

Compeer®
Rochester



ANNUAL REPORT
2021





Ela Hakiel
Chairperson of the Board of Directors

Sara Passamonte
President / Executive Director

Scanning the past, operating in the present, and looking towards the future, we proudly present our 2021 Annual Report.

In some ways, the past two years blend—it is hard to remember when, or if we ever, returned to “normal.” In appreciation of the diversity and uniqueness of our participants and other stakeholders, we embrace the idea of leaving normality forever. The pandemic reinforces the idea that the Compeer mission is best carried out with flexible, personalized approaches. We are fueled by caring community volunteers, dedicated staff and board leadership, and gracious funders.

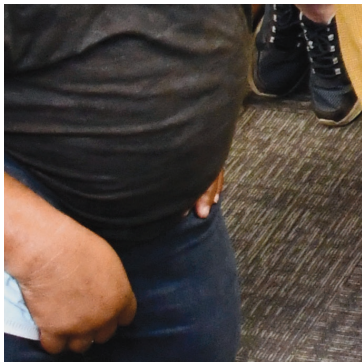
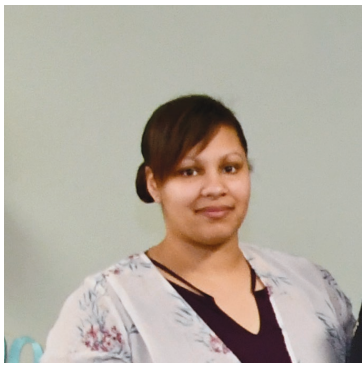
We are charged with preserving our resources while enacting major change—no small feat—as emotional currency is as subject to inflation as gas prices. We have no doubt that our funders and donors are thinking more carefully than ever about who and what they are supporting. To that end, we put forth this call to action to our readers to help us gather our pieces and rebuild stronger than ever before:

- Make a personal gift in any amount to ensure long-term stability beyond the

“quick fixes” of pandemic-related funding.

- Join us at upcoming events, like ROC the Block on August 20th and the 3rd Annual Walk a Milestone fundraiser the week of Thanksgiving.
- Become a Compeer Volunteer to someone in need of a friend (visit compeer.rochester.org/become-a-volunteer to get started).

As the Compeer Program nears its 50th anniversary, we celebrate our long-term impact on community health as an experienced, local, person-centered organization. We gratefully acknowledge the support and involvement of the Rochester community. This commitment has helped thousands of individuals in their journeys of recovery, and will continue to bolster the Compeer mission.





Jen applied to volunteer with Compeer during the pandemic to feel less isolated from her family and friends. As a teacher, she works with children every day, and wanted to continue that work in a volunteer setting.

When she was presented with Arianna, Jen was drawn to her self-description of being a kind and helpful person, which has been proven to be true throughout their time together. Jen was also able to relate with the challenges that Arianna faces at school and with her friends. Jen wished that she had something like Compeer to help her through the challenging times when she was Arianna's age.

Jen knew that Arianna was the perfect match for her when they first went to the Strong Museum of Play. Arianna's favorite exhibit was the mini-Wegmans,

and she asked if they could organize one of the play sections. Afterwards, Arianna asked if she could tell one of the staff members that they had cleaned up the exhibit for them. Jen was struck very quickly by Arianna's kindness and her genuine joy in helping other people, even complete strangers.

Jen and Arianna have been matched with Compeer's youth program for almost a year now, and have taken trips to the movies, done arts and crafts, and attended many Compeer events. They spend a lot of time playing card games

and drinking hot chocolate at Boulder Coffee. In a short time, they have created a friendship that has potential to last a lifetime, no matter where life takes them. They have grown and learned from each other. Jen says that Arianna has taught her that there is room for kindness in every interaction. She shares her wonders about being able to help her family and loved ones, and she always gets a special treat to take home to her siblings when she and Jen are out.

Jen and Arianna live two very different lives and without Compeer they likely never would have met. We are so glad they did. Through the program, they have both learned that friendship can exist in many ways. Since they began meeting, Arianna has grown to trust Jen more, and has let her guard down to show her silliness, curiosity, and creativity shine through.

Youth Served

120

Matched for at least one year

56%

One-on-One Mentoring

1,902 hrs.

Average Match Length

25 mos.

Thomas and Kevin

Kevin began his journey with Compeer in the youth Skillbuilding program. Over the years Kevin, his sibling and his grandmother have been enrolled in several services with other agencies, and with a multitude of providers. Often having such comprehensive support is a double-edged sword. On one side, families have the benefit of having a team of individuals who are collaborating and helping to find solutions for the most dif-

ficult of times. On the other side, providers come and go, and this revolving door can create additional stress for families.

