Organizational Profile 2019

**The Beginning:** Mended Hearts is the largest cardiovascular peer-to-peer support network in the world. Dr. Dwight Harken, renowned cardiac surgeon at Brigham & Women’s Hospital, and four of his heart surgery patients, founded it in Boston in 1951. Mended Hearts, Inc. was incorporated in 1955 in Boston, Massachusetts.

**Mission:** “To inspire hope and improve the quality of life for heart patients and their families through ongoing peer-to-peer support, education, and advocacy.”

- More than 28,000 MH/MLH members operate through 274+ chapters across the U.S.
- Our chapters offer trained volunteers to provide peer-to-peer emotional and social support services

**Our Core: Peer Support to Patients and Families**

- Chapters partner with 320+ hospitals and cardiac rehabilitation clinics to offer support
- Over 230,000 heart patients and families are visited annually, primarily in person, also phone & online
- Chapter programs include regular group meetings, social activities and educational forums.

**Educational and Support Programs**

- **In-Person-to-Person Support - Visiting Program**
  Mended Hearts members are like the people they serve — heart patients and family members serving others going through what they went through themselves. This allows them to draw on their own personal experience as they educate, reassure and inspire others. Heart patients and their families gain hope by seeing others who have survived heart disease and are healthy. Healthcare professionals continually praise the patient-to-patient connection as they witness firsthand the benefits to their patients’ overall recovery.

- **Online Support Communities / Phone Support** – [http://connect.mendedhearts.org](http://connect.mendedhearts.org)
  Networking with patients and family members in our online community, “Connections in a Heartbeat” or by phone (1-888-HEART99) provide much needed support. Online connects patients and families across the country where face-to-face visits are unavailable.

- **Support Group Programs in Local Communities**
  Mended Hearts chapter support groups show people that a rich, rewarding life is possible after a heart event. Members listen, share their experiences, and discuss matters relating to lifestyle changes, depression, recovery and treatment. Chapters often invite various healthcare professionals to present valuable health information.
Mended Little Hearts (MLH)
Heart patients are of all ages, so the Mended Little Hearts program was launched in 2004 to provide support and encouragement to parents of children with congenital heart defects. Today there are over 57 community-based Mended Little Hearts groups in 26 states. Teens and adults living with congenital heart defects are also actively involved. Raising awareness of congenital heart defects is a priority.

Educational Resources for Patients, Caregivers and Families

HeartGuide
During a peer-to-peer visit, a trained visitor offers an educational resource to each heart patient/family. The HeartGuide resource, in English and Spanish, includes health information, guidance for making healthy lifestyle changes and maintaining a good quality of life after a heart event. Available: www.myheartguide.org. HeartGuide is also a free-downloadable mobile app.

Mended Little HeartGuide
A parent and caregiver resource guide for families living with congenital heart disease. To help these families, Mended Little Hearts created a one-of-a-kind, digital resource guide for parents and caregivers of children with congenital heart disease. Available: www.mendedlittleheartguide.org

Heartbeat magazine
Mended Hearts quarterly magazine provides valuable health information, inspirational survivor stories and chapter news. Provided to all members, the magazine highlights a national network of caring individuals – patients and families who can connect with one another for support on the road to recovery.

Mended Hearts Slogan: “It’s great to be alive…and to help others!”
Mended Little Hearts Slogan: “Little hearts hold big hopes!”

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