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Compeer International

Mental Health Awareness

North America
MAY

United Kingdom
MAY

Australia
OCTOBER



Maintaining Good Mental Health

Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of everyday life. Everyone has mental health, and it deserves your attention just as much as your physical health. Creating and encouraging positive habits for yourself and others is a great way to support your mental health when you're doing well and helps you build skills to use if you do face symptoms of a mental health challenge. Here are some ways to get started:



Everyday basics

- Healthy food choices & nutrition
- Exercise
- Sleep
- Self-care; doing something you enjoy
- Spending time with supports
- Improving time management
- Setting boundaries (personal/professional) Ask for help

Identifying Coping Skills

Coping skills are activities or strategies that you can use to help when you are struggling with your mental health. Take time to identify and write down potential coping skill, so you have them available when you are struggling with your mental health. Finding skills that help you may take some time. Here are some examples:

- Watch a funny video
- Play with an animal or pet
- Watch your favorite movie, listen to your favorite song
- Take a nap
- Take a shower or bath
- Draw how you are feeling

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- Let yourself cry or scream
- Go for a walk
- Text a friend, call a family member

Stress management

Dealing with stress is a normal part of life, we all experience it. However, consistent high-stress and being unable to relieve your stress, can negatively impact your mental health long term. Stress is carried by everyone differently, and it can impact your ability to make strides in other areas of maintaining good mental health. It is important to be knowledgeable about stress, and ways to improve managing it. Learn more at mhanational.org/stress

Build a Support System

Whether it be 1 person or 10 people, having individuals or groups in your life that you can connect with when you are needing some support, is a crucial steppingstone to mental wellness. Your parent, neighbor, colleague, friend, or someone you've met recently could help you through hardships when they happen. Here are some ideas for building support:

- Community service/volunteering
- Focus on quality relationships
- Connect with people over shared hobbies and interest



DID YOU KNOW?

1 in 5 people will experience a mental illness during their lifetime, and everyone faces challenges in their life than can impact their mental health.



➔ **#CHECKONYOURFRIENDS**

Compeer.
Mental Wellness Starts With Friendship

MENTAL HEALTH MONTH 2022

Compeer at JAMI in London, published their annual report for 2021 and here are some highlights:

D) COMPEER - VOLUNTEER BEFRIENDING

Launched in the midst of the UK Covid-19 lockdown, Jami's Compeer Befriending Programme has provided much needed 1:1 support to some of Jami's most vulnerable service users. By matching Compeer volunteers with service users this programme strives to reduce loneliness and isolation through regular phone calls or meet ups in the community - combining friendship with practical help to increase social connections, promote independence and recovery.

Compeer brings benefits to both sides of the match; the rediscover of old hobbies, exploring new interests and reconnecting with the community. Our volunteers access specialist training, learn new skills, get to know their match and other compeer volunteers – building new meaningful and reciprocal relationships. Whether it's a coffee and a chat, a walk in the park or a trip to the cinema – their support and is essential to improving physical and mental wellbeing - making a world of difference

Our dedicated Compeer team of 5 now comprise a full-time manager, 2 Compeer Volunteering Coordinators, Hospital Visiting Coordinator and a Compeer Officer.

A Year of Progress - February 2021/22

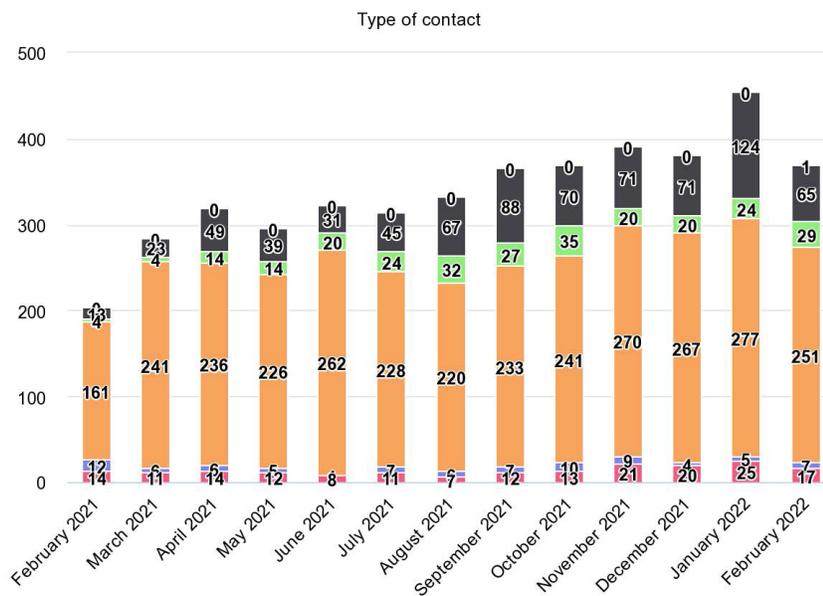
- 85 active pairs throughout this period
- 27 of which newly matched pairs
- 13 matches which have been closed
- 1057 hours of direct contact from volunteers

to their matches

- 1939 different interactions between volunteers and their match
- 500 hours / 2468 interactions to facilitate matches eg

