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Compeer International

Compeer
Affiliate
Case
Reviews

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Affiliate Today

Women of Compeer: Making the Case for frequent Case review discussions in Compeer Affiliate Programs in the United States and International from Heidi Billitter, LMSW

Currently, Compeer Director of Older Adult Services of Compeer of Greater Buffalo, Heidi Billittier, LMSW has been offering a multidisciplinary review of cases for discussion to



promote collaboration by affiliate staff who wish to present concerns, difficult cases, ask for advice on approach in a safe and ethical environment. Heidi has a rich history in facilitating such discussions and, as such is presenting this monthly forum as a benefit to you, the affiliate staff from all Compeer locations. Sharing these cases gives:

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1. An up close-in person account of the important work each office is doing in support and oversight over their 1:1 mentoring friendships
2. The ability to collaborate, nurture and to support one other
3. To establish a basis for which we may inspire donors, foundations, and other sources of funding to support such collaboration

Case review sessions have been invaluable to many of us. To be able to collaborate and problem solve with colleagues adds value to the work we do. It is always helpful to hear other perspectives, share experiences, and be reminded that we are not alone in our work.

During one recent meeting, we discussed the clinical/non-clinical fine line that we find ourselves navigating with our clients. The question was posed, at what point does Compeer step in as a clinical entity? We reminded one another that it is a challenge to build and maintain relationships with our clients' mental health providers in order that they remain engaged as the clinical experts in their client's lives. We provide

support, linkage, and referrals, but we need to be mindful that the expectation is not outside our capacity.

Prior to meetings, all participants are invited to sign up to share a scenario/ challenge, to receive feedback from the group. We often discuss match dynamics and ways in which we can better support them. With each unique scenario, there is information that is relatable, and with the diversity of experiences from affiliates, we learn together.

One common theme is volunteer recruitment strategies, naturally, as we all experience the challenges. Several affiliates have implemented creative recruitment ideas and shared them with the group. Understanding that we all experience things differently based on our physical locations, climate, population etc.... there are always bits of information we can tailor to our own needs.

Perhaps most important is that we are reminded that we are not alone; we all need to remind ourselves that we are here not only for Compeer, but also for one another.

Compeer

Mental Wellness Starts With Friendship



**“ALONE WE
ARE SMART.
TOGETHER WE
ARE BRILLIANT.”**

– STEVEN ANDERSON, EDUCATOR

edutopia.org

from Lynn Buehler, Director of Affiliate Relations

Let's face it, our work is challenging, is difficult at times, and outright joyous when all systems align and we know in our bones, that “we did good work”. It can be filled with sheer emotion as we give every ounce of energy to those we serve.

It can also be a time of tumult, as we first, second and third guess our approaches to the front line work we are doing.

Let this be an invitation to participate in helping fellow colleagues by sharing your endeavors on behalf of volunteers and clients so that we may lighten the load, share experiences, contemplate different approaches, and support one another.

Heidi Billittier offers her facilitation skills each month for Compeer affiliates and colleagues who need a hand or an ear to listen and some feedback so that we all know that we are in this business of helping others together. By offering monthly case review Zoom conferences, Heidi offers the opportunity for each of us to discuss challenging cases and to help us learn from one another. Please be sure to participate, as a former Director of Compeer – Sarasota I regularly attended these sessions and learned something from each participant. This is something Heidi is skilled at and she is giving you a great opportunity to express yourself in a non-judgmental and safe environment.

Next Zoom Conference will be Wednesday June 8th at 10:00 am. Please contact Heidi for more information by emailing her Heidi@compeerbuffalo.org

volunteer
do good, feel good



**Compeer of Fulton and
Montgomery County moving
the Compeer message as fast
as possible!**



Zoom in to this image for better viewing

Review > J Ment Health. 2016;25(1):71-7. doi: 10.3109/09638237.2015.1021901.
Epub 2015 Sep 2.

To befriend or to be a friend: a systematic review of the meaning and practice of "befriending" in mental health care

Rose Thompson¹, Emanuela Valenti^{1, 2}, Joyce Siette¹, Stefan Priebe¹

Affiliations + expand
PMID: 26332100 DOI: 10.3109/09638237.2015.1021901

Abstract

Background: "Befriending" involves pairing a volunteer with a person with a mental illness in the community to spend social time together. The term can have very different connotations.

Aims: To review how "befriending" was used in mental health care.

Method: A systematic review with a narrative synthesis was used to explore how befriending is conceptualised and practiced. We extracted descriptions of "befriending" from efficacy studies, befriending manuals, and reports from the gray literature and explored the practical implications of the different concepts of "befriending".

Results: The lay understanding of the phrase "to befriend" is "to be a friend to". This contrasts to codes of practice used by befriending organisations, which describes a relationship distinct from friendship. The literature (12 relevant papers total) suggests a spectrum of practices; at one end is a relationship that is professional or therapeutic in nature, while at the other end, the relationship is conceptualised as much closer to a naturally occurring friendship.

Conclusion: The different concepts determine distinct practices, which may lead to confusion when the term befriending is used. The term "befriending" may be understood to concern friendship, which may be inappropriate where the organisation offers a professional style relationship.

Keywords: befriending; friendship; mental illness; social isolation.

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Toner S, Hickling LM, Pinto da Costa M, Cassidy M, Priebe S.
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From Interim CEO of Compeer West, Inc.

A message of Grief and Hope from Compeer Inc., Interim CEO Cheri Alvarez:

Cheri Alvarez in her own words...

On Saturday May 14th, our Buffalo NY community changed forever, when 10 lives were taken, 3 individuals were wounded, and thousands were impacted.

There are no appropriate words after an act of anti-Black terrorism. Nothing we say can make this better. Nothing will bring our neighbors back. But we must act. Justice will not be served until the whole of humanity is united against hate. Hatred does not have a home in Buffalo or any place in the world.

As shock and horror turn to sorrow and mourning, we will start taking steps towards healing as a community. We understand that recovery takes time, and we are given the gift of hope each day as people show their care and concern for one another, or as we say at Compeer: the healing power of friendship.

With ongoing turmoil in this world, Compeer is a beacon of hope. Please renew your commitment to checking on your friends, neighbors, and family by extending the love of a giving hand, lending a sympathetic ear, and with firmness of steady and enduring purpose.