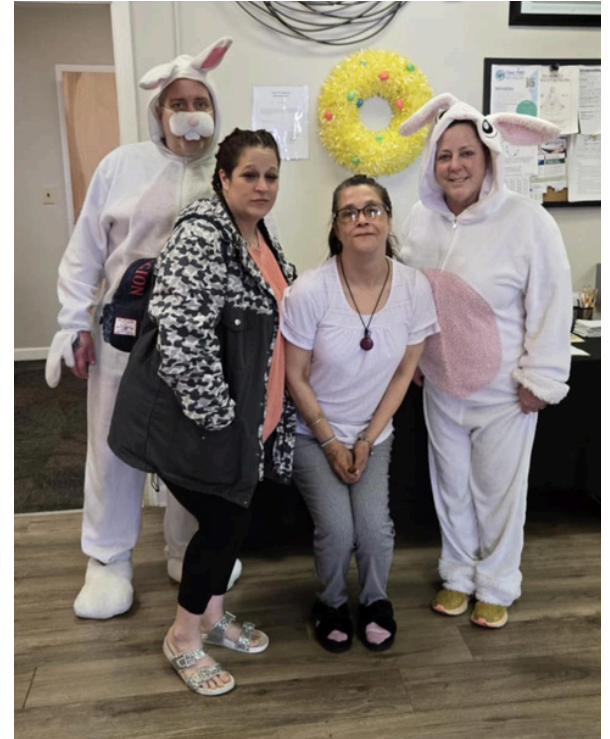




OUR MISSION

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

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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!



Field Trip to VINS!



Summer Cookout!

Letter from the Interim Executive Director

Monadnock Peer Support's FY2025 was filled with lots of excitement and changes. We had a transition in leadership, which eventually led to me becoming the Interim Executive Director. This experience has been life-changing for me and has allowed me to get a better appreciation of the work done by each staff member at MPS, and their commitment to its members.

We are extremely excited about our renovation project and can't wait for its completion in November. We look forward to having our open house and showing the community our new facility that will allow accessibility to every area of our building, an amazing gym, and spaces for all our residents and programs.

Transportation is key to our success at MPS, and we have purchased a new van to replace our old explorer and hope soon to own a handicapped accessibility van to support members and residents that need assistance due to their mobility.

There are many ways our community can help MPS to support its mission. Whether it's an in-kind donation, monetary contribution, supporting our fundraising efforts or our volunteering at MPS, we value your support and care for our members.

Thank you for the opportunity to serve our members and residents, and the impact you have had on me as a person, by its OK to not be OK and how to meet people where they are.

With Love and Respect
Eli



Letter from the Board Chair

Dear Friends and Supporters,

As we reflect on FY25, I am filled with gratitude and pride in the work Monadnock Peer Support has accomplished. This year has been one of both growth and transformation. Together, we have continued to strengthen our mission of creating a community where people with lived experience of mental health challenges support one another with compassion, dignity, and respect.

We saw tremendous accomplishments in FY25, including expanding our programming and bringing peer support into settings such as senior living communities and the county jail. We also embarked on a major renovation project that will make our building more accessible, welcoming, and better equipped for the future. These changes represent not only bricks and mortar, but a deeper investment in the people we serve and the relationships we build.

Most importantly, the heart of our work continues to shine through the connections forged here every day, whether in a group, a respite stay, a ride to an appointment, or a simple shared meal. These moments of mutual support are what make Monadnock Peer Support such a vital resource in the heart of our region.

Looking ahead to FY26, our Board is committed to advancing our strategic priorities, expanding our reach, and ensuring sustainability so that Monadnock Peer Support can continue to grow and thrive for years to come. We are deeply grateful to our staff, volunteers, members, partners, and donors whose dedication makes this possible.

Thank you for walking alongside us on this journey. Together, we are building a community of hope, healing, and resilience.

