



NEWSLETTER- January 2023

# Infinity Peer Support

## Codependency

Can helping be harmful? The short answer is yes, and when it happens in a relationship it's known as codependency. Codependency is a type of dysfunctional bond often seen between a person with a substance use disorder and a spouse or family member.

## What Is Codependency?

Codependency is a term addiction treatment and mental health professionals may use to describe a partner or family member who is overly involved in a loved one's affairs or who is too willing to bend to a person's demands. When addiction is involved, a codependent person may be referred to as an "enabler." Although often well-meaning, this behavior pattern can unintentionally enable a person's substance abuse.

According to the Substance Abuse and Mental Health Services Administration, some of the common behavior patterns in a codependent relationship include:<sup>1</sup>

- Thinking another person isn't capable of taking care of themselves and attempting to control most of their life and decision-making
- Low self-esteem and denying their own feelings to avoid making the other person angry or annoyed
- Oversensitivity and willingness to do almost anything to avoid fights, arguments or other problems in daily life, even if these conflicts are a "normal" part of life

A codependent person may ignore signs of a loved one's substance abuse or avoid talking to them about the problem because they're afraid of upsetting them. They may be too afraid they will be rejected to discuss what's going on. When this happens in a relationship with someone who has a substance use disorder, this behavior may prevent the loved one from getting the help they need.

## Effects of Codependency

A codependent person often suffers from low self-esteem and may have experienced some form of physical, mental or sexual abuse in the past. Codependency can be an addiction itself. A person can experience severe and sometimes long-lasting effects from codependency. These include:<sup>2</sup>

- Depression
- Medical side effects, such as ulcers, high blood pressure and headaches
- Social anxiety
- Decreased likelihood that they'll seek medical attention when they need it

## Help for Codependency

If a person finds themselves engaging in codependent behaviors, they should acknowledge the negative impact that this has on their loved one. Professional help is available to dig into why and how the relationship has become codependent. Therapy can help a codependent person to identify these patterns and learn new, healthier ways of interacting with their loved one.

Sometimes a codependent person has spent so long in denial of their loved one's substance abuse that it takes time to identify how the addiction has affected them personally. However, with time and continued therapy, a person can begin to recognize how to better treat themselves and care for their own health and well-being.

If you think you may be engaged in a codependent relationship, contact a professional for help. Therapy works, and it can benefit you and your loved ones.

Strive to be healthy and happy,

Carole Otash

Director of Operations

## New Year's Hope

Feeling full of success

Feeling life with no stress

Leaping through the year

With all my dreams that are near

Striving through my course on

With no one will laugh upon

Having my destination all so clear

Going on with not so much fear

Having what I do not need

Replanting my life with a little seed

Almost there and won't look back

Everything I have managed I did not lack

By Erica Byrne

# Intentional Peer Support: A Focused Approach

Focus on the **relationship** rather than on the individual;

Focus on **learning together** rather than on helping; and

Focus on **hope & possibility** rather than on fear.

1. Make **connections** by sharing common, personal experiences;
2. Respect **worldviews** by listening with curiosity to the untold story;
3. Share **mutual responsibility** by negotiating the relationship in ways that work for both people; and
4. Practice **moving towards** by focusing on what is possible rather than what is wrong.



Based on Intentional Peer Support by Shery Meade, © 2019.



# January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Question of the day <b>10:15 Yoga</b> 11:15 Atlas of the Heart 1:00 Trauma Survivors	3 Question of the day 10:15 Journaling 10:30 Calming Coloring 12:30 <b>Reiki with Renee</b> <b>7:00 NA Meeting</b>	4 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 WRAP	5 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Healthy Meals on a Budget <b>6:30 NA Meeting</b>	6 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
9 Question of the day <b>10:15 Yoga</b> 11:15 Atlas of the Heart 1:00 Trauma Survivors	10 Question of the day 10:15 Journaling 10:30 Calming Coloring 12:30 <b>Reiki with Renee</b> <b>7:00 NA Meeting</b>	11 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 WRAP	12 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Writing Your Story <b>6:30 NA Meeting</b>	13 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Fun and Games
16 Question of the day <b>10:15 Yoga</b> 11:15 Atlas of the Heart 1:00 Trauma Survivors	17 Question of the day 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Calming Coloring <b>12:30 Reiki with Renee</b> <b>7:00 NA Meeting</b>	18 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group <b>12:30 Community Meeting</b>	19 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Healthy Meals on a Budget <b>6:30 NA Meeting</b>	20 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
23 Question of the day <b>10:15 Yoga</b> 11:15 Atlas of the Heart 1:00 Trauma Survivors	24 Question of the day 10:15 Journaling 10:30 Calming Coloring <b>12:30 Reiki with Renee</b> <b>7:00 NA Meeting</b>	25 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 WRAP <b>5:00 Board Meeting via Zoom (Members Welcome!)</b>	26 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Making a Healthy Meal <b>6:30 NA Meeting</b>	27 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Fun and Games
30 Question of the day <b>10:15 Yoga</b> 11:15 Atlas of the Heart 1:00 Trauma Survivors	31 Question of the day 10:15 Journaling 10:30 Calming Coloring <b>12:30 Reiki with Renee</b> <b>7:00 NA Meeting</b>			

