



# On the Road to Wellness

An Adult **Education** and Mental Wellness Center

## Your Consumer Council

### NH Mental Health Consumer Council

#### MISSION STATEMENT

The mission of the NH Mental Health Consumer Council is to educate and advocate with consumers, clinicians and mental health administrators in pursuit of equal rights and a recovery-based mental health system, and to **empower consumers to participate and exercise leadership in regional and statewide forums**. Council meetings will be conducted in a safe environment that respects the needs and contributions of all participants.

Members are Encouraged to Attend

**Consumer Council Meets on the  
Third Tuesday of the Month  
105 Pleasant Street  
Concord**

*Transportation is Available · Sign-up at Each of the Peer Centers*



“Sometimes we don’t need advice, we just need someone to listen.”

## October 2018

#### Points of Interest

##### Consumer Council Meeting

Thursday, October 18th  
10:00 - 1:00  
Concord, NH  
*Transportation Sign Up  
At the Centers*

##### Board of Directors Meeting

Thursday  
October 18th  
6:00pm

Derry Peer Center

#### COMMUNITY MEETINGS

Derry  
*Wednesday, October 17th*  
11:30am

Manchester  
*Wednesday, October 31st*  
11:00am

#### MISSION STATEMENT

On the Road to Wellness is a  
Not-for-Profit  
Consumer-Driven  
Community of Peers  
Dedicated to Educate,  
Advocate, and  
Empower our Members  
to Manage and  
Maintain their  
Mental Health and Wellness



David J Blacksmith  
Executive Director

## What Drives Peer Support?

Being involved in many non-profits over the years, I have found that those who are "successful" ... in terms of their mission ... are those that are driven by their values. We do a lot of training and practice around the three principles and four tasks of Intentional Peer Support. Yet I find that the "glue" that holds those together tightly are the values in which we hold dear.

There are actually ten identifiable values that drive On the Road to Wellness and our sister Peer Support Agencies throughout the state. These values enhance members' efforts to establish, maintain and grow in their wellness. Those values are ...

- A Commitment to Recovery
- Accountability
- Understanding the Power of Language
- Direct, Honest, Respectful Communication
- Critical Learning / Consciousness Raising
- Worldview - Holding Multiple Truths
- Mutual Responsibility
- Shared Risk - Sitting with Your Discomfort
- Moving Toward vs Moving Away From
- Creating Community & Social Change

Intentional Peer Support (IPS) is the model of peer support we adhere to, and frankly, I love its descriptive title. The word "intentional" comes from the Latin word *intentus*, which means *the act of stretching out*. Being committed to recovery (value number one) carries with it an energy that strives for change (in the sense of trying things we haven't done before) and that is very intentional. Maintaining this value, at its core, is designed to *stretch us out* of the norm and try new things, attempt new ways of thinking, and support new ideas to ensure healthy growth in our overall wellness.

As we practice this, our members inspire hope for themselves and others through the stretching act of learning, as opposed to seeking help. We invite our readers to engage in IPS with us and discover the freedom and energy to truly recover. Come on by at any time.

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### ON THE ROAD TO WELLNESS

377 South Willow Street, B2-4 · Manchester, NH 03103  
Phone: (603) 623-4523 · Fax (603) 623-2873  
manchester@otrtw.org  
Hours of Operation: Mon-Fri 8:30-4:30; Sat 8:30-12:30

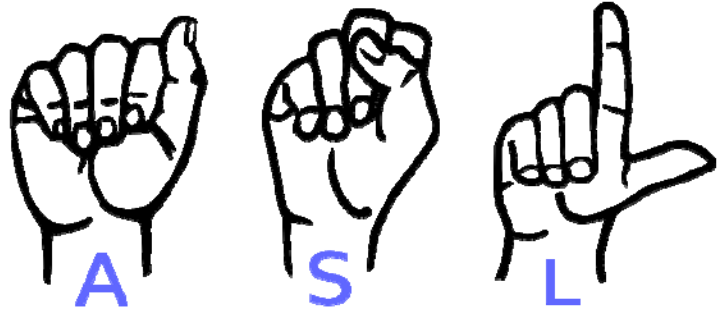
45 South Main Street · Derry, NH 03038  
Phone: (603) 552-3177 · Fax (603) 552-3179  
derry@otrtw.org  
Hours of Operation: Mon-Fri 8:30-4:30; Sat 8:30-12:30



A huge THANK YOU goes out to the folks from **Blackbaud**, who awarded On the Road to Wellness with a grant to secure training for our staff at both our Manchester and Derry sites to learn and provide American Sign Language services to its members and guests.

