



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 Melissa via email: Melissa@MonadnockPSA.org



Stacy
Wilbur



Stephen
Ide



Melissa
Callender

FEATURED IN RECIPE 5 INGREDIENT



Dark Chocolate Mousse

Ingredients

- 2 cups heavy whipping cream cold
- ½ cup unsweetened dark cocoa powder sifted
- ¾ cup powdered sugar sifted
- 1 teaspoon vanilla extract
- ¼ teaspoon fine salt

Instructions

Combine heavy whipping cream, cocoa powder, powdered sugar, vanilla extract, and salt in the bowl of a bowl fitted with the paddle attachment. Beat at low speed for 20-30 seconds until ingredients begin to combine then turn mixer to high speed and beat until stiff peaks form, about 1-2 minutes. Stop the mixer to scrape the sides and bottoms then whisk for a few seconds more until all is combined. Serve immediately or chill in ramekins covered with plastic wrap until ready to serve. Serve with a dollop of whipped cream.



A Note From our Executive Director

A.N.T.S

Throughout my life I have read hundreds of self-help books. I'm sure like many, I do the same... take a piece from each book that resonates with me and incorporate that into my life and hope for the best. Some of my favorites are: The Power of Positivity, The Body Keeps the Score, Change Your Brain, Change Your Body, Get Out of Your Mind and Into Your Life, The Power of Now and so many more. One book that really stuck with me is Dr. Amen's book that talks about automatic negative thought (ANTS). Amen is a double board-certified psychiatrist, teacher, and nine-time New York best-selling author. Amen has written multiple books and I have found a few to be most helpful for me to incorporate into my daily practice as I live with ADD, and anxiety.

ANTS are the automatic negative thoughts that ruin your day, steal your happiness, overtake your life and prolong grief and your healing process. The ants in my head are my own negative thoughts that I allow space for. Amen talks about mental hygiene, which by the way, is equally important to washing your hands and showering yet we often don't practice mental hygiene on a regular basis which does not serve us. Infact, it significantly impedes our ability to move forward, to reach our goals, to stay present in the moment. Personally, I don't enjoy being or feeling "stuck"; but I tend to be my own worst enemy and often find myself struggling in the cluster f#ck that we navigate on the day to day . At MPS we use Intentional Peer Support (IPS). One of the practices within IPS is working toward what we want in life and away from what we don't want. Sounds easy right? WRONG... it is tough work and takes dedication, focus and commitment to our own mental health journey.

A good friend of mine supported me a couple of years ago when I found myself stuck. Melissa Catherine Harrison has her M.S. in psychology and Behavior Analysis. Harrison is a life coach, motivational speaker and founder of the Fierce Feminine. First and foremost however, she is my friend and was there for me when I needed her most. In 2020 I was going through a difficult time. Thankfully, I had enough self awareness to recognize that I had allowed my ants to take over and needed support to move forward. I called Harrison; and BAM... things changed. What I got was a serious kick in the ass. All this time I had thought my mother was a master of tough love. Little did I know I was in for a rude awakening.

Today, I am beyond grateful that I hired her as my mentor to get me from stuck, to unstuck. I became stronger mentally, physically and psychologically. I realized my strengths and allowed myself to feel strong, confident, independent, and capable. I had to relearn what it meant to have all these positive feelings, to hold myself accountable and remember that it is only I who can make change and move forward. I began my journey of re-defining myself. I set my intentions with purpose. I wrote down my goals and made plans.

Fast forward two years; for every ANT that comes marching in I must provide 3 positive thoughts. This happens as few as one or two times a day to possibly hundreds of times depending on what's going on for me. Clearly, I have become a master of finding the good in any given situation. Through experience and daily practice I am able to re-define my outlook on myself, my life, my circumstances and beyond. Guess what.. It works! The days of me feeling sorry for myself and beating up on myself for being lazy, or too fat, or not enough... are over. Surely, the ANTS come in daily but today, I am able to stop them in their tracks and redirect. I have taken responsibility for my own thoughts. My own attitude, behavior, actions and reaction to others or circumstances outside of my control. WOW. It feels good.

