



Monadnock
PEER SUPPORT

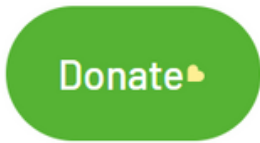
THE PULSE

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



Stacy
Wilbur



Chris
Minkler

Tara
Abbott

Jennifer
Friedman



Kevin
Tighe



Theresa
Noel

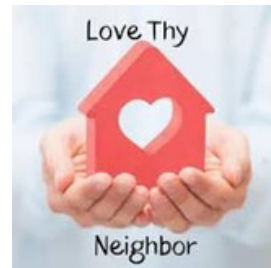
♥ Kenneth
Chamberlin

Karen
Richi

Melissa
Callender

Eli Rivera

The Community Kitchen, Inc



Devan
Blake

Sam
Spielberg

♥ Diane
Croteau



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

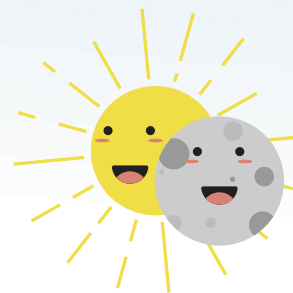
Last Month's Trip



**Old Settler's
Pottery Studio**



This Month's Trip



Eclipse Viewing

Sign up is required!

Coming Up Soon



Eclipse Viewing - 4/8 @ 3:15pm

Community Meeting - 4/2 & 4/9 & 4/30 @ 12noon

Community Meeting with Speaker - 4/16 & 4/23 @ 4pm

Board of Directors Meeting - 4/25 @ 5:30pm

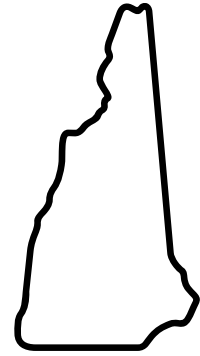
Floating Lanterns Festival - 5/11 @ 5:30pm at Alyson's Orchard



Involuntary Treatment: The Legal Battle Over Human Rights in Mental Health

By Samantha Lilly, *Mad in America*

March 22, 2024



A new analysis critically examines the intricate and often conflicting legal frameworks governing mental health care in Europe, highlighting a significant clash between the CRPD's human rights standards and the European Court of Human Rights (ECHR) current practices, especially concerning the rights of people with psychosocial disabilities.

The article questions the legitimacy and ethics of involuntary psychiatric hospitalization, restraints, and other forms of ill-treatment in mental health institutions, calling for a reevaluation of these practices to align with universal human rights standards.

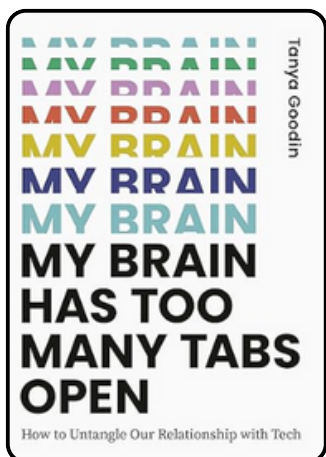
The author, János Fiala-Butora, from the HUN-REN Centre for Social Sciences in Budapest and the University of Galway, points out the discrepancies and potential harmonization between the CRPD's strict stance against involuntary detention for mental health treatment and the ECHR's more permissive view under certain conditions.

Fiala-Butora, writes:

"The CRPD and the ECHR are currently interpreted differently. However, their text is not an obstacle to harmonizing the interpretation of the two instruments. Article 5 of the ECHR permits involuntary hospitalization but currently does not require it to be available. Psychiatric treatment only provided with consent would comply with both instruments."

This analysis not only reveals a gap in the application of human rights laws in the context of mental health but also underscores the need for a more nuanced understanding and implementation of these laws. By exposing the divergence in legal interpretations and the unexplored potential for reform, Fiala-Butora's work challenges mainstream approaches to psychiatry and mental health treatment, urging a shift towards compliance with universal human rights standards that respect the dignity and autonomy of individuals with mental health conditions.