Despite this, Kevin, at nine years old has shown great self-advocacy, expressing a need for more stability in his relationships. During his time with Thomas, one the Youth Engagement Specialists, he has been able to find comfort and support as he navigates another temporary service. Thomas realized a new approach was needed to best help Kevin understand that although some relationships are

temporary, they can still be life-changing and filled with amazing experiences.

Thomas has collaborated extensively with Kevin's treatment team to effectively set goals and to help Kevin find more positivity and value in his relationships. As Kevin approaches discharge from these services, he will be matched with a volunteer in Compeer's youth mentoring program, highlighting a successful transition to less formal services. We are proud to offer this continuum of care to our participants.

Family Peer Support Services

Donna, Connie, and Lanessa

Oftentimes families arrive at Compeer with complex needs that require an "all hands on deck" approach. Lanessa and her children were living in a hotel due to homelessness at the time they were enrolled in services at Compeer. Donna, Compeer's Family Peer Mentor, quickly began to assess the needs of the family. Donna was able to lend her support, connecting Lanessa and her

children to self-care resources and encouraging them to participate in an upcoming Compeer event.

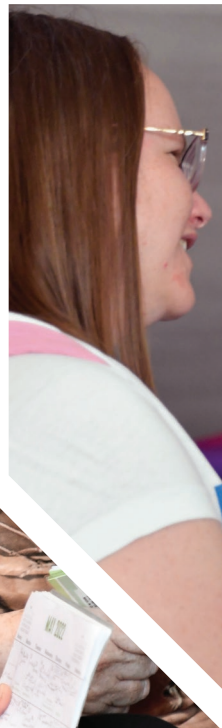
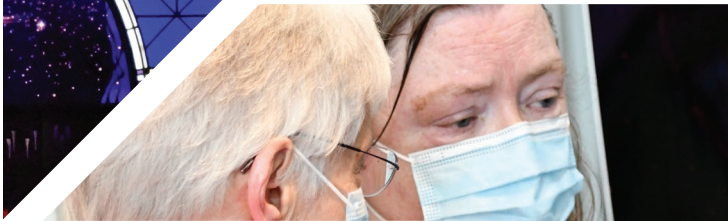
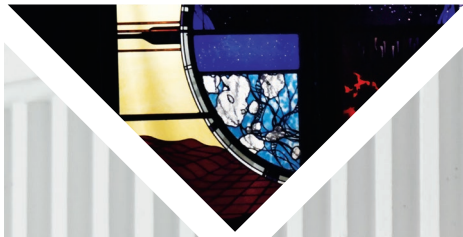
Over the next couple of meetings, Donna and Lanessa developed an action plan to identify natural and professional supports, and establish communication with them.

In the following weeks, Lanessa was successful in moving into temporary housing with a friend and began meeting with a Case Manager for coordination of services. Lanessa then transitioned to working with another

one of our Family Peers, Connie. Connie connected Lanessa to resources for housing assistance and is now even closer to obtaining permanent housing for her family.

Lanessa stated that Compeer is "always is there to help" and that Connie and Donna were both "extremely knowledgeable" and was "full of resources and genuine caring support." We at Compeer are excited to be part of a new chapter of possibilities for Lanessa and her family.





Donovan is a participant in our Community Oriented Recovery and Empowerment (CORE) Services. He has been working with our CORE Manager and certified Peer Specialist, Phillip Callipare, since June 14, 2021.

Donovan has been living with schizophrenia, anxiety and depression, which had impaired his ability to practice self-care. He was eager to improve his relationship with himself. In order to better understand himself, he knew that there was research and new practices that needed to be intergrated into his life. With a little motivation and support, he was able to achieve his initial goal of re-familiarizing himself with self-care practices.

The goal of our program is to help

clients reach their goals with support from an open minded, compassionate and supportive team. Working together is key to sustainable practices and self-advocacy once services taper off or end. This is what makes peer support successful. Taking life one step at a time, individuals like Donovan can evolve and accomplish what was previously insurmountable. Donovan has maintained amazing progress utilizing peer support. He has shown exceptional abilities to integrate self-care and self-love to help

cope with the struggles of mental health. The presence of a peer gives additional confidence and support, creating more lasting impact.

Peer support services have empowered Donovan to continually monitor and address the areas of his life that require both self-work and help from others. Barriers in Donovan's life have been lifted. His progress has shown that he is improving in several areas in his life including occupational advances, mental health maintenance and finding clarity in troubling situations.

