



Monadnock
PEER SUPPORT

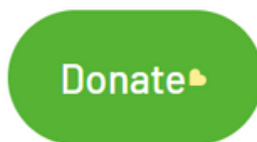
THE PULSE

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



Kevin Tighe
Stacy Wilbur



Tim Sampson
Architects



Kathryn McLaughlin
Melissa Callender



Eli Rivera

Devan Blake

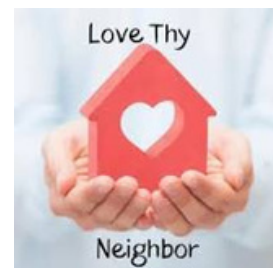


Diane Croteau

Billy Holderby

Sam Spielberg
Jennifer Friedman

The Community Kitchen, Inc.



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



Eclipse Viewing
on Vernon St

This Month's Trip



**Montshire Museum of
Science**

Date: Tuesday May 14

Time: 10 AM to 5 PM

Sign up is required!

Coming Up Soon



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

Trip to Montshire Museum of Science - 5/14 @ 10 AM

Community Meeting - 5/7 & 5/28 @ 12noon

Community Meeting with Speaker - 5/21 @ 4pm

Board of Directors Meeting - 5/23 @ 5:30pm



Let us Introduce Ourselves

Monadnock Peer Support was founded in 1995 as an alternative that compliments 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 to make their own decisions and live a fulfilling life. We are free, confidential, and you do not need a diagnosis.

Location: 24 Vernon St, Keene, NH

Phone: 603-352-5093 and 603-352-5094

Website: www.monadnockpsa.org

Support Groups

Each month, we offer many free support groups on weekdays both in person and via Zoom. We use peer support to help members grow in relation to each other. You can find our current calendar of events on our website and social media.

Monthly Education and Trips

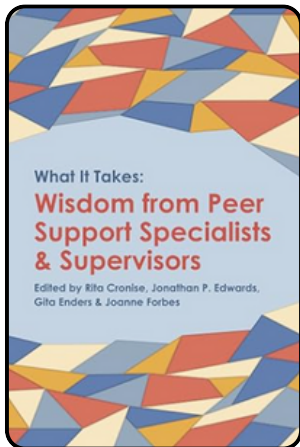
Each month, we invite guest speakers to present information about their agency. Several times a month, members participate in outings or tours. We offer other activities such as fitness training, mindfulness and meditation, art, music, community meals, shopping trips, and more!

Member Testimony

"MPS gave me a place to belong. I never had very many people in my life who cared about me before I came here and even though I'm very good at upsetting people, I'm learning that they do actually care about me and that makes me feel good about myself for a change. I'm trying to learn what I can do to stop upsetting people so we can have meaningful connections moving forward. I want to be a part of an MPS that has a profound impact on the community. I want to be a part of an MPS where everyone feels welcomed and comfortable. "

--Matt Johnson





What it Takes: Wisdom from Peer Support Specialists and Supervisors

by Rita Cronise, Jonathan P. Edwards, Gita Endres and Joanne Forbes

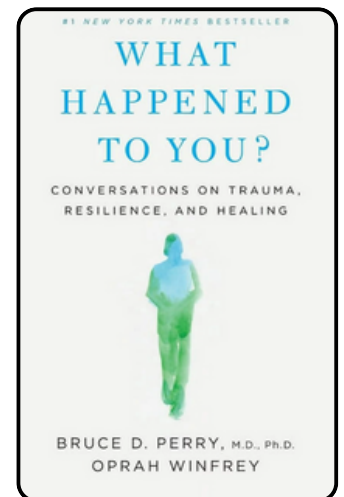
This book is about the practice of peer support from its origins in self-help to its continuing evolution as a profession. It provides some history, research, values, and guidelines of peer support brought together from conference presentations from real-world practitioners. Each chapter contains information from the front-line practitioners and peer support allies who are crafting the profession on a daily basis. The field has grown rapidly with a need to provide the basic information for those entering its ranks. The book is intended to provide the latest information on a philosophy and profession that is at the forefront of the transformation of behavioral health services from a medical model satisfied with symptom relief and stability to a recovery model determined to inform those with a diagnosis of mental illness that a quality life is possible and doable.

What Happened to You? : Conversations on Trauma, Resilience, and Healing

By Bruce D. Perry and Oprah Winfrey

Have you ever wondered "Why did I do that?" or "Why can't I just control my behavior?" Others may judge our reactions and think, "What's wrong with that person?" When questioning our emotions, it's easy to place the blame on ourselves; holding ourselves and those around us to an impossible standard. It's time we started asking a different question. Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking "What's wrong with you?" to "What happened to you?"

Here, Winfrey shares stories from her own past, understanding through experience the vulnerability that comes from facing trauma and adversity at a young age. In conversation throughout the book, she and Dr. Perry focus on understanding people, behavior, and ourselves. It's a subtle but profound shift in our approach to trauma, and it's one that allows us to understand our pasts in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way.



