We hope this finds you and your loved ones safe and well. In capturing our 2019 data and stories, we have had the privilege of reviewing a time before “social-distancing” was a concept, when in-person connection was not a potential threat to personal safety, but a key to breaking down barriers created by mental illness, trauma, and socio-economic divides. While our core programs have been significantly impacted, the experience of the COVID-19 pandemic has reinforced our belief—people need social supports to survive.

2019 marked a year of transition for Compeer Rochester. Dana Frame retired from Executive Directorship in December after 22 years of service to the organization. Dana laid a solid foundation, left a strong legacy, and her diligent succession planning allowed for little disruption to programs and services throughout the year and into early 2020. Since the pandemic took hold on our community, Compeer has risen to the challenge of sustaining mental wellness through virtual forms of program delivery like Compeer Calling and E-Buddies. While not a replacement for the in-person mentoring and friendships that the organization will deliver as soon as safely possible, they are a testament to the resolve in the Rochester community for helping one another.

Amidst all of the change the organization and broader community has experienced, Compeer remains focused on our mission and core purpose: reaching the isolation of people with mental illness and combating the stigma of mental illness. Human relationships are a foundation of health and take a variety of forms through Compeer Rochester’s various programs. We are proud of, and immensely thankful for, our volunteers, clients, staff, supporting donors and Board of Directors for all they do to support these programs which have proven more important than ever in these unique and challenging times.

As you read our 2019 Annual Report, we hope you find the stories uplifting, the data promising, and a strong foundation to re-build upon as we approach a communal path to recovery.
My friend Tationna and I have been together for seven years.

When we first met, she was a shy little girl living with her grandmother. Now she is a confident young woman soon to graduate from high school. In the beginning, it was important for us to establish a trusting relationship to allow us to be ourselves. We shared many precious moments as well as sadness along the way. During this time, Tationna’s wonderful grandmother, with whom she lived, passed away. Tationna temporarily moved in with her mom, then in with a caring aunt, and has moved several times since. Through all of this, we maintained our friendship.

As a former schoolteacher, my motivation was to expose Tationna to as many experiences as possible. Some of the activities were not her favorite: baseball games, the ballet, reading books I selected for her, doing homework together, or going on long walks. However, there were many activities in which she excelled. She would come to my house where we would cook. She read recipes, followed the instructions, and made the food. I was her sous-chef. Sampling the recipes along the way was a must! Not many of the candies for the gingerbread house made it on the final product.

My friend Tationna and I have been together for seven years. Swimming has become one of her favorite summer pastimes. When first we began, she would hold onto me or the wall for dear life. Now she swims underwater with a mask and snorkel refusing to get out of the water. The New York State Fair was another fun day: watching indigenous people dance and talking about their culture; holding baby chicks and taking advantage of the midway games and rides.

Over the years, Tationna has improved her communication skills. Her increased confidence has resulted in greater success in school. Speaking of all Tationna’s experiences, she has enriched my life immeasurably. We talk, laugh, and genuinely care for each other. She is in my thoughts daily and I am an advocate for all her hopes and dreams. We will be moving from the Youth Program to the Adult Program soon. When we were matched all those years ago, my commitment was to be with her through high school. Tationna will attend community college in the fall. I am so proud of this young woman and look forward to being by her side as we look toward new adventures.

— Julie, Youth Program Volunteer
Tom and Andre have been matched for a little over a year.

Tom wanted to get out of his apartment more and feel less depressed. Andre's employer, Brown & Brown of New York, encourages volunteering and giving back to the community. After visiting Compeer Rochester’s website, Andre decided that volunteering in the Adult program sounded like a good fit!

Tom and Andre enjoy going to the movies and Red Wings games, checking out pizza spots around town, and attending Compeer events like Coffee Talk and the Annual Cookout together. Andre says that Tom has a great sense of humor and is also musically talented. Tom recently had dinner with Andre’s family, and afterwards, Tom entertained everyone by playing accordion!