As we move into the new year I implore you to be kind to yourself. Stop beating yourself up for the woulda-coulda-shoulda crap and make a commitment to yourself to make change. YOU are not alone. Millions of us have "been there". MPS is here with open arms to support you as you take the next step in your mental health wellness plan. Let's support one another in working toward what we want in life and away from what we don't want. Give compliments to others and to yourself. Find your self worth and own that shit. Be fierce. Be positive. Be you.



Stephen 'tWitch' Boss, high-functioning depression and why 'checking in' isn't enough

By Randi Richardson

After Stephen "tWitch" Boss died by suicide, fans have struggled to reconcile his vibrant persona with someone who would take his own life.

This story discusses suicide. If you or someone you know is in crisis, call 988 to reach the Suicide and Crisis Lifeline. You can also call the network, previously known as the National Suicide Prevention Lifeline, at 988, text HOME to 741741 or visit SpeakingOfSuicide.com/resources for additional resources.

Gregarious, joyful and full of light are just a few of the sentiments that people close to Stephen "tWitch" Boss have shared about him following his death by suicide at 40. For people who knew him through TV and phone screens, his bright smile and always-dancing legs may come to mind.

The multi-hyphenate media personality first made a name for himself as a finalist in the reality competition "So You Think You Can Dance" and went on to DJ and executive produce "The Ellen DeGeneres Show." He and his wife, fellow dancer Allison Hoker Boss, shared three children and celebrated their anniversary days before his passing. He recently told TODAY co-anchor Hoda Kotb about his desire to host his own talk show.

In the days since Dec. 13, many have struggled to reconcile Boss's outward persona and resume with someone who took their own life, which has ignited a conversation in some social media circles about high-functioning depression.

"High-functioning depression is a real thing, and it can have serious consequences if not addressed and treated," wrote one Twitter user whose bio states that they're a medical doctor.

Another influencer, ShiShi Rose, shared on Instagram a carousel of photos of tweets with a caption criticizing the oft-repeated notion that "checking in" is enough to combat suicidal thoughts.

"High-functioning depression is scary as f--k because no one knows you're not okay, and even if you say something no one realizes the severity because you don't seem like someone who is falling off the deep end," one of the tweets read.

Another Twitter user wrote: "Prayers for Twitch's wife and kids, always check on your strong friends. high functioning depression is real. rest in paradise."

What is high-functioning depression?

High-functioning depression is a colloquial term and not a technical clinical diagnosis, explains Rheeda Walker, Ph.D., psychologist and leading researcher on suicide in the Black community. The official diagnosis for depression is major depressive disorder.

"There are a number of different things that fall under the umbrella of depression. Major depressive disorder, you have to have five (symptoms) at least, and they have to persist for a couple of weeks or more," Walker said. "If you fall below that — everybody has a bad day ... you're not going to meet criteria for ... major depressive disorder."

Some symptoms of major depressive disorder, per Mayo Clinic, are: feeling sad or hopeless, angry outbursts or irritability, sleeping too much or too little, lack of energy, weight loss or weight gain, anxiety, feeling worthless or guilty, trouble concentrating, suicidal thoughts and unexplained body pain.

Persistent depressive disorder is another official diagnosis that, for some patients, may include high-functioning depression, Walker says. But she also stresses that because high-functioning depression is not a technical diagnosis, she's hesitant to say they're the same. Mayo Clinic defines persistent depressive disorder as "continuous, long-term" depression that's "not as severe as major depression." Walker adds that for high-functioning depression, the bad feelings may fluctuate: "Stressful things happen at work ... but then on the weekend or after work, you go spend time with people who support you and love you ... and it's like, OK, I got that. I can go back and I can take on the world."

To read more, please visit <https://www.nbcnews.com/news/nbcblk/high-functioning-depression-stephen-twitch-boss-rcna62734>

ANNOUNCEMENTS

Check out the
new DHHS
website!



yay!

We're excited to have
been awarded a contract
with the state to add 3
additional Step-up, Step-
down beds! That brings
us up to 6 beds for Step-
up, Step-down and 2
beds for respite!