With gratitude,

Kevin Tighe
Board Chair



MPS Board Roster FY25



Kevin Tighe
Board Chair



Jennifer Friedman
Vice Chair



Zachary Allen
Treasurer



Eleni Peterson
Secretary



Chris Minkler
At-Large



Gretchen Wittenborg
At-Large



Tara Abbott
At-Large



Julie Minkler
At-Large



Devan Blake
At-Large



Sara Cannell
At-Large



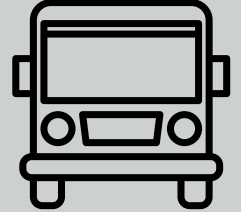
Samantha Spielberg
At-Large

Programming by the Numbers

Total Respite Guests: 77
Total SUSD Guests: 29



About 7,573 miles
driven in the van
and Explorer



Groups:

1. Autism Support
2. Healthy Eating
3. Gaming Group
4. Women's Group
5. IPS Skills

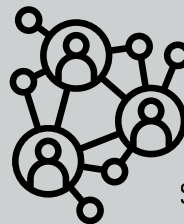
Average Amount
of Daily Visitors

15

36

But we have
seen as many
as this!

MPS served in the community
by participating in the
Community Kitchen's Summer
lunch program, helping bag
lunches with Love Thy Neighbor,
participated in Earth Day
cleanup and the mobile pantry
with the Community Kitchen!



We performed outreach at:

Keene Public Library, Keene Family
YMCA, Ashuelot Park, Mental Health
Fair, Earth Day Festival, Keene
Swampbats, Cheshire Medical Center,
Monadnock Food Co-Op, Keene
Pumpkin Festival, Keene Pride Festival,
Jumanjifest and more!



16 trip
destinations

Average
Group
Size

5-6

What did we accomplish in FY25?



We launched three new support groups:

Beyond the Diagnosis
Divorce Support
Eating Disorder Recovery

All our staff had Harm Reduction and Narcan Training



In January, we held staff development week



We hosted our 3rd annual **Floating Lanterns Festival**



- \$11,944.00 was Raised
- 250 people attended
- 94 lanterns launched



We launched off-site support groups at American House Senior Living and at Cheshire County Jail

As part of our strategic goals for FY25, we drafted and launched a Marketing Plan, Speaker Plan, Participant Engagement Plan and Development Plan



We were awarded a total of \$6,300 in grant funding



All our staff had a refresher in **WRAP** training

We are looking forward to FY26!

Renovations are Underway



In May, 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:

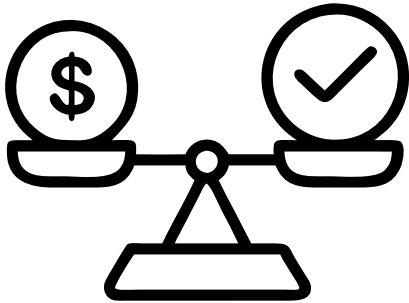
- Removing the vinyl siding and restoring the brick facade to historic quality
- Removing the external staircase at the Vernon Street Entrance
- Installing an internal staircase at the Vernon Street Entrance
- Installing an elevator at the Vernon Street Entrance
- Roof repairs
- Updates to our HVAC system
- Expansion on the second floor, opening up more space to gather
- Creating new office space on the second floor
- Moving the residential area to the other side of the building

We are truly grateful to have these updates underway, allowing us to serve our community more effectively. Our team is dedicated to ensuring minimal disruption to our daily operations, and we appreciate the patience and support of our community during this exciting time. The new features will enhance accessibility and functionality, making our space more welcoming and inclusive for everyone.

We look forward to sharing more updates as the project unfolds and are eager to see how these improvements will enrich the experiences of all who visit or work within our walls.

Thank you for being part of this journey with us!

