

# ANNUAL REPORT

## FY 2020

July 1, 2019 - June 30, 2020



giveanhour<sup>®</sup>  
Giving help and hope

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## Letter from the CEO

This has been an extraordinary year for all. With COVID-19 gripping the world, nearly half of Americans report that the coronavirus crisis has harmed their mental health -- and anxiety, depression and substance use are rampant. As a result, Give an Hour (GAH) has stepped up its free mental health treatment programs this fiscal year, as well as expanded our work to promote emotional wellbeing and self-care during the crisis.

In addition to addressing increased needs for mental health services in the military and veteran communities due to COVID-19, we stood up new programs to provide free counseling to COVID hospital workers through our Hospital Heroes and First Responders First programs. And, since our clients have been unable to see therapists in person, we doubled the capacity of our volunteer mental health professionals to provide virtual counseling. GAH achieved a major milestone in our treatment programs this fiscal year, exceeding 325,000 hours of free treatment donated since our inception.

We also launched our Emotional Life Skills (ELS) training program, a psychoeducational group model about early identification of emotional suffering, self-care and the use of support systems. Due to COVID, we converted ELS to an online format, and continue to deliver it in diverse venues including hospitals, schools, prisons, and for victims of gun violence and wildfires. We are currently rolling out a version for businesses called ELS at Work, which will be widely available in fiscal year 2021.

All this occurred following a major leadership change at Give an Hour at the start of the fiscal year. Dr. Barbara Van Dahlen, our Founder and President, was tapped as Executive Director of PREVENTS, a new all-of-government federal program to eliminate suicide, and in July 2019, I was appointed by the Give an Hour Board as CEO.

In this report you will learn more about the three pillars that support our 15-years of success striving to improve the mental health and emotional wellbeing of all persons: free access to mental health care for those in need, promoting mental health literacy and prevention, and changing the negative culture of mental health.

While we remain a small nonprofit, we have a big footprint thanks to your good-hearted support, the dedication of our staff, and the generosity of our volunteer providers. I am honored to lead the organization, and I look forward to all we can accomplish together in 2021.

Stay safe,  
Randy Phelps, PhD

# Give an Hour

## History

Give an Hour is a national nonprofit 501(c)(3), founded in September 2005 by Dr. Barbara Van Dahlen, a licensed clinical psychologist. Give an Hour has provided over 325,000 hours of free mental health services to veterans, servicemembers, and their families, as well as to victims of natural and manmade disasters. In 2015, GAH launched its public health initiative, The Campaign to Change Direction, with the goal of changing the culture of mental health.

## Our Work

Give an Hour addresses mental health challenges in society- challenges that, when left unaltered, often result in emotional pain and suffering. By offering hope and help, Give an Hour helps communities learn to address these challenges together.

Our aim is to improve the mental health and emotional wellbeing of all persons. Our work is supported by the following three pillars: providing access to mental health care for those in need, promoting mental health literacy and prevention, and changing the negative culture of mental health.

## Pillars:



**Access to Care:** Give an Hour harnesses the skill, expertise and generosity of 4,500 volunteer mental health professionals across the country. Give an Hour providers respond to both acute and chronic conditions by providing help and hope to those in the veteran and military communities, those affected by natural disasters such as the COVID-19 pandemic and California wildfires, and man-made disasters, such as mass shootings.



**Mental Health Literacy:** Prevention and early identification of emotional suffering are essential to good mental health. Give an Hour has developed its Emotional Life Skills (ELS) psychoeducational training for community and corporate groups nationwide. ELS delivers the skills and tools that will empower community members to better care for themselves and those they love.



**Cultural Change:** Give an Hour leads the Campaign to Change Direction, a collective public health effort with the goal to change the culture of mental health so that all those in need receive the care and support they deserve. This work has expanded nationally and internationally.



## First Pillar

# Access to Care



### Military and Veterans Communities

These are our legacy communities, and Give an Hour has been providing them no cost treatment services for 15 years and continuing. This year the coronavirus pandemic added new dimensions to the challenges service members and their loved ones are already experiencing with deployment, separation and isolation, financial strain, and challenging interpersonal relationships.

