

## Mental Wellness Starts With Friendship



### **One hour per week. Making friends. Changing lives.**

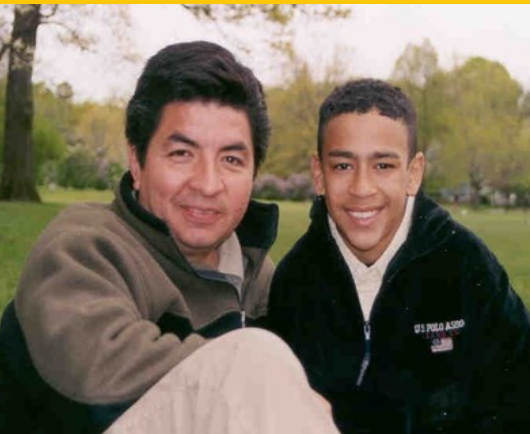
Friendship is about being there for someone. But for people with mental illness, too often there is no one to turn to when they need a friend. That's where Compeer steps in.

A pioneer in mental-health advocacy, Compeer Inc. is a non-profit organization with more than 50 locations that match community volunteers in relationships with children and adults in mental-health care or with emotional challenges. Our affiliates' volunteer-based programs and services—which serve as a complement to therapy—empower people to become more socially integrated and to combat the effects of mental illness, from loneliness to isolation and low self-worth.

Because we don't charge for services, our locations depend upon the generous support of corporate and community partners, government agencies and individual contributors for funding.

These funding sources—and our volunteers—have helped Compeer make friends and change lives for more than 45 years.





### **Volunteers, our Lifeblood.**

Compeer's programs are volunteer based. Volunteer mentors are screened, fully trained, and receive ongoing support and supervision from Compeer staff. Each year, some 3,000 volunteers provide friendship to nearly 5,000 children and adults worldwide.



### **Tangible Results.**

Compeer's programs have been nationally recognized for achieving measurable results.

Volunteer friendships help build the self-esteem and independence of children and adults in mental health care.

Compeer programs save healthcare dollars by reducing hospitalization.

All those involved in our programs — those served, volunteers and therapists — give the agency outstanding marks for effectiveness, ranging from 88% to 100% satisfaction.

The National Institute of Mental Health chose Compeer as a model program in 1982 and funded the development of similar programs throughout the nation.

A task force of the American Psychological Association named Compeer a best practices model for recovery in 2005 and again in 2007.

Compeer is included in SAMHSA's National Registry of Evidence-based Programs and Practices.

### **Personal Connections. Global Reach.**

Founded in Rochester, N.Y. in 1973, Compeer is now headquartered in Buffalo, N.Y., with more than 50 affiliate locations in the U.S., Canada, Australia, and the United Kingdom.

Program services vary by location, but the Compeer's core service remains the one-to-one adult supportive relationship, where a volunteer is matched with an individual receiving mental-health treatment — who is referred to Compeer by a mental-health professional. We also provide Phone Buddy services, where the participant and volunteer can talk on the phone or Facetime with one another.

Volunteers spend time with their match, doing things they already enjoy — from taking walks and watching movies, to attending sporting and cultural events. There is a one year commitment for the volunteer, along with four contact hours per month with their matched Compeer friend.

Other programs include one-to-one mentoring, skill-building events, such as cooking or money management; civic activities; and group outings.