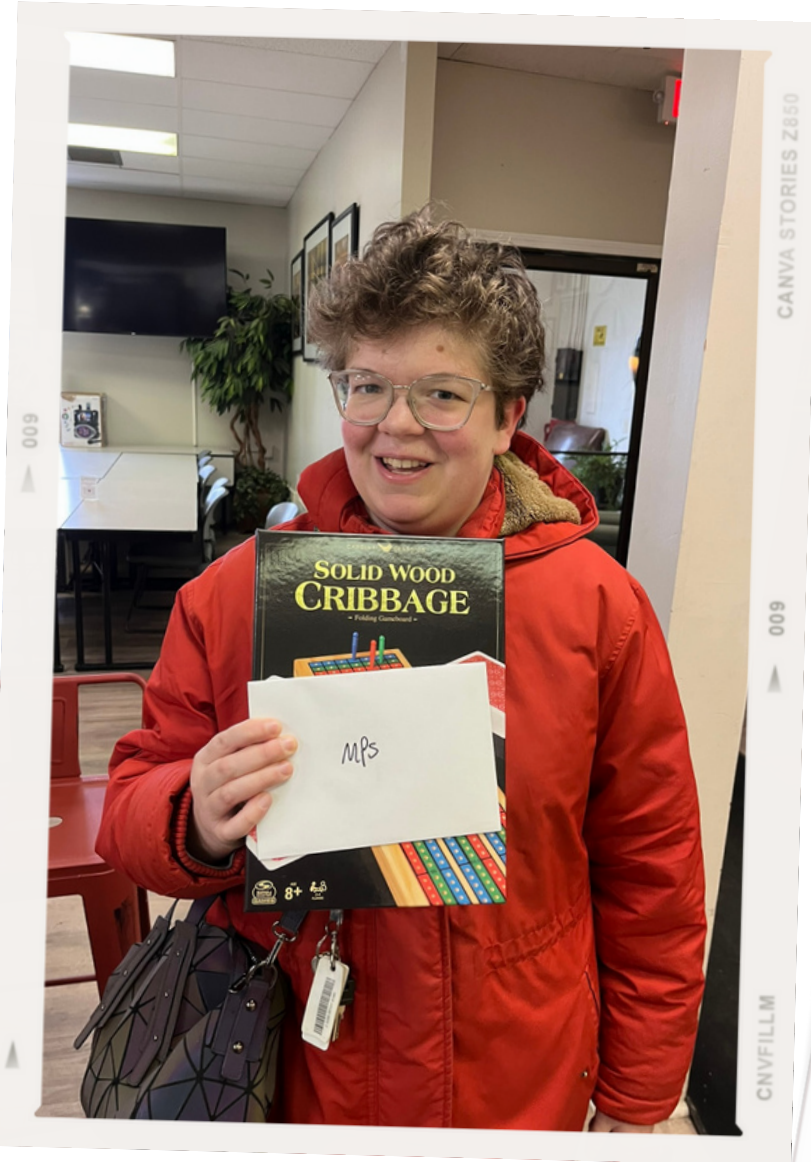


Gaming Group in full swing!



# March 2024 Member Contributions

Thank you to Julie! She donated a bunch of games to help replenish our gaming shelf. We are so grateful for your passion for games!




Would you like to share your masterpiece with the community here at Monadnock Peer Support? Please reach out! Email [karen@monadnockpsa.org](mailto:karen@monadnockpsa.org) or send us a Facebook message.



## GIVE BACK!

Send us a **\$1 donation** when you use the Giving Tag attached to the \$2.50 reusable Community OR Fight Hunger Bags.

Bags are available at any Hannaford location!

 **Monadnock**  
PEER SUPPORT  
24 Vernon Street  
Keene, NH 03431  
603-352-5093

Place  
Postage  
Here

