



Heart to Heart collaborates with Vet to Vet to match trained veteran volunteers with other veterans who need a friend and/or mentor. The two veterans visit on a regular basis, at least twice a month. They share stories, enjoy activities together, and develop a friendship that can last a lifetime. Volunteers also guide their veteran friends in applying for needed services and benefits. For soldiers returning from the battlefield, volunteer mentors can help lead the way back to civilian life. For the older veteran, volunteers provide companionship and assist with obtaining well-earned benefits.

Contact info: Program director Judie O'Malley, offjce@vet2vetmaine.org. 207-579-4024 or apply online at website: www.vet2vetmaine.org.

WHO CAN VOLUNTEER?

Anyone who has served in the military (combat and noncombat). We will try to match veterans with similar experiences if possible, according to geographical location.

WHO CAN SIGN UP FOR SERVICES

Anyone who has served in the military and would like a veteran peer companion or a peer mentor. The program serves veterans of any age, in any branch of service, combat and noncombat. We give preference to veterans living at home, but we do serve veterans in facilities in some cases.

WHAT SERVICES DOES VET TO VET OFFER?

The veteran receives visits from his/her designated volunteer at least twice a month in the vet's home. The visits provide the veteran with companionship and allow him/her to chat and swap stories with someone who cares. During the visits, the volunteer assesses whether the veteran has additional needs and can refer the veteran to other services if desired.

HOW DO I VOLUNTEER?

Fill out the enrollment form, meet with Vet to Vet Maine staff for an interview, provide references, attend a 9-hour training course (3 sessions of 3 hours each), and pass a background check. Training courses will be held periodically. The course includes listening skills, assessing needs, bonding techniques, setting boundaries, challenges faced by veterans, and accessing VA and social service programs and benefits available to veterans. Attendance at all three sessions is required. Easy online sign-up at www.vet2vetmaine.org or call 207-579-4024.

WHAT ARE THE DUTIES OF A VOLUNTEER?

Volunteers visit their designated veteran in the vet's home at least twice a month. The two veterans determine the time and length of visits. They may go out for coffee or lunch, visit military museums, play cards, swap stories, or any number of other pursuits of mutual interest. During the visits, the volunteer assesses the veteran's need for additional services. If more services are required, the volunteer refers the veteran to various resources or to the Vet to Vet staff for further assistance. Volunteers may also attend a monthly case review where they share their experiences in the program with other Vet to Vet volunteers.

HOW DO I SIGN UP FOR A VET TO VET VISITOR OR PEER MENTOR?

To sign up for a Vet to Vet visitor or mentor, contact Vet to Vet (see below) or apply online at www.vet2vetmaine.org. A Vet to Vet representative will interview applicants in their home and assess their ability to participate in the program. Veterans will be match with an appropriate Vet to Vet volunteer when one becomes available.

FMI OR TO ENROLL

Please contact Vet to Vet Maine at office@vet2vet.org or call 207-579-4024.

Note: COVID restrictions are currently in place, according to CDC guidelines.