Important dates to remember



Tuesday, February 14, 2023 - Valentines Day Party

Tuesday, February 14, 2023 - Board Meeting

Tuesday, February 14, 2023 - Yankee Lanes Trip

Thursday, February 16, 2023 - Center Closed

Friday, February 17, 2023 - Trip to the YMCA

Monday, February 20, 2023 - Center Closed

Tuesday, February 21, 2023 - Community Meeting



Voting is open through 2.17.23!

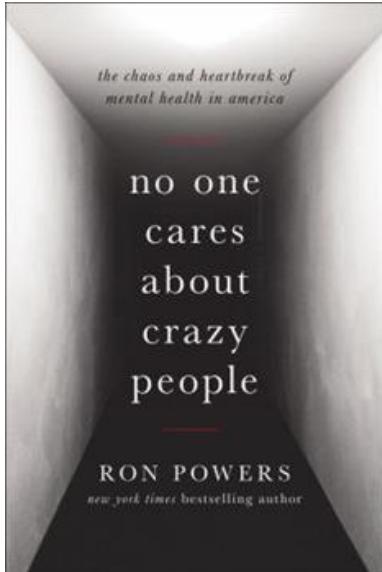
Vote MPS for the following:

#8 Historic Building

#10 Non-Profit Organization

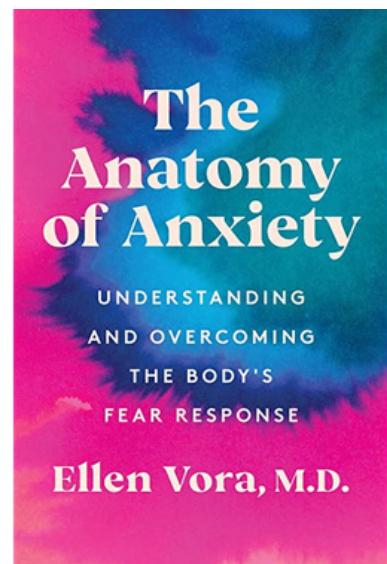
#12 Public Space

Thanks for your support!



New York Times-bestselling author Ron Powers offers a searching, richly researched narrative of the social history of mental illness in America paired with the deeply personal story of his two sons' battles with schizophrenia. From the centuries of torture of lunatics at Bedlam Asylum to the infamous eugenics era to the follies of the anti-psychiatry movement to the current landscape in which too many families struggle alone to manage afflicted loved ones, Powers limns our fears and myths about mental illness and the fractured public policies that have resulted. Braided with that history is the moving story of Powers's beloved son Kevin -- spirited, endearing, and gifted -- who triumphed even while suffering from schizophrenia until finally he did not, and the story of his courageous surviving son Dean, who is also schizophrenic.

Psychiatrist Dr Ellen Vora challenges the conventional view of anxiety as a mental disorder, suggesting instead that much of what we call anxiety begins in the body. Rather than our troubled thoughts creating physical symptoms, she argues that many types of anxiety are the result of states of imbalance in our bodies, whether blood sugar crashes, caffeine highs or sleep deprivation.



February Trips



Join us on February 10, 2023 at 2pm for a trip to the
Keene Family YMCA!



Member Spotlight

Isn't it weird? When the world turns all topsy-turvy and you cannot figure out how to stop the carousel inside your brain. Just saying that out loud and it starts to change. Not hiding from the unknown; not shrinking away from the fear that every step brings. Being true to one self is the most important part of life. Being able to say "I don't know", brings about a sense of calmness. Not having to have the answers. My part is doing what's right in front of me. Doing the very best today to be a better version of myself than yesterday. Everything else is learning. I've already found out what doesn't work for me. Now to find the fresh and new, however most of all positives. I'm coming for everything the world and society and people said I couldn't have and much more. Never to again settle for mundane, artificial emotional void. This life is mine for for the reaping.

Written by: Dante Diffendale



New Group Alert



Join one of our long-time members, Kenny, on Mondays from 1:30pm to 2:30pm in February for a new discussion group called "Life's Little Pleasures"!



