



# Annual Report

## 2022

## Table of Contents

### 03.

Mission, Vision, Focus

### 04.

Organization Update

### 05.

Message from CEO & COO

### 06.

Board of Directors

### 07-12.

#### PROGRAM IMPACT

Military/Veteran

Mass Violence Response

Interpersonal Response

Opioid Crisis Response

Rare Caregiver

### 13 - 14.

#### OUR VOLUNTEERS

Mental Health Providers

Ambassadors

### 15.

Training

### 16.

Public Education

### 17.

Impact in Numbers

### 18.

Finances

### 19.

Major Donors and Partners

### 20.

Announcements and  
Acknowledgements

CONTENTS

## MISSION

Develop resilient individuals and communities and grow our social impact through responsive, scalable and individualized mental health programs aimed at closing access and delivery gaps.

## VISION

Continue to expand our work of no-cost, barrier free mental health care for those impacted by human-made traumas by growing and scaling our mental health services and provider network.

## ORGANIZATIONAL VALUES

- » Seek Excellence
- » Stay Curious
- » Lead with Integrity

## AMBITION

By Dec 2026, GAH will be the #1 human-made trauma response and recovery organization in the US.

- » Impact 8M Americans via stigma-free, no cost mental health services and support
- » Be the premier platform of choice for 50k volunteer mental health providers



*In 2022, Give an Hour grew stronger during a strategic refresh of our operational structure, mission, vision, and branding, and incorporated clear value-building with employees.*

Give an Hour has served our military, veteran, and caregiver community for 15+ years. Offering help and hope is a motto that we stand behind. This year we formally expanded our programming and training to serve other vulnerable populations identified as experiencing the same gap in mental health care as our legacy population. As a social entrepreneurial organization, Give an Hour partners with like-minded organizations and thought leaders to pursue innovative avenues to disrupt the status quo and fill the much needed gap that exists in mental health care for our nation.

Over the past year we continued to see that as we **empower** individuals and communities by connecting them with the necessary resources they want, need, and deserve, they **thrive** and become part of the **solution**.

Give an Hour's approach to programming and training is built on our trauma-informed expertise. Our model of care is successful because it is informed by the lived experience of the people we serve in combination with evidence-based approaches. Clients' collective experiences educate the organization's actions, as well as those of our dedicated volunteers, which allows us as a team to better respond to those we serve. In other words, Give an Hour acknowledges that this pervasive issue cannot be solved alone or by one entity. We are stronger together. The solution lies in thoughtful listening.

**MENTAL HEALTH. FOR LIFE.**

[www.giveanhour.org](http://www.giveanhour.org)

This past year, the three-year strategic plan that was created in collaboration with the Give an Hour Board provided much needed focus to expand our impact and align our mission. It is not enough for us to deliver only what's asked for, but what is needed. These strategic goals are part of the solution that our nation requires to grow and heal.

Along with numerous other nonprofits, we have seen a shift in charitable behavior as donors evolve in how they choose to give. Over the next year, Give an Hour will diversify our touchpoints to connect with potential supporters interested in contributing to our impact.

The word that sums up our year is **connection**. Leadership's focus on reinvigorating past partnerships and creating new ones allows the organization to enter the year with meaningful connections and a shared vision of action over the next twelve months.

The invitation is open to everyone to connect and reconnect with us, whether you've known about Give an Hour since its inception or are new to our work. Mental health is for everyone. We are most successful when we work in connection with others. We are here for you and For Life.

### 3 Year Strategic Plan

By prioritizing mental health and emotional well-being and **championing easy-to-access, equitable care – void of stigma** – that is personalized to genuinely understand and treat its designated groups, Give an Hour is poised to be a visionary for mental health in the U.S.





## LEADERSHIP

A Message from the CEO and COO



*Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.*

~ Jack Welch



*Leadership is not a person or a position. It is a complex moral relationship between people, based on trust, obligation, commitment, emotion, and a shared vision of the good.*

-Piyushi Dhir

## DR. TRINA CLAYEUX

CEO GIVE AN HOUR

The triumphs and tragedies of the past three years reminded us of something that Give an Hour has long known: social connection is the bedrock of mental health vitality. As such, our work this past year doubled down on listening and responding to those we serve and bringing together individuals and communities for hope and healing.

Through an intensive and collaborative process, we finalized and launched a responsive strategic plan with an ambition to be the humanmade trauma response and recovery organization in the country, fulfilling our commitment to provide mental health for life - your life and for those you love.

## JESSICA GROVE

COO GIVE AN HOUR

I don't remember a more eventful year than 2022 during my 14-year tenure here at Give an Hour. We completed our multi-year strategic plan, embraced technology and automation without the loss of our personalized approach, and launched our new training division. Our small and mighty team continues to prioritize customer needs by listening first and then responding with customized mental health tools and programs that we are known and trusted for nationally. All of this was accomplished by leaning into our core company values: Seek Excellence, Stay Curious, and Lead with Integrity. We look forward to many years of serving all those in need by prioritizing Mental Health. For Life.