Calendar Subject to Change

## Infinity Peer Support

### Location and Contact

55 Summer Street, Rochester, NH 03867 • **Phone:** 603-948-1036 or 603-948-1048

[info@infinitypeersupport.org](mailto:info@infinitypeersupport.org)

[www.infinitypeersupport.org](http://www.infinitypeersupport.org)

**Limited Transportation in May and June:** Call 603-948-1036

**Business Hours:** Monday—Friday (In-Person) 8 AM—5 PM, Tuesday, 8-4

Providing a non-medical approach to mental health wellness and recovery for adults 18 years of age and older who reside in Strafford County.

**All services are free-of-charge.**

**To receive our calendar and newsletter,** call (603) 948-1036 or email us at [info@infinitypeersupport.org](mailto:info@infinitypeersupport.org) Visit our website at [www.infinitypeersupport.org](http://www.infinitypeersupport.org) for more information.

### Infinity Peer Support Mission Statement

Mission Statement: Our members are dedicated to building a community with an alternative, peer-oriented approach to mental health wellness and recovery.

### Warmlines

Warmlines are located all over the State of NH. These telephone lines are staffed by peers and provide support to people who are struggling to cope. **You do not have to be in a crisis to contact warmlines.**

**To be on a Warmlines Outreach Call List,** call Infinity Peer Support at 603-948-1036.

**Alternative Life Center,** Conway, NH: 1-866-447-1765, Every Day: 5 PM—9 PM

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

**CornerBridge,** Laconia, NH: 1-800-306-4334, Every Day: 5 PM—10 PM

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

**Stepping Stone,** Claremont, NH: 1-888-582-0920, Sun., Mon., Wed: 4 PM—9 PM, Tues., Thurs., Fri., Sat.: 4 PM—8 PM

### Helpful Phone Numbers

Suicide Prevention Lifeline: 1-800-273-TALK

Bipolar Support Group: (603) 431-6703 x 3167 (Diane Cyr)

Sexual Assault Hotline: 1-800-277-5570

Domestic Violence Hotline: 1-866-644-3574

### Peer Respite

Due to COVID-19, some peer respites are operating at reduced capacity or are shut down.

**H.E.A.R.T.S. Peer Support Center,** Nashua, NH: (603) 864-8769 or (603) 882-8400

**Monadnock Peer Support,** Keene, NH: (603) 352-5093 or (866) 352-5093

**Stepping Stone,** Claremont, NH: (603) 543-1388 or (888) 582-0920

## **Vaccine Update**

Visit [vaccines.nh.gov](http://vaccines.nh.gov) for more information about vaccines: qualification and registration. You have to register before you can be scheduled for a vaccination date and time. If you do not have a medical provider, call 2-1-1 for more information.

## **Rochester Fixed Vaccination Site: No Appointment Needed. Walk-Ins Welcome.**

Spaulding Commons, 306 North Main Street, Rochester, NH 03867. Open Monday through Friday 10 am to 7 pm and Saturdays 9 am to 2 pm.

## **COVID-19 Testing**

If you would like to be tested for COVID-19, call your medical provider, call Convenient MD at 1-822-263-0131, register at [https://prd.blogs.nh.gov/dos/hsem/?/page\\_id=8479](https://prd.blogs.nh.gov/dos/hsem/?/page_id=8479) or call 603-271-5980.

**Community Action Partnership of Strafford County** – 603-435-2500 – Help with food, shelter, jobs, healthcare, fuel & electrical assistance.

**Information Referral – Call 2-1-1** or 866-444-4211 – 24 hours per day.

**NH Legal Aid** – The Centers for Disease Control extended the eviction ban until January 31, 2021. Visit [nhlegalaid.org](http://nhlegalaid.org) or call 800-639-5290 for more information.

**Seacoast Street Outreach (ages 12 to 22)** – 603-851-1320 or 603-716-6083

**Shelter Referral via Coordinated Access** – 603-435-2448

Call first and they will attempt to locate shelter in the area. May need to leave number and wait for call back.

## **Additional Services**

Bureau of Elderly & Adult Services: If you suspect an elder or adult needs help, call 1-800-949-0470 or 603-271-7014.

**Peer Substance Use Disorder Support:** SOS Recovery Community, located at 4 Broadway in Dover, 603-841-2350, ext. 2 and are located at 14 Signal Street in Rochester, 603-841-2350, ext. 1.

## **Hand Up Syringe Exchange Service**

- Mondays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.
- Tuesdays, 5 to 6 pm, St. Thomas Church, Dover, NH.
- Wednesdays, 6 to 7 pm, Elm Street, Somersworth, NH.
- Fridays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.

## **Transportation**

COAST Bus (New Schedule): (603) 743-5777. If you need bus tickets for wellness appointments or court obligations, visit Infinity Peer Support.