Tom and Andre are grateful to Compeer for bringing them together in friendship, and they look forward to more good times in the year ahead.

“Compeer brought us together, but now we are genuine friends! Andre really likes me, and I really like him!” – Tom

Compeer Rochester

Adult Program

adults served
227
one-on-one mentoring
5,386 hrs.
average match length
74 mos.
matched for at least 1 year
72%
They were devastated and concerned for their daughter Mae who had just been released from a 6-week-long inpatient stay. “Our previous advocate was not working out for us and we couldn’t get the resources we needed,” Amy said. “Families need to be met where they are at,” said Cheri, the Family Peer Mentor. “There were a lot of barriers and the communication gaps in the system were making everything a mess.” Mae and her family needed the best support possible. Cheri got in touch with Emily, a Health Home worker from Villa of Hope. They began a detailed communication plan to overcome those barriers. “It has been a positive experience collaborating with Compeer. We have been able to seamlessly communicate, divide action items, and provide unified support for Mae and her family,” Emily said.

Cheri and Emily advocated together to find a different school placement and support groups that would benefit everyone in the family. They set up team meetings bi-monthly where all providers attended. Cheri supported the family by helping them with their frustrations, emotions, and communication struggles, and Emily created great connections with the school staff so that all parties involved could come to the table with clarity.

Amy and Steve stated, “These meetings have been lifesavers. We feel like we have a lot of support. And Cheri gave us resources that we can actually use.” Amy has attended every Family Support group and has even challenged others to see the perspective of the parents. Amy said, “Now, I think about my own limits and self-care more than I ever have. I feel better about myself.”

Mae is now matched with a mentor and in the process of getting Skill Building/Youth Peer services. She and her family even attended the youth ice skating event. Mae put on ice skates and talked to other peers, which is huge progress because she deals with anxiety around new places with a lot of people. Mae also tried to get Cheri on skates, but that did not happen!

“This family is the kind you dream about,” said Cheri. “They are willing to try new things and learn to be there for each other. If the families I work with take away anything from working with me, it is to never lose sight of hope!”

**families received intense services by our Family Peer Mentors:**

10 families

**families that received phone support and referral services:**

95 families
When asked how Compeer has affected his life, one of Dwayne’s comments was, “You gave me more gasoline that ignited my desire to work at my own pace and move on with my life.”

Dwayne has a unique and colorful way of expressing himself. He was referring to the relationship developed since last May with Cindy (Peer) and Kim (Supervisor). To continue his analogy, when he came to Compeer, Dwayne was ‘running on empty’.

Dwayne is wheelchair bound, and last May he lived in an unsafe neighborhood, in a depressing and unsafe apartment. Dwayne wanted emotional support to help him sustain his goals of positive socialization, sobriety, and budgeting. He was also in need of Physical Therapy (PT), which he hoped would enable him to become ready for knee replacements and eventual return to walking. It was difficult for him to maintain his motivation, in part because everything he did required a herculean effort. He had no access to laundry facilities. His door actually opened straight onto the sidewalk and the previous winter he had stopped engaging in physical therapy because Medicab would not pick him up in front of his apartment—they required him to wheel himself over unshoveled sidewalks to the street corner. The wait for Medicab can be up to 40 minutes, and the situation became unworkable. Despite these barriers, Dwayne maintained an interest and motivation with engaging in services.

Dwayne wanted to change his life. He defined himself as a “thug,” but wanted to become a “good citizen.” He has an outgoing and friendly personality and he wanted to have access to some positive social activities. Dwayne wanted to take steps to improve his emotional and physical health. He also decided that he wanted to work on establishing and maintaining personal boundaries, as many of his difficulties stemmed from his allowing people to take advantage of him.

These are goals he made for himself, and Compeer is here to help him reach them. Dwayne reports often that he has a low tolerance for people telling him what to do and is very appreciative of the Compeer staff maintaining a persistent involvement in his life. He says, “I wouldn’t be in this service if you didn’t care about me.” He became more open to gentle suggestions from our team, “As the months went on and I got to get to know you.”

