

If you would like to request an application by mail,

complete the information below and send to:



Compeer Program

3701 Latrobe Dr., Suite 140

Charlotte, NC 28211

www.mhacentralcarolinas.org

Name

Address

City and State

Zip Code

Phone number

quick fact:

Compeer 1 to 1 matches result in respondents reporting:

- 83% improvement in feeling cared about.
- 78% improvement in feeling understood.
- 76% improvement in decreased loneliness.
- 74% improvement in self esteem.

“Few Americans are untouched by mental illness, whether it occurs within one’s family or among neighbors, co-workers, or members of the community.”

Dr. Satcher, Former Surgeon General

The Surgeon General defines mental disorders as: *diagnosable conditions that impair thinking, feeling, and behavior, and interfere with a person’s capacity to be productive and enjoy fulfilling relationships*

www.mhacentralcarolinas.org/compeer



Member Agency



The MHA’s Compeer program is an evidenced-based program that helps adults overcome the devastating effects of mental illness, such as loneliness, isolation and low self-esteem through the power of friendship and socialization.

The MHA matches compassionate, open-minded community volunteers 18 and up, with men and women of the same gender.

www.mhacentralcarolinas.org

Mission

To promote mental wellness through advocacy, prevention and education in Mecklenburg and Cabarrus Counties.

*Spreading Hope, Spurring Action,
Supporting Families, Saving Lives!*

What is MHA's Compeer Program?

MHA's Compeer Program is a socialization program for persons diagnosed with a mental health disorder. Compeer matches volunteers with men and women in Mecklenburg County. Compeer volunteers help alleviate loneliness & isolation through friendship.

Persons matched with a Compeer volunteer often experience fewer hospitalizations, improved cooperation with medication and treatment, and an increase in self-esteem. This cost effective program not only changes lives, it also saves the community money in medical costs.

Compeer is recognized as a best-practices model for recovery by the American Psychological Association

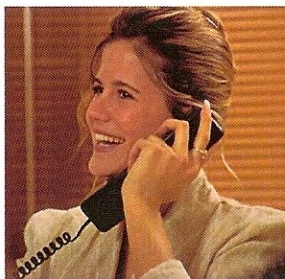
Volunteer Opportunities

One-to-One:

Compeer Friends meet face-to-face with their match twice a month. Many matches go to a movie, have lunch, play sports, or enjoy other social activities.

Callers:

Compeer Callers make a weekly call to an individual waiting to be matched One-to-One.



Groups:

Group Volunteers are civic, church, sorority/fraternity, or other groups who provide an activity or party for persons living in a group home setting. Both one-time and ongoing group volunteers are welcomed.

- Whenever possible, Compeer matches Consumers and Volunteers by age, interests, and geographical location
- Volunteers receive an orientation, ongoing training, and supervision.
- Compeer sponsors quarterly social events for all Program participants.

How to Become a Compeer Volunteer

For One-to-One and Callers

- Call 704.365.4380, request application
- Meet with the Compeer Program Director for an interview
- Pass a criminal background and reference check
- Complete a 2 hour orientation/training session
- Assist the Compeer Program Director with selecting your match
- Meet and/or call your new friend and begin having fun while making a difference in your community

For Groups

- Call 704.365.4380 to notify the Compeer Program Director of your group's interest in volunteering
- Complete an hour of orientation/training/planning
- Conduct your activity and have fun while helping others



Making Friends. Changing Lives.