



# 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](mailto:Melissa@MonadnockPSA.org)



## Tomato, Apricot, and Feta Salad



### Ingredients

- 1 pound ripe tomatoes, cut into bite-size chunks
- 2 to 3 apricots, pitted and sliced
- Small handful torn fresh mint leaves
- Extra-virgin olive oil, for drizzling
- 6 ounces feta cheese, broken into rough chunks

### Directions

Combine tomatoes, apricots, and half of mint in a large bowl and season with salt and pepper. Drizzle with olive oil and toss very gently to coat. Arrange on a serving platter. Add chunks of feta cheese. Sprinkle with remaining mint. Drizzle with more olive oil. Serve.



## What You Need to Know About 988, the New Mental Health Hotline

By Korin Miller  
(an excerpt from Prevention)

Starting in mid-July, an emergency hotline that's the mental health equivalent of 911 will go live in the U.S. The number is 988 and it will connect callers to the National Suicide Prevention Lifeline, which currently operates under the number 800-273-8255.

The new number, which goes live on July 16, is part of a \$282 million government effort for suicide prevention and crisis care services. The 988 number was designated by Congress in 2020 to be operated through the National Suicide Prevention Lifeline, which has been in existence since 2005.

But what is 988, exactly, and how does this all work? Here's what you need to know.

Technically, 988 isn't providing a new service—the National Suicide Prevention Lifeline has been around for decades. However, shifting to an easy-to-remember number is expected to increase calls for people who are in need of help.

The National Suicide Prevention Lifeline currently helps thousands of people work through mental health crisis situations every day, according to the Department of Health and Human Services (HHS).

The way the number works is simple: You call, text, or chat through it and are connected with a mental health professional who can help. The Lifeline is made up of a network of more than 200 local and state-funded crises centers across the U.S. with calls routed to the closest center based on area code.

*If you would like the link to the full article, please email [Melissa@MonadnockPSA.org](mailto:Melissa@MonadnockPSA.org)*

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MPS is excited to be hosting a Hearing Voices Network Facilitator training August 1st through the 3rd! Please call or email Melissa for more information! 603-352-5093 or [Melissa@MonadnockPSA.org](mailto:Melissa@MonadnockPSA.org)

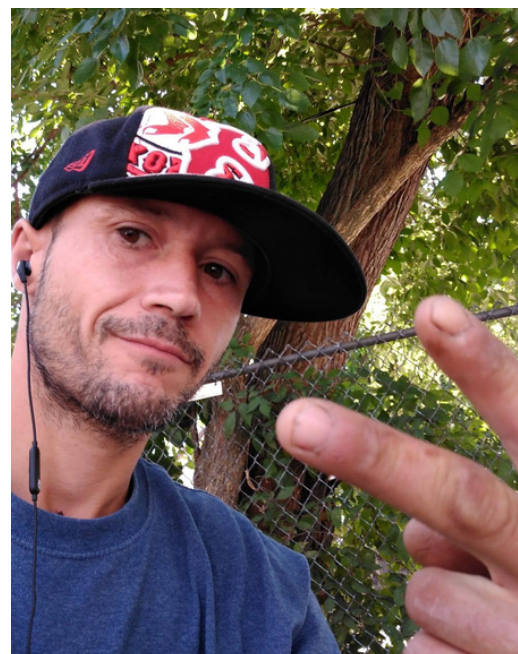


Construction here at MPS was completed at the end of May and at the beginning of June, the residents of Washington Wellness began to move in! We are so excited to partner with Monadnock Family Services, to help provide a home for those in need! Welcome to MPS!

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*In Loving Memory*

Monadnock Peer Support was saddened to hear the news of the passing of Ken Jue, former Executive Director of MFS as well as member, Charles Wing. Times of loss are never easy, but knowing we aren't alone in this world helps. May they both rest in peace.



# ANNOUNCEMENTS

## WELCOME

In June we welcomed Kurt Anderson as a group facilitator, Jaide Hall as an Administrative Assistant, and we also welcomed back Zach Lopez as a respite coordinator! Welcome Kurt, Jaide and Zach!

