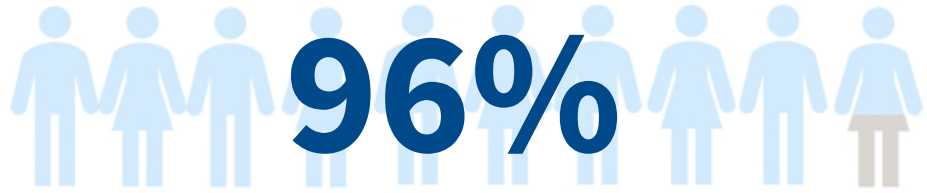




THE 716 FRIEND REPORT.

THE HEALING POWER OF FRIENDSHIP 2018



of Compeer Buffalo's clients agree their Compeer Friend has a positive impact on their life.

WHY COMPEER WORKS



MEETING A BASIC HUMAN NEED

"My friend has been such an important factor in my stability with my mental health."

Freely-given friendship & belonging to a community are regarded as basic human rights related to social justice.



SOCIAL SUPPORTS BUILD CONFIDENCE

"[Compeer] helped me come out of my shell."

Volunteers often encourage clients to try more & increase their activities, improving their self-esteem & self-confidence.



CLIENTS RE-ENGAGE IN COMMUNITY

Compeer clients participate in social activities more often since being matched.

Interacting with individuals outside the treatment context & diversifying social networks increases community integration.



ISOLATION SHRINKS, SELF-WORTH EXPANDS

Nearly two-thirds of Compeer clients report improved self-esteem.

Rich, mutually-beneficial friendships help clients become more outgoing & sociable, increasing their self-worth & feelings of empowerment.

Having a **Compeer Friend can help stabilize clients' well-being.**

Among those clients who have previously experienced these challenges:

- 80% reported using Crisis Services less often.
- 79% reported a reduction in mental health hospitalizations.
- 32% reported their housing situation was more stable.

Compeer clients agree that their Compeer Friend:

understands them 95%

helps them feel good about themselves 93%

is someone they can confide in 92%

always listens to them 73%

50%
are **more optimistic** about the future.

70%
are **less lonely**.

99%
report they receive the **social & emotional support** they need.

Compeer aims to **reduce stigma** around mental illness.

Volunteers report:

- enjoying making a difference,
- increased empathy,
- personal growth,
- more awareness of the challenges facing people with mental illness, &
- learning the value of true friendship.

*"Compeer is a good demonstration that we can all be a little lonely or in need at different times in our lives, & having a Compeer Friend is...**beneficial to anyone!**"*

- Compeer Volunteer