Fundraiser to support:



02/20/23 - 02/26/23

Be sure to enter code 19 when ordering!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<p>Center is Open to the Public Monday through Friday 9am to 7pm</p> <p>Saturday & Sunday 1pm to 2:30pm</p> <p>Joining us via  zoom?</p> <p>Zoom ID: 603 352 5094</p>	<p>Check-in 9:15am - 10am</p> <p>Desserts and Coloring 10am to 11am</p> <p>Silver Strength 11am to 11:30am</p> <p>IPS Skills 12pm to 1pm</p> <p>Siesta 1pm to 2:30pm</p> <p>Life's Little Pleasures 1:30pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Men's Group 5pm to 6:30pm</p>	<p>Check-in 9:15am - 10am</p> <p>Silver Strength 10:30am to 11am</p> <p>Pantry Pizazz 10:30am to 12:30pm</p> <p>Siesta 12:30pm to 2pm</p> <p>Creativity Corner 2pm to 3pm</p> <p>Addiction and Recovery 2pm to 3:30pm</p> <p>Check-out 4pm to 5pm</p> <p>Bipolar/Depression* 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Life Skills 10am to 11am</p> <p>Chair Yoga 11am to 11:30am</p> <p>Karaoke 12pm - 1pm</p> <p>Siesta 1pm to 2:30pm</p> <p>Trauma Survivors 2pm to 3pm</p> <p>Building Boundaries 3pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Anxiety and Depression 10:30am to 12pm</p> <p>Lunch on the House 11am to 1pm</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</p> <p>Siesta 1pm to 2:30pm</p> <p>Jammin' in the Gym 2pm to 2:30pm</p> <p>Isolation Support 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Eating Disorder Recovery & Body Image 5pm to 6:30pm</p> <p>Chronic Pain Support 7pm to 8pm</p>	<p>Church 10am to 11am</p> <p>AA Meeting 1pm</p>
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*Sign-up is required

Updated 01.25.23 MC

Subject to change without notice





5	3		7			
6			1	9	5	
	9	8				6
8			6			3
4		8	3			1
7		2				6
6			2	8		
	4	1	9			5
	8			7	9	

Valentine's Day WORD SCRAMBLE

KINP _____ VEOL _____

ERAHT _____ URYBRAEF _____

WETES _____ DRE _____

YDCNA _____ TELCOHACO _____

SWOFELR _____ SIKS _____

PIUCD _____




In January we welcomed 5 new Board members including the Keene Fire Chief and Cheshire County Sheriff!



Donald Farquhar



Eli Rivera



Kevin Tighe



Devan Blake



Jennifer Friedman

Welcome aboard!!

On January 20th, we had the honor of hosting Sophie Labelle and had nearly 70 attend from across New England!. Sophie is a neurodivergent trans cartoonist and novelist from Montréal, Québec, Canada. She is the author of the webcomic Assigned Male, which has been running since 2014, and the Ciel novel series. She lives in Finland with her Finnish husband. "The Best of Assigned Male" was recently published by Hachette UK.





Valentine's Day Party!

Join us at 11am on Valentine's Day for a fun party! There is a sign up sheet if you would like to bring food for the event!

Save the Date!



February Birthday Spotlight

Omar Diaz - 6
Tiffanie Burrows - 6
Victoria Read - 6
Christine Hansen - 8
Stephanie Ritchie - 8
Amy Horton - 12
Edwin LaFare - 12



Sheila Phillips - 12
Debbie MacKinnon - 13
Ryan Howe - 14
Tara Turnbull - 14
Tom Caraglio - 14
Shannon Powers - 15
Nick Peterson - 16



Rebekah Fearing - 16
Eric Coates - 17
James Ball - 19
Jim McLaughlin - 21
James Kowalik - 23
Christine Miller - 24
Petra Hines - 25
Sean Curran - 25



Terri Lynn Bailey - 25
Candance Fontaine - 26
Jodie Cota - 27
Sarah Harris - 27
Les Thomas - 28
Linsey Cormier - 28
Lynn Andrews - 28



Group Descriptions



Addiction and Recovery

The purpose of this group is to act as a support system for each other. We can talk openly and honestly about our addictions 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-judgmental arena for peers to talk openly and honestly talk 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.

