

Need for a Community Response

- No one system can provide all the services needed
- Supporting the family will support the individual
- 78% of survivors receive 100% of their support from family members
- Survivors and caregivers needs are different

Community-based Support Teams

A community-based support team is –

- a group of volunteers
- organized to provide practical, emotional & spiritual support

Team Philosophy

- Do *what* you can, *when* you can
- In a *coordinated* way
- With a built-in support system

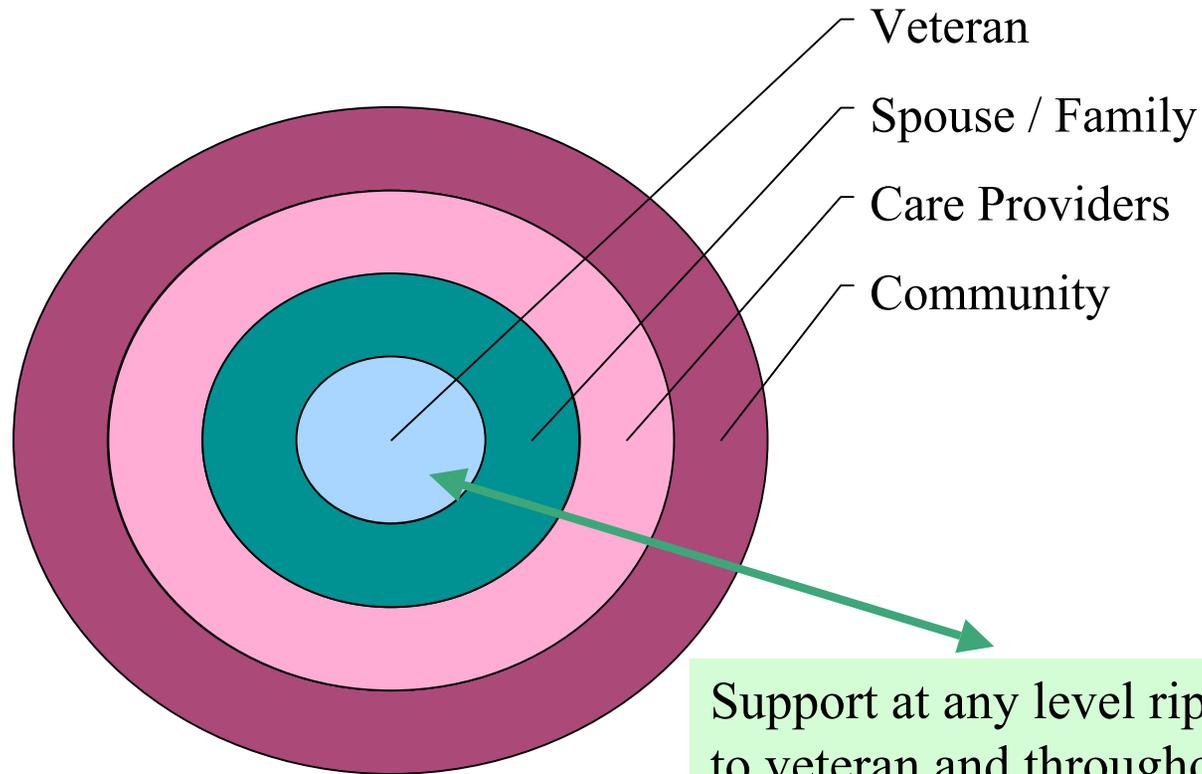
Value of Teams for Veteran

- Hope
- Decreased isolation
- Increased quality of life
- Decreased stigmatization
- Early intervention
- Adherence to treatment regimen
- Peer-to-Peer support

Value for Team Members

- Altruistic experiences
- Decreased social isolation
- Increased awareness of problems experienced
- Gratitude
- Mission and Purpose

Concentric Circles of Care



Support at any level ripples back to veteran and throughout the community

Support Team Philosophy

- Do *what* you can, *when* you can
- In a *coordinated* way
- With a built-in *support* system

Value of Support Systems to Communities

- Members support one another by
 - Setting personal and team boundaries
 - Sharing the care
 - Inviting new persons to join the team
- The support system encourages
 - Mutual, respectful relationships
 - Appropriate educational and emotional support

Project Compassion

Project Compassion

180 PROVIDENCE RD STE 1-C
CHAPEL HILL, NC 27514
(919) 402-1844

<http://www.project-compassion.org>