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



My Brain Has Too Many Tabs Open: How to Untangle Our Relationship with Tech

by Tanya Goodin

Whether you are dealing with a partner who is mindlessly scrolling rather than listening to you (*phubbing*), flooding social media with your child's image (*sharenting*), or panicking whenever you misplace your phone (*nomophobia*), learn how to recognise and label harmful habits- both of yourself and others - and find actionable answers in this book.

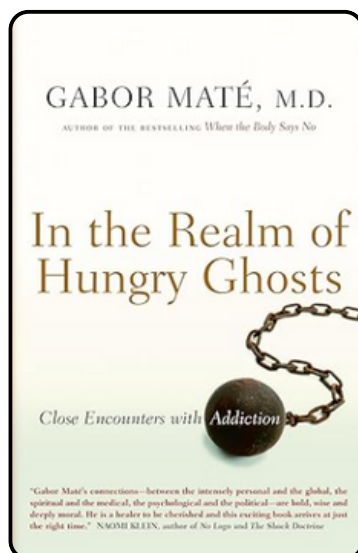
The collision of our online and offline worlds has left us more dependent on technology than ever before, and even more desperate to log off. *My Brain Has Too Many Tabs Open* is your key to finding digital balance and addressing strange new social norms.

In the Realm of Hungry Ghosts: Close Encounters with Addiction

By Gabor Maté M.D.

In this timely and profoundly original new book, bestselling writer and physician Gabor Maté looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviours.

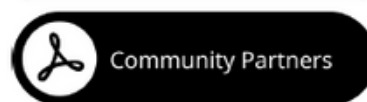
Beginning with a dramatically close view of his drug addicted patients, Dr. Maté looks at his own history of compulsive behaviour. He weaves the stories of real people who have struggled with addiction with the latest research on addiction and the brain. Providing a bold synthesis of clinical experience, insight and cutting edge scientific findings, Dr. Maté sheds light on this most puzzling of human frailties. He proposes a compassionate approach to helping drug addicts and, for the many behaviour addicts among us, to addressing the void addiction is meant to fill.



Member Testimony

"I find it very, very educational as well as learning from others and sharing my experiences with other members. Hopefully I can greet you when you are here and I look forward to spending time with you. I think I've impacted MPS and I have learned new life skills that help me, my mind, body, and spirit. I feel so comfortable wanted to explain this to others. It's like a whole new experience going down in history."

--Kenny Chamberlin



Scan to see a list of our community partners!

Bean & Cheese Toasterdilla



Ingredients

- 12 (10 inch) flour tortillas
- ½ cup refried beans
- ¾ cup shredded Mexican four-cheese blend
- ½ cup rice
- 1 jalapeno (optional)



Directions

1. Lay tortillas flat on a clean work surface. Spread refried beans and rice down the middle third from top to bottom, leaving a 1-inch space halfway down to allow for a fold. Sprinkle cheese on top, lightly pressing into the beans. Sprinkle diced jalapeno.
2. Fold the left side over, then the right side on top, so the two sides are overlapping in the middle. Fold in half vertically so the bottom edge meets the top edge.
3. Place the quesadillas into the toaster slots and set the toaster to medium heat. Toast for 1 cycle. Carefully remove quesadillas and reverse the vertical fold, so that the inside is now the outside. Return to the toaster and toast until lightly browned, about half a toasting cycle.
4. Carefully remove the hot quesadillas to a plate. Cut in half at the fold to make 4 pieces.

