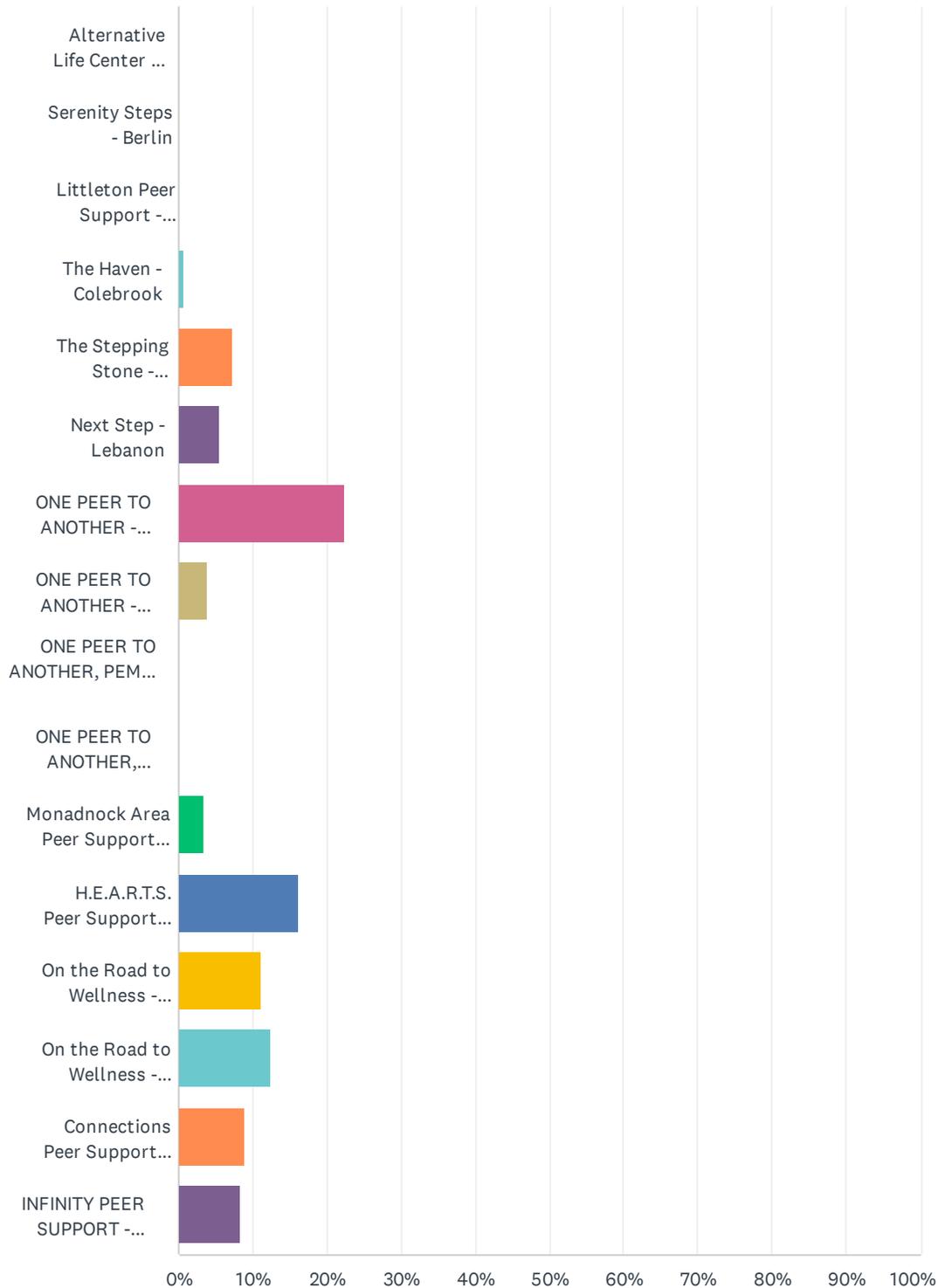


Q1 Which Peer Support Agency do you use? (Drop down menu) - if you have been to more than one Peer Support Agency please select the one you have used the most

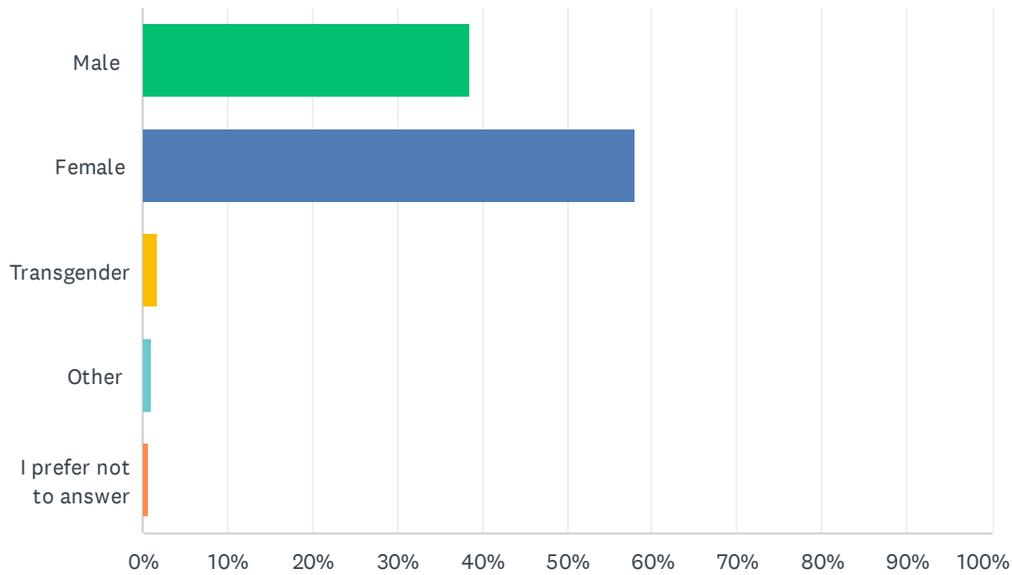
Answered: 179 Skipped: 0



ANSWER CHOICES	RESPONSES	
Alternative Life Center - Conway	0.00%	0
Serenity Steps - Berlin	0.00%	0
Littleton Peer Support - Littleton	0.00%	0
The Haven - Colebrook	0.56%	1
The Stepping Stone - Claremont	7.26%	13
Next Step - Lebanon	5.59%	10
ONE PEER TO ANOTHER - LACONIA	22.35%	40
ONE PEER TO ANOTHER - CONCORD	3.91%	7
ONE PEER TO ANOTHER, PEMI VALLEY OUTREACH (face to face)	0.00%	0
ONE PEER TO ANOTHER, FRANKLIN OUTREACH (face to face)	0.00%	0
Monadnock Area Peer Support Agency-Keene	3.35%	6
H.E.A.R.T.S. Peer Support Center of Greater Nashua	16.20%	29
On the Road to Wellness - Manchester	11.17%	20
On the Road to Wellness - Derry	12.29%	22
Connections Peer Support Center - Portsmouth	8.94%	16
INFINITY PEER SUPPORT - Rochester	8.38%	15
TOTAL		179

Q2 What gender do you identify as?

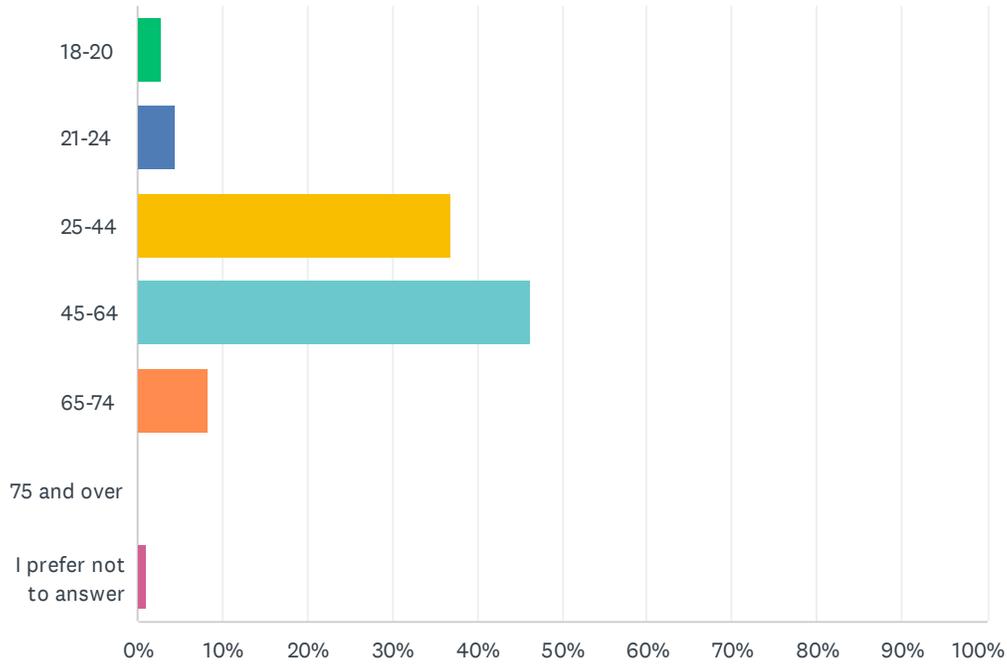
Answered: 179 Skipped: 0



ANSWER CHOICES	RESPONSES	
Male	38.55%	69
Female	58.10%	104
Transgender	1.68%	3
Other	1.12%	2
I prefer not to answer	0.56%	1
TOTAL		179

Q3 What is your age, in years?

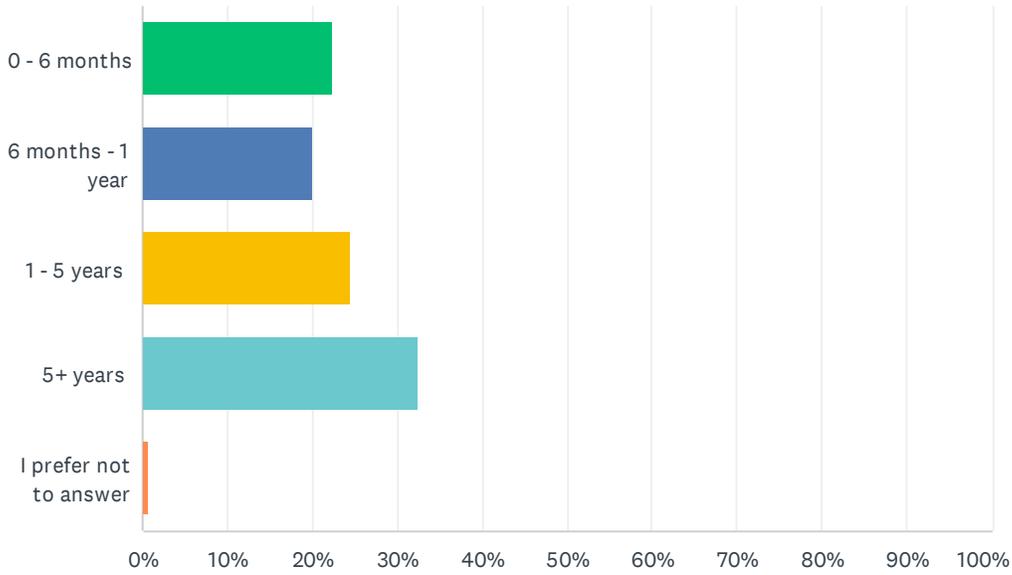
Answered: 179 Skipped: 0



ANSWER CHOICES	RESPONSES	
18-20	2.79%	5
21-24	4.47%	8
25-44	36.87%	66
45-64	46.37%	83
65-74	8.38%	15
75 and over	0.00%	0
I prefer not to answer	1.12%	2
TOTAL		179

Q4 How long have you been coming to the PSA

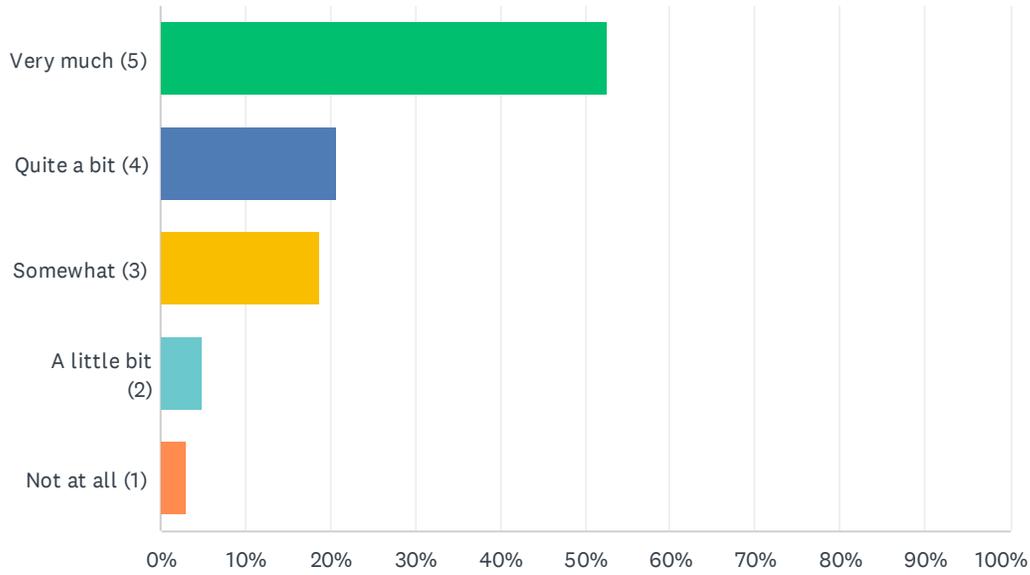
Answered: 179 Skipped: 0



ANSWER CHOICES	RESPONSES	
0 - 6 months	22.35%	40
6 months - 1 year	20.11%	36
1 - 5 years	24.58%	44
5+ years	32.40%	58
I prefer not to answer	0.56%	1
TOTAL		179

Q5 I am hopeful about the future

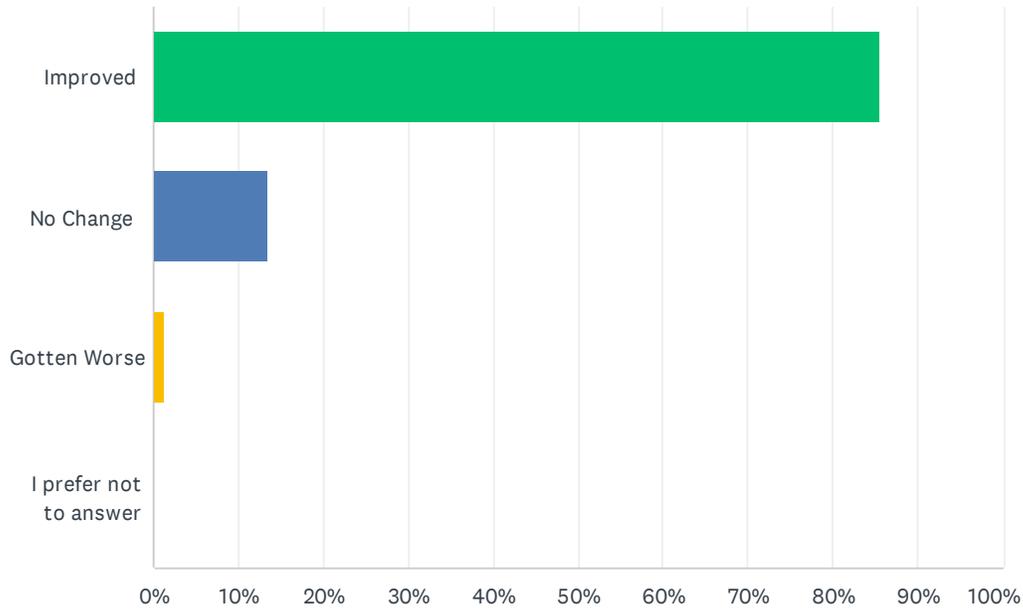
Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Very much (5)	52.73%	87
Quite a bit (4)	20.61%	34
Somewhat (3)	18.79%	31
A little bit (2)	4.85%	8
Not at all (1)	3.03%	5
TOTAL		165

Q6 Has there been any change in your hope for the future because of the PSA?

Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Improved	85.45%	141
No Change	13.33%	22
Gotten Worse	1.21%	2
I prefer not to answer	0.00%	0
TOTAL		165

Q7 How does the PSA impact your hope for the future? (Optional)

Answered: 86 Skipped: 93

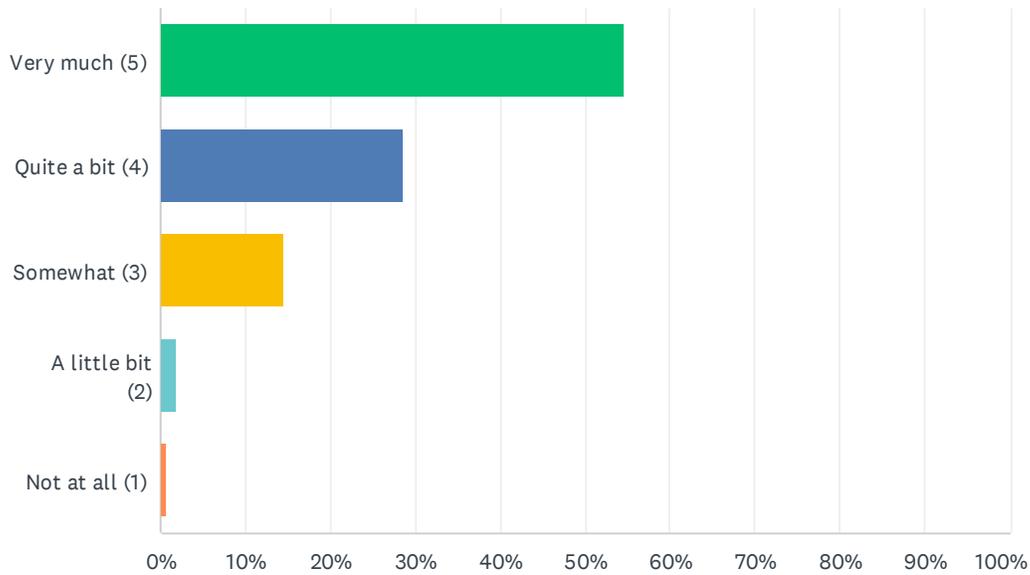
#	RESPONSES	DATE
1	Coloring	10/16/2023 2:14 PM
2	Their helpfulness and services helps.	10/2/2023 1:17 PM
3	YES	9/29/2023 4:29 PM
4	Took care of Hospitality	9/26/2023 12:13 PM
5	hopeful	9/21/2023 1:41 PM
6	quite a bit	9/21/2023 1:36 PM
7	happy	9/21/2023 11:02 AM
8	Everyone here is very kind and welcoming and I'm optimistic that things will get better for me and the people here help me feel this way.	9/21/2023 9:33 AM
9	makes me feel empowered	9/21/2023 8:07 AM
10	it is the only place that is non profit that supports dual diagnosis that i feel actually helped me stay connected in the time of my crisis ans had no respurces. Other agencies stated all these things they could help me with and it was my local churh , connections peer support and salvation army as well as my will and determination that helped.	9/20/2023 2:20 PM
11	Stories and actions of my peers helps to relate and because of this (relating) I feel less alone and isolated.	9/20/2023 1:41 PM
12	The psa helps me all round	9/20/2023 1:11 PM
13	giving me hope	9/19/2023 10:57 AM
14	New Friendships, Develop Confidence.	9/18/2023 5:52 PM
15	very good it will help more people in the future.	9/18/2023 5:46 PM
16	I come to get out of the house and keep busy.	9/18/2023 5:37 PM
17	Happiness	9/18/2023 11:11 AM
18	there is a future	9/14/2023 6:20 PM
19	Daily Mental Reconfirmation	9/13/2023 2:52 PM
20	they are people of hope	9/13/2023 2:33 PM
21	they are people of hope	9/13/2023 2:07 PM
22	I am an employee there. So I am given opportunities to feel that I am of service to my peers.	9/13/2023 1:52 PM
23	I am an employee there. So I am given opportunities to feel that I am of service to my peers.	9/13/2023 1:40 PM
24	I am a member/ peer advocate there & at ONE (1) OTHER LOCALITY. So I am given opportunities to feel that I am of service to my peers.	9/13/2023 1:33 PM
25	I am a member/ peer advocate there & at ONE (1) OTHER LOCALITY. So I am given opportunities to feel that I am of service to my peers.	9/13/2023 1:21 PM
26	I am a member/ peer advocate there & at ONE (1) OTHER LOCALITY. So I am given opportunities to feel that I am of service to my peers.	9/8/2023 3:56 PM
27	I am an employee there. So I am given opportunities to feel that I am of service to my peers.	9/8/2023 3:46 PM
28	Having others support gives me hope	9/8/2023 1:06 PM

29	good	9/8/2023 11:28 AM
30	I am a member/ peer advocate there & at ONE (1) OTHER LOCALITY. So I am given opportunities to feel that I am of service to my peers.	9/8/2023 10:47 AM
31	I am an employee there. So I am given opportunities to feel that I am of service to my peers.	9/8/2023 10:34 AM
32	Positively	9/7/2023 11:46 AM
33	na	9/6/2023 11:10 AM
34	hope	9/6/2023 8:37 AM
35	helped alot and getting me not to be so depressed and helping to help beat the cancer that I have	9/6/2023 8:29 AM
36	to help cope with life	8/29/2023 11:02 AM
37	IDK	8/23/2023 10:12 AM
38	Meeting new people, trying to help them get through struggles, and teaching them good and useful things that can be therapeutic and rewarding	8/21/2023 1:10 PM
39	support	8/21/2023 9:44 AM
40	Shows me how others are in recovery and I can be too	8/19/2023 12:26 PM
41	SS has given me skills to handle situations better	8/18/2023 8:04 AM
42	I feel joy interacting with the staff and other members	8/17/2023 3:07 PM
43	because i did not have hope before for the future	8/17/2023 1:40 PM
44	because im not as shy and I made alot of friends	8/17/2023 1:36 PM
45	helps grow	8/17/2023 1:02 PM
46	Helps with IDs	8/17/2023 12:48 PM
47	Peer interaction	8/17/2023 12:42 PM
48	Alot	8/17/2023 12:38 PM
49	Being supportive	8/17/2023 12:36 PM
50	I feel positive and optimistic after talking with the Peer staff! They really listen and try and help me make a plan and set goals	8/16/2023 6:38 PM
51	It doesn't...that's not on them, they try.	8/16/2023 4:54 AM
52	Connecting with very amazing staff snd people.	8/15/2023 8:23 PM
53	It gives me hope	8/15/2023 3:52 PM
54	I know I have people who care about me	8/14/2023 3:38 PM
55	At first, I was down and depressed and now that I have come to the Wellness Center, I have more hope for the future. I can come see people and talk to people about my problems and issues and I feel like I am not alone.	8/14/2023 3:17 PM
56	Gets me out of my house	8/14/2023 3:00 PM
57	hearing others and their experiences	8/14/2023 2:08 PM
58	There is support for me in the community	8/10/2023 2:55 PM
59	Because us group members offer each other insight into how to improve our lives.	8/10/2023 1:27 PM
60	Able to and help Achieving goals.	8/9/2023 3:14 PM
61	Just being around others who want to keep getting better is very uplifting.	8/8/2023 3:26 PM
62	Friends make me more cheerful. I feel good at the PSA	8/8/2023 12:13 PM
63	friends :)	8/8/2023 12:06 PM

64	It helps a lot	8/8/2023 11:55 AM
65	helpful	8/8/2023 11:54 AM
66	By providing me with connections to my peers	8/8/2023 11:27 AM
67	I feel welcome. I was able to set a goal to learn at the Derry Public Library how to use their computer	8/8/2023 11:17 AM
68	Having a safe place to connect with my peers and local community has significantly improved my mental health	8/8/2023 5:06 AM
69	Helps get me out of the house	8/7/2023 6:40 PM
70	I feel that no matter what life throws my way, just accept it, good or bad, instead of fight it. Accept change instead of resist it.	8/7/2023 6:26 PM
71	It has helped me and my clients find people who understand.	8/7/2023 5:08 PM
72	Talks to me listen and try's to help	8/7/2023 5:00 PM
73	I've become more positive & take one day at a time!	8/7/2023 10:12 AM
74	Better	8/4/2023 2:13 PM
75	Using coping tools	8/4/2023 2:10 PM
76	I feel at peace and I'm well-supported with my goals.	8/4/2023 11:47 AM
77	The PSAs showing me ensamples of hope have helped.	8/3/2023 12:43 PM
78	Having goals gives me hope. Otrtw asks me everytime, what I'm moving toward.	8/3/2023 12:23 PM
79	Using IPS encourages me to focus on my goals and my community of peers helps me to recognize my strengths and accomplishments.	8/3/2023 11:19 AM
80	Positive social interaction	8/3/2023 9:04 AM
81	It gives hope	8/3/2023 4:38 AM
82	A lot	8/2/2023 4:41 PM
83	Greatly	8/2/2023 4:37 PM
84	I see other people that have been at rock bottom and have pulled themselves out and carried on.	8/2/2023 12:40 PM
85	Supported me through tough times and build a network of supports and friends who are there for me and has given me faith and confidence in myself for what the future will bring and how I enjoy it!	8/2/2023 12:35 PM
86	It constantly reminds me to focus on my wellness and recovery.	8/2/2023 12:27 PM

Q8 I feel able/empowered to make good choices in my life

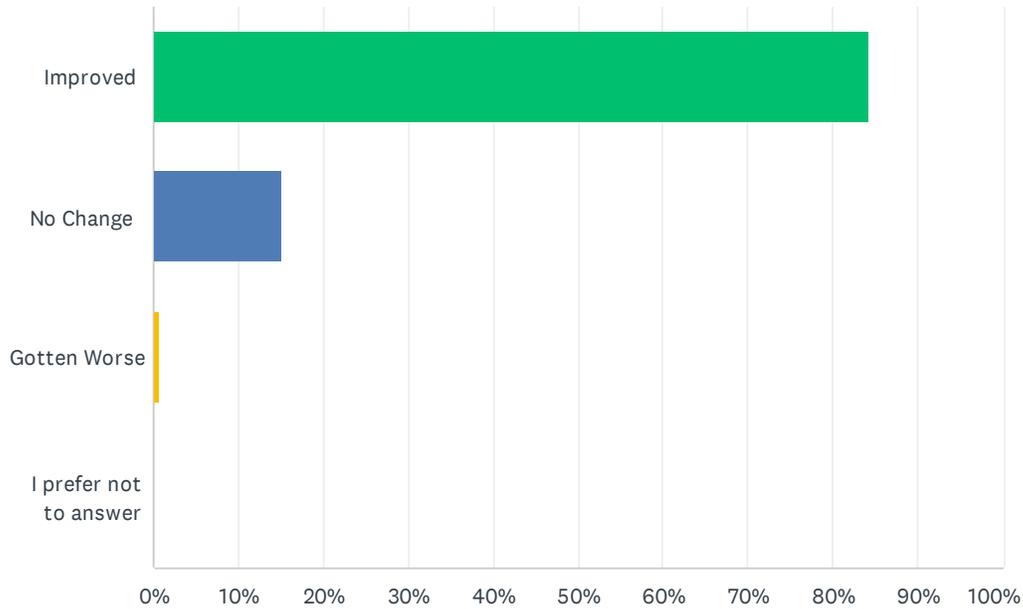
Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Very much (5)	54.55%	90
Quite a bit (4)	28.48%	47
Somewhat (3)	14.55%	24
A little bit (2)	1.82%	3
Not at all (1)	0.61%	1
TOTAL		165

Q9 Has there been any change in your ability to make good choices in your life because of the PSA?

Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Improved	84.24%	139
No Change	15.15%	25
Gotten Worse	0.61%	1
I prefer not to answer	0.00%	0
TOTAL		165

Q10 How does the PSA impact your ability to make good choices? (Optional)

Answered: 79 Skipped: 100

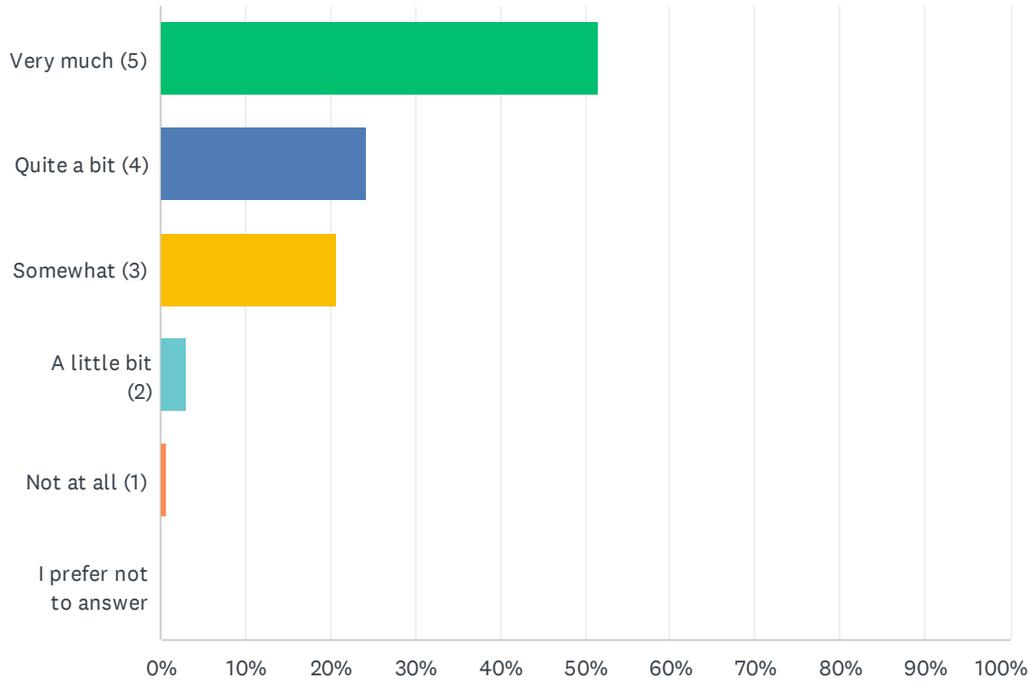
#	RESPONSES	DATE
1	Friendship	10/16/2023 2:14 PM
2	Think about the ... instead of all the ...	10/2/2023 1:17 PM
3	The Meetings	9/29/2023 4:29 PM
4	supportive	9/21/2023 1:41 PM
5	I am able to interact with people and feel like i am in control of my decisions and have the ability to realize a good decision from a bad one.	9/21/2023 9:33 AM
6	builds confidence	9/21/2023 8:07 AM
7	i know i have a safe place in portsmouth nh where they have a hired transportation to come get me and nina will do what she can along with other staff to empower others. they genuinly care. I have worked with non profit agencies since 2005. I feel that the donations and funding is used very appropriately and ethically to help marginalized oppressed people.	9/20/2023 2:20 PM
8	I here informed life experiences and because I am educated by my peers day today experiences I am able to have more and maybe wiser coices	9/20/2023 1:41 PM
9	I receive good advice from the center	9/20/2023 1:11 PM
10	I have clearer thought processes. Greater self confidence	9/19/2023 10:57 AM
11	Makes me think to be grounded.	9/18/2023 5:52 PM
12	own.	9/18/2023 5:46 PM
13	I do what I gotta do.	9/18/2023 5:37 PM
14	Breathing	9/18/2023 11:11 AM
15	it has taught me how to make good choices	9/14/2023 6:20 PM
16	Sanity Refreshment	9/13/2023 2:52 PM
17	they are helpful	9/13/2023 2:33 PM
18	they are helpful	9/13/2023 2:07 PM
19	I can use the PC s to research anything I am considering buying into...	9/13/2023 1:52 PM
20	I can use the PC s to research anything I am considering buying into...	9/13/2023 1:40 PM
21	I can use the PC s to research anything I am considering buying into...	9/13/2023 1:14 PM
22	Some opportunities feel as though there may be no option to become self-sufficient, or a lack of pathways to self sufficient launching programs.	9/8/2023 3:56 PM
23	I can use the PC s to research anything I am considering buying into...	9/8/2023 3:46 PM
24	Helps me learn ways to advocate for myself	9/8/2023 1:06 PM
25	good	9/8/2023 11:28 AM
26	Some opportunities feel as though there may be no option to become self-sufficient, or a lack of pathways to self sufficient launching programs.	9/8/2023 10:47 AM
27	I can use the PC s to research anything I am considering buying into...	9/8/2023 10:34 AM

28	It helps me make good choices	9/7/2023 11:53 AM
29	Great advice	9/7/2023 11:51 AM
30	We talk about decision making	9/7/2023 11:49 AM
31	Peer discussion and support helps to make good choices	9/7/2023 11:46 AM
32	Helps to bring clarity	9/7/2023 11:42 AM
33	friendships	9/6/2023 8:37 AM
34	getting me thinking there's more to life then what's going on and that there's more to life.	9/6/2023 8:29 AM
35	to deal with stress, coping skills	8/29/2023 11:02 AM
36	Just being available to people who need the PSA	8/21/2023 1:10 PM
37	strength	8/21/2023 9:44 AM
38	Gives me confidence	8/19/2023 12:26 PM
39	Stepping Stone has supported me in a way that has built up my self esteem!!	8/18/2023 8:04 AM
40	I am encouraged to make better choices by my friends at the center	8/17/2023 3:07 PM
41	by sharing experiences and feelings	8/17/2023 1:40 PM
42	i can count on my pers to help me when i need support	8/17/2023 1:36 PM
43	wellness recovery	8/17/2023 1:02 PM
44	Think of myself	8/17/2023 12:48 PM
45	Info about resources	8/17/2023 12:42 PM
46	hard sometimes	8/17/2023 12:38 PM
47	If I have any doubts, I always ask them and they give me the tools and feedback to help me achieve them	8/16/2023 6:38 PM
48	It doesn't. Again, not their fault.	8/16/2023 4:54 AM
49	Having one on one conversations and through encouragement.	8/15/2023 8:23 PM
50	The groups are helpful	8/14/2023 3:38 PM
51	I feel like I can make better choices in my life by listening to other people talk and hear how they make better choices in their lives.	8/14/2023 3:17 PM
52	between my kids & husband	8/14/2023 3:00 PM
53	The groups have good information	8/14/2023 2:08 PM
54	There is someone I can talk too about my choices and get other opinions	8/10/2023 2:55 PM
55	Helped me get ready to move, and helped with listing Items to sell on Market place.	8/9/2023 3:14 PM
56	Staying on the right path.	8/8/2023 3:26 PM
57	ability to express myself	8/8/2023 12:13 PM
58	groups	8/8/2023 12:06 PM
59	Crosstalk	8/8/2023 11:54 AM
60	I've chosen to go back to school	8/8/2023 11:27 AM
61	positively	8/8/2023 11:17 AM
62	Learning and applying coping skills that I've learned at one peer has made a significant impact on the choices I make within my life	8/8/2023 5:06 AM
63	Just keeps me distracted knowing I got friends	8/7/2023 6:40 PM
64	I feel listened to, so I feel more confident in myself now and my decision making abilities.	8/7/2023 6:26 PM

65	Having a sounding board.	8/7/2023 5:08 PM
66	helping me to trust my abilities to discern the choices, not to be afraid to try out or make different or even difficult ones!	8/7/2023 10:12 AM
67	Know not alone	8/4/2023 2:13 PM
68	Positive thinking	8/4/2023 2:10 PM
69	There is goal setting, moving towards.	8/4/2023 11:47 AM
70	The PSAs showing me ensamples of not just good choices but the why it's good have helped.	8/3/2023 12:43 PM
71	I do what's good for myself because of the training at otrtw. I am the expert on myself.	8/3/2023 12:23 PM
72	My peers keep me accountable for my choices.	8/3/2023 11:19 AM
73	Keeps goals in mind	8/3/2023 9:04 AM
74	Very well	8/2/2023 4:41 PM
75	Somewhat	8/2/2023 4:37 PM
76	To socialize a bit more cause I'm around a lot of awesome people	8/2/2023 4:36 PM
77	By the groups that are provided	8/2/2023 12:40 PM
78	Self confident and support from friends and peers to talk about my choices and to make better ones.	8/2/2023 12:35 PM
79	I am constantly reminded to make good choices.	8/2/2023 12:27 PM

Q11 I am able to set my own goals and move towards them

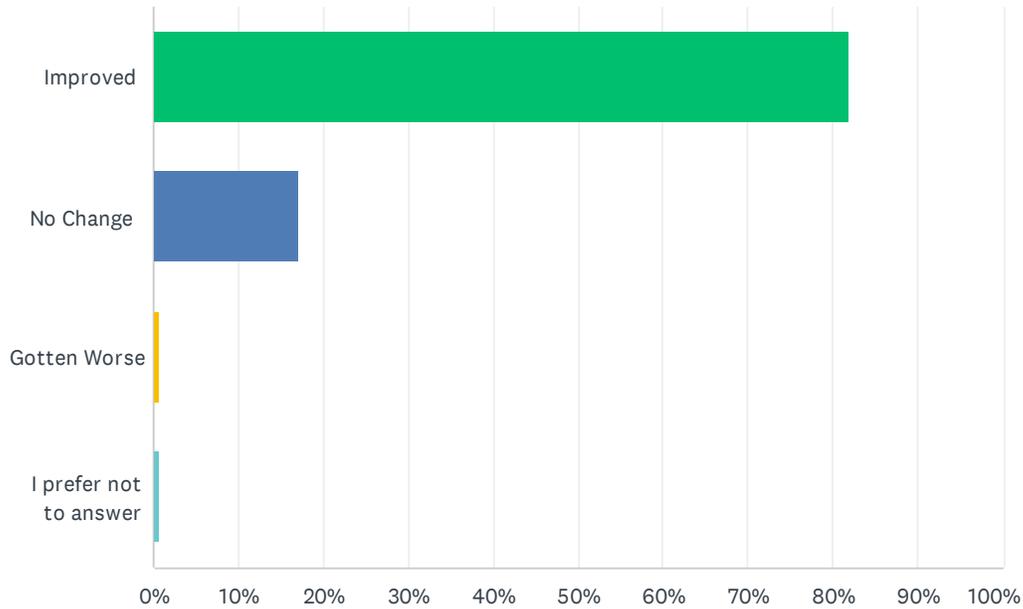
Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Very much (5)	51.52%	85
Quite a bit (4)	24.24%	40
Somewhat (3)	20.61%	34
A little bit (2)	3.03%	5
Not at all (1)	0.61%	1
I prefer not to answer	0.00%	0
TOTAL		165

Q12 Has there been any change in your ability to set and move towards your own goals because of the PSA?

Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Improved	81.82%	135
No Change	16.97%	28
Gotten Worse	0.61%	1
I prefer not to answer	0.61%	1
TOTAL		165

Q13 How does the PSA impact your ability to set and move towards your own goals? (Optional)

Answered: 67 Skipped: 112

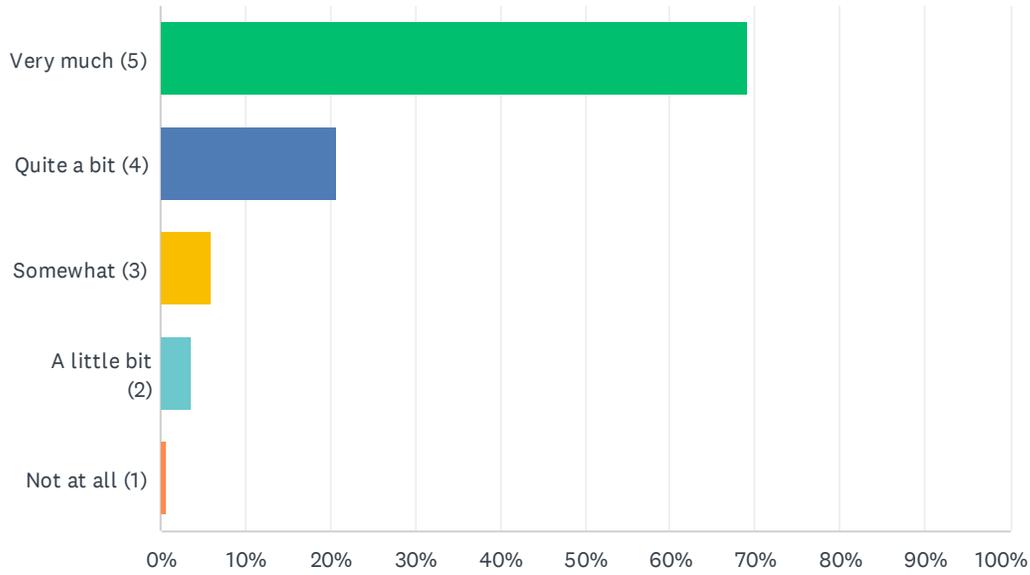
#	RESPONSES	DATE
1	Forest Walks	10/16/2023 2:14 PM
2	YES	9/29/2023 4:29 PM
3	supportive	9/21/2023 1:41 PM
4	makes me feel better	9/21/2023 8:07 AM
5	i know have people who actually care and utilize current resources and make due with the allotment in appropriate ways to empower people who need these services. I feel the transparency that is genuinely needed in programs need to be monitored and this program does what they say they do, unlike most programs that get more funds. I would not have been as stable if it were not for connections.	9/20/2023 2:20 PM
6	I feel I have more choices	9/20/2023 1:41 PM
7	The center listens intently to what my needs/wants are and together we follow through	9/20/2023 1:11 PM
8	thinking more clearly psychologically and spiritually. moving from the head to the heart knowledge. listening to peers over emotional background.	9/19/2023 10:57 AM
9	Talking and getting feedback from Peers.	9/18/2023 5:52 PM
10	They have really did a very nice job and I love coming here.	9/18/2023 5:46 PM
11	Learning to relax	9/18/2023 11:11 AM
12	I can make my own goals	9/14/2023 6:20 PM
13	Again, Sanity Refreshment	9/13/2023 2:52 PM
14	they have helped me move towards my goals of better mental health	9/13/2023 2:33 PM
15	they are helpful	9/13/2023 2:07 PM
16	They have improved, but the situation makes me feel like a card in a game.	9/13/2023 1:52 PM
17	They have improved, but the situation makes me feel like a card in a game.	9/13/2023 1:40 PM
18	They have improved, but the situation makes me feel like a card in a game.	9/13/2023 1:14 PM
19	They have improved, but the situation makes me feel like a card in a game.	9/8/2023 3:56 PM
20	They have improved, but the situation makes me feel like a card in a game.	9/8/2023 3:46 PM
21	When I see peers setting and meeting goals it makes me feel like I can do that too	9/8/2023 1:06 PM
22	good	9/8/2023 11:28 AM
23	They have improved, but the situation makes me feel like a card in a game.	9/8/2023 10:47 AM
24	It helps me move towards my goals	9/7/2023 11:53 AM
25	By calming me when it is challenging (morning) and walking with me thru the steps	9/7/2023 11:49 AM
26	I'm able to set and meet my goals with support and understanding	9/7/2023 11:46 AM
27	Gives me inspiration and hope	9/7/2023 11:42 AM
28	n	9/6/2023 11:10 AM
29	visits	9/6/2023 8:37 AM

