



**Center for Family Life and Recovery, Inc. Mission Statement:** To improve the emotional health of the community by providing help and hope through prevention, counseling and recovery.

**Center for Family Life and Recovery, Inc. Vision Statement:** Create a community mindset where people embrace sustained recovery from mental and substance use disorders.

### **What is Compeer?**

The Compeer Program recruits, screens, trains and matches community volunteers as mentors and supportive friends to at-risk youth, and adults receiving mental health treatment.

### **Compeer Youth Programs Include:**

- Lunch Buddies (Martin Luther King and John F. Hughes Elementary Schools, Utica)
- 1:1 Youth Mentoring

### **Compeer Adult Programs Include:**

- 1:1 Supportive Friendships
- Compeer Calling
- Grand-Peer (Heritage Health Care Center, Utica)
- Lunch Pals (Enriched Living Center of the Rescue Mission, Utica)
- Oneida County Family Treatment Court Mentoring Program
- CompeerCorps Vet2Vet

### **Volunteer Opportunities:**

- Youth Mentoring: Volunteer with our Compeer For Kids program as a mentor to an at-risk child.
- Adult 1:1 Friendships: Form a friendship with an adult who is receiving mental health services.
- CompeerCorps Vet2Vet: Form a friendship with a veteran who is either receiving mental health services, or is in need of a supportive friendship.
- Compeer Calling: Compeer volunteers form “phone friendships” with adults on our waiting list.
- E-Buddies: Just as it sounds, these friends communicate with one another via email.
- Lunch Buddies: Volunteer your time one lunch hour per week to have lunch with a child in need of a supportive friendship (during school year).
- Lunch Pals: Enjoy lunch and conversation with a referred adult at the local Rescue Mission one a day a week.

### **What do Compeer Friends do together?**

Compeer friends meet about once a week (four hours a month) to do whatever they enjoy. Activities may include attending a movie, going for a walk, visiting a library or museum, going out for ice cream or coffee, attending sports events or just getting together to talk. Activities are not meant to be expensive or elaborate; building the relationship is what’s most important.

### **Why is Compeer Important?**

- Compeer for Kids provides positive role models / mentors for children who are in need of extra support in their lives.
- Compeer provides socialization, friendship and support to people coping with mental illness, often called “the loneliest disease in the world”. Support of this kind is not found in any other mental health service.
- Support from a Compeer friend and mentor can decrease the isolation and loneliness that often accompanies mental illness, thus enhancing the recovery process.

### **Facts about mental health:**

- It is estimated that as many as 1 in 5 young people may have a mental health problem that can be identified and treated. (The center for Mental Health Services Knowledge Exchange Network).
- At least 1 in 10 young people may have a mental health problem that disrupts their ability to function in society. (The Center for Mental Health Services Knowledge Exchange Program)
- 30 million Americans suffer from a clearly diagnosable mental illness. (NAMI)
- One in four families has a family member with a mental illness. (NAMI)

### **What kind of support does Compeer offer to volunteers?**

- Compeer staff and mental health professionals are available to assist and guide volunteers throughout the duration of the match.
- Compeer staff provide monitoring of your match and work with you throughout your volunteer commitment.
- Support is available from experienced Compeer volunteers.
- Compeer activities are held periodically, including picnics, parties and tickets to local events. These events are typically free of charge for you and your Compeer friend.

### **Compeer History:**

- Compeer is an international organization that began in Rochester, NY in 1973. There are nearly 100 affiliate Compeer Programs worldwide, including 26 programs in NYS.
- Locally, Compeer of the Mohawk Valley, Inc. (CMV) began providing services for adults in 1989.
- In 1996, CMV began its Compeer For Kids Program.
- In 2010, CMV began its CompeerCorps Vet2Vet Program.
- In 2013, CMV merged with Center for Family Life and Recovery, Inc.

### **How is the Compeer Program Funded?**

The Compeer Program currently receives funding from the following sources:

- Sponsorships, annual fundraisers, grants, private donations
- Compeer, Inc.
- Oneida County Community Development Block Grant funds
- Oneida County Youth Bureau
- Dominion International
- Stewart's Foundation

**Referral Forms:** Please download from our website and then mail back to our office. Thank you!