Chronic Pain Support

Do you experience chronic pain symptoms like Arthritis, joint pain, back pain, neck pain or any other pain?

Come join our new Chronic pain group and share your experiences with others.

Codependent Relationships

Codependency and Relationships is a place where we can talk openly and honestly about our struggles with developing healthy relationships. Codependency can come in many forms but is commonly recognized when an individual loses sight of their own needs and wants to the detriment of themselves and others. In this group, we come together to support one another as we discuss our past and current relationship patterns and develop ideas for positive future relationships with ourselves and others.

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 is 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 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.

Gender Euphoria

A support and social group for trans-feminine, trans-masculine, non-binary, and/or other individuals who self-identify as different than the gender they were assigned at birth. Discussion is free ranging, confidential and focused on the interests and concerns of people who attend the group.

Hearing Voices Network

This group is a part of the Hearing Voices Network USA, an internationally recognized peer support group for individuals who are voice hearers and/or who see, feel, taste or smell things that others may not. It is a place where we can share who we are and what we experience, that others may not, in a safe and non-judgmental environment. Instead of focusing simply on coping with what we experience, this group is meant to provide acceptance, empowerment, and hope. Here is a place where we can focus on living.

Isolation Support

This is a safe space designed for us to come together to address our concerns and feelings of isolation, 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.

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 are not limited to: sexuality, mental health, suicide, stigma, isolation, self-harm, internalized homophobia, anxiety, substance use/misuse, HIV/AIDS and safer behavior.

Life Skills

This is a group 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.

Men's Group

Join us for poker and dinner! For anyone who identifies as a man!

Navigating Relationships

Navigating relationships is a place where we can talk openly and not feel inhibited to build community among ourselves. The group will foster good conversation, a feeling of validity, and provide a space to talk openly about the messiness of the relationships in life.

Pantry Pizazz

Gain some knowledge, skills and nourishment! During this hands-on cooking lesson, we will be focusing on using items already on hand and/or in excess, from the Keene Community Kitchen donations!

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 or damaged.

Women's Group

A place where women can talk openly and not feel inhibited to build community among themselves. We 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.

If you have any questions, please email Stacy@MonadnockPSA.org

January



Board Meeting!



Strategic Planning!



Sunrise in the Rearview!



Bowling Trip!



Pantry Pizazz!



Community Lunch Prep!



Women's Group!



Tea Time!

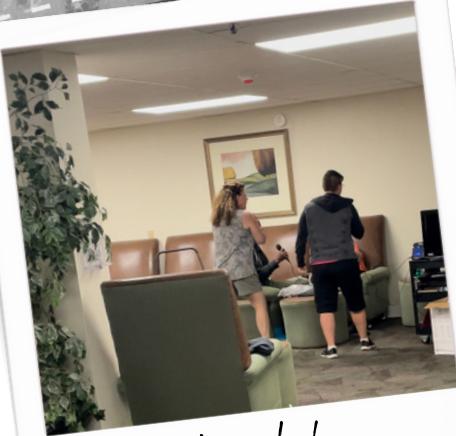


Jason & Houston!



Desserts + Coloring!

January





City of Keene Releases New Housing Resilience Survey

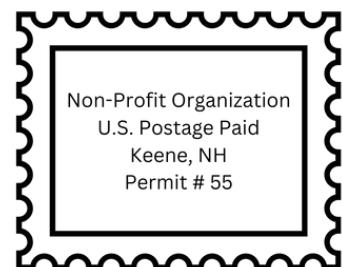
Building on regional housing efforts by the State of New Hampshire and Southwest Region Planning Commission, the City of Keene is now seeking input from the larger community on its housing challenges, needs, and the resiliency of Keene's housing stock, including those due to aging infrastructure and the impacts of climate change.

The City invites all residents to take the survey. The survey results will help Keene describe current housing supply and affordability and inform future action by the City. Responses will remain anonymous. The community survey is open through February 17th and takes about 10 minutes to complete. Please consider taking a moment to take the survey, linked here:



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

Return service requested



[LinkTree](#)

"The preparation of this (report, document etc.) was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services."