30	quite a bit	9/6/2023 8:29 AM
31	Given me the tools to do so	8/31/2023 10:17 AM
32	incentives	8/23/2023 10:41 AM
33	balance	8/21/2023 9:44 AM
34	Teaches me skills to do so	8/19/2023 12:26 PM
35	My friends at next step encourage me and give me confidence	8/17/2023 3:07 PM
36	it doesnt	8/17/2023 1:40 PM
37	i can handle change better	8/17/2023 1:36 PM
38	strong	8/17/2023 1:02 PM
39	Thinking about my goals making them reality	8/17/2023 12:48 PM
40	Alot	8/17/2023 12:38 PM
41	By having them for support I feel much more confident	8/16/2023 6:38 PM
42	It doesn't.	8/16/2023 4:54 AM
43	Groups and peers	8/14/2023 3:38 PM
44	Before coming into the Wellness center, I didn't have many goals. Now that I come into the center, I have more goals that I get to make for myself even though they are small goals, I still make them for myself, and I get to achieve them for myself.	8/14/2023 3:17 PM
45	feeling good	8/14/2023 3:00 PM
46	Support and encouragement from others	8/10/2023 2:55 PM
47	Encouragement, helped make priorities, broke it down in simple steps.	8/9/2023 3:14 PM
48	We work on it as a group.	8/8/2023 3:26 PM
49	groups	8/8/2023 12:06 PM
50	transference	8/8/2023 11:54 AM
51	We talk about our goals everyday	8/8/2023 11:27 AM
52	N/A	8/8/2023 11:17 AM
53	I have been taught about short term and long term goal planning. We as a group have discussed this topic many times and has made a significant impact on my goal planning within my life.	8/8/2023 5:06 AM
54	I set my own goals	8/7/2023 6:40 PM
55	Baby steps. One step at a time. Short term goals (small goals) first and foremost, instead of only looking at the large / big picture.	8/7/2023 6:26 PM
56	With upstanding people I can try to move forward	8/7/2023 5:00 PM
57	I've learned how to just relax & act on them, I feel more confident	8/7/2023 10:12 AM
58	Just does	8/4/2023 2:13 PM
59	It's discussed	8/4/2023 2:10 PM
60	Group work and individual work.	8/4/2023 11:47 AM
61	PSAs showing me ensamples of move towards your own goals.	8/3/2023 12:43 PM
62	It gives me the courage to keep trying and treat failure was a learning experience.	8/3/2023 12:23 PM
63	IPS encourages me to name and focus on my goals.	8/3/2023 11:19 AM
64	Very well	8/2/2023 4:41 PM

65	I see other people reaching their goals and have learned from groups about how to cut goals into steps and work on one step at a time	8/2/2023 12:40 PM
66	Again, more confidence and more supports from friends and peers to move forward with. I am not alone anymore.	8/2/2023 12:35 PM
67	I have done several vision boards that include visual versions of my short-term and long-term goals.	8/2/2023 12:27 PM

Q14 I feel connected to a supportive community

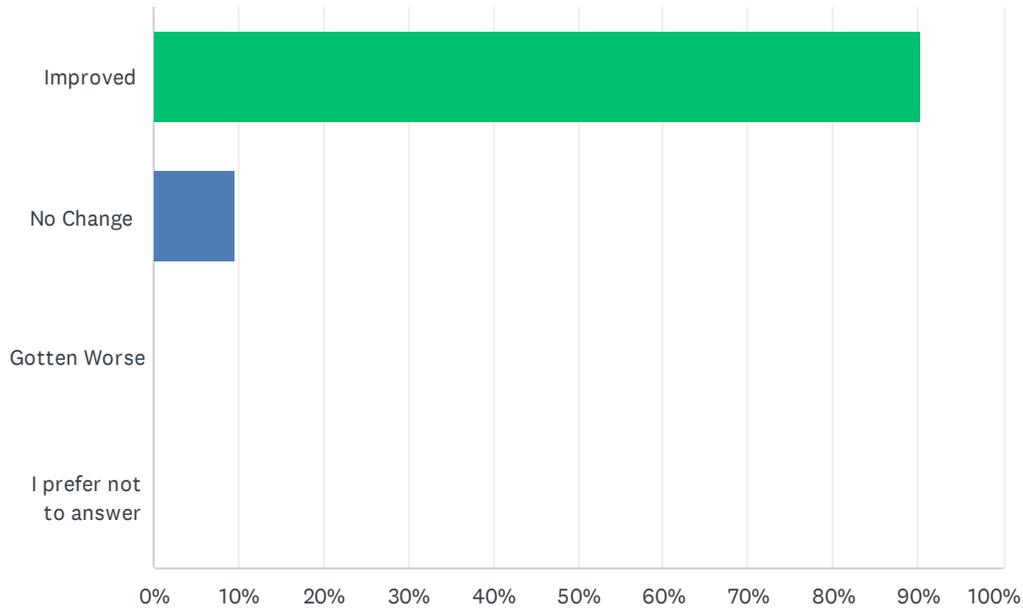
Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Very much (5)	69.09%	114
Quite a bit (4)	20.61%	34
Somewhat (3)	6.06%	10
A little bit (2)	3.64%	6
Not at all (1)	0.61%	1
TOTAL		165

Q15 Has there been any change in your sense of connection to a supportive community because of the PSA?

Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Improved	90.30%	149
No Change	9.70%	16
Gotten Worse	0.00%	0
I prefer not to answer	0.00%	0
TOTAL		165

Q16 How does the PSA impact your sense of connection to a supportive community? (Optional)

Answered: 65 Skipped: 114

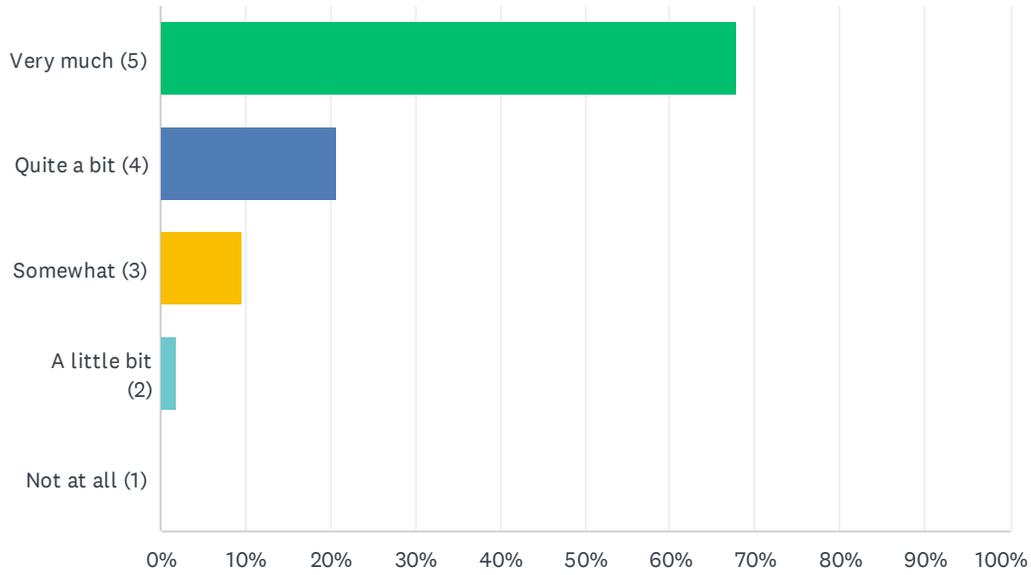
#	RESPONSES	DATE
1	Structure	10/16/2023 2:14 PM
2	YES	9/29/2023 4:29 PM
3	supportive	9/21/2023 1:41 PM
4	makes me feel I belong	9/21/2023 8:07 AM
5	I feel less isolated and alone	9/20/2023 1:41 PM
6	The centers staff and members are extremely supportive.	9/20/2023 1:11 PM
7	being accepted unconditionally with love and confidentiality	9/19/2023 10:57 AM
8	Good.	9/18/2023 5:46 PM
9	Same faces reliability	9/18/2023 11:11 AM
10	New friends	9/13/2023 2:52 PM
11	Already mentioned...	9/13/2023 2:33 PM
12	they have become my friends	9/13/2023 2:07 PM
13	I have however connected with excellent new allies and teammates, friends and advocates that I hope to establish longterm friendships and relationships with.	9/13/2023 1:52 PM
14	Already mentioned...	9/13/2023 1:40 PM
15	I have however connected with excellent new allies and teammates, friends and advocates that I hope to establish longterm friendships and relationships with.	9/13/2023 1:33 PM
16	Already mentioned...	9/13/2023 1:14 PM
17	I have however connected with excellent new allies and teammates, friends and advocates that I hope to establish longterm friendships and relationships with.	9/8/2023 3:56 PM
18	Already mentioned...	9/8/2023 3:46 PM
19	Educational events from members in the community, when people from all walks come into the center, it feels good like our community is learning about what we do here	9/8/2023 1:06 PM
20	good	9/8/2023 11:28 AM
21	I have however connected with excellent new allies and teammates, friends and advocates that I hope to establish longterm friendships and relationships with.	9/8/2023 10:47 AM
22	Already mentioned...	9/8/2023 10:34 AM
23	Improves my sense of connection to a supportive community as I'm always supported when needed	9/7/2023 11:46 AM
24	n	9/6/2023 11:10 AM
25	phone calls	9/6/2023 8:37 AM
26	Gets me out and connected	8/31/2023 10:17 AM
27	confidence	8/23/2023 10:41 AM
28	Availability	8/21/2023 1:10 PM

29	not backing down	8/21/2023 9:44 AM
30	It is great to be a part of this community	8/19/2023 12:26 PM
31	People at next step understand my mental health challenges	8/17/2023 3:07 PM
32	sometimes it makes me stay aay when I have a negative response	8/17/2023 1:40 PM
33	i am not as shy and can express myself better when I am upset	8/17/2023 1:36 PM
34	respect	8/17/2023 1:02 PM
35	Helps find a place(resources)	8/17/2023 12:48 PM
36	Made lots of friends	8/17/2023 12:42 PM
37	Well	8/17/2023 12:38 PM
38	It has taught me ways to deal with situations at home. And theathave improved my connections	8/17/2023 12:18 PM
39	I am able to get out into the community and having them for support to go places I wouldn't have gone to on myself	8/16/2023 6:38 PM
40	I recently learned abot peer support and since getting involved with the center I feel like I belong to a community that is understanding and supportive and I feel like I don't have to hide my struggles.	8/16/2023 10:20 AM
41	Meeting new people.	8/15/2023 8:23 PM
42	Have people I can count on	8/14/2023 3:38 PM
43	I find it very helpful to have people here that help listen to me and my issues and help support me. Without them, I don't think I would have gone though what I have gone through. The Wellness Center truly helped me with my problems this past spring and I wouldn't be here if it wasn't for certain people.	8/14/2023 3:17 PM
44	The relationships I have formed have increased my sense of connection with others	8/10/2023 2:55 PM
45	Helped me to achieve goals and asking for help.	8/9/2023 3:14 PM
46	People accept me.	8/8/2023 3:26 PM
47	staff helps a lot	8/8/2023 12:06 PM
48	not sure	8/8/2023 11:54 AM
49	I have made friends here	8/8/2023 11:27 AM
50	a great deal	8/8/2023 11:17 AM
51	I have been self isolated for many years. Going to one peer for the last few months has significantly increased my connection within my community.	8/8/2023 5:06 AM
52	NA	8/7/2023 6:40 PM
53	I felt so isolated before, so alone. Now I actually have friendships/meaningful relationships that I value very much in my life.	8/7/2023 6:26 PM
54	I want to be more connected & I know what's going on more in the community	8/7/2023 10:12 AM
55	Can be self	8/4/2023 2:13 PM
56	Socialization	8/4/2023 2:10 PM
57	Weekly check in. Unstructured time. Group work.	8/4/2023 11:47 AM
58	I've never had positive people in my life, most staff are positive people.	8/3/2023 12:43 PM
59	I've lived in this area 17 years and didn't make a friend until I went to otrtw.	8/3/2023 12:23 PM
60	I have gained a large supportive community of peers though coming to On the Road to Wellness.	8/3/2023 11:19 AM

61	It helps me open up more	8/2/2023 4:41 PM
62	Ok	8/2/2023 4:37 PM
63	Members here are so welcoming and caring and make me feel part of	8/2/2023 12:40 PM
64	self-cofidence and support that has allow me to be myself and how to have and maintain better relationships.	8/2/2023 12:35 PM
65	Other members remind me I am not alone. I feel supported at Infinity.	8/2/2023 12:27 PM

Q17 I feel accepted for who I am

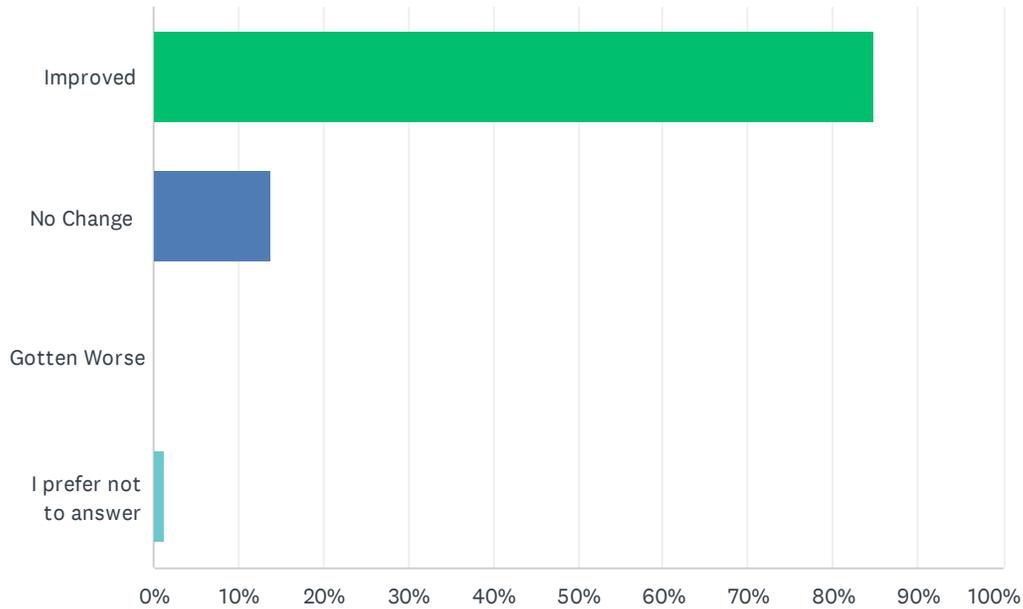
Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Very much (5)	67.88%	112
Quite a bit (4)	20.61%	34
Somewhat (3)	9.70%	16
A little bit (2)	1.82%	3
Not at all (1)	0.00%	0
TOTAL		165

Q18 Has there been any change in your sense of feeling accepted because of the PSA?

Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Improved	84.85%	140
No Change	13.94%	23
Gotten Worse	0.00%	0
I prefer not to answer	1.21%	2
TOTAL		165

Q19 How does the PSA impact your sense of feeling accepted? (Optional)

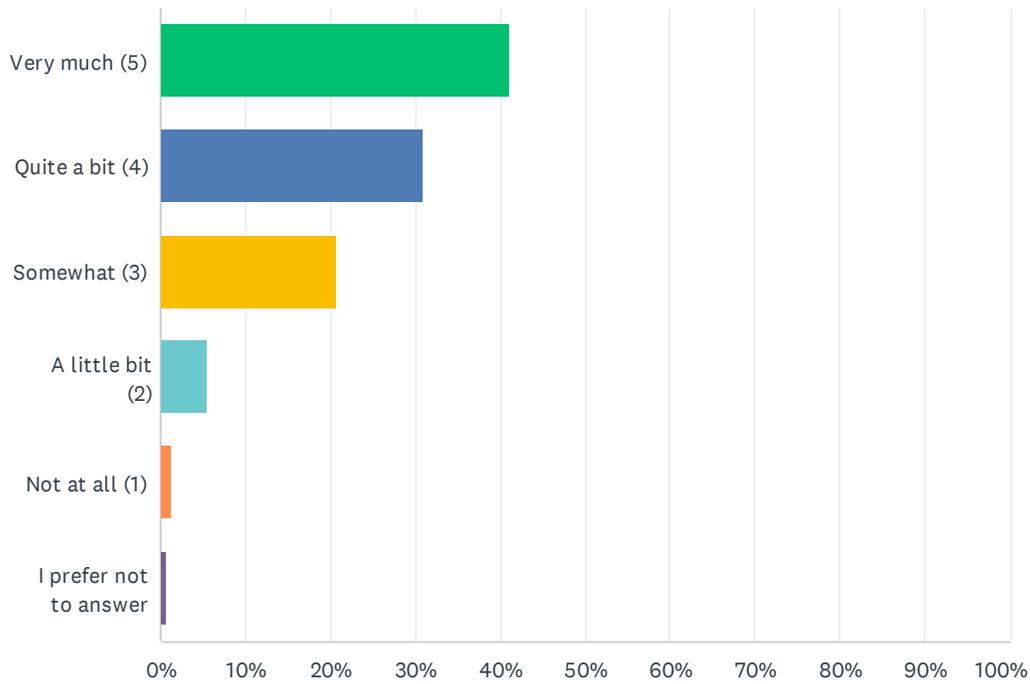
Answered: 66 Skipped: 113

#	RESPONSES	DATE
1	Hi I'm rose	10/16/2023 2:14 PM
2	supportive	9/21/2023 1:41 PM
3	i feel very accepted	9/21/2023 8:07 AM
4	they are unconditional, there is no reprimanding unless there is something unethical or really wrong. there is authentic connection and honesty amongst staff and peers.	9/20/2023 2:20 PM
5	PSA back up the feeling of being accepted and reinforced my choices for acceptance	9/20/2023 1:41 PM
6	theyre non jugemental	9/20/2023 1:11 PM
7	total turn around of acceptance. Never really trusting people prior to PSA. trust issues devloped	9/19/2023 10:57 AM
8	Makes me connected.	9/18/2023 5:52 PM
9	very good.	9/18/2023 5:46 PM
10	They accept everybody.	9/18/2023 5:41 PM
11	I am accepted for who I am	9/14/2023 6:20 PM
12	Social Acceptance	9/13/2023 2:52 PM
13	feel accepted.	9/13/2023 2:33 PM
14	i feel more accpted	9/13/2023 2:07 PM
15	everyday	9/13/2023 1:52 PM
16	everyday	9/13/2023 1:40 PM
17	everyday	9/13/2023 1:33 PM
18	everyday	9/8/2023 3:56 PM
19	everyday	9/8/2023 3:46 PM
20	Being around people with shared experiences helps me to feel less alone. The environment is very accepting at the psa	9/8/2023 1:06 PM
21	good	9/8/2023 11:28 AM
22	We all come together for one another	9/7/2023 11:53 AM
23	Wonderful	9/7/2023 11:51 AM
24	We can all relate to each other	9/7/2023 11:49 AM
25	I've felt accepted at Peer Support since I arrived here	9/7/2023 11:46 AM
26	Being surrounded by like-minded big hearted people	9/7/2023 11:42 AM
27	n	9/6/2023 11:10 AM
28	location	9/6/2023 8:37 AM
29	Introduced to accepting community	8/31/2023 10:17 AM
30	for who I am	8/23/2023 10:41 AM
31	It depends on the genuineness of the person/people who are also involved.	8/21/2023 1:10 PM

32	hope	8/21/2023 9:44 AM
33	There is no judgement and total acceptance here	8/19/2023 12:26 PM
34	I don't feel out of place at next step	8/17/2023 3:07 PM
35	love myself. dont care if Im accepted	8/17/2023 1:40 PM
36	i always felt accepted for who i am here since i have been coming to Stepping Stone	8/17/2023 1:36 PM
37	with kindness	8/17/2023 1:02 PM
38	Have a lot of friends	8/17/2023 12:48 PM
39	Non judgmental	8/17/2023 12:42 PM
40	Well	8/17/2023 12:38 PM
41	When I come here I feel like I fit in. Before coming to Stepping Stone, No one understood me. I was very judged.	8/17/2023 12:18 PM
42	I feel comfortable talking openly and freely with the staff without feeling any judgment	8/16/2023 6:38 PM
43	Supportive team	8/16/2023 8:56 AM
44	Always accepted when I am on site	8/14/2023 3:38 PM
45	I felt accepted right away. I was the one who had to open up to people. I was shy and quiet at first. When things were going on with my husband, I was really quiet and hesitant to open up about it, but when I trusted a few people at the center, I was able to talk about it freely.	8/14/2023 3:17 PM
46	I get a lot of positive feedback from others	8/10/2023 2:55 PM
47	Understanding and taking time to talk about these challenges.	8/9/2023 3:14 PM
48	Everyone is accepting.	8/8/2023 3:26 PM
49	friends and staff	8/8/2023 12:06 PM
50	not sure	8/8/2023 11:54 AM
51	I did a presentation on my gender identity and people asked supportive questions	8/8/2023 11:27 AM
52	I feel accepted very much by my peers	8/8/2023 11:17 AM
53	I'm transgender and feel accepted and welcomed by all staff and peers at one peer.	8/8/2023 5:06 AM
54	NA	8/7/2023 6:40 PM
55	I honestly feel like I can just be me, the real me at One Peer to Another and they just accept me for exactly who I am.	8/7/2023 6:26 PM
56	Very upstanding	8/7/2023 5:00 PM
57	everyone shows how caring & nonjudgmental they are towards me by their outward actions & help to me	8/7/2023 10:12 AM
58	Just does	8/4/2023 2:13 PM
59	Discussion of tools	8/4/2023 2:10 PM
60	They are supportive with everyone.	8/3/2023 12:43 PM
61	I hid my illness for 50 years because of stigma. Now I have a dozen real friends at otrtw.	8/3/2023 12:23 PM
62	I feel like I belong when I am at the Center with my peers.	8/3/2023 11:19 AM
63	It's gotten better then it was	8/2/2023 4:41 PM
64	Same answer as above question	8/2/2023 12:40 PM
65	I was very fearful all the time. Sence coming and making new friends who are and have similar stuggles as me. I am not alone anymore. And feel more accepted than ever before.	8/2/2023 12:35 PM
66	I feel like I'm accepted for who I am.	8/2/2023 12:27 PM

Q20 I know how to cope when things are hard

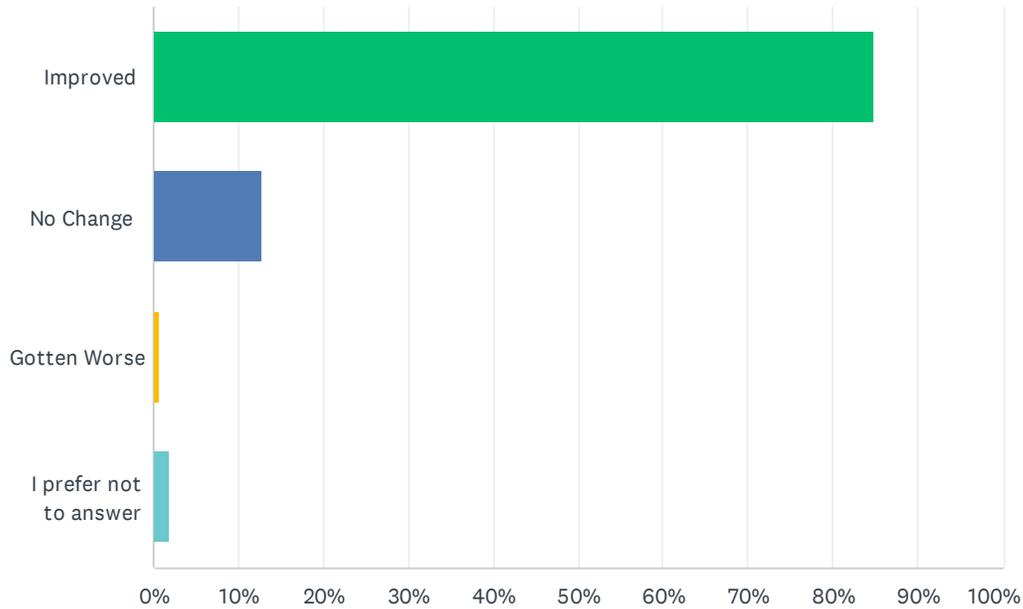
Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Very much (5)	41.21%	68
Quite a bit (4)	30.91%	51
Somewhat (3)	20.61%	34
A little bit (2)	5.45%	9
Not at all (1)	1.21%	2
I prefer not to answer	0.61%	1
TOTAL		165

Q21 Has there been any change in your ability to cope when things are hard because of the PSA?

Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Improved	84.85%	140
No Change	12.73%	21
Gotten Worse	0.61%	1
I prefer not to answer	1.82%	3
TOTAL		165

Q22 How does the PSA impact your ability to cope when things are hard? (Optional)

Answered: 67 Skipped: 112

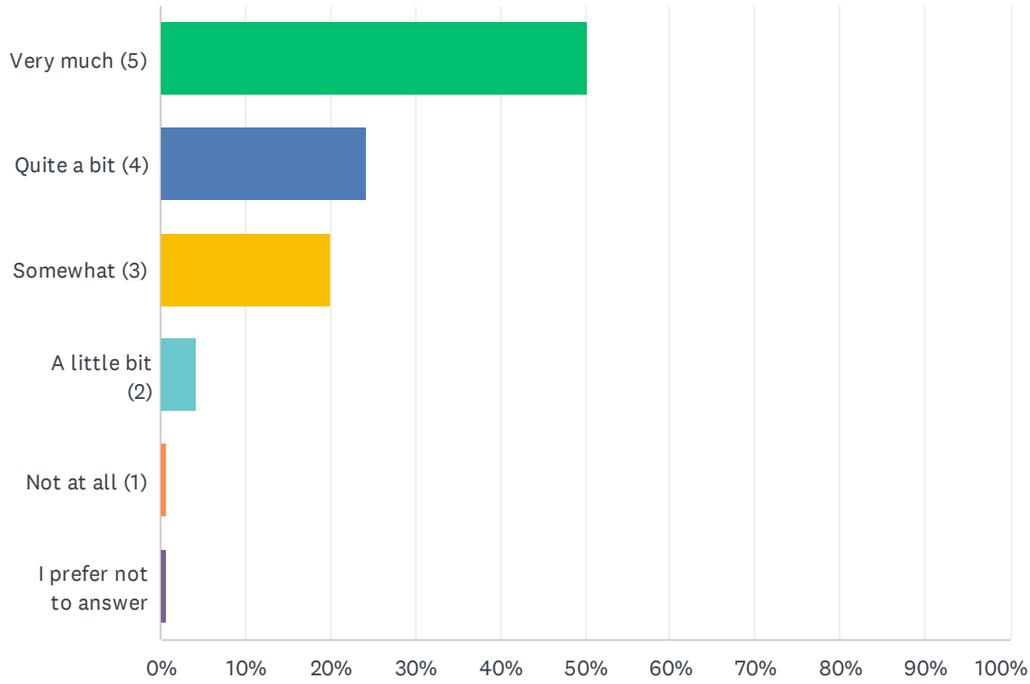
#	RESPONSES	DATE
1	The River	10/16/2023 2:14 PM
2	Venting, talking to the staff.	10/2/2023 1:17 PM
3	YES	9/29/2023 4:29 PM
4	supportive	9/21/2023 1:41 PM
5	they offer support	9/21/2023 8:07 AM
6	they are supportive in a healthy way	9/20/2023 2:20 PM
7	PSA Impacts and reinforces support	9/20/2023 1:41 PM
8	they stand by me	9/20/2023 1:11 PM
9	trust people more implicitly.	9/19/2023 10:57 AM
10	Feedback Peers at PSA.	9/18/2023 5:52 PM
11	They help me alot.	9/18/2023 5:46 PM
12	They are always there for you.	9/18/2023 5:41 PM
13	I know how to ask for support	9/14/2023 6:20 PM
14	People are available to talk to.	9/13/2023 2:33 PM
15	they make it easier	9/13/2023 2:07 PM
16	People are available to talk to.	9/13/2023 1:52 PM
17	People are available to talk to.	9/13/2023 1:40 PM
18	People are available to talk to.	9/13/2023 1:14 PM
19	People are available to talk to.	9/8/2023 3:56 PM
20	People are available to talk to.	9/8/2023 3:46 PM
21	Because I learned that we can each do hard things and get through them. Seeing how other people have overcome their challenges fills up my hope tank	9/8/2023 1:06 PM
22	good	9/8/2023 11:28 AM
23	Perseverance has gotten stronger.	9/8/2023 10:47 AM
24	People are available to talk to.	9/8/2023 10:34 AM
25	n	9/6/2023 11:10 AM
26	education	9/6/2023 8:37 AM
27	give sme someone to talk to when things are bad like what's going on now.	9/6/2023 8:29 AM
28	Groups	8/31/2023 10:17 AM
29	Yes in lot of different ways	8/24/2023 11:48 AM
30	supportive peers	8/23/2023 10:41 AM
31	believe in myself	8/21/2023 9:44 AM

