



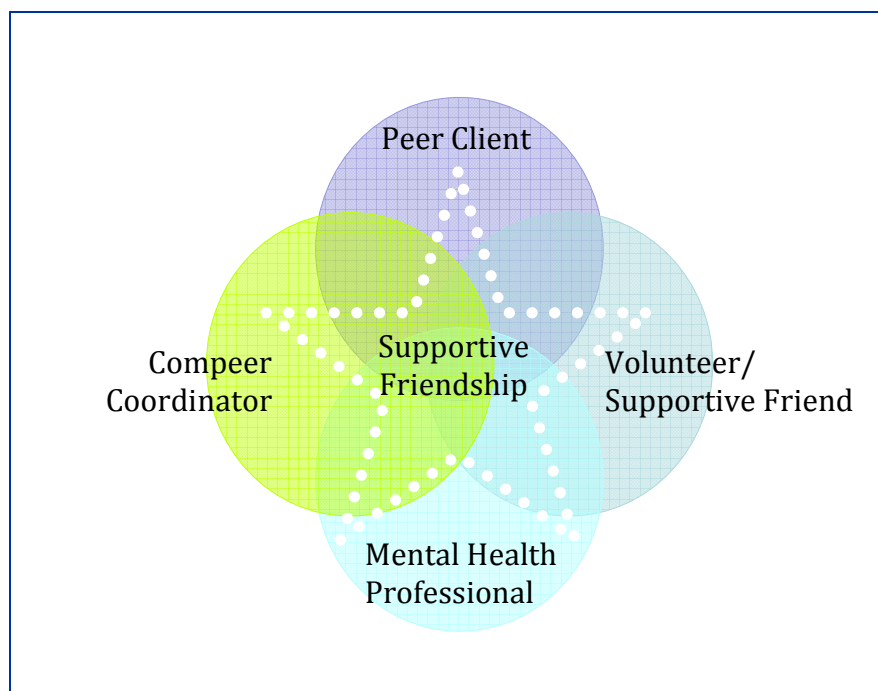
# Compeer Program

## Adult Supportive Friendship Model

*Recovery through the healing power of friendship.*

The Compeer Model was developed using the three elements of support – relatedness, autonomy, competence. Research done by Richard M. Ryan, et.al., a professor in the Dept. of Clinical and Social Sciences in Psychology at the University of Rochester shows that where these elements are present in relationships, people feel more secure, emotionally open, and enjoy greater well being and mental health.

### **Building bridges to the world beyond mental health treatment**



#### **Whom do we serve?**

Compeer programs serve individuals in mental health recovery.

#### **How do we serve them?**

Compeer programs serve peer clients through a supportive friendship relationship

#### **What are our outcomes?**

Social inclusion, community integration, natural supports: being in the community; going to social events, preparing for work or school, decreased needs for crisis services, independence.

- Matched peer clients feel connected with others in a meaningful way; now experience companionship.
- Matched peer clients experience enhanced self worth: A Compeer volunteer (supportive friend) engenders acceptance and empathy.
- Matched peer clients can now experience more meaning and purpose, and hope for recovery.

*Making friends. Changing lives.*