

October 2022

Upcoming events

NH Mental Health Peer Alliance, Tue Oct 18, 10 AM. Come, let your voice be heard. The Alliance is made up of adults with lived experience who want to improve mental health services in NH, organizing to advocate, educate, and inform. Please use this link <https://meet.goto.com/709997085> to join us.

Board of Directors, Wed, Oct 26, 5 PM. Members and staff welcome and encouraged to attend Through this link: <https://meet.goto.com/160387205>

Community Meeting, Mon, Oct 10, 10:15 AM Whether offering ideas for new groups or getting updates on Step Up/Step Down, this a chance for our entire community to gather and be involved in making Connections even better. We need your voice!
<https://meet.goto.com/709997085>



"Fear is man's greatest illusion"

R M Drake

This month we are observing the turn of the seasons in New England. We will be apple picking and celebrating Halloween as the leaves turn and the days grow colder.

Inside, you will find our calendar and some details about new offerings. You will also have a chance to meet Ariana, who is the driving force behind our new veteran's group, Lost and Found.

This is a good time for reflection as well, perhaps in our Journaling Group or by letting us know how we are doing and what we can do better. Whatever your thoughts, we would love to hear from you.

OUR VOICES

Finding your Tribe: Meet Ariana



Over the years, we have received calls looking for support for veterans. We had to answer we did not have a group focused on veterans; we simply did not have staff able to facilitate it. You can imagine how delighted we were when new board of directors' member, Ariana, stepped forward with a proposal for just such a group. Ariana is a peer support specialist by day and brings that sense of mutual relationships and respect to this venture as well.

Ariana reports that she always felt as if she was able to connect with people.

“People would confide in me and doing that for people, that exchange of mutual hope, helped me as well.”

She worked as an LNA in high school and dreamed of a career in health care. She joined the Marines with an eye toward the educational benefits.

“I signed a five-year contract and ended up working in IT management, in the air wing. But things didn't go as planned. After three years, in series of events related to my mental health, I received an administrative discharge. I had a lot of anxiety surrounding my own mental health and how I would keep a roof over my head. I did a lot of research online and learned about peer support. It just clicked. Being there for people who were going through what I had seemed like a perfect fit. I was able to take the training and get certified before getting out of the service.”

Shortly after this, in the midst of a very tough year, a family crisis brought her back to NH where she had grown up.

“I hadn't thought I would come back to New England, but there I was. It has been a chance to work through some issues with myself and family. Now, here is where I think I will stay.”

After joining the Connections board of directors and getting to know what Connections does, a veterans' group seemed to be a natural next step.

OUR VOICES

“I’m looking forward to extending a space to come and connect, the same way I got into peer work. Representation really matters. If people know you have been there, it is a different kind of connection.

“Right now I am trying to dial in on short-term goals. I’m trying to create a space that doesn’t function like the average support group, sitting in a circle. I want groups to be activity-based, such as going for a walk or bowling. There will be an over-arching theme that we talk about at some point, such as how movement impacts mindfulness.

“One big goal is to attract younger veterans. You see older populations at the American Legion or VFW, but not so much younger ones such as myself.

“Veterans are a tough group. We are stubborn. I have seen some improvement, but there is still a lot of feeling that, if I outreach for help or support, it can feel like a defeat or failure. It’s sort of ingrained in us that we need to always be a pillar of strength.

“So I am trying to be patient. This isn’t about pressure to confide or anything else you are not ready for. I believe a peer approach, at your own pace, can work very well. That’s my hope.”



Lost and Found: Veteran Support Group Focused on Mind, Body & Spirit

Alternate Thursdays at 17:00 or 18:00

Meet at Connections Peer Support Center, 544
Islington St, Portsmouth, NH 03801.