32	skills I've learned from groups and others	8/19/2023 12:26 PM
33	to take a minute to respond, not react	8/18/2023 8:04 AM
34	I'm encouraged by the support staff	8/17/2023 3:07 PM
35	i can express myself to my peers as before i would have "shut down" and didn;t talk to anybody.	8/17/2023 1:36 PM
36	cooperation	8/17/2023 1:02 PM
37	Talk out my problems	8/17/2023 12:48 PM
38	Lots of opinions	8/17/2023 12:42 PM
39	Well	8/17/2023 12:38 PM
40	They help me make decisions and I feel comfortable talking to them	8/16/2023 6:38 PM
41	Still struggling with anxiety and ptsd but I know I will over come It	8/16/2023 8:56 AM
42	Groups	8/14/2023 3:38 PM
43	I find this difficult on a regular basis. When I go to the center, I know there are certain people that I can speak to privately and I can talk to them when I am having a rough time with things. I know who they are and when I talk to them, they will be able to help me calm down and help me put things back into perspective and get back onto the right track.	8/14/2023 3:17 PM
44	call my sisters in law	8/14/2023 3:00 PM
45	I can come here and talk about my situation and I do not feel alone in my situation.	8/14/2023 2:08 PM
46	There is a place I can go to when things are hard	8/10/2023 2:55 PM
47	They where present and came forward to help me deal with them	8/9/2023 3:14 PM
48	Groups	8/8/2023 3:26 PM
49	groups - able to talk and be heard	8/8/2023 12:06 PM
50	not sure	8/8/2023 11:54 AM
51	We have groups like depression and anxiety to talk about hard things	8/8/2023 11:27 AM
52	a great deal	8/8/2023 11:17 AM
53	We are lead each day with groups about coping skills and this has had a significant impact for my mental health	8/8/2023 5:06 AM
54	NA	8/7/2023 6:40 PM
55	We made "Coping Skills Lists" at One Peer to Another in Laconia which was very helpful to know what works for each individual person ahead of time, before we are escalated so we can then hopefully de escalate instead of continuing to get escalated.	8/7/2023 6:26 PM
56	the groups & also one on one at times & their undivided attention in listening to my struggles, but they never try to enable me because I need to help myself also!	8/7/2023 10:12 AM
57	It does	8/4/2023 2:13 PM
58	People support you	8/4/2023 2:10 PM
59	I'm always given individual suggestions and support when I need it.	8/4/2023 11:47 AM
60	The PSAs showing me ensamples of coping when things are hard.	8/3/2023 12:43 PM
61	They teach and practice coping skills	8/3/2023 12:23 PM
62	Because of all of the support I receive	8/3/2023 12:12 PM
63	In groups I talk about challenging times and what does and does not work which helps me to understand what will help when times are hard.	8/3/2023 11:19 AM
64	It's still hard I need to go to those groups but it does help when people ask if everything is	8/2/2023 4:41 PM

	okay	
65	There is always someone to talk to. The staff are always willing and able to listen to me and guide me if need be.	8/2/2023 12:40 PM
66	That it is a safe place to share when things are going well or very hard. I trust my peers to support me and to give me constructive feedback and what might of worked for them in simalar situations. Then making my own choice what I can do to improve my situation. And that my Peers will support me unconditionally.	8/2/2023 12:35 PM
67	I have a list of coping strategies generated with members at Infinity.	8/2/2023 12:27 PM

Q23 I believe in my own strength and resilience

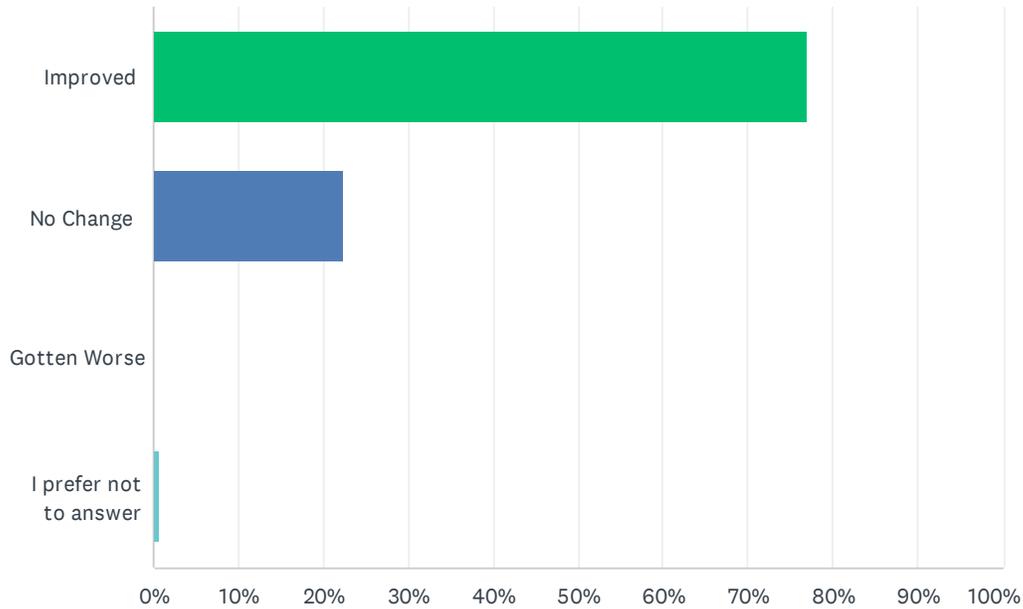
Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Very much (5)	50.30%	83
Quite a bit (4)	24.24%	40
Somewhat (3)	20.00%	33
A little bit (2)	4.24%	7
Not at all (1)	0.61%	1
I prefer not to answer	0.61%	1
TOTAL		165

Q24 Has there been any change in your beliefs regarding your own strength and resilience because of the PSA?

Answered: 165 Skipped: 14



ANSWER CHOICES	RESPONSES	
Improved	76.97%	127
No Change	22.42%	37
Gotten Worse	0.00%	0
I prefer not to answer	0.61%	1
TOTAL		165

Q25 How does the PSA impact your belief in your own strength and resilience? (Optional)

Answered: 61 Skipped: 118

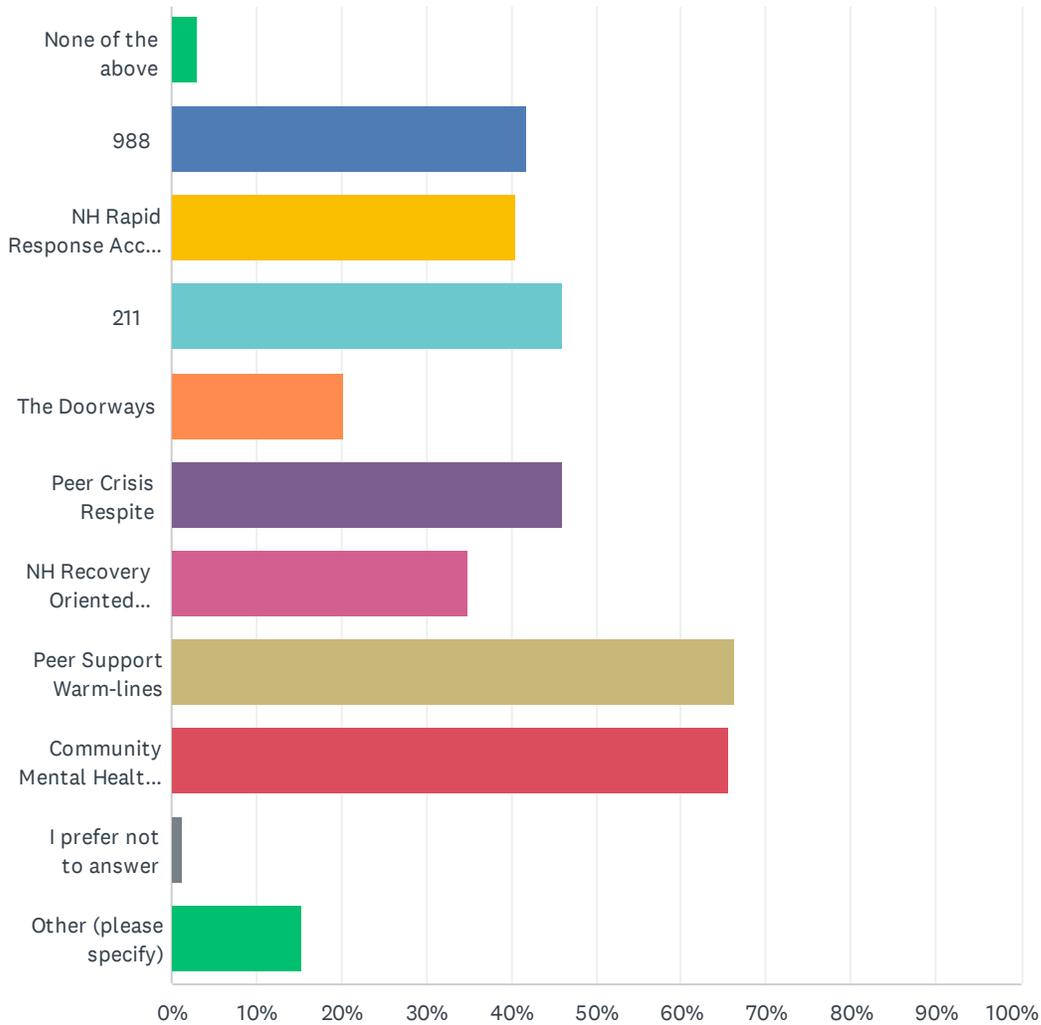
#	RESPONSES	DATE
1	Time to think	10/16/2023 2:14 PM
2	Just ...	10/2/2023 1:17 PM
3	YES	9/29/2023 4:29 PM
4	supportive	9/21/2023 1:41 PM
5	I am able to learn from others what makes them strong and resilient and i can relate through my own adversity	9/21/2023 9:33 AM
6	helps me build confidence	9/21/2023 8:07 AM
7	because of my expirience, I know if i had to donate mney i would be providing it to a place like this. this is really not for pprofit. The ighest profit making non profit called agencies i have worked for previous are absolutly corrupt and i will never work for or with them again. I trust connectrions. tehy actually helped me at a actual crisis that a so caled non profot agency with an excecutive director that is hired to make money not to actually help people. I have seen nothing thta would quetion the integrity of this much needed program here in portsmouth and by far hats off to the staff and the peers i have met here. I love them and grateful that this is here.	9/20/2023 2:20 PM
8	PSA has impacted and reinforces my supports	9/20/2023 1:41 PM
9	im reminded	9/20/2023 1:11 PM
10	restored confidence proir to age 25. Before my mental health issues started.	9/19/2023 10:57 AM
11	Confidence and staff and peers supportive.	9/18/2023 5:52 PM
12	Good.	9/18/2023 5:46 PM
13	I believe it exists	9/14/2023 6:20 PM
14	groups we do	9/13/2023 2:33 PM
15	to share with me thier strengths	9/13/2023 2:07 PM
16	Groups offer an oppportunity to speak about it.	9/13/2023 1:52 PM
17	Groups offer an oppportunity to speak about it.	9/13/2023 1:40 PM
18	Groups offer an oppportunity to speak about it.	9/13/2023 1:14 PM
19	I have become much more resilient and affirmed in my experiences and mine alone from my individual perspective as a, and in the, broader parts of the community.	9/8/2023 3:56 PM
20	Groups offer an oppportunity to speak about it.	9/8/2023 3:46 PM
21	Things I used to view as negative things what were wrong with me, I don't see them like that anymore. I learned I AM "normal" and worthy of friendship and healthy relationships. And that I can persevere and come out stronger on the other side	9/8/2023 1:06 PM
22	good	9/8/2023 11:28 AM
23	I have become much more resilient and affirmed in my experiences and mine alone from my individual perspective as a, and in the, broader parts of the community.	9/8/2023 10:47 AM
24	Groups offer an oppportunity to speak about it.	9/8/2023 10:34 AM

25	n	9/6/2023 11:10 AM
26	connections	9/6/2023 8:37 AM
27	makes my belief stronger	9/6/2023 8:29 AM
28	encouraging and inspiring me to do my best without judgement. Stepping Stone has changed my life...no meds!	8/23/2023 10:41 AM
29	acceptance	8/21/2023 9:44 AM
30	like I said before, this place builds confidence	8/19/2023 12:26 PM
31	My friends see in me the strength that I don't see	8/17/2023 3:07 PM
32	If I see others bouncing back, I know I can too	8/17/2023 1:40 PM
33	yes beacuse i think im stronger when im in pain and upset	8/17/2023 1:36 PM
34	its important	8/17/2023 1:02 PM
35	Working on my goals	8/17/2023 12:48 PM
36	Well	8/17/2023 12:38 PM
37	They helped me overcome my low self asteam and have helped me to be more confident	8/16/2023 6:38 PM
38	Confidence with the team around me and optimistic	8/16/2023 8:56 AM
39	Groups	8/14/2023 3:38 PM
40	I am still working on my own strength and resilience every day. This is a daily struggle for me. I work on this in therapy and try to find the strength inside of me, but it's difficult. I have been in a horrible abusive relationship, and I feel like all the strength has been taken away from me. I am hoping one day I will be able to find it again.	8/14/2023 3:17 PM
41	Positive feedback and support as well as the support I can give to others	8/10/2023 2:55 PM
42	Given me more hope.	8/9/2023 3:14 PM
43	Group feedback	8/8/2023 3:26 PM
44	staff and friends are always positive	8/8/2023 12:06 PM
45	better	8/8/2023 11:54 AM
46	By giving me challenging activities to do that allow me to be reflective	8/8/2023 11:27 AM
47	I receive confidence & hope for the future from staff & members	8/8/2023 11:17 AM
48	The team at one peer believe in my abilities and in turn I have more belief for my own future.	8/8/2023 5:06 AM
49	NA	8/7/2023 6:40 PM
50	I have found out through attending the groups at One Peer to Another that I do not give myself enough credit for what I am actually capable of doing, my own strengths, as many of us do not give ourselves enough credit..especially mom's. Now I truly do believe that I am stronger than I ever thought I was and I can bounce back regardless of what gets thrown my way in life.	8/7/2023 6:26 PM
51	It allowed me to know I could make a bigger difference in others, and have a positive impact myself.	8/7/2023 5:08 PM
52	whenever I share the feedback I get is they see I am already practicing it that I do have strength that others at the PSA Centers see in myself that I may not necessarily see at first. So I am constantly learning! A lot about myself, and not to self-doubt myself so much!	8/7/2023 10:12 AM
53	not sure	8/4/2023 2:13 PM
54	Group discussions	8/4/2023 2:10 PM
55	I found a higher power.	8/3/2023 12:43 PM
56	They keep reminding me of my success and I know I can overcome adversity because I've done it before.	8/3/2023 12:23 PM