In parallel with the surging need, there is increasing comfort with virtual care within the veterans and military communities; giving many individuals who may not have sought mental health care in the past an

extraordinary opportunity – a new path to wellness.

Give an Hour will continue to increase its telehealth services for our military and veteran clients in the new fiscal year.

This work continues with support from many individuals and donors, including the Major League Baseball Players Trust, University of Phoenix, and the Veterans United Foundation.



# Access to Care



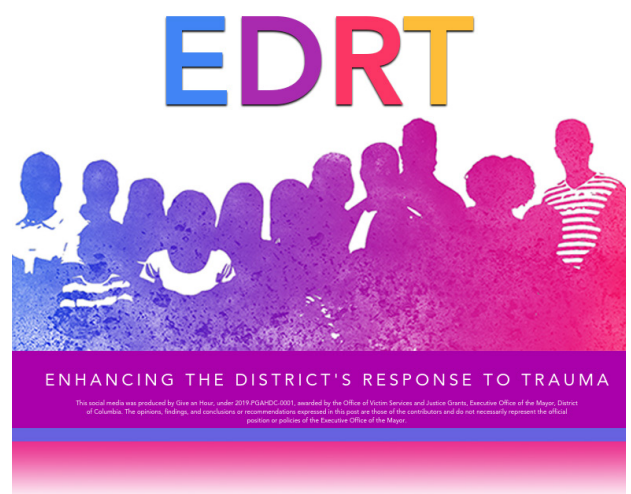
**Hospital Heroes:** This program provides six hours of free mental health support to all hospital-based essential employees in New York, New Jersey and Connecticut who are suffering stress and trauma in the battle against COVID-19. This work was funded by a generous grant from Aetna, a CVS company.

**First Responders First:** A similar program, FRF, is funded by the Entertainment Industry Foundation, and also provides free treatment for hospital personnel treating COVID-19 patients.

**Give an Hour California:** GAH continues to support those affected by the devastating wildfires, the pandemic, and the Borderline mass shooting in California. These vital programs, which include Give an Hour's Emotional Life Skills Training series and support groups are made possible by the Ventura County Community Foundation, County of Ventura, Global Giving, and the California Community Foundation.

**GAH Indianapolis:** Give an Hour continues to provide mental health education and support to at risk girls and women through partnerships with the Marion County Public Health Department, Women's Fund of Central Indiana, Drug Free Marion County and Indianapolis Public Schools.

**Enhancing the District's Response to Trauma:** The District of Columbia Office of Victim Services and Justice Grants has partnered with Give an Hour to develop a new initiative: Enhancing the District's Response to Trauma (EDRT). This fiscal year the project was fully launched, and open for referrals with 55 DC-licensed volunteer providers and 50 MD-licensed volunteers.