4407 Total recorded interactions between clients, volunteers, and staff involved:

- 62 referrals into Compeer programme via allocations meeting



- Continued to work with core services to develop compeer to support with more practical needs
- Delivered role-specific training to new compeer volunteers
- Compeer community monthly meetings; safe co-reflective space for compeer

volunteers to network, share ideas, learn more about the organization and support each other

Examples of Compeer befriending activities include:

- Lunch & dinners
- Coin convention
- Trip to Camden Market
- Video & phone calls
- Art exhibition
- Festival activities eg Chanukah lunch
- Accompanying to medical appointment
- Meeting in café Head Room has been popular!
- National Gallery & Museum Food shopping
- Walks in parks
- Comedy night
- Book Club

Women of Compeer:



Compeer Volunteer Profile

Name: Tiziana Dorman

What part of the Society are you involved in?
The Compeer Program

What does your workday at Vinnies look like?

I am part of a program which supports adults with a mental illness, who have become socially isolated. The support is one-to-one and centres on friendship based on mutual trust, respect, understanding and a non-judgmental attitude. The person I have been matched with does not drive, so my support involves driving together to various activities, which range from group sessions organised by Compeer (such as art workshops, cooking classes, craft and walking groups, and recently creative fingers sessions or lunches) to individual outings to the movies, restaurants and galleries.

Why are you passionate about Volunteering with the Compeer?

Some people are motivated to volunteer by

altruistic values or an endeavour to seek social justice; for me it was simply a tangible way of making a difference to someone who was finding life had become a challenge or at least a difficult journey to navigate alone. It also gave me the opportunity to use my skills as a social worker, in a productive way.

What made you volunteer?

I firmly believe that volunteering can transform you and the world around you. In my endeavour to engender a kinder and more caring community, I found the perfect program in Compeer whose premise is that "Friendship is a powerful medicine."

How long have you been a volunteer at Vinnies/Compeer?

I have been volunteering with Vinnies in various capacities for about 6 or 7 years and have been part of Compeer Program for about 4 years.

What is one of your favourite memories from volunteering with the Compeer?

Simply the joy exhibited by the person you are supporting, from what may seem an innocuous outing.

Were you born in the local area, or have you moved here?

I was born in Rome, Italy and as a child moved and lived overseas until I was 13 years old, when my family settled in Australia (my father's last posting). I married in 1980 and have lived with my husband and 4 children in Canberra since then.

What are some of your hobbies outside of volunteering with the Compeer?

I love spending time with my grandchildren and that is what gives me an enormous amount of joy.

As I still work part-time, my spare time is somewhat limited, but I enjoy going out and meeting people and learning through new experiences. You'll often find me at the theatre, gallery exhibitions, or the movies. I enjoy walking (especially with my dog Peppy), watercolour painting, sailing, craft, reading and cooking.

volunteer
do good, feel good



**Compeer Sarasota Celebrating
‘Volunteer Awareness Week’
April, 2022**





From Interim CEO of Compeer West, Inc.

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

Cheri Alvarez in her own words...

Compeer West, Inc. is laying the groundwork for building a strategic plan that will be all encompassing over an extended period. This plan will be built upon the solid underpinnings of our founding principles. As we look toward a future where mental illness is supported to the same degree as chronic medical conditions such as diabetes and heart disease, parity in funding between the mind body connection and chronic illness will help better understand how to achieve healthy outcomes.

We are beginning to see a paradigm shift in a small way toward a holistic approach and funding for mental illness. You will begin to see a vision, communicated clearly as we roll out upgrades to our international website utilizing all of the tools available to make this a robust interactive venue to be utilized by all affiliates. While this will all be new, we will not forget to nurture the roots of our foundation as we plan to celebrate 50 years of Compeer Volunteers serving others! Stay tuned for further communication as plans progress. Please remember to take good care of your mental wellbeing during mental health awareness month and beyond!