



NEWSLETTER- September 2022

# Infinity Peer Support

#END  
OVERDOSE

In 2010, Strafford County held its first Opioid Summit. We had police, medical and school personnel listen to keynote speakers. The most compelling presentation was from the former NH Medical Examiner trying to ring the bell about opioid overdoses and deaths. At the time the common opioid used was methadone. As we progressed through the years, Strafford County almost always had the highest per capita overdoses in the state, adjusted for population. I remember looking at the data from 2007 on the screen broken out by age. It was the first time I saw my mom on a table that illustrated overdose deaths. It was a surreal moment; a mother addicted to opioids and a daughter fighting as hard as she could to prevent one more overdose or death from opioids.

On Wednesday, August 31<sup>st</sup> **International Overdose Awareness Day** is used as a way to acknowledge the importance in preventing overdoses. Thankfully, many of our members who have a co-occurring condition; such as a mental health condition and a substance use disorder have access to Narcan and NH Harm Reduction Coalitions' kits at Infinity Peer Support. Since my time at Infinity Peer Support, we have lost a few of our members due to overdose. Many would wonder why a Peer Support Agency (PSA) such as Infinity needs to even have access to Narcan and Harm Reduction kits. The simple answer is because we want our members to stay alive. We have a philosophy at Infinity Peer Support. Many members come to us under the influence of a drug(s) and we feel that as long as they are not triggering other members, they can stay at Infinity. These members need one on one's with staff to navigate medical, housing and other resources (hint-see Sharon's article of resources). Most of our unsheltered members have had all of their belongings stolen, including important documents such as social security cards, ID's and phones. We are able to give individuals tents, sleeping bags and gift cards thanks to funding from *Community Action Partnership of Strafford County*. While we do not condone substance use we understand that we may be one of their only resources. No one should need to view data of members we have lost in Strafford County.

In wellness, Melissa Silvey, Executive Director

[National Recovery Month](#) (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about strides made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and foster a greater understanding about mental and substance use disorders.

Moving forward, there will no longer be a new Recovery Month theme announced each year. Recovery Month has adopted the 2021 theme of **“Every Person. Every Family. Every Community.”** as its permanent tagline. The 2022 Recovery Month observance will work to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

[National Addiction Professionals Day](#) will be celebrated on September 20, 2022, as part of National Recovery Month. This day aims to celebrate the vital players of the health system and continuum of care: addiction professionals. The day was established by NAADAC to commemorate all the hard work that addiction professionals do on a daily basis.

[Faces & Voices of Recovery](#) has created a new [Recovery Month website](#) that will host all Recovery Month events and assets that make this celebration possible. Download [shareable graphics](#) and more on the [Recovery Month website](#). You can find and post upcoming events on the [Recovery Month website](#) as well.

Carole Otash, Program Coordinator

**Peer Facilitator Services from Sharon Reynolds**

As a peer facilitator, I facilitate groups and drive the van. I also connect people to different kinds of programs/services or documents:

<b>Programs/Services or Documents</b>	<b>Government Entities/Organizations</b>
Housing Bridge Subsidy Program Voucher	NH Department of Health & Human Services
Section 8 Voucher	Dover Housing Authority, Rochester Housing Authority, Somersworth Housing Authority, NH Housing Authority
Social Security Disability Insurance/Supplemental Security Income	Social Security Office
Birth Certificate	Cities/Towns
Social Security Card	Social Security Office
Driver's License/Non-Driver ID	NH Department of Motor Vehicles
Death Certificate	Cities/Towns
Marriage/Civil Union Certificate	
Divorce/Civil Union Dissolution	
Welfare	
Emergency Rental Assistance Voucher	Community Action Partnership of Strafford County
Shelter	Strafford County
Food Stamps	NH Department of Health & Human Services
Medicaid	
Cash Assistance	
Temporary Aid for Needy Families (TANF)	
Aid for the Permanently and Totally Disabled (APTD)	
Qualified Medicare Beneficiary (QMB)	
Specified Low-Income Medicare Beneficiary (SLMB)	



# SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Question of the day 9:30 Trip to Hampton Beach 9:45 Meditation 10:15 Women's Group 11:00 Fun and Games 1:00 Healthy meals on a Budget <b>6:30 NA Meeting</b>	2 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
5  <b>Closed Labor Day</b>	6 Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b>	7 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 Adverse Childhood Experiences	8 Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Bingo 1:00 Writing your Personal Story <b>6:30 NA Meeting</b>	9 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
12 Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors	13 Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b>	14 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 Adverse Childhood Experiences	15 Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Fun and Games 1:00 Healthy Meals on a Budget <b>6:30 NA Meeting</b>	16 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:30 Crafts
19 Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors	20 Question of the day 9:45 Meditation 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b>	21 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group <b>12:30 Community Meeting/Mobil Van Presentation</b>	22 Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Bingo 1:00 Soup or Salad Making <b>6:30 NA Meeting</b>	23 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
26 Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors	27 Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks <b>7:00 NA Meeting</b>	28 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 Adverse Childhood Experiences <b>5:00 Board Meeting via Zoom (Members Welcome!)</b>	29 Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Trivia 1:00 Writing your Personal Story <b>6:30 NA Meeting</b>	30 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:30 Crafts

Infinity Peer Support [info@infinitypeersupport.org](mailto:info@infinitypeersupport.org)

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

Phone: 603-948-1036

## 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.