## Second Pillar

# Mental Health Literacy

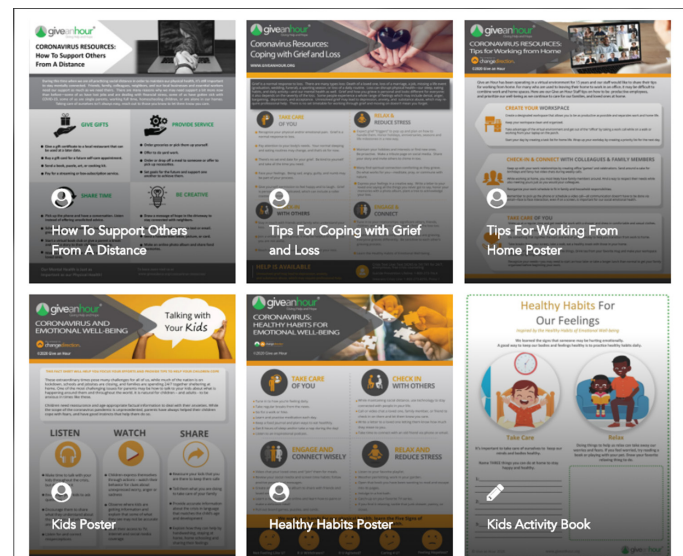


### Emotional Life Skills Training

Give an Hour developed and deployed its psychoeducation training series on emotional life skills, based on the Five Signs and Healthy Habits models. We partnered with international, state, and local organizations and foundations to deliver the training series, which teaches participants how to recognize emotional suffering and how to maintain emotional wellness. Partners included Facebook, the Ohio Department of Rehabilitation and Corrections, and communities throughout Southern California who have been affected by wildfires and the Covid 19 pandemic.

### Coronavirus and Mental Health Education Resources

In response to COVID-19, Give an Hour created a large number of free educational fact sheets about how to maintain emotional health during the pandemic. The series has been extensively downloaded in the U.S. and globally, and includes a wide range of topics such as maintaining your emotional wellbeing, supporting loved ones remotely, coping with grief and loss, racial injustice and civil unrest, tips from working from home, and talking with kids about COVID-19.



### International translations

Poor mental health is a worldwide problem, and Give an Hour's mental health literacy tools have generated international interest. Our resources such as the Five Signs of Emotional Suffering and the Healthy Habits of Emotional Wellbeing have translated into many other languages this year including Spanish, French, Georgian, Nepali, Ukrainian, Hebrew, Indonesian, Polish, Russian, Czech and Turkish.



## Third Pillar

# Culture Change



### **Give an Hour Online Global Conversation to Change Mental Health**

Give an Hour Online Global Conversation to Change Mental Health: Give an Hour partnered with IBM to host a 32 hour long Change Direction Jam: A Global Conversation on Mental Health Culture Change. Using IBM's award-winning Innovation Jam™ solution for large-scale online collaboration and data-driven outcomes, the Jam created an opportunity for thought leaders, change agents, advocates and policy makers – including those with lived experiences – to share ideas about mental health culture change. Topics included: Education & Suicide Prevention, Culture & Access Barriers, Trauma, Work Environment and Policy. Almost 1,000 participants engaged in 280 conversations (threads) generating 2,000 comments, and the results were published in a special mental health report by the IBM Institute for Business Value.

## **A Week to Change Direction**

This year, constituents participated in the week-long event (May 9-17) from the safety of their own homes during Mental Health Awareness Month due to COVID-19. Participants shared how they were taking care of their emotional wellbeing using the Healthy Habits of Emotional Wellbeing. Again this year it was an international event, with persons from 32 countries, as well as all 50 states participating. The event generated 2.6M media impressions and 600K unique users. GAH educational material downloads increased over 500%.

## **VFW Partnership**

This year marked five years of partnership with the VFW to change the negative culture of mental health. We are proud of our ongoing collaboration with VFW's Mental Wellness Campaign and our joint effort, A Day to Change Direction. This year we reached over 1 million Veterans via the VFW Magazine, email and print communication to VFW members and our annual worldwide effort, A Day to Change Direction.

## **320 Festival**

320 Changes Direction co-founder, Talinda Bennington, teamed up with Warped Tour Founder Kevin Lyman to host the 320 Festival to promote mental health awareness and advocacy through education and music. Originally scheduled to be a live event before COVID, it became a very successful online event featuring a mental health summit and benefit concert.



# 2019 GLOBAL SUMMIT

## 3rd Annual Global Summit on Mental Health Culture Change, New York

By invitation only, 60 key government officials, stakeholders, policymakers and change agents participated in Give an Hour's 3rd Annual Global Summit to address culture as a primary barrier to changing the way we think and talk about emotional wellbeing and mental health. The outcome of the Change Direction Jam guided the round table discussions. Plans for the next summit have been suspended due to the pandemic.