## BOARD OF DIRECTORS

### MESSAGE FROM THE BOARD CHAIR

SEAN HOWARD

CEO, WPP Government, & Public Sector Practice

As 2022 comes to an end, we see the increasing negative mental health effects resulting from the past few years of pandemic and social unrest. Unfortunately, access to quality mental health care has not been able to keep pace, necessitating new approaches to scale services for all those in need. As a Give an Hour board member, I'm proud to serve an organization striving to develop more resilient individuals and communities through scalable mental health programs. The organization has culturally reinforced its Mission and Vision, achieved financial stability, and is on the precipice of continued growth all in service of its long history of providing access to free, confidential mental health services for military service members and their families, front-line care workers, and those traumatized by human-made disasters. Please continue to support us in our efforts and thank you for your care in championing the importance of mental health.

#### ALENA ANTONOWICH

Master of Public Policy Student  
Duke University

#### EDWARD F. SCHIFF

Senior Counsel  
Sheppard Mullin Richter & Hampton

#### PATRICIA BOWDITCH, TREASURER

Senior Vice President  
Kolaghasi Capital US LLC

#### ROB SCOTT, BOARD SECRETARY

Retired Marine Corps  
President, Birdon America

#### THE HONORABLE JAMES M. BYRNE

Retired Marine Corps  
Vice President, Lockheed Martin Corporation

#### PAM SWAN

VP, Military Relations & Business Development  
Veterans United Home Loans

#### ANTONIO E. PUENTE, PH.D.

Professor of Psychology, UNCW;  
Clinical Neuropsychologist, UNCW

#### PATRICIA TOLEDO

Partner, Head of Products (VP)  
XP Investments


#### ROSS WHITMORE, MSW

Lt. Col. Retired Air Force

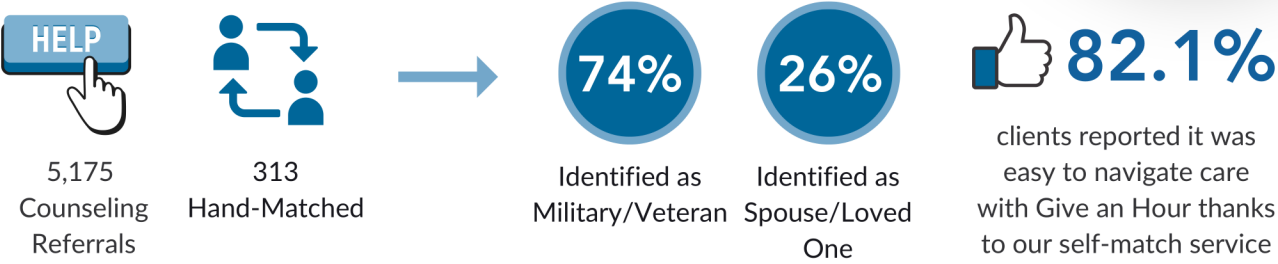
Give an Hour's Military and Veteran Program supports traditional mental health services by offering evidence-informed and customizable mental health care, emotional wellness workshops, and group support to active-duty military, Veterans, and support agencies who serve them. We take great pride in being change agents for the military community. Our enhanced ability to follow the client journey positions us to remain a premier avenue to mental health care for military service members, Veterans, and their loved ones.

**MENTAL HEALTH CARE** 7,232 hours of direct care provided in 2022


In December 2021, Give an Hour launched a significantly enhanced provider referral system addressing the need for more transparency and follow-through with therapy referrals. Military and Veterans seeking individual or family counseling services can self-refer to a provider directly through our platform, which allows Give an Hour staff the ability to monitor referral progress. This system also allows Give an Hour the opportunity to collect de-identified client data measurements to ensure services meet the desired need of the referred client. The average emotional wellness score at the time of referral was a 4 on a scale of 7 and 100% of survey respondents reported they felt Give an Hour services met their mental health needs.




Agitation, Withdrawal, and Hopelessness are the most reported signs of suffering.

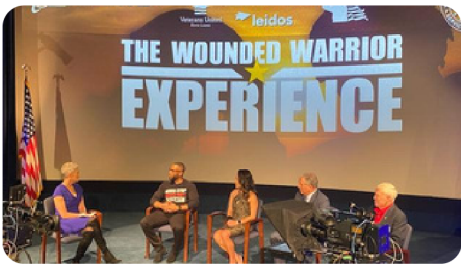


**WORKSHOPS**

- 

workshops attended by active duty, National Guard, military leadership, Veterans, black female service members and wounded Veteran caregivers.
- 

workshops for mental health providers on unique challenges & strategies for prioritizing mental health & emotional well-being in support of the military and their loved ones.





## GROUP SUPPORT

The U.S. withdrawal from Afghanistan created a perfect storm of unaddressed trauma and stress for military veterans, civilian supporters, and Afghan resettlers. Former military members and civilians assisted in coordinating the safe departure of these groups from Afghanistan and resettling in foreign lands – including the U.S. Give an Hour improved the lives of, embraced the diversity of, and provided the tools and opportunities needed for Veterans and active-duty military and their families to thrive. Our Veteran community loudly expressed that the Afghan military, contracted employees and their loved ones are their family, and we agree. With this consensus, Give an Hour implemented the Afghan "Help the Helpers" Project.

