

## THE HEALING POWER OF FRIENDSHIP 2019



95% 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) is incredibly patient & understanding of the most trivial of things I've experienced."*

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



#### SOCIAL SUPPORTS BUILD CONFIDENCE

*"Compeer has made me able to go out into the community & enjoy myself without fear."*

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



#### CLIENTS RE-ENGAGE IN COMMUNITY

*Nearly half of 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

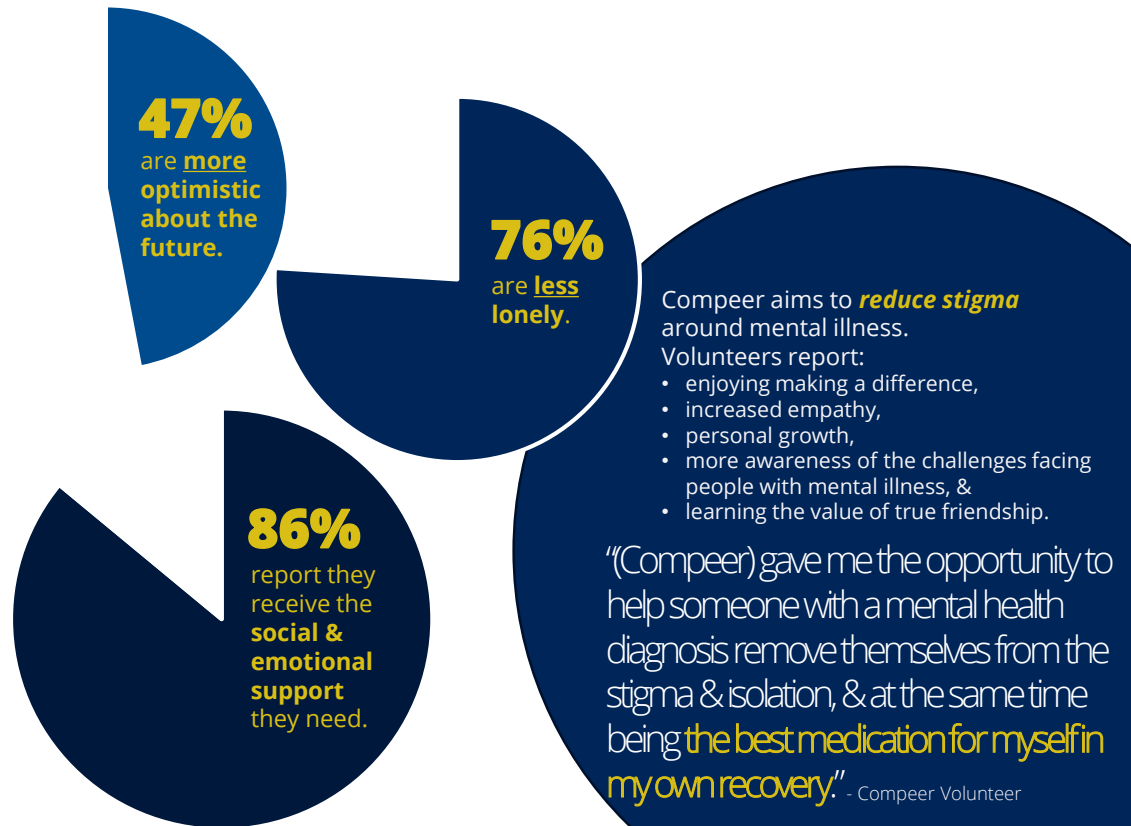
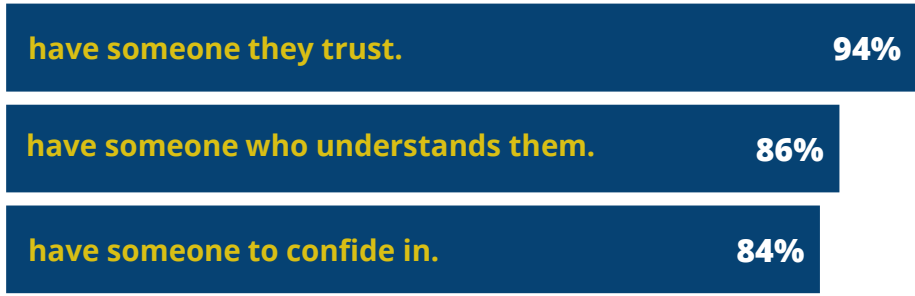
*Over half of Compeer clients report improved self-esteem.*

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:

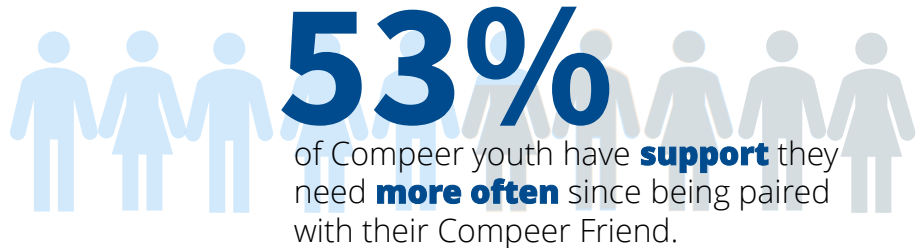
- 60% reported using Crisis Services **less often.**
- 91% reported a **fewer** mental health hospitalizations.
- 41% reported they take their medication as directed **more often.**

Compeer clients agree that since meeting their Compeer Friend, they:



# THE 716 <sup>young</sup> FRIEND REPORT.

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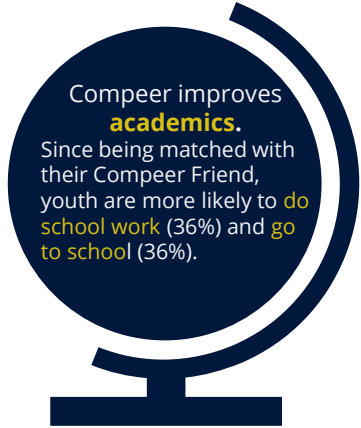


Compeer youth agree that since meeting their Compeer Friend, they:



“ I love my friend. I wish I could hang out with her everyday. ”

-Compeer Youth



I enjoy that volunteering through Compeer doesn't even feel like I am volunteering. I enjoy spending time with my friend and feel the experience is equally rewarding for both of us.

-Compeer Volunteer

The Compeer goes beyond what is expected. [My child's friend] is part of the family now.

-Compeer Parent



**100%**

of Compeer volunteers and parents of youth **recommend Compeer** to others.

## WHY COMPEER WORKS



### MEETING A BASIC HUMAN NEED

All Compeer youth report feeling comfortable talking to their Compeer Friend.

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



### SOCIAL SUPPORTS BUILD CONFIDENCE

According to parents, nearly half of Compeer youth feel good about themselves more often.

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



### CLIENTS RE-ENGAGE IN COMMUNITY

Nearly half of Compeer youth are more likely to participate in activities and socialize with other more often.

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



### ISOLATION SHRINKS, SELF-WORTH EXPANDS

More than one quarter of Compeer youth are more optimistic about the future since being matched with their Compeer Friend.

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