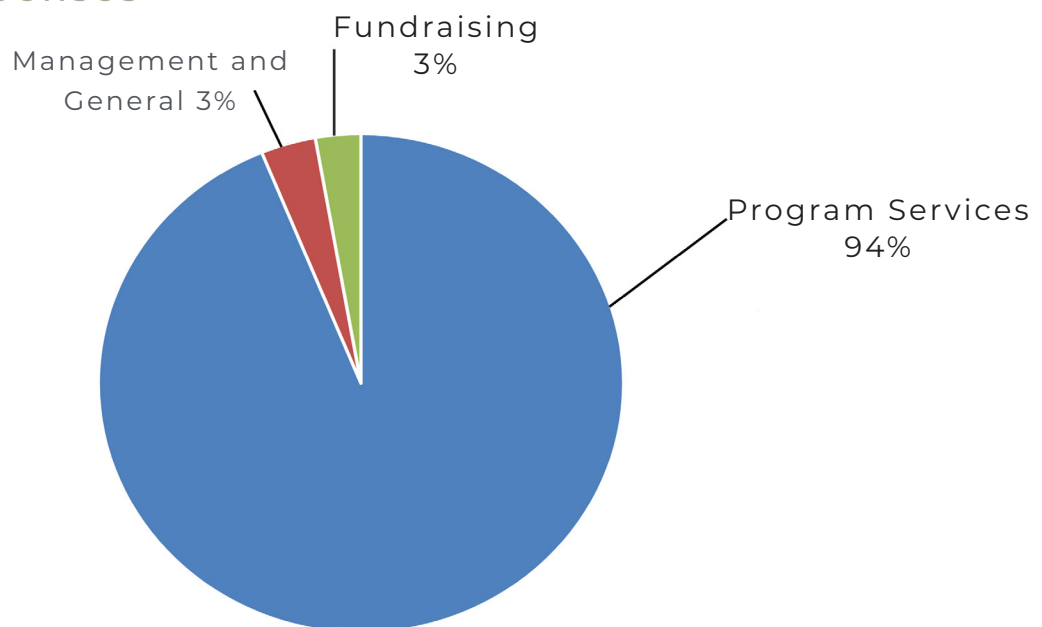


# FINANCIALS

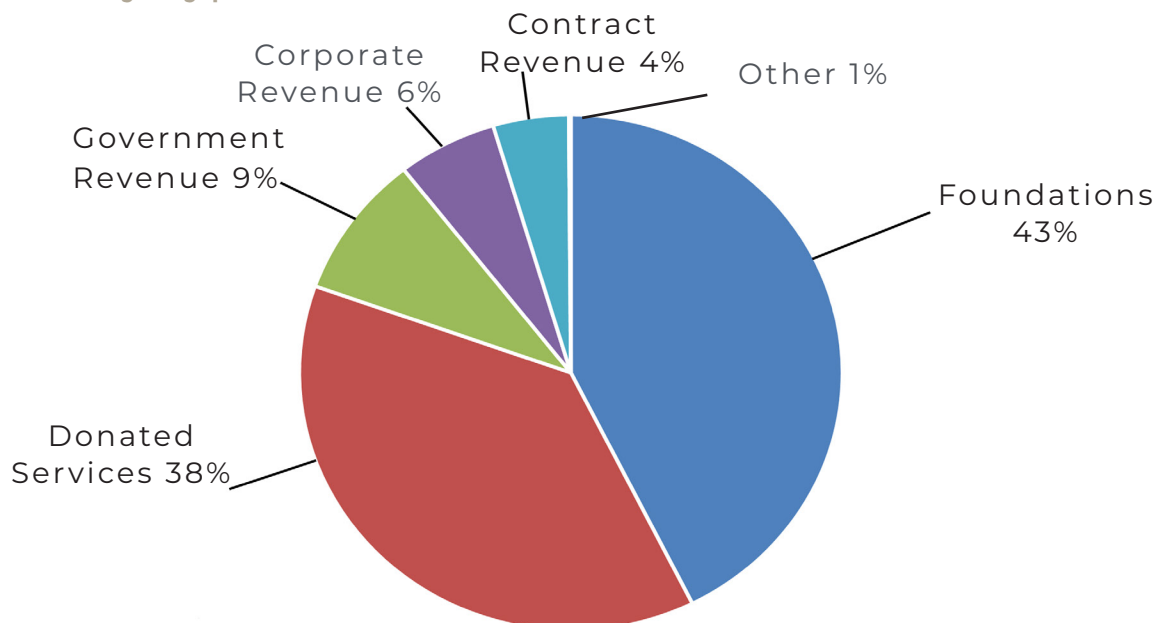
<b><u>FY20 Audited</u></b> <b><u>Financial Summary</u></b>			
	Unrestricted	Restricted	Total
REVENUE	\$1,350,040	\$1,572,589	<b>\$2,922,629*</b>
EXPENSE	\$1,133,603	\$1,199,332	<b>\$2,332,935*</b>
<b>NET</b>	<b>\$216,437</b>	<b>\$373,257</b>	<b>\$589,694</b>