Check updates for time and location on our Facebook page:

<https://www.facebook.com/people/Lost-Found/100084645164089/>

Connections Peer Support



544 Islington St, Portsmouth, NH 03801
603-427-6966

Center Hours: 8:30-5:30 Mon-Thur,
8:30-4:30 Fri

Warmline Telephone Support:
5-10 PM 7 days a week

Monday	Tuesday	Wednesday
<p>9:15 AM Check-in 3</p> <p>9:30 Apple Picking</p> <p>Celebrate fall in New England! Call by Friday September 30, if you need transportation. Bring a brown bag lunch</p> <p>2:15 Dual Recovery/Harm Reduction*</p>	<p>9:15 AM Check-in 4</p> <p>10:15 IPS Topics</p> <p>11:00 Meditative Art</p> <p>11:30 BYO Lunch/Check-in/ TED Talk</p> <p>1:15 Assertiveness and Self-Advocacy</p> <p>12:30 Peer Advocacy/Feaster**</p> <p>2:30 Peer Advocacy/Margeson ***</p>	<p>9:15 AM Check-in 5</p> <p>10:15 Blogging Group</p> <p>11:30 Community Lunch/Check-in/Walking Group</p> <p>12:00 Al-Anon Meeting</p> <p>1:15 Positive Thinking</p>
<p>Closed 10</p> 	<p>9:15 AM Check-in 11</p> <p>10:15 IPS Topics</p> <p>11:00 Meditative Art</p> <p>11:30 BYO Lunch/Check-in/ TED Talk</p> <p>1:15 Assertiveness and Self-Advocacy</p>	<p>9:15 AM Check-in 12</p> <p>10:15 Guest Musician: Larry Hosack</p> <p>11:30 Community Lunch/Check-in/Walking Group</p> <p>12:00 Al-Anon Meeting</p> <p>1:15 Positive Thinking</p>
<p>9:15 AM Check-in 17</p> <p>10:15 Community Meeting</p> <p>11:00 Journaling</p> <p>11:30 BYO Lunch/ Walking Group</p> <p>1:15 Hearing Voices</p> <p>1:15 Wellness</p> <p>Toolbox</p> <p>2:15 Dual Recovery/Harm Reduction*</p>	<p>9:15 AM Check-in 18</p> <p>10:15 NH Peer Alliance</p> <p>11:00 Meditative Art 11:30</p> <p>BYO Lunch/Check-in/ TED Talk</p> <p>1:15 Assertiveness and Self-Advocacy</p>	<p>9:15 AM Check-in 19</p> <p>10:15 Blogging Group</p> <p>11:30 Community Lunch/Check-in/Walking Group</p> <p>12:00 Al-Anon Meeting</p> <p>1:15 Positive Thinking</p>
<p>9:15 AM Check-in 24</p> <p>10:15 Budgeting</p> <p>11:00 Journaling</p> <p>11:30 BYO Lunch/Walking Group</p> <p>1:15 Hearing Voices</p> <p>1:15 Wellness Toolbox</p> <p>2:15 Dual Recovery/Harm Reduction*</p>	<p>9:15 AM Check-in 25</p> <p>10:15 IPS Topics</p> <p>11:00 Meditative Art</p> <p>11:30 BYO Lunch/Check-in/ TED Talk</p> <p>1:15 Assertiveness and Self-Advocacy</p>	<p>9:15 AM Check-in 26</p> <p>10:15 Guest Musician: Larry Hosack</p> <p>11:30 Community Lunch/Check-in/Walking Group</p> <p>12:00 Al-Anon Meeting</p> <p>1:15 Positive Thinking</p> <p>5:00 Board of Directors' Meeting</p>
<p>9:15 AM Check-in 31</p> <p>Halloween Party- Come in Costume. Fun, games, lunch, tricks and treats!</p>  <p>2:15 Dual Recovery/Harm Reduction*</p>		<p>Connections Community is our peer-driven, voluntary residential program. Staffed by peer specialists, we are here to support you in achieving your mental health goals. For more information, please see our website connectionspeersupport.org/susd</p>

October 2022 Schedule

For more information, including group descriptions, please visit our website:
connectionspeersupport.org
 Or call us at 603 427 6966



