

ONE PEER TO ANOTHER

APRIL 2024

www.onepeer.org

*April Field Trip:
April 26th
NH Audubon Society
The Silk Farm
Wildlife Sanctuary
All day trip
10-2*



April 2024 Calendar Highlights

April 12th- Car Wash/Clean Out & BBQ Laconia & Concord offices

April 23rd- New Futures/Advocacy Training hosted at the Concord office (Laconia joins via Zoom) 1:30 - 3pm

April 26th- FIELD TRIP to the NH Audubon Society (sign up by 4/19)
(Easy trails to walk & bring a packed lunch, don't forget your sneakers!)

Addiction Recovery Groups: 5-6:30pm every Thursday night in Laconia & Every Tuesday night in Concord



*April Showers bring May
flowers.*

Wayne Hilliard

One Peer to Another Outreach Coordinator

Hi! My name is Wayne, I am the Outreach Coordinator and Peer Support Specialist here at One Peer to Another. I have 12 years of lived experience dealing with SUD and mental health issues. I've always been drawn to this line of work and wanted to be able to make a difference by using my own experiences. When I found out about One Peer to Another and saw what they had to offer our community, I knew I wanted to be involved. Since joining the team my greatest accomplishment has been developing and running an addiction recovery group every Thursday from 5 PM to 6:30PM. The group allows those struggling with SUD to come together to feel supported, improve social skills, and share their thoughts and feelings about addiction, and learn effective problem solving and coping strategies. To have this opportunity to not only see the growth of the members but also amongst myself has been life changing to say the least. I really look forward to meeting and building new connections with you all!



National Public Health Week – April 1-7, 2024

National Public Health Week is observed during the first week of April. That's seven days to champion the health of all Americans. It's a week created to recognize that everyone should lead healthier lives, no matter where they live, work, or come from.

Since its founding in 1955, the initiative has become an important movement to highlight issues that can improve the health and happiness of America. There are many ways to appreciate the health of all and to take care of ourselves. Whatever you do, remember to involve your friends, family, and the larger community. It's also a week when we campaign for health policies that are fair, inclusive, and accessible to all communities in the United States.

How to Observe National Public Health Week

- Start by browsing the A.P.H.A. website for more on the initiative
- Engage in Physical Activity within the community. Think of fun workout challenges, steps counting, or going for a run with someone
- Cook healthy food today! Make nutritious meals for yourself and the family this week.

*All information is from National Today

Warmline Support & Local Resources

New Hampshire Rapid Response Access Point 1-833-710-6477

This helpline is responsible for a centralized contact center for individuals experiencing a mental health and/or substance use crisis. The contact center consolidates and streamlines access to mental health and substance use disorder services when you need it most. This service is for the individual or family members.

One Peer to Another Warmline Warmline operates 5pm - 10pm 1-800-306-4334

Operates 7-days a week 365/year including holidays. The Warmline is to help keep people connected and supported during difficult times when the centers are closed. Our operators are paid peers and not professionals.

Resources 211

Provides help with Mental Health and Substance Misuse it is NH's first statewide, comprehensive, information and referral services. Thanks to a unique coalition of non-profit government, corporate and volunteer partners, New Hampshire residents need only dial 211 to be connected, at no cost, with trained information and Referral Specialists who can help provide them with the health and human service information they need to get help, give help, or discover options.

The Substance Abuse and Mental Health Services Administration (SAMHSA) 988

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. This service is for individuals and families needing help. You can call or text 988.

CONTACT INFORMATION:

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One Peer to Another, Franklin Outreach

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One Peer to Another, Pemi Valley

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WARMLINE: (800) 306-4334, 5-10 pm, 7 days per week