## Congrats

In June we had some role changes! Shawn has teamed up with Karen to help out on the residential side of the house and Trish, our House Mom has stepped into the role of Community Outreach Coordinator! Congrats on your new roles!

## Important dates to remember



Monday, July 4, 2022 - Center Closed

Monday, July 11, 2022 - Friendly Farm Trip

Tuesday, July 12, 2022 - Community Meeting

Tuesday, July 12, 2022 - Board Meeting

Tuesday, July 19, 2022 - NHMHPA Meeting

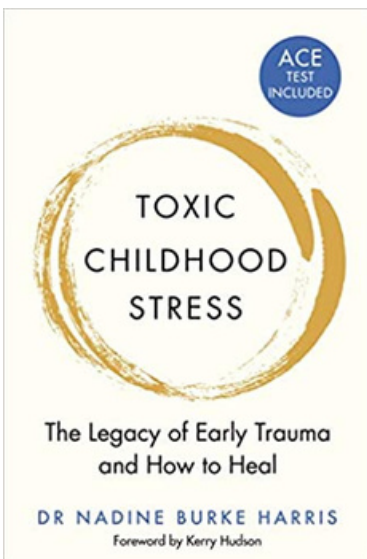
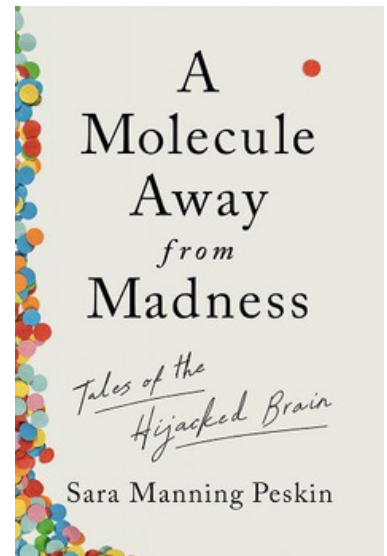
Tuesday, July 19, 2022 - Twinkle Town Trip

Sunday, July 31, 2022 - Free Haircuts (register with staff)

## Book Recommendations



In a series of brisk, witty case studies, a professor of clinical neurology at the University of Pennsylvania bores deep to illuminate the molecules that can make otherwise healthy brains go haywire. Peskin's research reveals that two seemingly opposing things can be true: While our bodies are robust and resilient, even one misspelling in our genetic alphabet can derail our brains and behavior, turning "a normal protein into one that attacks the mind."



To go forward, we must go back. As many as two thirds of us experienced some kind of childhood adversity, and Dr Nadine Burke Harris aims to help uncover, identify and heal childhood trauma in her book Toxic Childhood Stress: The Legacy of Early Trauma and How to Heal. And it's important work; childhood trauma not only affects mental health, but physiological health too.



## July Trips

Join us on Monday, July 11, 2022 for a visit to the Friendly Farm! Please be sure to get your name on the sign up sheet!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKENDS

Center is  
Open to the Public  
Monday through Friday  
9am to 7pm



Joining us via zoom?