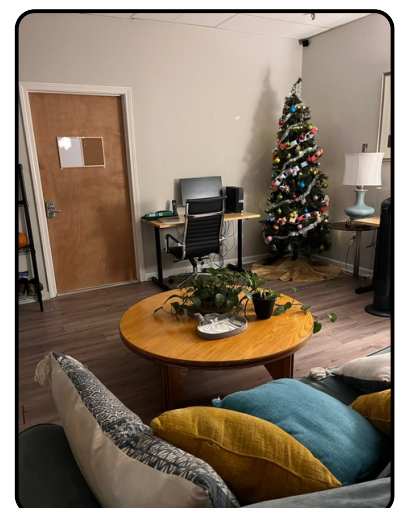
Find the recipe here:
[click here](#) or type the
following:

<https://www.allrecipes.com/recipe/281115/bean-and-cheese-toasterdilla/>

Peer Respite and Step Up/Step Down

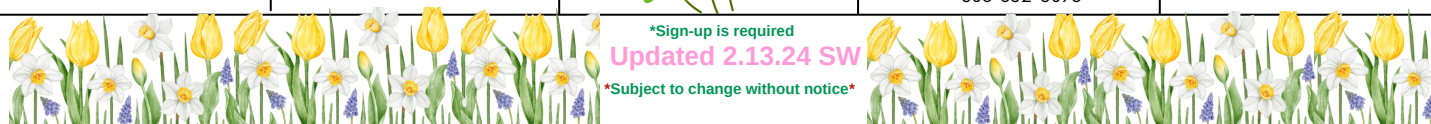
The Respite Program at MPS is for anyone who is experiencing distress and at risk for potential hospitalization due to mental health challenges and feels they would benefit from being in a short-term, 24-hour, peer-to-peer, supported environment with others who have 'been there.'

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Check-in 9:15am to 9:45am</p> <p>Creativity Corner 10am - 11am</p> <p>Fit&Active 11am to 11:45am</p> <p>Coffee Hour 11:30pm to 12:30pm</p> <p>IPS Skills 12pm to 1pm</p> <p>Gaming 1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>2</p> <p>Check-in 9:15am to 9:45am</p> <p>Trauma Survivors 10am to 11am</p> <p>Community Meeting 12pm to 1pm</p> <p>Tea Time 2pm to 3pm</p> <p>Women's Group 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Men's Group 5:15pm to 6:15pm</p>	<p>3</p> <p>Check-in 9:15am to 9:45am</p> <p>Healthy Eating 10am to 12pm</p> <p>Van Shopping Trip* 12:30pm to 2:30pm</p> <p>Fit&Active 1:00pm to 1:45pm</p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5:00pm to 6:15pm</p> <p>AA Meeting 7pm</p>	<p>4</p> <p>Check-in 9:15am to 9:45am</p> <p>Life Skills 10am to 11am</p> <p>Munchies and Movies 11am to 1pm</p> <p>LGBTQ+support 12pm - 1pm</p> <p>Journaling Group 2pm to 3pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:15pm to 6:15pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>5</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>Fiber Arts 1pm-2pm</p> <p>Jammin in the Gym 2:00pm to 2:45pm</p> <p>Transforming Body Image & 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.

Autism Group

This group is a wonderful opportunity for adults with autism to come together, socialize, and just have fun! This well-established group provides a space in which adults on the autism spectrum can support one another by cultivating connections through fun, group-chosen activities, and entertaining social interaction. All group members choose group activities together.

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 Sibéal 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 prospective. This group is for anyone who identifies 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.

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.

March MEMORIES



☺



Time to serve!



St. Patrick's Day party!



Cheryl has been crafty!



We ☺ our community partners!



We have fun here ☺



Training can require some brain power!



Collaboration over lunch

April 2024
Member Contributions



Colorful Balloons
by Mary E. Barabos

Within myself, I just want to make the mountains move.
Difficulty? There'd always be Someone who'd want me to prove.
At the thought of doing so, leaves me in anticipation.
It would, however, give heart palpitations.

Need to Remember to Count and Breathe!
Make sure there's no room to seethe.
I've been told that, to me, my own enemy is worst.
Imagine flying colorful balloons that don't burst!

Any type of painting and writing, poetry are my passion.
As far as I'm concerned, it doesn't matter if they're not in fashion.
I also love watching the birds & hear them sing.
Finally, my emotional challenges are not in a sling!




Would you like to share your masterpiece with the community here at
Monadnock Peer Support? Please reach out! Email
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