**Blackbaud** is the world's leading cloud software company powering social good. They were recently named to Fortune's Change the World List, which recognizes companies that have positive impact through activities that are part of their core business strategy.

On the Road to Wellness continues its efforts to develop culturally competent services for our communities. Thanks to the generosity of Blackbaud, OTRTW will soon be adequately equipped to provide peer-to-peer services for those with a hearing impairment.



## Manchester Members Adopt-a-Park



Members from our Manchester Peer Center have embraced the responsibility to regularly cleanup and maintain a local park ... **Precourt Park**, which is right by our new location off South Willow Street. Precourt Park is nicely situated along the banks of Nutts Pond and links to the South Manchester Trailway. Members gathered debris while enjoying the delightful surroundings of the park and trails. Giving back to the community is just one way to enhance an individual's sense of well-being. We are proud to take part in caring for our City.

### ON THE ROAD TO WELLNESS





Visit us on the Web: <http://www.otrtw.org>  
Member 10-Minute Phone Line  
Manchester (603) 623-0652 · Derry (603) 552-3178

Warm Line Services Available Nightly  
5:00pm - 10:00pm  
Manchester (800) 306-4334 · Derry (800) 809-6262



# MANCHESTER - OCTOBER








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>MORE THAN A LABEL 11:00AM</p> <p>PRINCIPLES OF IPS 12:30PM</p> <p>KEEPING SOBER 1:30PM</p>	<p>2</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>STRONG FEELINGS 11:00AM</p> <p>MUSIC APPRECIATION 12:30PM</p> <p>QUESTIONS OF WONDER 1:30PM</p>	<p>3</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>PRACTICING SELF CARE 11:00AM</p> <p>TOPICS IN WRAP 12:30PM</p> <p>TED TALKS 1:30PM</p>	<p>4</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>LAUGHING GROUP 11:00AM</p> <p>TASKS AND VALUES 12:30PM</p> <p>CREATIVE ARTS 1:30PM</p>	<p>5</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>STRESS MANAGEMENT &amp; RELAXATION 11:00AM</p> <p>EXERCISE /WALKING GROUP 12:30PM</p> <p>MEMBER DRIVEN GROUP 1:30PM</p>	<p>6</p> <p>WEEKEND RELIEF OPEN 8:30AM-12:30PM</p>
<p>7</p> <p>CLOSED</p>	<p>8</p> <p>CLOSED</p>  <p><i>Columbus Day</i></p>	<p>9 10</p> <p>We're Packing (Members Welcome)</p> 		<p>11 12 13</p> <p>CLOSED</p> <p>We are <i>moving!</i></p> 		
<p>14</p> <p>CLOSED</p>	<p>15</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>MORE THAN A LABEL 11:00AM</p> <p>PRINCIPLES OF IPS 12:30PM</p> <p>KEEPING SOBER 1:30PM</p>	<p>16</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>STRONG FEELINGS 11:00AM</p> <p>MUSIC APPRECIATION 12:30PM</p> <p>QUESTIONS OF WONDER 1:30PM</p>	<p>17</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>PRACTICING SELF CARE 11:00AM</p> <p>TOPICS IN WRAP 12:30PM</p> <p>TED TALKS 1:30PM</p>	<p>18</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>LAUGHING GROUP 11:00AM</p> <p>TASKS AND VALUES 12:30PM</p> <p>CREATIVE ARTS 1:30PM</p>	<p>19</p>  <p>FOR STAFF DEVELOPMENT HAVE A GREAT WEEKEND!</p>	<p>20</p> <p>WEEKEND RELIEF OPEN 8:30AM-12:30PM</p>
<p>21</p> <p>CLOSED</p>	<p>22</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>MORE THAN A LABEL 11:00AM</p> <p>PRINCIPLES OF IPS 12:30PM</p> <p>KEEPING SOBER 1:30PM</p>	<p>23</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>STRONG FEELINGS 11:00AM</p> <p>MUSIC APPRECIATION 12:30PM</p> <p>QUESTIONS OF WONDER 1:30PM</p>	<p>24</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p><b>COMMUNITY MEETING 11:00AM</b></p> <p>TOPICS IN WRAP 12:30PM</p> <p>TED TALKS 1:30PM</p>	<p>25</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>LAUGHING GROUP 11:00AM</p> <p>TASKS AND VALUES 12:30PM</p> <p>CREATIVE ARTS 1:30PM</p>	<p>26</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>STRESS MANAGEMENT &amp; RELAXATION 11:00AM</p> <p>EXERCISE /WALKING GROUP 12:30PM</p> <p>MEMBER DRIVEN GROUP 1:30PM</p>	<p>27</p> <p>WEEKEND RELIEF OPEN 8:30AM-12:30PM</p>
<p>28</p> <p>CLOSED</p>	<p>29</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>MORE THAN A LABEL 11:00AM</p> <p>PRINCIPLES OF IPS 12:30PM</p> <p>KEEPING SOBER 1:30PM</p>	<p>30</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:00AM</p> <p>STRONG FEELINGS 11:00AM</p> <p>MUSIC APPRECIATION 12:30PM</p> <p>QUESTIONS OF WONDER 1:30PM</p>	<p>31</p> 			



