

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 participate in our meetings on the third Tuesday of each month from 10 AM to 12 PM. **To learn more**, contact Chair Ken Lewis, www.nhmhpa.org, info@nhmhp.org or (603) 809-7884.

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. Typically, we have a Conversation of interest to members. See the **Calendar** tab at nhmhp.org.

Workgroups

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

Passcode: 957624. Contact Chair Ken Lewis at info@nhmhp.org or (603) 809-7884.

NHMHPA Workgroup

Gathers monthly to monitor progress of the other workgroups.

Lead Person: Ken Lewis

Meets: 1st Tuesday of every month at 1 PM

Peers Connecting with Peers

Aimed at peers working, volunteering and experiencing in various environments. This is a safe space where helpful information, norms and co-reflections can be shared.

Lead Person: Varies

Meets: 2nd Tuesday at 10 AM

Legislative Workgroup

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: 2nd Wednesday of every month at 10:30 AM

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

Name

Email Address

Zip Code

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
P.O. Box 1564
Nashua, NH 03061-1564



NH Support Warm Lines

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

Connections Peer Support Center,
Portsmouth, NH: Every Day: 5 PM to 10
PM, 603-427-6966 or 1-800-809-6262

H.E.A.R.T.S., Nashua, NH: Every Day: 5
PM to 10 PM, 1-800-306-4334

Monadnock Peer Support, Keene, NH:
Every Day: 5 PM to 10 PM, 1-866-352-5093

North Country Peer Support, Conway,
NH: Every Day: 6 PM to 9 PM, 1-866-447-
1765

On the Road to Wellness, Manchester,
NH: Every Day: 5 PM to 10 PM, 1-800-306-
4334 or 1-800-809-6262

One Peer To Another, Laconia, NH:
Every Day: 5 PM to 10 PM, 1-800-306-4334

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

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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).

NH Mental Health Peer Alliance



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10 AM—12 PM
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.

Chair: Ken Lewis
www.nhmhpa.org
info@nhmhpa.org
Phone: (603) 809-7884
FAX: (603) 882-8700

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