57	My peers recognize my strength and resilience and help me to see it for myself.	8/3/2023 11:19 AM
58	It's been difficult	8/2/2023 4:41 PM
59	I am always supported and encouraged by everyone there	8/2/2023 12:40 PM
60	By seeing me go through them and just showing up and how we learn and support each other make me stronger and resilient we got through it.	8/2/2023 12:35 PM
61	I've worked for more hours for a longer period of time than I thought I was capable of doing.	8/2/2023 12:27 PM

Q26 If things start to get too hard I know about the following resources that might be helpful in a crisis (select all options that you know how to access)

Answered: 163 Skipped: 16



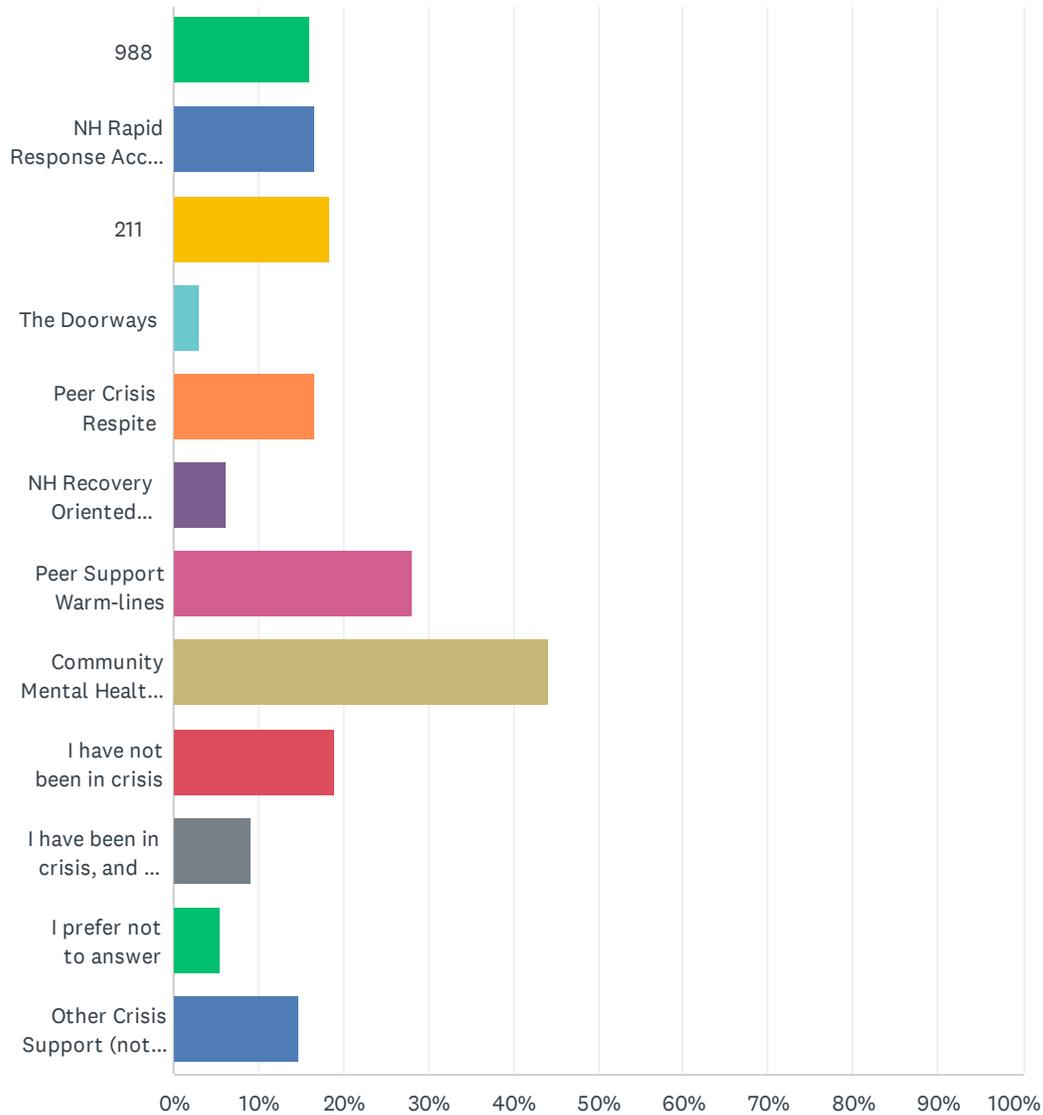
ANSWER CHOICES	RESPONSES
None of the above	3.07% 5
988	41.72% 68
NH Rapid Response Access Point	40.49% 66
211	46.01% 75
The Doorways	20.25% 33
Peer Crisis Respite	46.01% 75
NH Recovery Oriented Step-Up Step-Down	34.97% 57
Peer Support Warm-lines	66.26% 108
Community Mental Health Centers	65.64% 107
I prefer not to answer	1.23% 2
Other (please specify)	15.34% 25
Total Respondents: 163	

#	OTHER (PLEASE SPECIFY)	DATE
1	Spring St Shelter	10/16/2023 2:15 PM
2	SOS Recovery Organization	10/2/2023 1:18 PM
3	church zoom	9/25/2023 1:06 PM
4	medicare customer service . state foodstamps and medicarte dhhs	9/20/2023 2:22 PM
5	PSA has groups and more information than I need on my own	9/20/2023 1:43 PM
6	No answer written down	9/18/2023 5:38 PM
7	CLM option 1	8/23/2023 10:13 AM
8	ACT line	8/21/2023 12:34 PM
9	art activities	8/17/2023 1:41 PM
10	Hospilization	8/17/2023 12:42 PM
11	call someone who cares	8/17/2023 12:39 PM
12	Friends and Family	8/17/2023 12:22 PM
13	Lakes region mental health	8/16/2023 8:57 AM
14	Bridges in Nashua	8/14/2023 3:17 PM
15	Going to groups	8/14/2023 3:00 PM
16	CLM and On the Road to Wellness	8/14/2023 2:09 PM
17	recovery based therapy.	8/11/2023 12:35 PM
18	911	8/8/2023 12:14 PM
19	Family & Friends	8/8/2023 11:20 AM
20	My concler	8/7/2023 5:14 PM
21	NH Legal Aid	8/7/2023 5:09 PM
22	Friends an family	8/7/2023 4:51 PM

23	Crisis Text Line: 741741	8/3/2023 11:21 AM
24	I come to peer support	8/2/2023 4:42 PM
25	Members at Infinity	8/2/2023 12:28 PM

Q27 I have used the following resources in a crisis (select all options that you have used)

Answered: 163 Skipped: 16



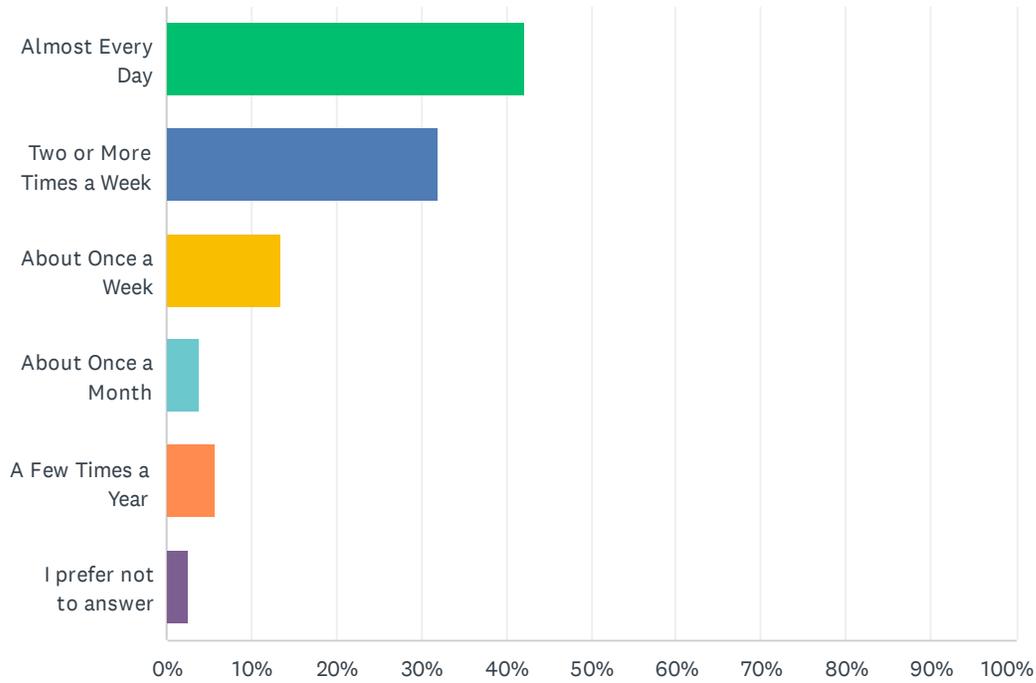
ANSWER CHOICES	RESPONSES
988	15.95% 26
NH Rapid Response Access Point	16.56% 27
211	18.40% 30
The Doorways	3.07% 5
Peer Crisis Respite	16.56% 27
NH Recovery Oriented Step-Up Step-Down	6.13% 10
Peer Support Warm-lines	28.22% 46
Community Mental Health Centers	44.17% 72
I have not been in crisis	19.02% 31
I have been in crisis, and I have used none of these	9.20% 15
I prefer not to answer	5.52% 9
Other Crisis Support (not listed here):	14.72% 24
Total Respondents: 163	

#	OTHER CRISIS SUPPORT (NOT LISTED HERE):	DATE
1	SOS	10/2/2023 1:18 PM
2	usually my friend but now no job He is in Riverside and I hope to be there for him	9/25/2023 1:06 PM
3	emergency rooms	9/20/2023 2:22 PM
4	n	9/6/2023 11:11 AM
5	respite	9/6/2023 8:29 AM
6	I have not been in any type of crisis before	8/24/2023 11:49 AM
7	CLM option 1	8/23/2023 10:13 AM
8	my brother	8/22/2023 11:54 AM
9	ACT line	8/21/2023 12:34 PM
10	Family-HUSBAND	8/18/2023 8:05 AM
11	Homeless shelters	8/17/2023 12:48 PM
12	Friends and Family	8/17/2023 12:22 PM
13	Bridges in Nashua	8/14/2023 3:17 PM
14	CLM and On the Road to Wellness	8/14/2023 2:09 PM
15	recovery based therapy	8/11/2023 12:35 PM
16	Aa	8/9/2023 3:15 PM
17	911	8/8/2023 12:14 PM
18	Calling my family & friends. I talk to my niece Aubrey more and plan to call Alyssa I honestly haven't been given her new phone number. I was able to spend time with Melody, Paul, and Brian playing tennis at the court near Parkland.	8/8/2023 11:20 AM
19	Er	8/7/2023 5:14 PM

20	NH Legal Aid	8/7/2023 5:09 PM
21	short stay crisis prevention in BHU units at Facilities, etc: hospitals	8/7/2023 10:14 AM
22	Work with therapist and psychiatrist	8/4/2023 11:48 AM
23	Crisis Text Line: 741741	8/3/2023 11:21 AM
24	Infinity Peer Support	8/2/2023 12:28 PM

Q28 How often do you typically come to the peer support agency? (Or participate from elsewhere)

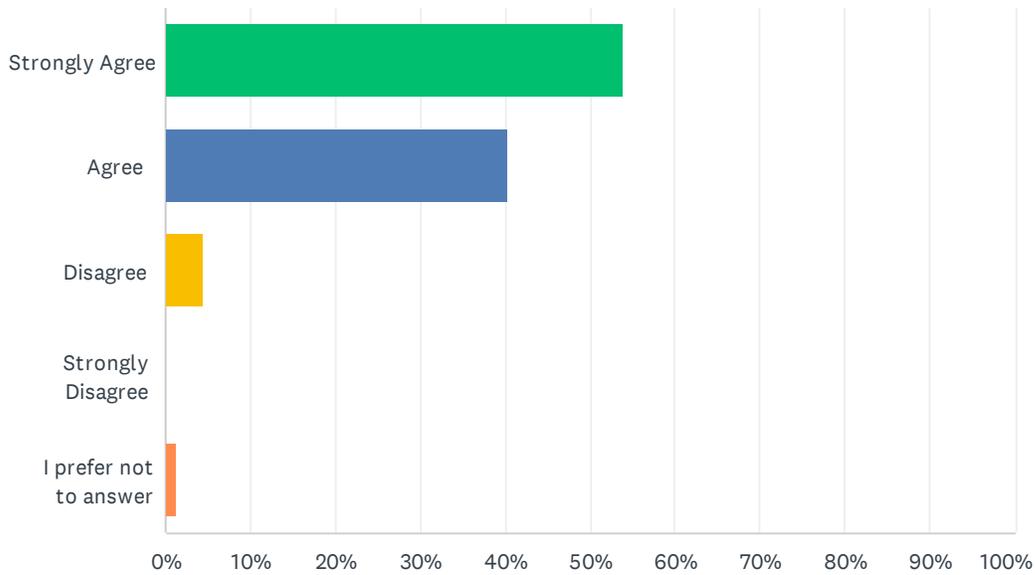
Answered: 156 Skipped: 23



ANSWER CHOICES	RESPONSES	
Almost Every Day	42.31%	66
Two or More Times a Week	32.05%	50
About Once a Week	13.46%	21
About Once a Month	3.85%	6
A Few Times a Year	5.77%	9
I prefer not to answer	2.56%	4
TOTAL		156

Q29 I feel that I have a voice in the planning for this peer support agency

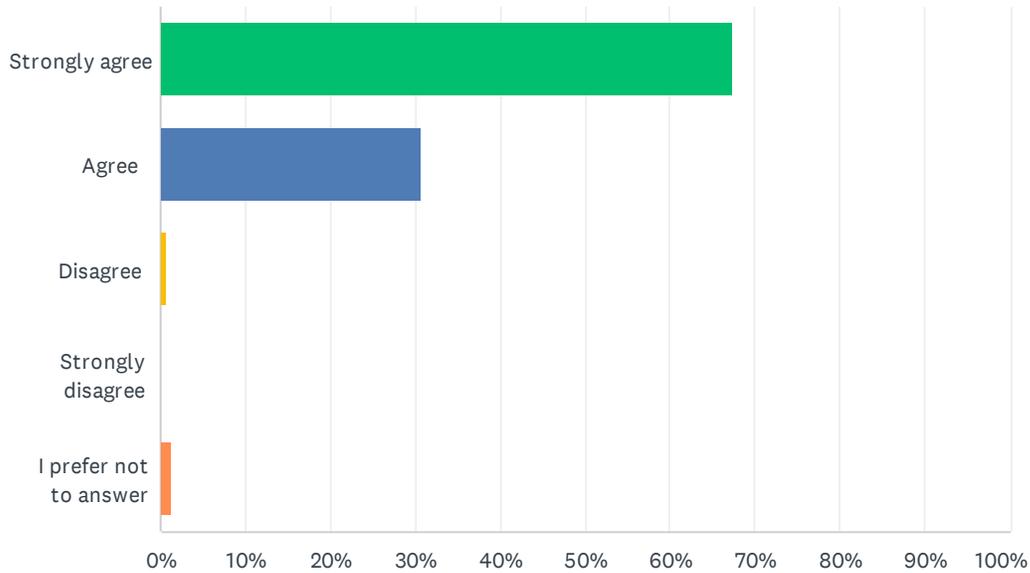
Answered: 156 Skipped: 23



ANSWER CHOICES	RESPONSES	
Strongly Agree	53.85%	84
Agree	40.38%	63
Disagree	4.49%	7
Strongly Disagree	0.00%	0
I prefer not to answer	1.28%	2
TOTAL		156

Q30 Overall, I feel this peer support agency has improved my quality of life.