Today, Dwayne lives in a clean, safe apartment building with laundry facilities. He has re-established a relationship with his son. Before COVID, he was regularly and independently attending a sober community group. He re-engaged in physical therapy and successfully advocated for himself to get an electric wheelchair. He re-engaged in substance use and mental health counseling.

Dwayne now says, “I have to remember I still have people in my corner, not to waste time, and keep moving.”
Interview with
Sgt. Mark Mitchell Jr.
US Army, 2006–2012

Where did you serve? Fort Hood Texas, 1st Battalion, 7th Cavalry Regiment Garryowen. Operation Iraqi Freedom: ’06–’08, ’09–’10 deployments. I was a Communications NCO. I was injured in 2011 outside Camp Taji.

How did you find out about CompeerCORPS? In 2015, my wife told me about CompeerCORPS golfing. I didn’t want to go out or interact with others at that point. She convinced me, and I still thank her to this day! It was the best choice I ever made. I was in a dark place and the CompeerCORPS PFC Dwyer program saved me.

What do you enjoy most about CompeerCORPS? The brother and sisterhood, and the activities that boost morale and help us make new family and friends!

Tell us a little about some of the ways you’ve given back to CompeerCORPS. I do the “Cooking With Sarge” class, I help with golf, and I use my community resources to link veterans up with the proper resources they need immediately.

What is your favorite activity to participate in and why? Golfing, for sure! It’s the only sport where disabled bodies can compete against able bodies in a handicap system. We build each other up. Golfing is therapy! Also, our family gets to enjoy CompeerCORPS events. They feel welcomed and understood. Spouses know spouses … kids know kids … it’s one big happy family!

Why do you tell other veterans to get involved in CompeerCORPS? I tell them because it saves lives and marriages too. The PFC Dwyer program builds bonds we missed having, and it gives you a purpose and direction!

Anything you would like to add? CompeerCORPS gave me a purpose when I thought I had none after being medically retired. The PFC Dwyer program saved my life and gave me hope! It also gives me hope for my fellow veterans, because I know they can benefit like my family and I have. We have become stronger thanks to the amazing PFC Dwyer program.
Annual Compeer cookout

Each year, Compeer participants, volunteers, and staff gather together to enjoy a time of food and fun at Ontario Beach Park. It is a way for everyone to get to know each other more and celebrate the Compeer friendships that have been built—some that may have just begun, and some that have lasted for decades! Though we will not host our Annual Compeer Cookout this year due to the COVID-19 pandemic, we have hope for future gatherings that continue to bring us together, help us see the light in one another, and share times that bring smiles to our faces! May we all find ways to stay Compeer connected until we can gather in person again!
## Financials

### Year ended December 31, 2019

#### Revenues

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<tr>
<th>Source</th>
<th>$ Total</th>
<th>% of Total</th>
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</thead>
<tbody>
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<td>Government contracts</td>
<td>642,549</td>
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<tr>
<td>Prior period revenue</td>
<td>204,331</td>
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<tr>
<td>Special events</td>
<td>162,907</td>
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<tr>
<td>Foundation grants</td>
<td>109,298</td>
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<tr>
<td>United Way</td>
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<td>Fee-for-service</td>
<td>66,395</td>
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<tr>
<td>Contributions</td>
<td>16,522</td>
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<td><strong>Total support &amp; revenue</strong></td>
<td><strong>1,340,948</strong></td>
<td><strong>100%</strong></td>
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#### Expenses

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<tr>
<th>Category</th>
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<th>% of Total</th>
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<tr>
<td>Management and General</td>
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<tr>
<td>Fundraising</td>
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<tr>
<td>Direct benefits to donors</td>
<td>49,741</td>
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<tr>
<td><strong>Total expenses</strong></td>
<td><strong>1,211,074</strong></td>
<td><strong>100%</strong></td>
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<tr>
<td><strong>Net Gain (Loss)</strong></td>
<td><strong>$129,874</strong></td>
<td></td>
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#### Other Income

