



OUR MISSION

Providing mental health support for individuals seeking wellness through a mutually supportive peer community.



OUR DESIRED IMPACT

Mental health differences are universally accepted and understood and the communities where we work collaborate to reduce stigma, with the result that no one feels alone, ashamed or judged for their mental health struggles



- We believe in the inherent value of each individual
- We are honest and show a consistent and uncompromising adherence to ethical principals
- We believe in the ability to identify and understand other people's emotions
- We believe in journeying together
- We believe that we are each accountable for our actions

Letter from the Site Director

Dear Friends,

This was a great year for Monadnock Peer Support (MPS)! Thanks to the generosity of our members, supporters, donors, volunteers, staff and Board of Directors, we have been addressing the unmet needs of those in need in the Monadnock Region.

Your partnership is what makes the life-changing work of MPS possible. Without you, we would not be able to provide hope and support to those in our community that suffer with mental health setbacks. At its core, a peer support community is a space where individuals with shared experiences come together to offer mutual support and understanding.

Unlike traditional support groups, which may be led by professionals, peer support emphasizes the value of lived experience. By coming together, we can create an atmosphere of mutual support that uplifts each individual, fostering healing and growth.

Your generosity ensures that MPS can be there for our community day after day. We are serious about our responsibility to steward your gifts with care. 97 cents of every donated dollar is spent directly on people-centered programs right here in our community, such as our local trips, events, educational opportunities, and residential programs.

Thank you for helping MPS shine a light on the mental health crisis and breaking the stigma around it by showing your support. One day together, we will achieve our vision of a world where mental health differences are accepted and understood. A world where the communities where we work collaborate to reduce stigma, and a place where no one feels alone, ashamed or judged for their mental health struggles.

With gratitude,

Karen Richi

Site Director



MPS Board Roster FY24



Tara Abbott
Board Chair



Eli Rivera
Vice Chair



Kevin Tighe
Secretary



Chris Minkler
At-Large



Gretchen Wittenborg
At-Large



Mandy White
At-Large



Eleni Peterson
At-Large



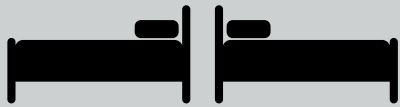
Devan Blake
At-Large



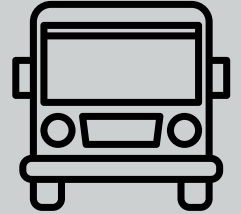
Jennifer Friedman
At-Large

Programming by the Numbers

Total Respite Guests: 73
Total SUSD Guests: 38



About 10,000 miles
driven in the van
and Explorer



Groups:

1. Women's Group
2. Beyond Depression/Bipolar
3. Healthy Eating
4. Gaming Group
5. Anxiety/Depression

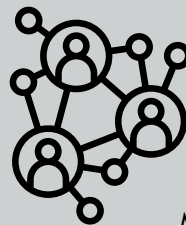
Average Amount
of Daily Visitors

28

75

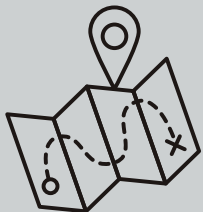
But we have
seen as many
as this!

MPS served in the
community by participating
in the Community Kitchen's
Summer lunch program,
helping bag lunches with
Love Thy Neighbor and
participated in Earth Day
cleanup!



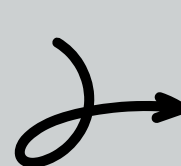
We performed outreach at:

Keene Public Library, Keene Family
YMCA, Ashuelot Park, Mental Health
Fair, Earth Day Festival, Cheshire
Medical Center, Monadnock Food Co-
Op, Keene Pumpkin Festival, Keene
Pride Festival, , and more!



16 trip
destinations

Average
Group
Size



6-8

What did we accomplish in FY24?



We launched two new support groups:



Veteran's Group



Autism Group

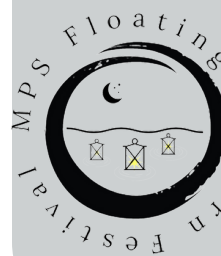
All our staff was trained in **CPR, AED and First Aid**



In June, we held a Board Training Workshop



We hosted the our 2nd annual **Floating Lanterns Festival**



- \$11,714.47 Raised
- 500 people attended
- 200 lanterns launched

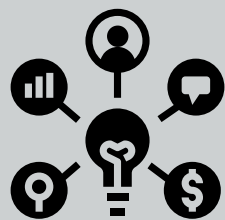
We launched a fundraiser at Keene Pumpkin Festival raising \$942!



We drafted and launched a new Employee Handbook



Thank you to Samantha and Armando!



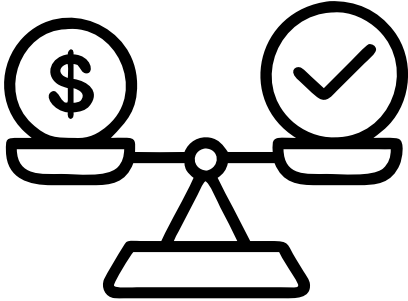
We drafted and launched a FY25 Strategic Plan