\*Does not include \$1.7m in Donated Services.

## Functional Expenses



## Revenue by Type



# Thank You to Our Funders

<b>A Good Rain Inc</b>	<b>Laurie S. Oseran</b>
<b>Aetna Foundation, Inc.</b>	<b>Linkin Park Merchandising, LLC</b>
<b>Amanda Delfino</b>	<b>Logistics Health Incorporated</b>
<b>American Psychiatric Foundation</b>	<b>MadWolf Technologies (Doug Wolfire)</b>
<b>Banyan PTA</b>	<b>Major League Baseball Player's Trust</b>
<b>Booz Allen Hamilton</b>	<b>Marion County, IN</b>
<b>Brady Center to Prevent Gun Violence</b>	<b>Mark Petrillo</b>
<b>Brian Boxley</b>	<b>Meadows Mental Health Policy Institute</b>
<b>Burleson Family Charitable Fund</b>	<b>Montgomery County, MD</b>
<b>California Community Foundation</b>	<b>Mr. and Mrs. Chris Stapleton, Outlaw State of Kind</b>
<b>Charity Bomb</b>	<b>Fund of the Community Foundation of Middle</b>
<b>Clifford Mascarenas AIVMC Arizona</b>	<b>Tennessee</b>
<b>Conrad N. Hilton Foundation</b>	<b>Muller Family Foundation</b>
<b>County of Ventura</b>	<b>Olympus Corporation of the Americas</b>
<b>Dante Lombardo</b>	<b>Overton Foundation</b>
<b>Disabled American Veterans Charitable Service Trust</b>	<b>Patricia Bowditch</b>
<b>District of Columbia Office of Victim Services and Justice Grants</b>	<b>Scoob Trust Foundation</b>
<b>Donald J Trump Foundation</b>	<b>Sean Howard</b>
<b>Emily Rubio and American Legion Post 60</b>	<b>Sheppard, Mullin, Richter &amp; Hampton LLP (Edward Schiff)</b>
<b>Everytown for Gun Safety</b>	<b>Silicon Valley Community Foundation</b>
<b>Facebook</b>	<b>Stanley R. Levin Fund</b>
<b>Fairfax County, VA</b>	<b>SysArc, Inc.</b>
<b>Fred Knowles</b>	<b>The Entertainment Industry Foundation</b>
<b>Garrett Sickich</b>	<b>The University of Phoenix</b>
<b>Global Giving Foundation</b>	<b>The Wasily Family Foundation</b>
<b>Health and Hospital Corporation of Marion County, IN</b>	<b>Theresa Spencer</b>
<b>Humans of Fashion Foundation</b>	<b>Torrid Foundation</b>
<b>Jeanine Ashley</b>	<b>Triad Foundation</b>
<b>Jennifer Taylor</b>	<b>United Behavioral Health</b>
<b>Jim Louvou</b>	<b>Ventura County Community Foundation</b>
<b>John Horn</b>	<b>Veterans United Foundation</b>
<b>Joseph Sifer</b>	<b>Veterans United Home Loans</b>
<b>Julie Cabrera</b>	<b>Wallace Family Fund</b>
	<b>William Truelove</b>
	<b>Women's Fund of Central Indiana</b>



# Board of Directors

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