Floating Lanterns Festival

May 11, 2024

5:30pm to 8:30pm

To Benefit:



Monadnock
PEER SUPPORT





Matty's Nachos

Ingredients

- Chips
- Your favorite cheese
- Chili
- Red and Green Peppers
- 1 red onion, chopped



Directions

1. Preheat your oven to its highest temperature setting. Set to broil.
2. Dice the peppers and onion.
3. Arrange your chips in a baking casserole of your choice, then pour the chili on top.
4. Sprinkle on the red and green chopped peppers and the chopped onion, followed by the cheese.
5. Bake until the cheese has melted, roughly 8 to 10 minutes.
6. Once the cheese has melted, remove from the oven to cool.
7. Serve with your favorite condiments!

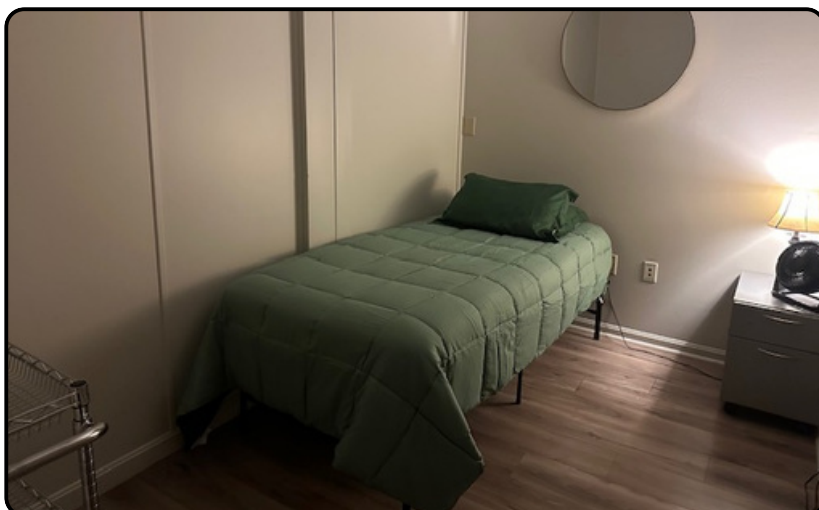
Adapted from this recipe:

https://recipes.net/appetizers-snacks/nachos/5-ingredient-nachos-recipe/#google_vignette

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

April MEMORIES



The FABULOUS La <3 <3 <3



<3



Green Up Keene!



Justin making some good music!



Earth Day Celebration <3



CANVA STORIES 2850

009

FILL M



Eclipse viewing!



Snow in April?! Welcome to New England...



There's always something to do...

May 2024
Member Contributions

Please see the attached insert for
the May 2024 Member Contribution



"My Love Affair with Alcohol"
By Kristin Putnam



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.

My Love Affair With Alcohol

By Kristin Putnam

In the beginning when we first met you were my night in shining aluminum.

Back then you were called Bud Light.

Remember how much fun we had when we first met.

I was exciting and jovial. Fun and adventurous. But oh how the years have changed us.

Everything we have been through. It all seems so long about – only just a blur.

Late nights. New friends.

Keg parties. College trends.

Then at 21 we hit a cultural milestone that opened a whole new world for us.

Bar lights. Noisy streets.

Laughter. Chaos. Dangerous feats.

It would be a lie to say there were no red flags. I chose not to see the grip you had.

I pushed and shoved; I plowed on through.

Never willing to admit or even consider that maybe you and I were headed for disaster.

Codependent, broken down. Please oh please stay around.

You changed so much. Became so strong. New look, new allure, choices galore.

As part of this change you took a new name. Shedding your can – you now became vodka.

Constant blackouts. Weekend benders.

Dropping grades. Smashed up fenders.

(MF telephone poles am I right)

So what if things got a little rocky every relationship has its rough spots. Don't they.

All we had been through, you never once left. Always there for me even where I ugly cried.

We shared every memory – both good and bad. How could we not stay together forever?

After college we met a man.

He hated you immediately – hated you so completely.

It was not too long after when the fights began.

A constant battle between the two. Who would win – obviously you.

Two Children were born that changed my world.
I was so proud. So thrilled. So terrified. So alone.
You picked me up – put me back on my feet.
Glued me back together. That made me need you more than ever -
To make sure not one little thing could get inside. To touch my heart. To make me hurt.
I stood my ground. I stood so strong. I stood and stood. Lonely and tall.
ME and VODKA against it all.
At times I began to question our future together...
Could I? Should I? Live like this?
The abuse. The chaos. The fear it caused. My world around me crumbling bit by bit.
NAH I SAY...
The protection you provide rules supreme. Each memory, tragedy, failure we've faced.
For as many past, twice as many would lie ahead.
You would have to be there wouldn't you?
Over and over I was plagued. Every day a battle waged.
Should I? Shouldn't I? – Could I? Would I?
Yes. Then no. Then yes again.
Instead of lovers could we just be friends.

Just recently a new path has become so crystal clear.
I cannot live. Cannot even survive with you near.
My head, my heart, my body clean. My spirit, my soul. My intentions pure.
Vodka. My beloved vodka...
This is oh so very hard to say. Along this new path I will have to stray.
I am sure to glance back every now and again. And there you will be my faithful friend.
Always right at my fingertips.
I hear you whispering "come back for more"
If you really love me as much as I do you. Behind me you will stay and let me soar.



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!