“Give an Hour has been the foundation of every program that we [#AfghanEvac Coalition] have been able to run ... And ... I know for a fact that there are people who are here today because of Give an Hour.”

- Kate K., #AfghanEvac Coalition



In a group setting, Give an Hour provided individual resiliency and peer techniques for addressing non-emergent mental health needs to #AfghanEvac coalition members as well as Welcome.US partners who supported over 308 organizations offering direct support to Afghan newcomers. The resiliency training and subsequent peer connection network was more heavily utilized than anticipated and is referred to by leadership as a "catastrophic success." To address immediate needs, Give an Hour provided six psychoeducational support groups addressing the specific needs of those engaged in evacuation and resettlement efforts.

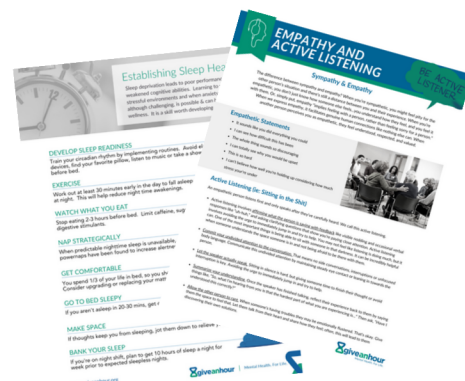
To prepare mental health professionals to adequately offer culturally responsive care to the military who served in Afghanistan, Give an Hour partnered with Freshta Taeb to offer a one-hour training and subsequent discussion session to 73 providers. Building upon this training, Give an Hour partnered with Madina Wardak to equip providers with the tools to effectively apply issue-specific knowledge about culturally responsive care in practice.

165

In addition to live virtual events, training was recorded and distributed to members of the 165 coalition agencies.

7

We developed seven easily digestible resources for distribution to coalition partners.



The mental health needs of victims, survivors, families, and the local communities who experience acts of mass violence are often not immediately known. Give an Hour stepped in and worked with allied professionals, community leaders, and peers with first-hand knowledge to assess the mental health and emotional wellness needs and provide strategic support for several communities who had these experiences.



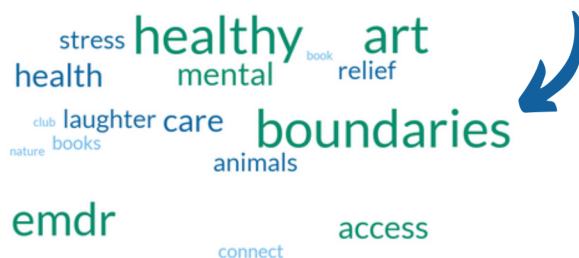
In partnership with CalVCB, Give an Hour supported survivors of the Route 91 and Borderline mass shootings with long-term recovery. Our scope of work included developing a survivor network and a mental health provider list; facilitating in-person and online support group meetings; creating an online trauma resource library; and providing access to memorial and commemorative events. In 2022, the Route 91 Heals Give an Hour team offered survivor-led, supportive peer-based programs for survivors and family members of affected communities from these two mass violence incidents. Ongoing opportunities for survivor connection as well as techniques to manage feelings around the five-year mark of their traumatic experience were the main focus. Throughout the project, when acts of mass violence occurred in new places around the country, Give an Hour supported survivors through on-demand direct support opportunities.

## 15 Peer Supporters and 78 Support Groups

Survivors and families engaging in peer-led and facilitator-supported conversations in a safe environment. In addition, 299 participated in virtual support groups focused on emotional health, signs of suffering, maintaining wellness, and survivor community support.

## 24 Psychoeducational Workshops

GAH provided customized workshops that promoted resiliency and wellness. The numerous topics were:



"Give an Hour has been there for me since the start of my healing journey and I'm so grateful for their support today."

-Survivor of the Route 91 Mass Shooting

Give an Hour works to heal the trauma caused by interpersonal violence for at-risk individuals and their loved ones. Interpersonal violence can be physical, sexual, or psychological and is often caused by pain, loss, betrayal, abuse of power, helplessness, and confusion. Whole communities are affected by interpersonal violence, which can contribute to a lack of economic development; weak social, political, and judicial institutions; social disturbances; and warfare. Give an Hour's interpersonal violence programming encourages help-seeking behaviors and provides appropriate and effective trauma interventions to break the trend of violence in communities.



EDRT is interrupting the **cycle of violence** by providing mental health services and psychoeducation to those who have been affected by violence and its ripple effects.

Helping victims who have experienced:

physical assault  
gun violence  
Witnessing violence  
Sexual Violence  
Intimate Partner Violence

Give an Hour's Enhancing the District's Response to Trauma (EDRT) Program, in partnership with the District of Columbia Office of Victim Services and Justice Grants, provided access to no-cost, trauma-informed mental health counseling services to 92 individuals and their families who are victims of crime, involved in the justice system or youth at risk of truancy or juvenile delinquency.

Volunteer-licensed mental health providers are vital to this program. To support these volunteers, the EDRT program provided a series of trauma-focused, anti-racism trainings. Approximately 50 licensed mental health providers participated in the trainings and more than 95% of survey respondents believed they increased their professional competence and comfort because of strategies acquired from these educational opportunities and indicated they will use this knowledge in their daily work with trauma victims.



