

## Mission Statement

New Hampshire Mental Health Peer Alliance supports peers to educate and advocate for equal rights and a recovery-based mental health system. Peers participate and exercise leadership in regional and statewide forums. We reach out to mental health professionals, legislators, government officials and the general public to realize our goals.

## History

The NH Mental Health Peer Alliance began as the NH Mental Health Consumer Council—as an organization of activism and advocacy. Through the years, we pushed for progressive dialogue and legislation. We are people who laws are written about and for whom services are provided. It is of the utmost importance that our voices come first: “Nothing about us without us.”

## Terminology Change

We now acknowledge that “consumer” no longer suffices to describe our experiences. We are not merely individuals seeking endless care. We are people living our lives—having relationships and families, working towards our goals, creating art and making our dreams a reality.

“Peer” speaks to our diversity of experiences. As people with lived experience, we aim to drive the future development of mental-health services and human rights in New Hampshire. We hope our organization brings increased interest and activity in achieving these goals.

We look forward to the future of this Alliance and to the work we will do together.



## Meetings

We invite you to attend our meetings on the third Tuesday of each month from 10 AM to 12 PM. You can also participate via teleconference. **To learn more,** contact Chair Ken Lewis, [www.nhmhpa.org](http://www.nhmhpa.org), [info@nhmhpa.org](mailto:info@nhmhpa.org) or (603) 809-7884.

**Due to the coronavirus, we gather remotely via Zoom. Meeting ID:** 498 195 5617, **Passcode:** 957624. **When we meet in person,** we meet at the Thomas Fox Chapel, Main Building, 105 Pleasant Street, Concord, NH 03301.

Every meeting is an opportunity to learn more about mental-health developments in the State of New Hampshire and beyond. Typical guests include David LaCroix (Peer Support Specialist at NH Hospital) and

Tom Grinley (Director of the Office of Consumer and Family Affairs).

## Workgroups

**All workgroup meetings are remote** via Zoom. **Meeting ID:** 498 195 5617.

**Passcode:** 957624. Contact Chair Ken Lewis at [info@nhmhpa.org](mailto:info@nhmhpa.org) or (603) 809-7884.

### Advocacy

Gathers monthly to monitor progress of the other workgroups.

**Lead Person:** Michelle Wagner

**Meets:** 1<sup>st</sup> Tuesday of every month at 1 PM

### Legislative

Advocates for equal rights and a recovery-oriented mental health system to legislators, peers, government personnel and the general public.

**Lead Person:** Sharon Reynolds

**Meets:** Meets every two Fridays at 10:30 AM

### Public Education & Membership

Increases awareness of issues affecting peers and provides information on a variety of topics, including discrimination, notification of upcoming bills and available resources.

**Lead Person:** Michelle Wagner

**Meets:** 2<sup>nd</sup> Tuesday at 12 PM

### Website & Social Media

Utilizes a multi-platform approach (Facebook, Twitter, Instagram) to engage a broad online audience, including those with lived experience, other members of the public, legislators and other advocacy organizations in NH and nationwide as capacity expands. We will engage in activities such as creating info graphics, advocacy, awareness and fundraising.

**Lead Person:** Open

**Meets:** TBD

## Member Email List

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Name

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Email Address

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Zip Code

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Phone:  Mobile  Landline

## Projects

- Website
  - Brochure
  - Newsletter Articles
  - Training
  - Other?
- 

## Petitions, Emails & Letters

- Accessibility
  - Discrimination
  - Funding
  - Housing & Housing Assistance
  - Other?
- 

## Donation

I want to donate: \$\_\_\_\_\_.

## Inactive Membership

- I want to be an inactive member of the NH Mental Health Peer Alliance.

NH Mental Health Peer Alliance  
c/o Connections Peer Support Center  
(Fiscal Agent)  
544 Islington Street  
Portsmouth, NH 03801

## NH Support Warm Lines

You don't have to be in crisis to reach out.



**Alternative Life Center**, Conway, NH:  
Every Day: 6 PM to 9 PM, 1-866-447-1765

**Connections Peer Support Center**,  
Portsmouth, NH: Monday to Friday: 8:30  
AM to 10 PM, Saturday to Sunday: 5 PM to 10  
PM, 603-427-6966 or 1-800-809-6262

**CornerBridge**, Laconia, NH: Every Day: 5  
PM to 10 PM, 603-306-4334

**Monadnock Peer Support**, Keene, NH:  
Every Day: 5 PM to 10 PM

**Stepping Stone**, Claremont, NH: Sunday,  
Monday, Wednesday: 4 PM to 9 PM,  
Tuesday, Thursday, Friday, Saturday: 4 PM  
to 8 PM, 603-543-1388 or 1-888-582-0920

**Suicide Prevention Lifeline**: 1-800-273-  
8255

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## Trauma-Informed Approach

The NH Mental Health Peer Alliance recognizes that more than 84% of adults have significant histories of trauma (Meuser, K.T., et al., *Schizophrenic Bulletin*, 2004). We want to add trauma-informed care and practices to the agenda. We want people to ask: "What happened to you?"

A trauma-informed approach reflects adherence to six key principles:

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical and Gender Issues

Source: Substance Abuse & Mental Health Services Administration (SAMHSA) Trauma-Informed Approach: Key Assumptions and Principles; NCTIC Trauma Curriculum Instructor's Guidance.

## Co-Occurring Disorders

About 9.2 million adults (3.7%) are living with co-occurring mental health and substance-misuse conditions: 90.4% aren't receiving substance-use-disorder treatment. We want to add co-occurring-disorders treatment to the agenda. Those with mental illness are more likely to smoke cigarettes; use illicit drugs and marijuana; misuse opioids and binge-drink alcohol—compared with individuals without mental illness. Those who misuse substances are more likely to experience serious mental health conditions.

Source: Substance Abuse & Mental Health Services Administration (SAMHSA): 2018 National Survey on Drug Use and Health (NSDUH).



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**Chair:** Ken Lewis  
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[info@nhmhpa.org](mailto:info@nhmhpa.org)  
**Phone:** (603) 809-7884  
**FAX:** (603) 882-8700

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**NH Mental Health Peer Alliance**