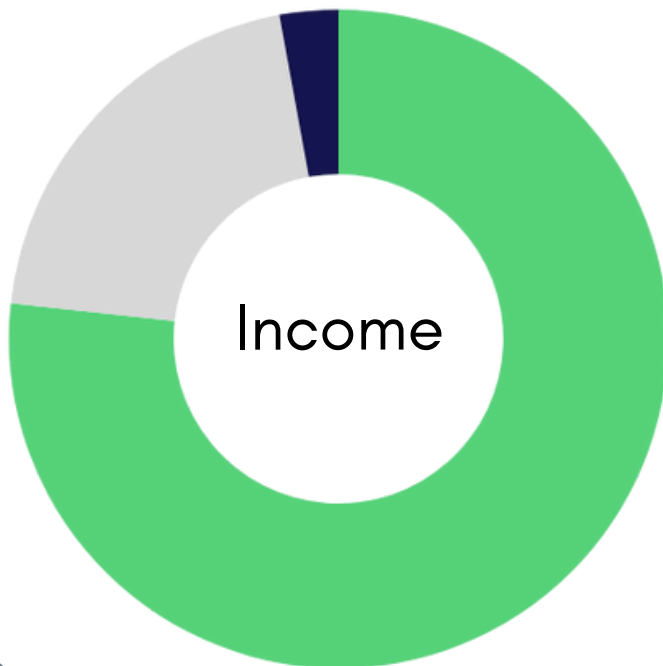
FY25 Fiscal Report



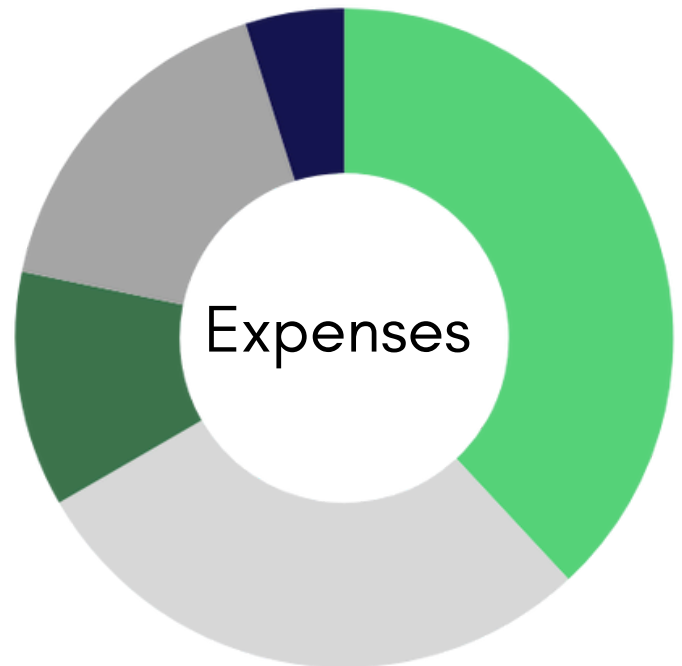
The Numbers At-A-Glance

<i>Revenue</i>	\$1,392,974
<i>- Expenses</i>	<i>\$1,395,337</i>
<i>Net</i>	<i>-\$2,363</i>

● Grant Income ● Public Support
● Rental Income



● Administration ● Facilities ● Day Program
● Residential Program ● Mission Impact



How has MPS impacted the lives of our Community?

"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 GAD."

-- Antone, SUSD Graduate



In 2021 I was informed that I needed to make a career change, as I could no longer do the physical work that I had always known to do. I was at a loss, as it was very hard for me to accept that in my mid-40s, I had to start all over again. At the time, I didn't know much about Monadnock Peer Support, aside from the fact that it was a place where individuals could go to get support, and my husband worked there. I started bringing him lunch regularly and found myself staying and chatting with some of the members. Before I knew it, I became a part of the MPS team. From the first day I walked through the door, there was just something about this place that made me feel like I belonged, like this was exactly where I was supposed to be. Learning that all the struggles and successes that I've experienced throughout my life can help others was something that never crossed my mind. Here we are, 3.5 years later, and I cannot imagine myself working anywhere else. Monadnock Peer Support is not just a team of individuals who provide support and guidance to those in the Community who are in need, but MPS is a family, a village, that gives us that safe place where we can be ourselves. Where it's okay to not be okay, and it's okay to talk about it.

-- Amanda, Employee



"This place is fantastic! I was feeling a bit low when I bumped into Frank when he was tabling at the library. I came in to check things out, and I have been here ever since. While here, I got linked up with MFS and now I have a caseworker. The groups are wonderful, and I highly recommend participating in as many as you can."

--Keith, Member



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 we offer or call our warmline 4PM to 9PM 7 days a week!



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

Joel Whiting

December 16, 1942 – January 12, 2025