Received Counseling



Providers who participated in this program had access to high-quality, trauma-specific, educational opportunities and resources



Providers Increased Professional Competence



Challenging traumatic life experiences can increase substance use as a coping mechanism. Give an Hour partnered with community leaders and allies to identify and address unmet mental health needs to offer prevention and education strategies ultimately decreasing the number of people suffering from opioid substance use or death. Another main directive was to equip healthcare providers with the expertise needed to recognize and address prevention, treatment, and recovery challenges.

In partnership and collaboration with Ventura County Behavioral Health, Give an Hour specifically supported the expanded Opioid Crisis Response with Community Overdose Prevention Training, Institutional Overdose Response Expansion Training, and professional development and capacity building.



### COLLABORATING FOR IMPACT

- » Engaged local hospitals, law enforcement agencies, and libraries with overdose education via presentations, Q&A sessions, collaborative meetings, and responses to direct requests.
- » Provided educator training for various agencies and recertified existing agencies and expanded Institutional Kit Program by engaging schools and libraries.
- » Participated in multi-agency coordination and collaboration to provide overdose prevention education and awareness outreach campaigns.
- » Participated in local, state, and national conferences and professional development training, including the RX Summit in 2022, which is a nationally known conference with stakeholders and decision-makers across the spectrum of practice.
- » Collaborated with the Office of the Medical Examiner monthly to engage, educate and inform local professionals about the risks of patient addiction, prevention of overdose, and best practices in prescribing, including non-narcotic pain management strategies.
- » Collaborated with identified health leaders to organize and convene a total of two series which included four Safe Prescriber learning events to engage local doctors in the latest opioid safety discussions.
- » Established an evidence-based program in both east and west Ventura County (CA) to provide Indicated Prevention sessions to young people who do not meet the criteria for a substance use disorder but for whom educational interventions are needed.

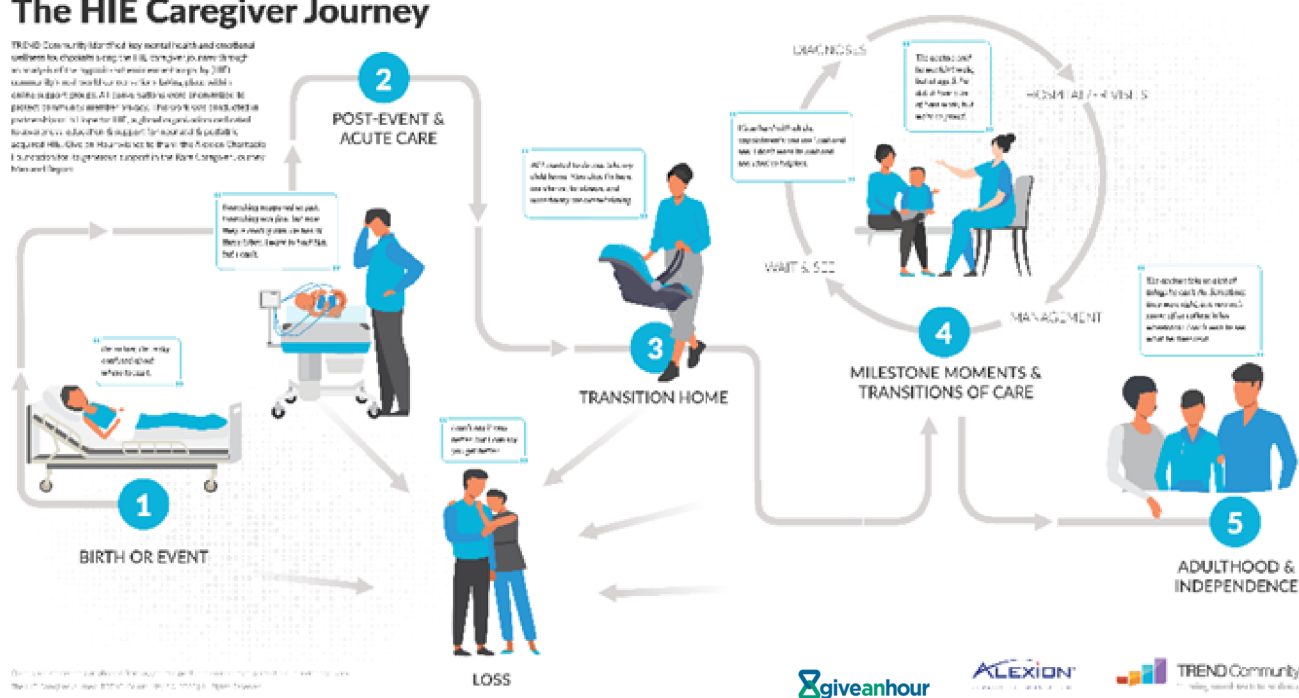
## MAPPING RARE DISEASE

In 2022, the Rare Disease Caregivers Program, with an investment from the Alexion Charitable Foundation Rare Belonging® grant, focused on addressing the unmet and/or disconnected mental health and emotional well-being needs of the rare disease caregiver community. Regardless of where individual caregivers were in the continuum of their caregiving journey, Give an Hour was there to help with their mental health education.