Zoom ID: 603 352 5094



1	<p>Check-in 9:15am - 10am</p> <p>Anxiety and Depression 10:30am to 12pm</p> <p> 4th of July Cookout 12pm to 2pm</p> <p>IPS Skills 1:30pm to 2:30pm</p> <p>Isolation Support 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Navigating Relationships 5pm to 6:30pm</p>	2	<p>NA Meeting Marlborough Community House 1pm</p> <p>Church 10am to 11am</p> <p>AA Meeting 1pm @ MPS</p>
3		3	
4	<p>Center Closed</p> <p></p>	5	<p>Check-in 9:15am - 10am</p> <p>Co-Dependence and Relationships 10am - 11am</p> <p>Community Lunch 11am - 1pm</p> <p>LGBTQIA+ Support 1pm - 2pm</p> <p>Women's Group 3pm - 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Hearing Voices Network 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>
6	<p><b>SORRY WE'RE CLOSED</b></p> <p>Staff Development Day</p>	7	<p>Check-in 9:15am - 10am</p> <p>Life Skills 10:30am to 11:30am</p> <p>Desserts and Coloring 1:30pm to 2:30pm</p> <p>Trauma Survivors 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>
8	<p>Check-in 9:15am - 10am</p> <p>Anxiety and Depression 10:30am to 12pm</p> <p>Lunch on the House 11am to 12pm</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</p> <p>IPS Skills 1:30pm to 2:30pm</p> <p>Isolation Support 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Navigating Relationships 5pm to 6:30pm</p>	9	<p>NA Meeting Marlborough Community House 1pm</p> <p>Church 10am to 11am</p> <p>AA Meeting 1pm @ MPS</p>
10		10	
11	<p>Check-in 9:15am - 10am</p> <p>Friendly Farm Trip* 10am - 12pm</p> <p>Men's Group 10:30am - 11:30am</p> <p>Life Goals 12pm to 1pm</p> <p>Feelings of Anger 1:30pm to 2:30pm</p> <p>Eating Disorder Recovery and Body Image 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p>	12	<p>Check-in 9:15am - 10am</p> <p>Co-Dependence and Relationships 10am - 11am</p> <p>Community Lunch 11am - 1pm</p> <p>LGBTQIA+ Support 1pm - 2pm</p> <p>Women's Group 3pm - 4pm</p> <p>Community Meeting 3:30pm to 5pm</p> <p>Hearing Voices Network 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>
13	<p>Check-in 9:15am - 10am</p> <p>Self Harm Care 10:30am to 11:30am</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</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>	14	<p>Check-in 9:15am - 10am</p> <p>Life Skills 10:30am to 11:30am</p> <p>Desserts and Coloring 1:30pm to 2:30pm</p> <p>Trauma Survivors 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>
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17		17	
18	<p>Check-in 9:15am - 10am</p> <p>Men's Group 10:30am - 11:30am</p> <p>Life Goals 12pm to 1pm</p> <p>Feelings of Anger 1:30pm to 2:30pm</p> <p>Eating Disorder Recovery and Body Image 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p>	19	<p>Check-in 9:15am - 10am</p> <p>NHMHPA Zoom 10am - 12pm</p> <p>Co-Dependence and Relationships 10am - 11am</p> <p>Community Lunch 11am - 12pm</p> <p>Twinkle Town* 12pm - 2pm</p> <p>LGBTQIA+ Support 1pm - 2pm</p> <p>Women's Group 3pm - 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Hearing Voices Network 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>
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24		24	
25	<p>Check-in 9:15am - 10am</p> <p>Men's Group 10:30am - 11:30am</p> <p>Life Goals 12pm to 1pm</p> <p>Feelings of Anger 1:30pm to 2:30pm</p> <p>Eating Disorder Recovery and Body Image 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p>	26	<p>Check-in 9:15am - 10am</p> <p>Co-Dependence and Relationships 10am - 11am</p> <p>Community Lunch 11am - 1pm</p> <p>LGBTQIA+ Support 1pm - 2pm</p> <p>Women's Group 3pm - 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Hearing Voices Network 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>
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29	<p>Check-in 9:15am - 10am</p> <p>Survivors of Suicide Attempts 10:30am to 12pm</p> <p>Lunch on the House 11:30am to 12:30pm</p> <p>IPS Skills 1:30pm to 1:30pm</p> <p>Isolation Support 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Navigating Relationships 5pm to 6:30pm</p>	30	<p>NA Meeting Marlborough Community House 1pm</p> <p>Church 10am to 11am</p> <p>Free Haircuts* 1pm to 3pm</p> <p>AA Meeting 1pm @ MPS</p>
31		31	

\*Sign-up is required

Updated 06.23.22 MC

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



## JUMBLE

BY DAVID HOYT AND JEFF KNUREK



Unscramble these Jumbles, one letter to each square, to form four ordinary words.