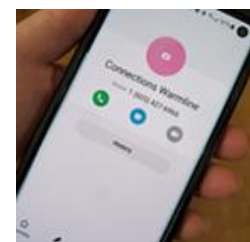
Thursday	Friday	
9:15 AM Check-in 6 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Walking Group 1:15 WRAP Topics	9:15 AM Check-in 7 10:15 Women's Group 11:15 Decision Making 11:30 BYO Lunch/Walking Group 1:15 Crafts: Aromatherapy	<ul style="list-style-type: none"> • All services free of charge. • No referral needed. • We offer transportation. • Groups available in person or online. • In case of bad weather, the center may close but groups still run online. • Masks are optional.
9:15 AM Check-in 13 10:15 Guest Artist: Halloween Art Workshop with Barbara Levy 11:30 Community Lunch/Check-in/Walking Group 1:15 WRAP Topics	9:15 AM Check-in 14 10:15 Women's Group 11:15 Decision Making 11:30 BYO Lunch/Walking Group 1:15 Crafts: Quilling	
9:15 AM Check-in 20 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Walking Group 1:15 WRAP Topics 2:00 Webinar: Art and Healing	9:15 AM Check-in 21 10:15 Women's Group 11:15 Decision Making 11:30 BYO Lunch/Walking Group 1:15 Crafts: Jewelry Making	
9:15 AM Check-in 27 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Walking Group 1:15 WRAP Topics	9:15 AM Check-in 28 10:15 Women's Group 11:15 Decision Making 11:30 BYO Lunch/Walking Group 1:15 Crafts: Mask Making	



Warmline

When you just want to talk to someone

Our trained peers are here to listen 365 days a year from 5-10 PM. If you are having a great day and want to share your success, or having a tough day and need some support, give us a



call at 603 427 6966

COMMUNITY RESOURCES




Are you in crisis? There is help available.

24/7 call, text and chat access to trained crisis counselors who can help you or a loved one experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress.

 **New Hampshire**
Rapid Response Access Point

— Free and available 24/7/365 —

 **833-710-6477**

 **NH988.com**



If you or a loved one are in a mental health crisis, Rapid Response can meet you where you are, provide follow up appointments, or refer you to inpatient option 24 hours a day, 7 days a week.



Get Connected. Get Help.™
An Initiative of Granite United Way

Are you looking for services?

To connect with local resources in the Seacoast area, go to www.211nh.org OR call 211

FREE COMMUNITY EVENTS

We are lucky to live in a community with a vibrant arts scene and many resources. Here are a couple of favorites:

Portsmouth Public Library :

Everything from yoga to meditation to book groups, both in person and online. Check them out. <https://www.cityofportsmouth.com/library>

Art Around Town

First Friday of each month from 5-8 PM year 'round, Portsmouth galleries are open for a self-guided tour. Check the website to find participating galleries.

<http://arroundtown.org/>

THE MONTHLY PUZZLE

Created with TheTeachersCorner.net Word Search Maker

Lost and Found

W B X S D N I R E K L O O C T L E H B G
D M E M H H D K Y Y F V I B I D B N Z P
N G B W J Q J Z Q D N G R B V Q C L E E
Z V P D B T S L F U F O G I M S S S G A
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X D H U F Q E K N L W C M A R C I N T W
N K C A H A I J G G E G K H C P W I T G
N P B H S D P N E R X M O T O J R F F L
Q V Z O Z Q I M S H W O F N R P W O Y L
I Z V M N T P C X H D J L B Z R A R Q Y
S T C E D D S Y R I H F Y A I J O M X L

SERVE
RECOVERY
PTSD
RETURN

TRAUMA
PEACE
BROTHERHOOD
HOME

BOND
GUILT
SISTERHOOD
UNIFORM



What We Offer

- ❖ Groups Mon-Fri in our Portsmouth center
- ❖ One-on-one support for computer, budgeting, or job skills
- ❖ Warmline telephone support, 5-10 PM seven days a week
- ❖ Residential program staffed 24/7 by peer specialists



Open to everyone 18 and older seeking support in pursuing mental health wellness with an emphasis on hope and recovery.

All services are free, and no referral is required.

Managed by and for individuals who have or are at risk of having mental health issues, our mission is to support one another on our journey to wellness, and recovery.

Connections Peer Support Center
544 Islington St
Portsmouth, NH 03801
603 427 6966
connectionspeersupport.org