Give an Hour began by mapping the rare disease caregiver journey in partnership with Trend Community and through a virtual focus group of rare caregivers currently living the journey. Real-world conversations were captured confidentially and key mental health and emotional wellness touchpoints were identified. The data collected was utilized to inform customized training for mental health providers as well as mental health services for rare disease caregivers.

### The HIE Caregiver Journey

Trend Community identified key mental health and emotional wellness touchpoints along the HIE caregiver journey through an analysis of the reported experiences of caregivers by 2021 community and world tour members. Give an Hour added a critical support piece. All data reflects the needs of caregivers in the HIE caregiver journey. The data was collected in partnership with the HIE, a global organization dedicated to advancing education, support, and advocacy for rare and ultra-rare diseases. Give an Hour works to bring the Alexion Charitable Foundation's support to the HIE caregiver community.



Provider training included three live webinars and one on-demand course that offered insight into unique factors, common feelings, and the impact rare disease caregiving and support has on their mental health and emotional wellness. Additionally, Give an Hour provided two customized peer support training courses; conducted informational sessions; created four psychoeducational resources; and conducted five emotional wellness workshops.

Give an Hour's Rare Disease Caregiver Program also was showcased at Trend Community's "Sleep in Rare" workshop. Over the course of 2022, Give an Hour was able to build strong partnerships and trust in the rare disease caregiver community.

The Give an Hour volunteer provider network serves all 50 U.S. States and U.S. territories. In 2022, the number of providers committing to our mission increased by 204. With a new vision for improving the capacity of mental health services through mentorship and training of new professionals, Give an Hour piloted a selective provisionally licensed program to train the next generation of providers in human-made trauma recovery. With that, we now have 1,286 providers willing to offer supervision to fellow mental health professionals as part of their commitment. To support our provider network, Give an Hour offered 16 training courses with 23 hours of continuing education credits available at no cost to our providers. It was one of the ways we said, "thank you."



Since June 2021, Give an Hour's network providers who offer telehealth services increased by 647, which brings the total number to 1,731 providers ready to provide video counseling services. Beyond clinical counseling, Give an Hour is dedicated to alleviating the pressures providers may feel by creating integrated services to assist individuals in taking control of their own mental health. This includes organizing training, workshops, peer support groups, educational resources, and community events.

### INCREASING PROVIDER NETWORK

As part of Give an Hour's strategic goal, we are committed to growing our network of mental health professionals to 50,000 strong. This ambition, initiated in 2022, will allow Give an Hour to have an even greater impact. For example, after the tragic mass shooting at Robb Elementary School in Uvalde, TX, Give an Hour Provider & Ambassador, LPC Bob Stead, offered a pop-up clinic with the help of Give an Hour.

Children, teens, adults, and families were invited to drop in at the El Progreso Memorial Library for clinical support. For months, a group of Give an Hour providers were able to help students who were in the classrooms, as well as parents and grandparents navigate life after this traumatic event. It takes a village, and we are determined to build a strong one.





### GIVE AN HOUR AMBASSADORS

Give an Hour continued to deepen our impact with the Ambassador Program as it rolled into its second year. Six additional ambassadors joined the team, bringing the total to 11. We matched each ambassador's passions with Give an Hour's programs and mission, which led to exciting synergies! As a collective, ambassadors opened a free mental health clinic in Uvalde; hosted a range of webinars on topics of healing from trauma to sexual assault; created a mental health tool being developed into a workbook and app; shared our mission on highly visible podcasts and during a national competition; and held a panel discussion about how culture impacts our emotional well-being. And this is just the beginning. Be sure to follow our ambassadors on their socials and let's get connected!

### THE *Faces* OF GIVE AN HOUR



New Ambassadors in 2022: Bryan Abrams, Kim Abrams, Shawn Moore, Celestine LaVan, Eric Christiansen, Mary-Ella Majetich

Near the conclusion of the year, the Ambassador Program launched "Conversations with Give an Hour," which allowed followers and supporters to get to know individuals within the Give an Hour family through personal stories and first-hand accounts while also learning about Give an Hour's programs and resources. It also provided listeners the opportunity for self-reflection and a renewed sense of empowerment to take charge of their mental health and emotional well-being.



As an Ambassador with Give an Hour, I see a tremendous opportunity to leverage our synergy! This partnership will help me to carry out my calling and in turn, I hope to further Give an Hour's mission—which aligns so well with my own. If just one life is changed for the better, then we have succeeded! -

*Eric Christiansen, Filmmaker*

### WELLNESS AMBASSADORS

Give an Hour experienced great success in asking the general public to pledge to know the Five Signs of Emotional Suffering. In total, pledges topped 72 million. This pledge, which started with our public mental health campaign, The Campaign to Change Direction, was more than a movement. It created a common language around emotional suffering. This year Give an Hour built upon the campaign's success and initiated its first Wellness Ambassador Program.

As we embark on our mission to create resilient communities, this program was launched on World Mental Health Day. Wellness Ambassadors are asked to inspire their communities by modeling behavior that prioritizes mental health and emotional well-being. 388 individuals volunteered to lead through their actions within the first few months. These advocates not only champion the work of Give an Hour but are inspirational motivators for mental wellness.

