



"It helps to be matched with a fellow Veteran because he understands what's going on with me from his own experience. It really does help to be connected to people. People need that. It makes you feel like you're not alone."
Ryan, 33, CompeerCORPS participant

Veterans Helping Veterans: A Partnership of Monroe County Veterans Services Agency and CompeerCORPS

In New York, 22% of Veterans suffer from post-traumatic stress disorder and/or major depression. Many struggle to reintegrate into civilian life and their communities. Compounding this stress is a culture that gets in the way of asking for help. Isolation and loneliness is often the result.

CompeerCORPS is a program of Compeer Rochester that employs the power of friendship to help Veterans. Since 2011, CompeerCORPS has supported Veterans who help fellow Veterans lead successful, productive lives.



New York State's PFC Joseph Dwyer Fund* is supporting the partnership with Monroe County Veterans Services Agency, and will provide the following CompeerCORPS services to more Monroe County Veterans:

- Veteran-to-Veteran Supported Friendships**
- Group Activities and Events**
- Family Support and Advocacy**

The Compeer supportive friendship model founded in Rochester has been replicated in over 50 Compeer programs around the country and world. Common activities between Compeer friends include visits to coffee shops and cafes, attending ballgames, playing sports, taking walks and hikes, visiting museums/music venues/movie theaters, and enjoying the fellowship of regular group get-togethers and events sponsored by CompeerCORPS. Through CompeerCORPS, Veterans can get the help and support they need.



* *The story of Private Joseph Dwyer has been a clarion call to action on behalf of our Veterans. PFC Dwyer, a decorated Army medic, died at 31 in 2008, losing a brutal battle with post-traumatic stress disorder, depression, and addiction. His tragic tale drives home the fact that many of our returning Veterans struggle mightily to reintegrate into their families and communities.*

For more information:

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"When I interviewed the CompeerCORPS volunteer and client, their heartfelt expression of how the friendship benefits them both made it hard for me to figure out who was the 'service provider' and who was the 'client'."

*Justin Murphy, Reporter
 Rochester Democrat & Chronicle*