<table>
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<tr>
<th>Source</th>
<th>$ Total</th>
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</thead>
<tbody>
<tr>
<td>Interest &amp; Dividends</td>
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<tr>
<td>Net realized &amp; unrealized Gain (Loss) on investments</td>
<td>84,229</td>
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<tr>
<td>Change in value of pooled life income fund</td>
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<tr>
<td>Interest expense</td>
<td>(2,262)</td>
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<tr>
<td><strong>Total Other Income, net</strong></td>
<td><strong>$98,414</strong></td>
</tr>
</tbody>
</table>

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.
Outcomes

Youth & Family Mentoring

All youth participating in the Compeer Program who are matched one-to-one with an adult volunteer mentor are surveyed (by phone) by a third-party independent interviewer. They are asked a series of 24 questions designed to capture data on different dimensions of how each youth perceives the quality of their match relationship. Research confirms that 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.

The four dimensions measured are:

- **Centeredness**—measures the extent to which a youth feels their mentor is responsive to their interests and needs for support; for example, does the mentor help with problem-solving and stress management.

- **Absence of Conflict**—measures the extent to which a youth perceives any negative emotional experiences associated with their match relationship. This dimension is “reverse-scored” and adjusted. Therefore, a high score means a lower presence of negative emotional experience.

- **Centrality**—measures the extent to which a youth believes their mentor considers the importance of their match; for example, how important is the match in each of their lives.

- **Closeness**—measures the extent to which a youth considers their mentor attached and bonded to them.

Surveys are scored on a gradual scale with a score of 1.0 – 2.33 considered “low”; 2.34 – 3.66 considered “average”; and 3.67 – 5.00 considered “high.” The higher the overall score, the better the relationship is perceived by the youth.

We began using the evidence-based Lubben Social Network Scale in late 2019. Preliminary data from our clients indicates the following: Individual client composite scores range from a low of 18 to a high of 44 (avg. = 29.23). This is the baseline from which we will measure success over time.

All clients who responded to our supplemental questions, said “Yes” they would recommend Compeer Rochester.

Adult Mentoring

Human beings are social by nature, and high-quality social relationships are vital for health and well-being. Like many other social determinants of health, however, social isolation (an objective lack of social contact with others) and loneliness (the subjective feeling of being isolated) are significant yet underappreciated public health risks.

Social isolation and loneliness are associated with poor physical and mental health outcomes, including higher rates of mortality, depression, and cognitive decline.

The goal of Compeer Rochester’s Adult Mentoring Program is to reduce the social isolation of people in our community who struggle with mental health challenges. Research confirms the importance of a strong social network as a prerequisite to positive mental and physical health.

Conversely, the lack of a strong social network leads to isolation and decreased mental and physical health. This theorem is especially relevant since the onset of COVID-19.

To gauge the effect of our mentoring model more accurately on our clients’ mental and physical health outcomes, we began using the evidence-based Lubben Social Network Scale in late 2019. This is a widely used instrument that assesses perceived social support received from family and friends and is applied in social and health care research.

The total score is calculated by finding the sum of all items. The score ranges between 0 and 60, with a higher score indicating more social engagement and a lower score more isolation.

Preliminary data from our clients indicates the following: Individual client composite scores range from a low of 18 to a high of 44 (average = 29.23). This is the baseline from which we will measure success over time.
Donors
We at Compeer Rochester would like to say thank you to all of our wonderful donors. Your support makes what we do possible!

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Anthony Zollo

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René Ban
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Karen Weider
Michelle Williams
Carol Wilson
Thomas & Ann Wolanski

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Mission statement

Through the power of supportive friendships, Compeer serves as a bridge to enhanced wellness and community integration for those with social and emotional barriers.

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 friendship and hope.