# 388

*Wellness Ambassadors  
are armed with passion,  
tools, and each other*

Give an Hour training focuses on empowering participants to develop the skills that allow them to better care for themselves, the communities they serve, and the people they love. The goal of the training department is to close the gap in one-on-one health care by providing training and workshops to individuals, organizational teams, and communities.

As a new department, we are ready to provide the following services in 2023:

### PSYCHOEDUCATIONAL WORKSHOPS

Psychoeducational workshops are brief and interactive training opportunities to learn about challenges and specific solutions or coping techniques. All of our trainings are customizable to meet the unique needs of individuals, communities and organizations.

Prioritizing Wellness 1– Knowing the Signs of Emotional Suffering

Prioritizing Wellness 2– Making Self-Care a Priority and Accessing Treatment

Prioritizing Wellness 3– Building Connection and Empathy

Guarding Your Peace: Setting Boundaries as a Self-Care Practice

Understanding and Preventing Vicarious Trauma

Accessing Treatment and Telling Your Story



### CONTINUING EDUCATION

Professional development and resiliency training to build the resiliency skills of practicing licensed behavioral health providers through continuing education workshops and the sharing of resources.

Motivational Interviewing: Change is HARD (3 CEU)

Trauma, the Brain and Adversity (3 CEU)

Building a Trauma-Informed Team and Organization (3 CEU)

Trauma-Informed Care: Moving from 'What's Wrong with You?' to 'What Happened to You?' (3 CEU)

### CONSULTING SERVICE

**Organizational Assessment:** An inventory of an organization's strengths, weaknesses, opportunities, and threats through surveys and focus groups.

**Landscape Analysis:** The process of identifying gaps in mental health services and the unmet needs of the community through surveys, focus groups, one-on-one interviews, and case studies.

### TRAUMA-INFORMED PEER SUPPORT

Give an Hour's peer support program, "TIPS," stands for Trauma-Informed Peer Support, and is an evidence-informed and customizable peer support training program designed specifically for those affected by trauma. The TIPS training series includes four to six web-based training and practice sessions (two hours each).

## Communication Creates Connection

## Connection Causes Change

Give an Hour is known for not only our model of care through our volunteer mental health provider network but the mental health and wellness resources that we develop in our programs and trainings.

As a social entrepreneurial organization, we are dedicated to providing the wider community with mental health education whenever possible. Our mission to grow our impact combined with the strategic goal to positively affect 8M people is lofty and one that we are determined to meet. Over the past year, we served with *excellence* and *integrity* and are continually improving upon the ways in which we will accomplish this strategic goal. These are only a small number of opportunities that Give an Hour provided for anyone interested:

- Created and offered emotional well-being resources like the Signs of Silent Suffering: 'I'm Fine.'
- Provided free webinars on timely mental health topics.
- Curated blog content with education and updates on our work.
- Conducted collaborative presentations for partners and groups.
- Updated supporters via a regular newsletter on opportunities, impact, and education.
- Employed virtual opportunities to make changes in support of their own mental health. We held Find the One in May where we challenged followers to find the ONE thing that made them feel strong and reinforced the connection between emotional and physical health and Connect to Hope in November for Suicide Prevention Month which is our priority all year long.

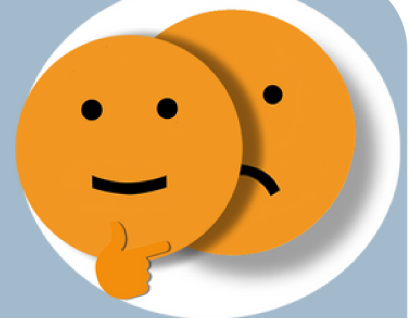
### FIND THE CHALLENGE

What's YOUR  
*Healthy* Habit?

3K+ downloads of  
*Wellbeing* resources  
in 2022



Blog  
Launched

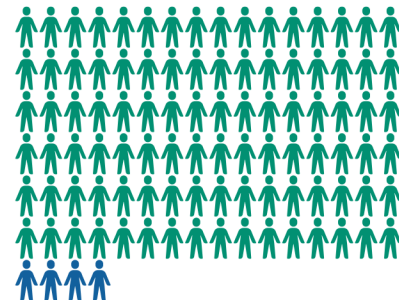
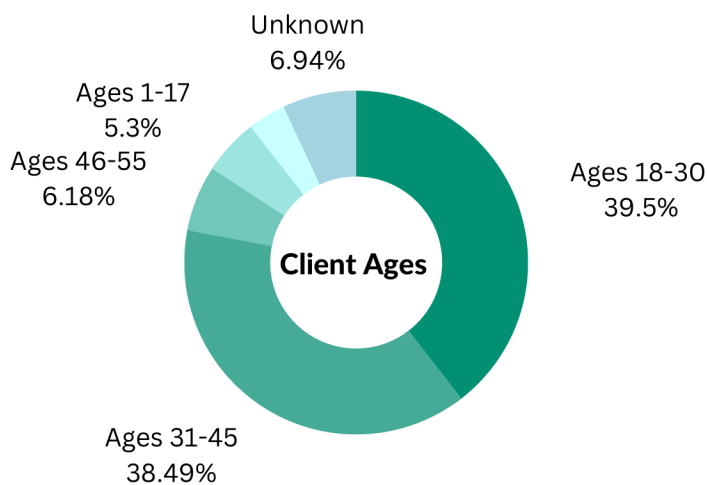