Donovan has reported that regular meetings with Phillip help him stay on track with his current goals. The relationship continues to build as they actively participate in community offerings together. Donovan is a stellar example of what is possible you become a better version of yourself.

“We aren’t a match anymore. We are true friends.” That’s how Elizabeth describes her 31-year relationship with Ilene.

When Ilene first decided to volunteer for Compeer, she was employed as a Reference Librarian for the City of Rochester. She wanted to give back to the community, and volunteering for Compeer seemed like the perfect fit. Elizabeth was looking for a volunteer who had a sense of humor and was talkative, but who was not overbearing or would try to take care of her.

On September 24, 1991, Elizabeth was matched with Ilene. As they began to learn about each other, they realized they had their differences. Ilene grew up in New York City, whereas Elizabeth grew up in a rural area. Ilene came from a small family, and Elizabeth came from a big family. The two of them had different religious backgrounds. However, they learned to embrace their differences,

and their friendship blossomed.

Over the years, Ilene and Elizabeth have enjoyed getting together for dinner, playing board and card games, participating in arts and crafts activities, attending the Compeer Cookout and Holiday Parties, going to parks, watching movies, and visiting museums. They have watched their children grow up and relocate to other areas. They have dealt with the challenges of life, including the Covid pandemic. As time goes on, they look forward to spending time with each other and value their trusted friendship that Compeer helped facilitate.

Adults Served

174

Matched for at least one year


81%

One-on-One Mentoring

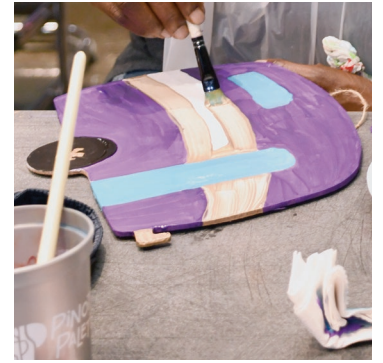
4,118 hrs.

Average Match Length

7.5 yrs.

Compeer at Rochester’s St. Patrick’s Day Parade, honored as “Community Organization of the Year” 





U.S. Navy Veteran, Kathy honorably served our country from 1978 to 1998. Retiring as a Chief Radioman, she was stationed in Guam, Hawaii, California, Virginia, Bermuda and onboard the USS Camden out of Washington.

Kathy found the CompeerCORPS program in 2019, and first participated in a female Veteran photo display “I Am Not Invisible.” She recalls this display as a great highlight because she often felt her service had gone unnoticed in Rochester, where there are not any bases nearby. Spending time with other female Veterans became important to her, and a wonderful way to share the common bond of each other’s service experiences.

Since getting involved in the female Veteran group, Kathy found many of the other events perfect for spending time with her husband Ted, who is also a Navy Veteran. Kathy and Ted enjoy being able to spend time together and find peer support, new friendships, and camaraderie with other Veterans. Over the past few years, they have enjoyed events like family painting, CORPS “Kick-off to Summer Cook-out”, ice cream social,

bingo, yoga, Christmas wrapping and gift giving, family movies, trips to the planetarium and Strong Museum of Play, and the Van Gogh Experience.

Most recently Kathy and Ted took part in CompeerCORPS adaptive snow sports program, and for the first time ever, they began skiing. Having a history of knee surgeries, Kathy would not have tried skiing without adaptive instruction. Having everything provided from clothing to boots and skis, plus a personal instructor and two assistants at every lesson make participating easy and enjoyable. Even after a few falls, they look forward to continuing the program next season.

Compeer serves over 200 Veterans annually through various events and activities. Like Kathy and Ted, many Veterans enjoy the opportunities for their families to gather. Understanding this, CompeerCORPS has provided

events for Veterans to join with their families. From a day at Seabreeze, to learning to ice skate with the Amerks Alumni or a summer cookout, the team at CompeerCORPS strives to create an opportunity to build a community for all Veterans and their support systems.

The CompeerCORPS network of support continues to serve the Veteran community through The Vets Driving Vets program. Even through the restrictions of the pandemic continuing in 2021, our 15 volunteer drivers have given their time and their vehicles to serve more than 30 riders, providing 248 rides at 5,420 miles of trips to VA appointments, medical appointments, grocery shopping, laundry mats, etc. Veterans who have used and provided this service have shared stories of their common bond of service to this Country to form friendships, decrease isolation, and strengthen the sense of community we shared during our service. While this program on the surface is transportation, our riders and drivers have shared so many wonderful stories of laughs over lunch, helping find basic living necessities, holding a hand while receiving medical updates, and realizing Veterans believe in “no one left behind.”