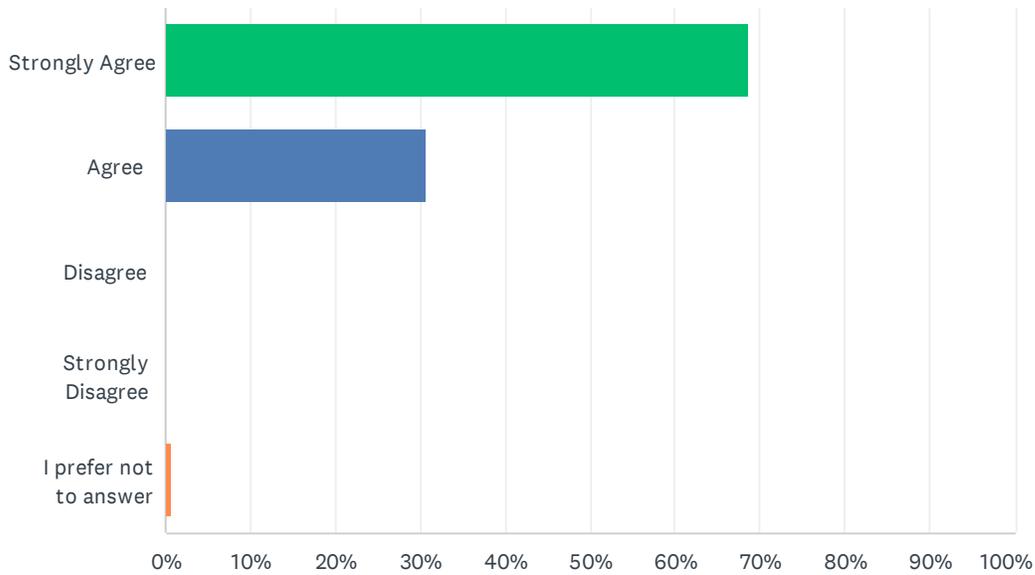
Answered: 156 Skipped: 23



ANSWER CHOICES	RESPONSES	
Strongly agree	67.31%	105
Agree	30.77%	48
Disagree	0.64%	1
Strongly disagree	0.00%	0
I prefer not to answer	1.28%	2
TOTAL		156

Q31 Overall, I am satisfied with this peer support agency.

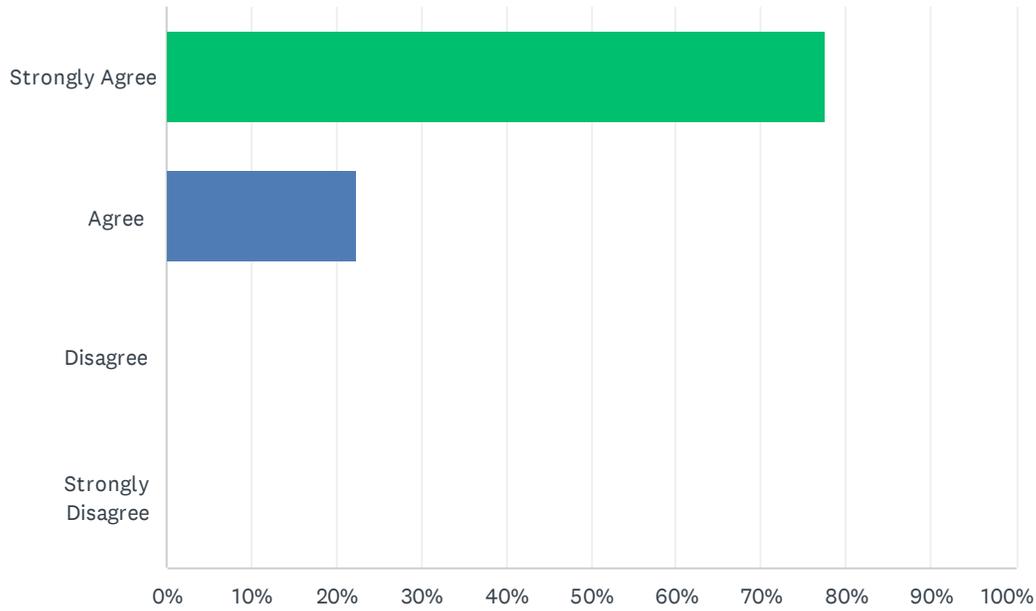
Answered: 156 Skipped: 23



ANSWER CHOICES	RESPONSES	
Strongly Agree	68.59%	107
Agree	30.77%	48
Disagree	0.00%	0
Strongly Disagree	0.00%	0
I prefer not to answer	0.64%	1
TOTAL		156

Q32 I would recommend Peer Support Agencies to others dealing with mental health challenges.

Answered: 156 Skipped: 23



ANSWER CHOICES	RESPONSES	
Strongly Agree	77.56%	121
Agree	22.44%	35
Disagree	0.00%	0
Strongly Disagree	0.00%	0
TOTAL		156

Q33 If you have other comments or suggestions regarding your peer support agency feel free to include them here: (Optional)

Answered: 51 Skipped: 128

#	RESPONSES	DATE
1	Thank you for being you :)	10/16/2023 2:17 PM
2	Thank all, y'all!	10/2/2023 1:19 PM
3	I feel we are not motivated too much about homeless issues. It would b helpful to help members in making calls for appointments or the poster literature and education knowledge that might help someone to be helpful	9/25/2023 1:17 PM
4	supportive, compassionate, understanding, and funny	9/21/2023 1:42 PM
5	Thank you	9/21/2023 8:08 AM
6	i have tried other programs that i checke d off. GODS honest truth, NA(im not even a addict but more of a enabler) community connections and safe harbor saturday groups have helped me. I have been waiting since may to hear back from DHHS for medicare and i get nothing but stigmatized and will give up on them and pay my medicare premium as they have had me app;y now 3 times and fabricated information and blammed me. I have never expienced such hardshioip trying to seek help for myself. I am currently a s LICSW and LCSW---seeking help now for myself. I am so disappointed in the state of new Hampshire and the lack of genuine care other than the placed that actually helped me get here. The state hindered my progress to some extent in regards to state Medicare, other non profits who get more grant money than paces like this that actually helped me and werete realistic. The palces that promote with more funds are a joke to me now, they will use for their own personal gain and not what it is intended for. Connections is actually a beneficial place that helped me survive.	9/20/2023 2:28 PM
7	Without PSA I am sure my recovery and my quality of daily living would decline dramatically	9/20/2023 1:45 PM
8	The center has helped me come along way in all aspects of my life.	9/20/2023 1:15 PM
9	We are here for you for support. Please use us. I have been here for 12years and have flourished in the supportand friendships made. 12 yearsof employment have brought me hope and meaning and purpose to my life.	9/14/2023 6:36 PM
10	hearts has helped me alot	9/13/2023 2:09 PM
11	i think everyone is great here.	9/13/2023 1:23 PM
12	Peer Support allows me to be who I am and not someone that I have to pretend to be.	9/8/2023 11:31 AM
13	We need a new pool table. Having fun things to occupy ones time is not frivolous but rather a necessity.	9/8/2023 10:37 AM
14	I wish west central transitional housing would be constructive instead of noisy and invasive. 78 Mechanic st Lebanon NH Apt D	9/6/2023 8:40 AM
15	I am grateful places like this exist, and that I found it. I enjoy coming and appreciate the support.	8/31/2023 2:20 PM
16	Peer support has helped me considerably; knowing that I am not the only person having similar problems to mine.	8/29/2023 11:04 AM
17	Stepping Stone has changed my life with relationships, self awareness-I can do it, esteem-strength. They are the reason I don't take meds. I am very appreciative of that. Thank you Stepping Stone-Members and close friendships that I cherish greatly.	8/23/2023 10:44 AM
18	Hire more staff they're worked to the bone	8/23/2023 10:13 AM
19	I appreciate that I can come to Stepping Stone. I feel welcome here.	8/22/2023 11:56 AM

20	It is a "WE" effort...not solo.	8/21/2023 9:46 AM
21	Peer Support works if you are willing to work hard and look at yourself. it is a forever project!!	8/18/2023 8:07 AM
22	I would feel lost without the support of this peer support center	8/17/2023 3:09 PM
23	i loved working here and being a part of community for 20 years. My interpersonal relationships are important to me. I have made many friendships over the years. I learned alot of material and tried to apply it to my life. With some success and some failure. They both made me stronger, and the failing made me realize that I love myself. Choose better things in my life because now I've got goals and know I deserve better opportunities.	8/17/2023 1:45 PM
24	team work	8/17/2023 1:03 PM
25	Good at everything especially problem solving I like the staff to talk to	8/17/2023 12:50 PM
26	place flyers out, word of mouth. Have a table at outings with information.	8/17/2023 12:40 PM
27	SS is a great place to come. Staff are very heart warming. I feel like it is my extended family. If it wasn't for this place, I would probably be in Concord Hospital.	8/17/2023 12:25 PM
28	I am so glad to have them in my community! We have needed something like this for a long time. I now have something to look forward to!! It has greatly improved my life	8/16/2023 6:41 PM
29	I love that there's transportation for people that can't drive! I love the supportive team especially when I feel alone I still feel there's hope when I'm there	8/16/2023 9:00 AM
30	Shout out to One Peer in Laconia!!!	8/15/2023 8:25 PM
31	THANK YOU!!!	8/15/2023 1:01 PM
32	I just want to say thank you to Mallory, Jan, Renee and Mike for all that they did for us and especially me. They have really been there to support me through a tough time in my life and when I needed the support the most. It's really difficult when you feel really alone, and you have no one you can talk to and then you walk into this building with all of these people that just want to help. It meant to much to me and I felt so accepted and cared for. There were so many times that I walked in with a new bruise or a scratch and everyone just knew but didn't ask. You just gave me a hug and asked what you could do. Words can't describe how thankful I am to you all. You all mean so much to me and I just want to say thank you to each and every one of you. I appreciate it all so very much.	8/14/2023 3:22 PM
33	Thank you to SEC supported employment clinician> Working part - time is important to my recovery and treatment.	8/11/2023 12:38 PM
34	I am very appreciative of peer support groupdealing with what and where I am currently challenged with in the present. Also their care in helping all peers in there present state	8/9/2023 3:18 PM
35	Meals, more physical wellness groups, evening hours, weekend hours	8/8/2023 12:18 PM
36	Meals, more trips	8/8/2023 12:14 PM
37	meals, more outings, more time in nature	8/8/2023 12:10 PM
38	love Manchester location	8/8/2023 12:07 PM
39	Longer Warmline	8/8/2023 11:56 AM
40	The peers and peer staff are very welcoming and Connections feels like home.	8/8/2023 11:29 AM
41	I believe what I say is important and beneficial to others.	8/8/2023 11:21 AM
42	Thank you so much to all of the amazing staff at One Peer to Another in Laconia. They are great. They are professional, kind, caring, non-judgmental, they truly listen to their members. And they have changed my life for the better in such a positive way.	8/7/2023 6:29 PM
43	The Peer Support Specialists at One Peer Laconia NH are incredible and an positive, important part of the community	8/7/2023 6:09 PM
44	I appreciate that they go past the large service agency idea of proprietary ideas, and they share the wealth of knowledge freely, with a focus on helping people help themselves and each other. I regularly refer the clients I serve as a wrap around service, and always have someone to call for myself with people who get it. Even professionals need other professionals	8/7/2023 5:15 PM

sometimes, because I am not perfect. My clients have no idea I reach out to the agency the same way they do for advice, and I can talk about my demons freely and without judgement.

45	No just wanted to tell you all that you helped me a lot "Thank you"	8/7/2023 10:20 AM
46	This is a very important agency in the lives of others or someone needing help, listened to, to be supported, to share without feeling judged. Most importantly everything is kept on a confidential level! Agency can be trusted! in others sharing with each other who support each other & don't go beyond the confidential sharing of ones life's up & downs!	8/7/2023 10:17 AM
47	Staff is awesome	8/4/2023 2:14 PM
48	I'd like to see PSAs in schools just like guidance counselor.	8/3/2023 12:48 PM
49	On the road to wellness is a necessary element in today's society.	8/3/2023 9:06 AM
50	Thank you for funding our Peer Support Centers. We need more Respite & SUSD Programs in this great State.	8/2/2023 12:38 PM
51	I hope the incoming Executive Director will value the input of members and board members.	8/2/2023 12:30 PM