PUREP

GYNTA

DIZCOA

SICAFO

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Get the free JUST JUMBLE app - Follow us on Twitter @playJumble



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print your answer here:

# Member Spotlight



Here is a great drawing done by member Felicia Chase!

Coming Soon!  
Healing Through Writing Group!  
Stay tuned for more info!



**Blood Drive**  
**Keene Community Courtyard by Marriott**

Monadnock Room  
75 Railroad Street  
Keene, NH 03431

**Tuesday, August 16, 2022**  
**11:00 a.m. to 5:00 p.m.**

Sponsored by:  
Monadnock Peer Support

- Rob Dadura - 3
- Kristy Leggett - 5
- Ashley LaChance - 6
- Mirela Weis - 6
- Lucas Seppala - 7

## July Birthday Spotlight



- Beth Ann West - 8
- Kitty Sites - 8
- Peter Johnson - 8
- Yadra Paul Sahmel - 8
- Luke Salomonson - 13

- Kayla Devlin - 14
- Barbara Marrott - 14
- Patrick O'Flynn - 17
- Liam Nelson - 19
- Michael Beatini - 21



- Theresa Chase - 22
- Laura Greenspan - 27
- Meliscia Greenwood - 28
- Shawn Maguire - 28
- Scara Gordon - 30





# June

## MEMORIES



Swampbats Game!



Fire Dept. Training!



Twinkle Town!



Washington Wellness Move in



At On The Road to Wellness



Car ride fun!



Good morning, boys!



Feeding Tiny Tummies!



Hampton Beach Trip!



Support Centeal Meeting!

# June MEMORIES



Lunch time!



Thank You 100+ Women



Hi Auctavia!



Loving the new kitchen!



Hi Tom & Theresa!



Office Cleanup Day!



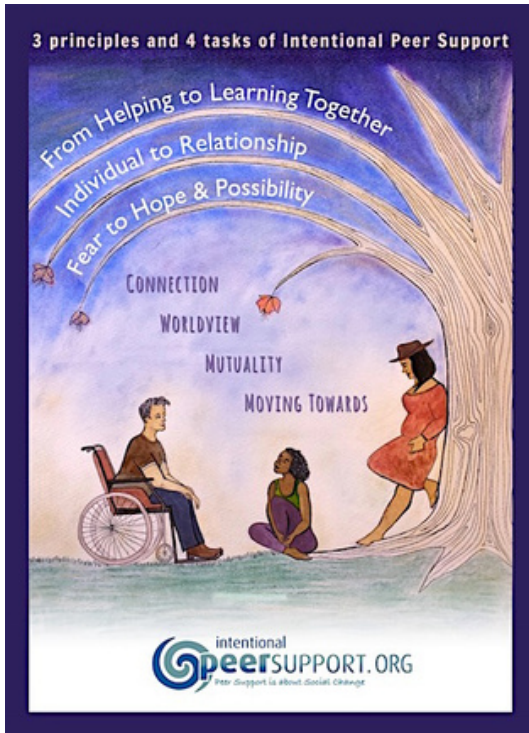
Thanks for helping, Tom!



Gym Time!




Baking Cookies!



**IPS is unique from traditional human services because:**

- IPS relationships are viewed as partnerships that invite and inspire both parties to learn and grow, rather than as one person needing to 'help' another.
- IPS doesn't start with the assumption of a problem. With IPS, each of us pays attention to how we have learned to make sense of our experiences, then uses the relationship to create new ways of seeing, thinking, and doing.
- IPS promotes a trauma-informed way of relating. Instead of asking "What's wrong?" we learn to ask "What happened?"
- IPS examines our lives in the context of mutually accountable relationships and communities — looking beyond the mere notion of individual responsibility for change.
- IPS encourages us to increasingly live and move towards what we want instead of focusing on what we need to stop or avoid doing.



Monadnock  
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