# DERRY - OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>LAUGHING GROUP 11:00AM</p> <p>PRINCIPLES OF IPS 11:45AM</p> <p>BOOKWORM GROUP 1:30PM</p>	<p>2</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>UNDERSTANDING AND MANAGING YOUR EMOTIONS 11:00AM</p> <p>CREATIVE ARTS 11:45AM</p> <p>MUSIC APPRECIATION 1:30PM</p>	<p>3</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>CONVERSATIONS OF HOPE 11:00AM</p> <p>TED TALKS 11:45AM</p> <p>JOURNALING 1:30PM</p>	<p>4</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>MEMBER DRIVEN GROUP 11:00AM</p> <p>RECOVERY TOPICS 11:45AM</p> <p>TASKS &amp; VALUES 1:30PM</p>	<p>5</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>STRESS MANAGEMENT &amp; RELAXATION 11:00AM</p> <p>SELF CARE 101 11:45AM</p> <p>MENS' AND WOMEN'S GROUP 1:30PM</p>	<p>6</p> <p>WEEKEND RELIEF</p>
<p>7</p> <p>CLOSED</p>	<p>8</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>LAUGHING GROUP 11:00AM</p> <p>PRINCIPLES OF IPS 11:45AM</p> <p>BOOKWORM GROUP 1:30PM</p>	<p>9</p> <p>CLOSED</p> 	<p>10</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>FALL FUN DAY BEGINS AT 11:00AM!</p> <p>JOIN US AS WE DECORATE THE CENTER, BAKE APPLE DESSERTS, AND CARVE PUMPKINS!</p> 	<p>11</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>MEMBER DRIVEN GROUP 11:00AM</p> <p>RECOVERY TOPICS 11:45AM</p> <p>TASKS &amp; VALUES 1:30PM</p>	<p>12</p> <p>CLOSED</p> 	<p>13</p> <p>WEEKEND RELIEF</p>
<p>14</p> <p>CLOSED</p>	<p>15</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>LAUGHING GROUP 11:00AM</p> <p>PRINCIPLES OF IPS 11:45AM</p> <p>BOOKWORM GROUP 1:30PM</p>	<p>16</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>UNDERSTANDING AND MANAGING YOUR EMOTIONS 11:00AM</p> <p>CREATIVE ARTS 11:45AM</p> <p>MUSIC APPRECIATION 1:30PM</p>	<p>17</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>COMMUNITY MEETING AND POTLUCK 11:30 AM</p> <p>JOURNALING 1:30PM</p>	<p>18</p> <p>DAILY CHECK-IN / MOVING TOWARDS 10:30AM</p> <p>MEMBER DRIVEN GROUP 11:00AM</p> <p>RECOVERY TOPICS 11:45AM</p> <p>TASKS &amp; VALUES 1:30PM</p>	<p>19</p>  <p>FOR STAFF DEVELOPMENT HAVE A GREAT WEEKEND!</p>	<p>20</p> <p>WEEKEND RELIEF</p>
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# Second Annual Breakfast - Another Success