Veterans Served

208

Activities & event offerings

372

Youth & Family Mentoring

All youth are asked questions to measure three qualities of mentor-youth relationships:

Youth-Centeredness: The extent to which the relationship is centered on the youth. Research confirms that youth who feel their mentor takes their preferences and interests into account are more likely to show improvement in their behaviors and attitudes than are youth who feel their mentor is less interested in them.

Youth Satisfaction with the Match: Youth who feel more satisfied with their mentor and the relationship are more likely to show improvement in their

behaviors and attitudes than are youth with less favorable impressions.

Closeness: The degree to which the youth enjoys the relationship and is emotionally engaged in it. Youth who feel better about being around their mentor are more likely to show improvement in their behaviors and attitudes than are youth who feel less positive.

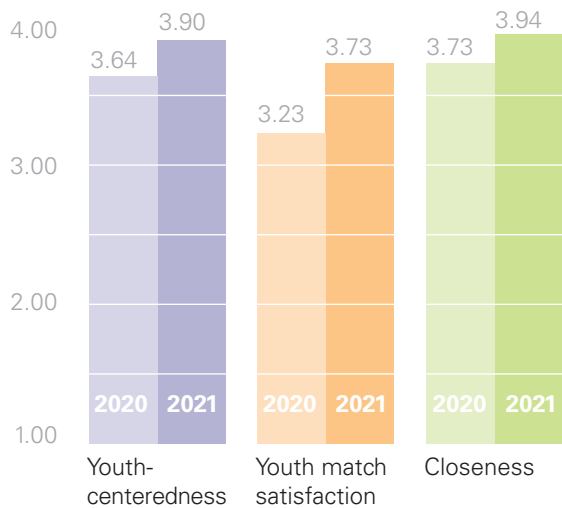
Higher scores in these dimensions lead to the development of a stronger match. The stronger the match, the longer it will last; and the longer a match lasts, the more positive are the outcomes.

Adult Mentoring

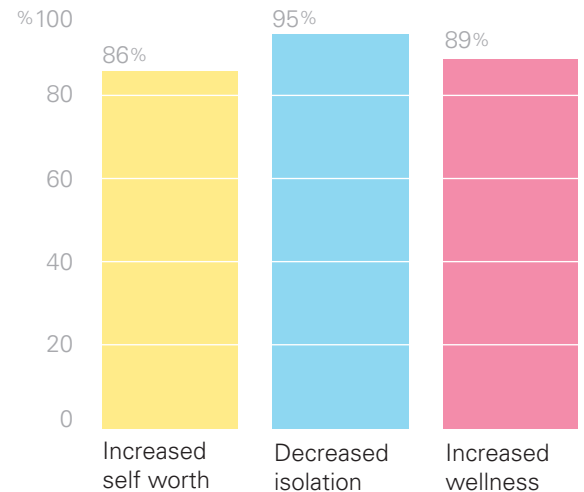
Supportive relationships encourage healthier behavior patterns. Companionship and opportunities for meaningful social engagement have a positive influence on self-esteem, coping effectiveness, depression, distress and sense of well-being.

In 2021, 86% of adults in our program reported an increase in their feelings of self-worth; 95% reported a decrease in social isolation. The result is an 89% increase in overall wellness.

