

Who do we Serve?

- NH residents age 18 years or older who are ready to build mutually beneficial supportive relationships.
- Those with mental health challenges who are ready to focus on moving forward towards mental wellness.

"This program would have been great for someone like me. I have self-admitted to the hospital twice in my life. It gave me a rest from the work but didn't provide a supportive environment to work on my mental health. Sometimes we need a middle option." - Kali

Peer Support is an evidence based cost-effective philosophy that improves whole health and self-management of mental health challenges.

Over 96% of Connections Peer Support Center members say that being involved in the center has given them hope that they will recover from their mental illness.



88% say that peer support has helped them develop healthy social relationships within the community.

100% of our members say that being at Connections and practicing Intentional Peer Support has helped them be a better advocate for their mental health.



reaching for connection. rooted in recovery.
connections
peer support center
544 Islington Street Portsmouth, NH 03801
office: 603-427-6966 peer: 603-433-8679
info@ConnectionsPeerSupport.org

Step-Up Step-Down

A Voluntary Peer-Run Residential Mental Health Program

Connections Peer Support Center's Step-Up Step-Down program, located in Northwood, NH 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.

Mental Health Support

By Peers, For Peers

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What is Intentional Peer Support?

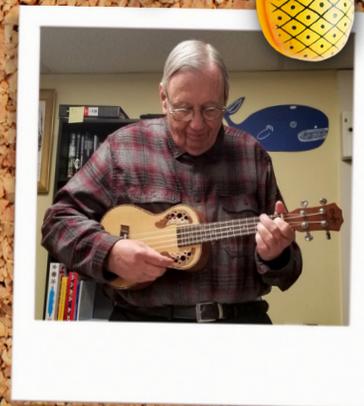
Intentional Peer Support (IPS) is about connection. Trust and openness does well in a place where everyone can feel comfortable. We build on our ability to self-reflect. It's about learning together instead of helping or receiving help. If we have the courage to move towards self-reflection and self-awareness, our connection with our community can become stronger. Our relationships can be a two-way street where we can help one another to see life patterns and take action in trying new things.

In Step-Up Step-Down, we take the philosophy of IPS and learn to live within it. Peers are able to work on and practice their wellness goals in a supportive setting while also observing and learning from the wellness goals of others.

"Walking through those doors, I see now, was the best decision I could have made for myself." - Cindy

We believe that the best expert on you is YOU.

You know what your best path is - we're just here to take a stroll with you.



How Much Does It Cost?

- Step-Up Step-Down is free to anyone. Our house serves 24 communities in Eastern Rockingham County.

Benefits of Step-Up Step-Down:

- Provides a supportive environment for people to develop their individual wellness plans.
- Serves as a gradual and well-planned return to the community, increasing the chances of a successful recovery and reducing the risk of a psychiatric hospitalization.
- Staying locally allows the individual to remain connected to their support network.

What to Expect:

- Each person has their own private bedroom with shared common areas.
- Participants are able to come and go as they please, enabling them to continue work, school, and to visit their family and friends or attend groups outside of the home.
- Everyone is expected to clean up after themselves, cook for themselves, and is in control of their own wellness plan.
- There are a variety of opportunities to try new things and explore methods of wellness that may not have been available to the person before.
- The house is staffed 24 hours a day with trained peer support specialists, all with their own unique lived experiences with mental health challenges.