We want to take this opportunity to thank our sponsors, friends, board members, staff, and our members for making our Second Annual Breakfast such a success. Thank you, **Maureen Beauregard**, for sharing your story and vision for our City. Thank you, **Kyle Winston**, our Chairman of the Board, for your leadership and sharing your heart and history. And **Kevin Rodwell** ... your testimony simply rocked-the-room.

Thank you, again, for your financial support, your influence, your referrals, and your hard work in making Intentional Peer Support a significant means toward mental health and wellness.

**Manchester Community Health Center**  
proudly supports On the Road to Wellness

Manchester Community Health Center • 603.626.9500 • www.mchc.nh.org  
Halls Street • Tarrytown • Child Health Services at MCHC • West Side Neighborhood Health Center

The Mental Health Center of Greater Manchester is proud to support **On the Road to Wellness**

Thank you for the work you do to improve the health and wellness of persons with mental illness.

**The Mental Health Center**  
of Greater Manchester  
www.mhcgm.org  
401 Cypress Street 2 Wall Street 1555 Elm Street

Where heart meets health.

Whether it's a routine checkup or treatment for an illness, CMC's Primary Care is dedicated to keeping you and your family well. Here for you when you need us.

**CMC**  
CATHOLIC MEDICAL CENTER  
Primary Care  
Access line: 603.314.4750  
a member of GraniteOne Health

Thank you On the Road To Wellness for peer-to-peer support that improves the lives of persons with mental illness.

**CLM** Center for Life Management  
CenterForLifeManagement.org

And for our Friends:

Kathleen Abate, Thom DeFelice, Peter Janelle, Tim & Joan Lafferty,  
Paul Mertzic, Amy Pratte, Rowley & Associates

**BRADY SULLIVAN**  
PROPERTIES

How can we help you with your recovery today?

Hope for Recovery provides venues for healthy, drug & alcohol free, socialization and supports for individuals and families through all stages of recovery. We offer more than 75 groups, meetings, classes, and trainings weekly.

293 Wilson Street, Manchester  
603.935.7524

Visit our website for hours & meeting lists:  
hopeforrecovery.org

# 9 week WRAP course

at On The Road to Wellness in Manchester,  
Co-facilitated by Shelby and Lee Ann.  
Every Wednesday starting October 24th  
-11:00am to 1:30pm -Sign-ups required -limited to 12 spots.  
-Sign-ups end October 17th  
Please call the center (603-623-4523)  
or stop by with any questions and/or to sign up.

## What is WRAP and why is it helpful?

"The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be."

In WRAP you will create a list of wellness tools, discover what you need to do to daily to become and stay well, identify triggers, create a crisis and post crisis plan and more.

"WRAP is for anyone, any time. It will support you in being the way you want to be and doing the things you want to do."

quotes taken directly from  
<http://mentalhealthrecovery.com/wrap-is/>

On the Road to Wellness  
373 South Willow Street  
PMB 316  
Manchester, NH 03103-5751

Non-Profit Organization  
U.S. Postage Paid  
Manchester, NH  
Permit No. 1217

## SPECIAL NOTICE - CONTINUED



As this newsletter is being written, published, and distributed, construction for our new Manchester Peer Center is at the edge of being complete. YES! Our move date is now **Thursday, October 11th.**

We want our members and readers to be aware that there WILL BE a disruption of services for several days as we pack, move, unpack, and setup our new space. We encourage members to come to the Center and help with the packing and prepping for the move. We've hired a moving company for the heavy lift, but it's our job to get everything ready to be moved.

We would advise our members to keep in touch with us. Call the Center continuously so you can plan your attendance to the Center accordingly. **THANKS!**