New TOOLS  
Signs of  
*Silent* Suffering

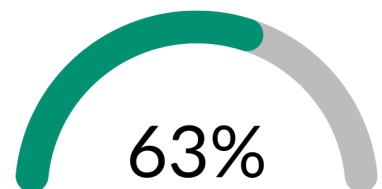
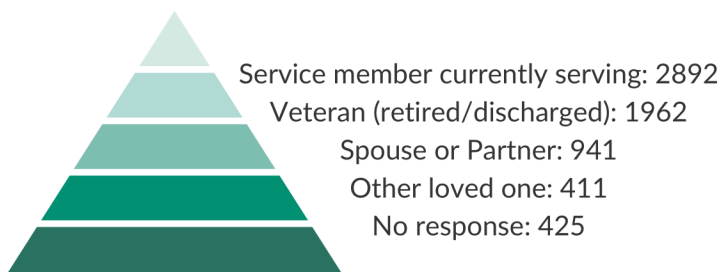


In December 2021, Give an Hour launched a robust model of data collection to monitor key short- and long-term program goals and activities. To monitor the efficacy of service and to inform the continuation of care, impact metrics of the participant and provider experience are captured using a pre-post 7-point Likert scale from low (1) to high (7) every three months through the delivery of services.

In addition to demographic variables, pre-survey measures include the current state of mental health and emotional well-being, as well as *knowledge, attitude, behavior, and confidence* baselines related to access to care competency, signs of emotional suffering, healthy habits, support system, and ongoing emotional regulation and/or help-seeking activities.



96% recommend  
Give an Hour to others



feel they are progressing  
toward their goal

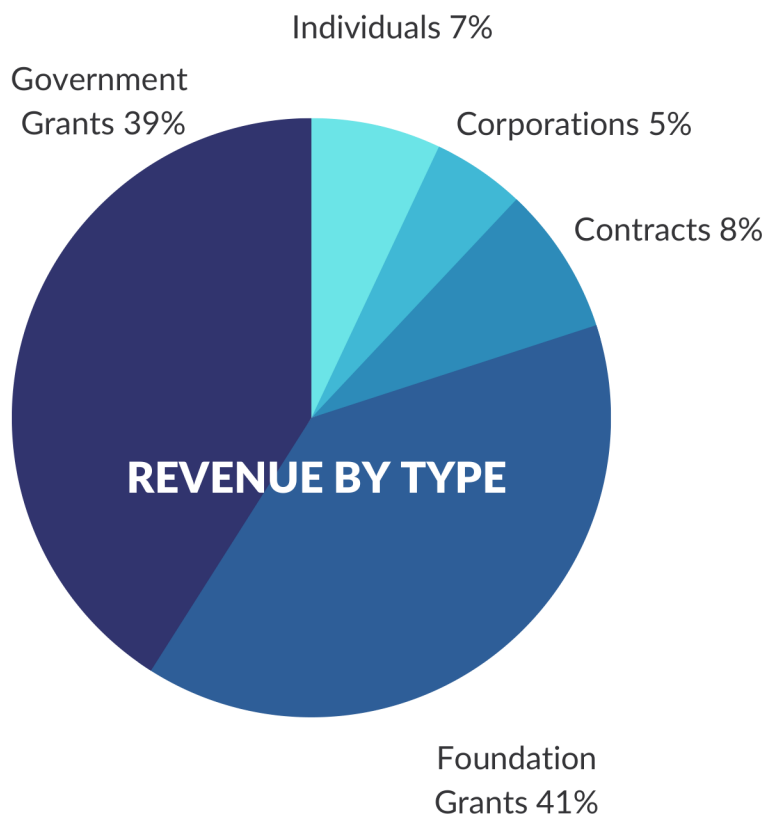
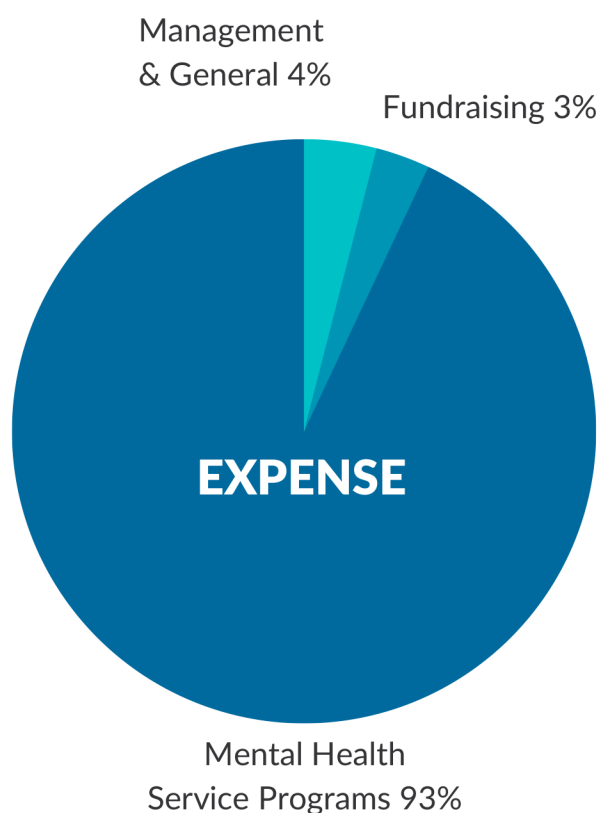
**30.7%**

of participants indicate lack of  
insurance as a barrier to  
accessing mental health care