All our staff was **WRAP** trained in March



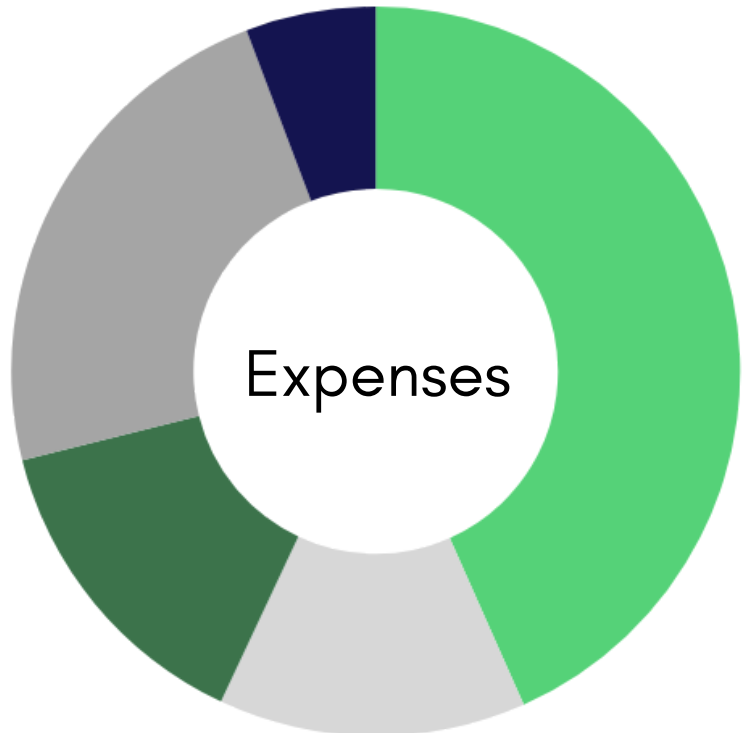
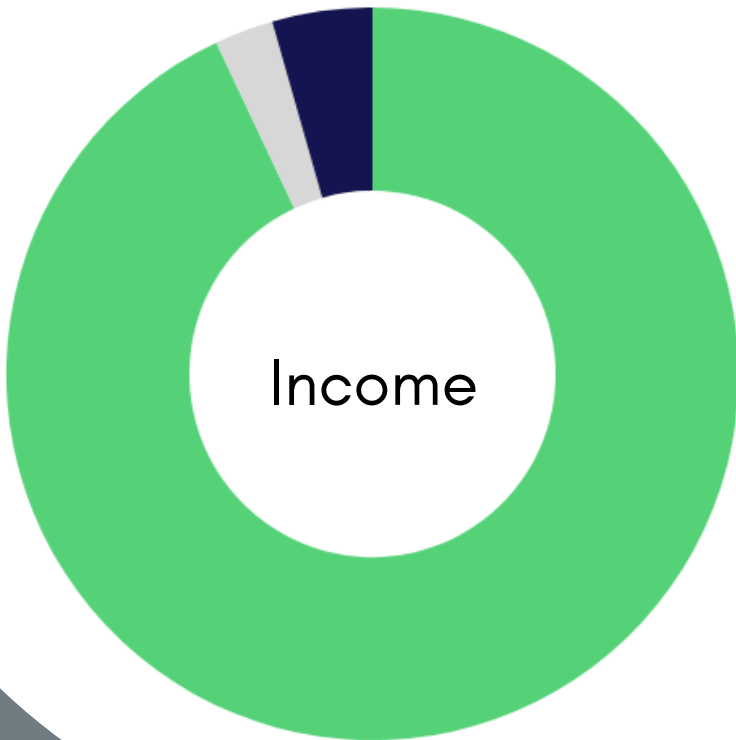
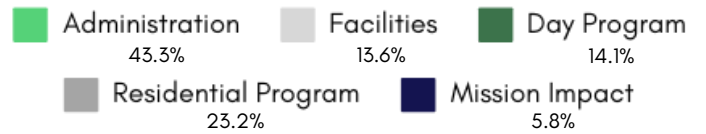
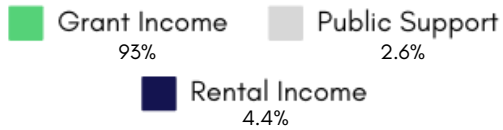
We are looking forward to 2025!

FY24 Fiscal Report



The Numbers At-A-Glance

<i>Revenue</i>	\$1,169,143
<i>- Expenses</i>	\$1,078,563
<hr/>	
<i>Net</i>	+\$90,580



How has MPS impacted the lives of our members?

MPS was a turning point for me, because when I found it, I had just lost my career and it gave me the tools to get my life back. Peer support skills have helped me ever since. Now that I am back as an employee, I am able to put the skills I've learned to use every day to help other people.

-- Frank White



I really love this place. They really do give good support to everyone no matter what. They are always there for you if you need to talk, just say hi, etc... All the staff there are like family to me. I have a rhyming nick name for them all. Each and every group they run really does help me learn new things.

-- Felicia Chase

In 2020, when Covid hit and the world shut down, I lost all my social outputs. When MPS reopened in the Summer of 2020, I began attending and slowly started participating more. Since then, I have been attending more groups and learning how peer to peer support helps people feel connected and feel better. I'm hoping to work here some day, because I want to help people. I think I can help others like me by making them feel they have someone to listen to them and support them.

--Julie Shonbeck



How can you be a bigger part of our community?



Make a financial contribution to our agency online, or with cash or check



Attend a group, get and give support to and from other community members



Follow us on social media, subscribe to our monthly newsletter and stay up to date on MPS news and events



Give us a call to answer any questions you may have about what we offer or call our warmline 4PM to 9PM 7 days a week!



Be a speaker at our community meetings and share your knowledge and resources with the community



Spread the word about us! Please share our info with anyone you think could use our support and services.



IN LOVING 
Memory

Ryan (Leon) Brown

December 15, 1993 - April 11, 2024