

# Active Duty Peer-to-Peer Base A Cohort 4 Survey Results July 2024

BUILDING RESILIENCE & LEADERSHIP SKILLS

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

## PEER-TO-PEER TRAINING

Give an Hour provides peer-to-peer support, recognizing the value of lived experience in building resilience, and cultivating a supportive community among service members. The specialized and tailored training is aimed at empowering military leaders with essential tools to support their peers.

This data is based on survey results from the fourth cohort at one active duty Army base following the delivery of 90-minute trainings led by give an hour facilitators for 32 active duty Army soldiers.

## PERCEPTIONS OF PERSONAL EXPERIENCES

Some participants struggled with emotional regulation when sharing personal issues, indicating a need for training on managing emotions during peer interactions. One participant specifically mentioned discomfort discussing trauma, highlighting the importance of handling sensitive topics carefully. Additionally, participants had varied interpretations of "peer," suggesting a need to standardize this definition in the training.

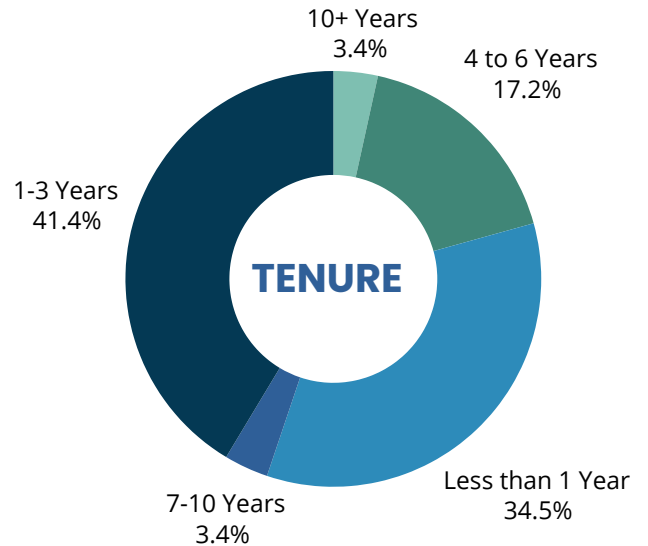
## FEEDBACK

- Participants suggested adding more hands-on activities and practical exercises starting on day two to maintain engagement and prevent fatigue.
- There was a strong desire for more scenarios or demonstrations to bridge theory and practice, making the training more impactful.
- A significant barrier to sharing personal challenges was a lack of trust and concerns about confidentiality, highlighting the need to create a safe environment for open discussions.
- Fear of judgment or being viewed differently by peers was also a key concern, though comfort with sharing personal experiences increased post-training.
- Several participants recommended a more relaxed environment, such as reducing formalities like name tapes and ranks, to encourage openness.

## ATTENDEE DEMOGRAPHICS









*Average Age 24 years*



# POST TRAINING SURVEY RESULTS

-  There was a significant improvement in participants' familiarity with identifying Give an Hour's Five Signs (155%).
-  Average growth in confidence for active listening skills (12.5%).
-  Considerable improvement in their comfortability offering mental health support to others, with an average growth (55%).
-  Growth in comfortability in asking open-ended questions for deeper conversation (37%).
-  Comfortability in engaging in conversations about mental health saw an average growth of 24%.
-  Significant increase in comfortability was reported in seeking mental health support from others (73%).

# COMMENTS FROM SOLDIERS

-  "The presentation and engagement was great."
-  "It opened the idea of getting into someone's issue without getting too personal or putting pressure on them."
-  "I learned that active listening is very important."
-  "I learned it's important to open up and not let it bottle up."
-  "I see now why it's so important to talk and ask people how they are doing."
-  "It has allowed me to feel more comfortable to share where necessary."

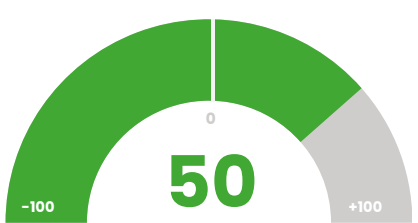
## FACE the FIVE Signs Everyone Needs to Know



Personality Change was the most recognized sign post training, an increase of 84%

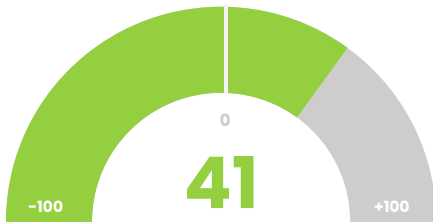
THESE ARE FIVE SIGNS THAT MAY MEAN SOMEONE IS IN EMOTIONAL PAIN & MIGHT NEED HELP.

### Customer satisfaction



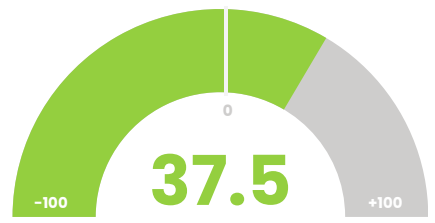
NET PROMOTER SCORE

### Positive impact Give an Hour has had on their life.



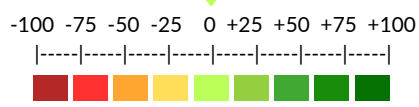
NET TRANSFORMATION SCORE

### Sense of empowerment to overcome barriers in their life.



NET EMPOWERMENT SCORE

Good



A Net Promoter Score (NPS) of 0 is considered good, indicating a balance of promoters and detractors. Each increase reflects stronger strength of score in either direction.