



VOLUNTEER JOB DESCRIPTION

Importance of Position:

Befriending a person managing mental health issues, and offering regularly-scheduled, supportive companionship is vital for those recovering from mental illness; you help them to enjoy a more productive life, prevent costly rehospitalization, and promote their recovery.

Your time is very valuable to a Compeer friend.

Qualifications:

Positive motivation to be of help to another person

Good listening skills

Reliable - keeps commitments

Sensitive to needs and hopes of the person who will be your Compeer Friend

Reports to: Compeer Program Director

Responsibilities:

Complete one Compeer Orientation session

Establish & maintain friendship with matched friend of the same gender

Submit required monthly report to Compeer Office

Training Provided:

Orientation regarding mental health diagnoses, types of treatments, communication skills (listening, empathy, etc.), boundaries, and expectations.

Benefits of Volunteering:

Make a new friend while being of service

Make a real difference in the life of a person who has a mental illness

Opportunity to achieve personal goals

Time Commitment:

Four (4) hours per month, at least weekly contact with friend, in person or by phone

Length of Commitment:

A minimum of one year

Grounds for Termination:

Failure to carry out assigned responsibilities or work within the program guidelines

Contact Person:

Compeer Program Director at (610) 541-0790

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