- 100% of peer supporters felt the peer support program was effective in supporting their emotional wellbeing.
- 99% of providers felt increased confidence in serving Give an Hour populations after attending GAH trainings.

## FY 2022 PROFIT &amp; LOSS STATEMENT

	Unrestricted	Restricted	Total
FY22 Revenue	\$ 434,713	\$ 1,527,595	\$ 1,962,308
FY22 Expense	\$ 431,521	\$ 1,504,740	\$ 1,936,261
Previous Year Assets	\$ 1,133,420	\$ 317,667	\$ 1,451,087
Net	\$ 1,136,612	\$ 340,522	\$ 1,477,134



Aetna Foundation  
Alexion Charitable Foundation  
Calabash, NC VFW Post #7288  
Coalition to Salute America's Heroes  
CVS Pharmacy, Inc.  
CVS Health Foundation  
County of Ventura  
District of Columbia Office of  
Victim Services and Justice Grants  
Allison and Ryan Johanson  
Kaiser Foundation Hospitals  
Kroll, Inc.  
Madwolf Technologies  
Marion County, Indiana  
Maxar Better World Foundation

Moves by Madeline  
Outlaw State of Kind Fund of the  
Community Foundation of Middle Tennessee  
(led by Mr. and Mrs. Chris Stapleton)  
Sheppard Mullin Richter & Hampton, LLP  
Stand Together Foundation  
Stanley R. Levin Fund  
Tresemer Foundation  
Triad Foundation  
United HealthCare  
The University of Phoenix, Inc.  
Ventura County Community Foundation  
Veterans United Foundation  
The Wasily Family Foundation  
Welcome.US



"A few years ago I found Give an Hour. This is an organization that has reduced overhead costs as much as possible allowing for 90% of their donations to go toward services.

I have been volunteering for them for many years. Each person I have worked with has been desperate for relief. They have struggled with feeling crazy or weak. They have yearned for some way to relieve their system, hitting roadblocks all along the way. Each person I have worked with has been beyond grateful for the organization and the service.

Communication with the organization over the last 2.5 years always reminds me why I volunteer. They are grateful, responsive, and willing to help their volunteers whenever possible."

*Allison Johanson, LCSW, Give an Hour Provider and Donor*

### BUILDING AND GROWING IN ORDER TO SERVE

In response to the growing demand for training and workshops, Give an Hour invested in its first Training Department. This department will offer communities and organizations personalized training and workshops to support mental health and emotional wellness.

The year 2022 also saw Give an Hour grow its operations by creating a communications department. This team collaborates with all Give an Hour programs and departments to tackle the organization's messaging, marketing, media, and modes of communication on the website, in socials, or in your inbox.



The communications department also took on the task of refreshing Give an Hour's look with a modern, clean edge. The logo gives a nod to our original branding and represents Give an Hour's crystalized strategic direction and focus on the future.

The fresh shades of blue (trust) and green (mental health) with connected triangles symbolize the strength of our commitment to connecting and prioritizing mental health and emotional wellness. We also have a new tagline: Mental Health. For Life. to reinforce the importance of maintaining mental health for life.

### STANDOUT PARTNERS

- » **Stand Together Foundation** partners with high-impact nonprofits around the nation, all committed to empowering the individuals they serve through a principled approach. Give an Hour was selected as one of Stand Together's 25 Catalyst Impact Partners after an extensive vetting process and rigorous evaluation focused on impact, customer surveying, reach, and principle alignment.
- » **Kroll** provides data, technology, and insights for risk, governance, and growth. Kroll employees generously donated to Give an Hour and the company matched this donation - this act began a budding relationship between Kroll and Give an Hour and highlights the impact that companies can have on the work we do.
- » **University of Phoenix** is a valued partner and, in 2022, introduced us to the findings of their Career Optimism Index to address an unmet mental health need. Together we initiated an advisory committee to create a toolkit to help Veterans succeed in the workplace and access mental health services they want, need, and deserve.
- » **Amazon Global Military Affairs** shares Give an Hour's mission through our joint dedication to improving Veteran mental health generally and in the workplace.
- » **Aetna and CVS Health** are long-time collaborative partners whose aim of improving health and healthcare outcomes has created synergy leading to the support of numerous Give an Hour programs to include our Military and Veteran Program in 2022.

The *power of connection* and collaboration are ever present in these partnerships.

## Annual Report 2022



[www.giveanhour.org](http://www.giveanhour.org)



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See our Social Impact