2021–2022 Compeer Rochester Youth & Family Mentoring Program Match Quality



Compeer Rochester Adult Mentoring Program Measurement of Client Progress

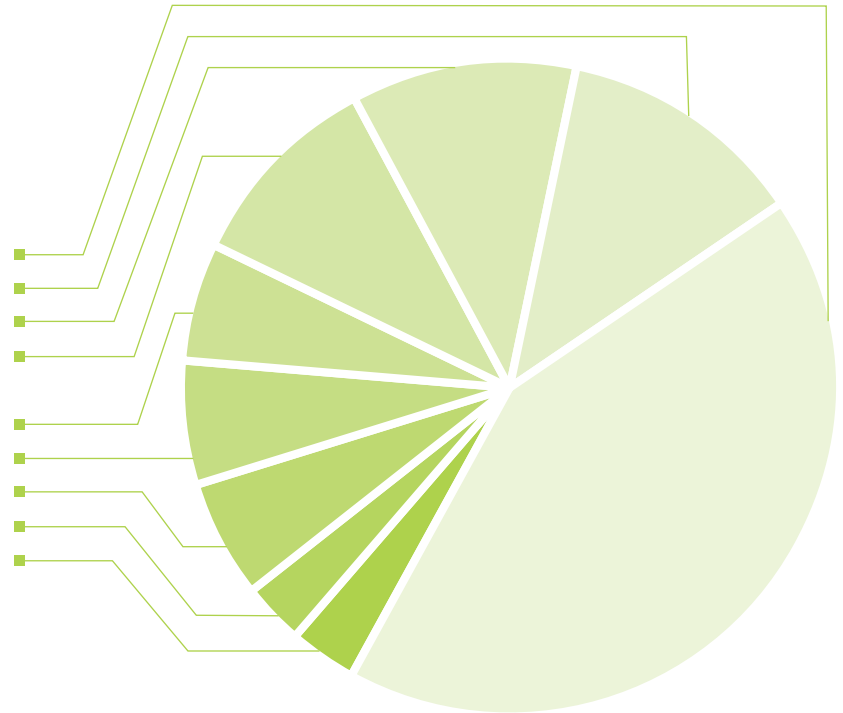


Financials

Year ended
December 31, 2021

Revenues

Government Contracts	646,855	42.7%
Employee Retention Credit	182,571	12.0
Foundation Grants	167,913	11.1
Paycheck Protection Program	153,600	10.1
Loan Forgiveness		
OASIS Merger Contribution	90,087	5.9
United Way	90,000	5.9
Contributions	89,477	5.9
Special Events	48,240	3.2
Fee-for-Service	46,672	3.1
Total Support and Revenue	1,515,415	100.0%

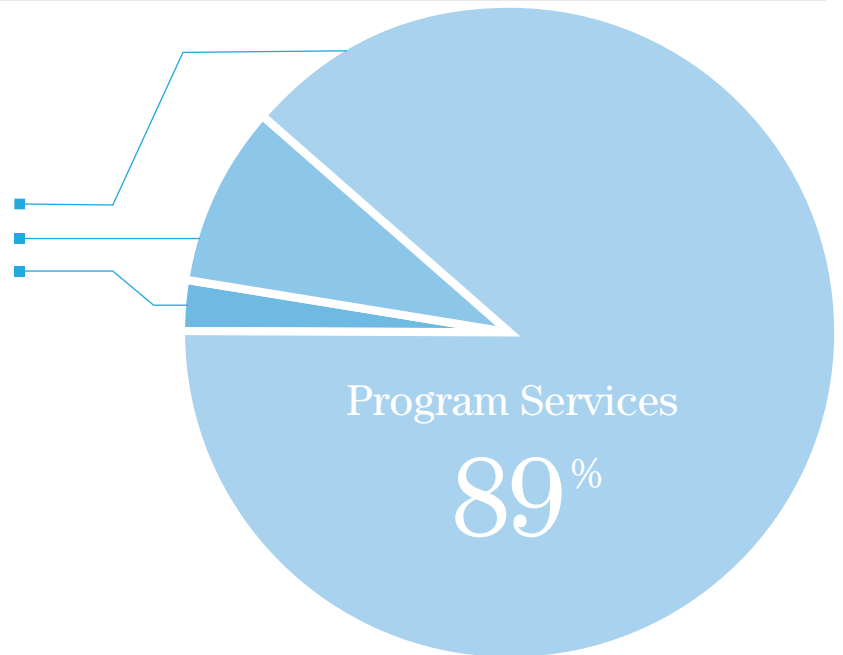


Expenses

Program Services	1,079,712	88.8%
Management and General	105,350	8.7
Fundraising	30,619	2.5
Total Expenses	1,215,681	100.0%

Profit (Loss)

299,734



Compeer Rochester, Inc. is a human services charitable organization pursuant to §501(c)(3) of the Internal Revenue Code. Contributions are fully deductible under the law. The accounts of Compeer Rochester, Inc. are audited annually by the accounting firm of: RDG+Partners.

Copies of the audit are available for review at: Compeer Rochester, Inc., 259 Monroe Ave., Rochester, NY 14607.

The latest financial report filed with the Office of Charities Registration may be obtained at: Department of State, 162 Washington Ave., Albany, NY 12331.

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Mission statement

Through the power of human connection, Compeer serves as a bridge to better mental wellness and community integration for all.

Vision statement

We envision a day when all communities embrace individuals and their families living with mental health challenges; when prevention begins early with children and their families; when living, learning, working and volunteering in the community is given expression through the social inclusion of all individuals and supported by the power of human connection and hope.



259 Monroe Avenue
Rochester, NY 14607
www.CompeerRochester.org
585-546-8280

Our 2021 Annual Report is dedicated to Jamie Lyn Heard-Salatino, who passed away in May of 2021 after a struggle with a life-long illness. Jamie was an active Compeer board member and school social worker.

She is dearly missed.