

Active Duty Peer-to-Peer Base B Cohort 2 Survey Results August 2024

BUILDING RESILIENCE & LEADERSHIP SKILLS

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 18 active duty Army soldiers.

PERCEPTIONS OF PERSONAL EXPERIENCES

Alongside fear of judgment, lack of trust was identified as a major barrier to sharing personal information. Some responses also pointed to internal factors, like reluctance to discuss emotions or a preference for privacy, as additional obstacles.

Before the training, participants wanted to better recognize signs of distress and gain confidence in addressing mental health issues in themselves and others. They appreciated the clarification that they are not expected to be therapists, which helped define their role and avoid overstepping boundaries.

Practical methods and strategies for initiating sensitive conversations were highly valued, with many wanting further exploration of how to handle serious issues and recommend professional help.

The discussion of Give an Hour's 5 Signs was particularly impactful, offering practical tools to identify when someone might be struggling.

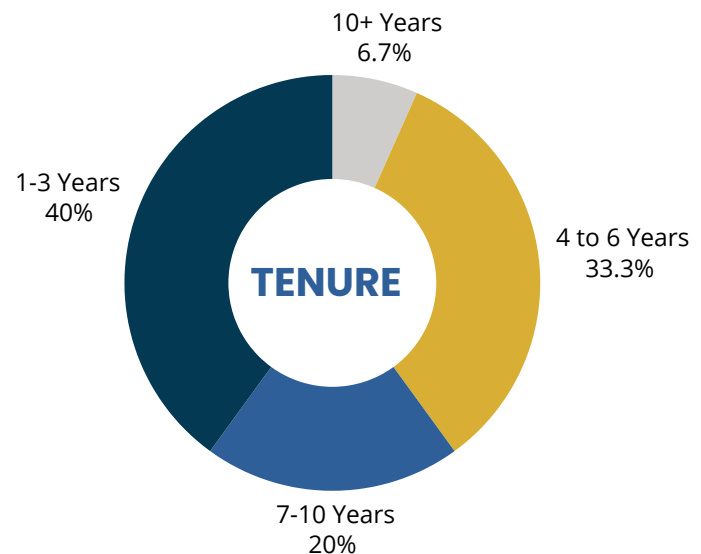
FEEDBACK

- Participants suggested a need for varied teaching methods to cater to different learning styles such as including videos, interactive games, and, overall, more hands-on learning.
- Participants also suggested providing them copies of slides, printouts, or other online resources that they could refer back to after the training.
- One individual mentioned the idea of having access to an app or online library (Google Drive) for reference to materials.

ATTENDEE DEMOGRAPHICS



Average Age 28 years



POST TRAINING SURVEY RESULTS



There was a significant improvement in participants' familiarity with identifying Give an Hour's Five Signs (179%).



Average growth in confidence for active listening skills (11%).



Increase in their comfortability offering mental health support to others, with an average growth (36%).



Growth in comfortability in asking open-ended questions for deeper conversation (31%).



Comfortability in engaging in conversations about mental health saw an average growth of 14%.



Considerable increase in comfortability was reported in seeking mental health support from others (46%).

COMMENTS FROM SOLDIERS



"I feel very confident in opening up more with these types of situations."



"My views have changed because now I know its okay to do so without consequences or judgement"



I will benefit from attending this again, for reinforcement. The training helped me make immediate growth as a facilitator and listener in these conversations.



"I was always the type of leaders to keep my mental health problems on the low. After deep discussion I realized that others share and relate to the same."



"I honestly feel like the mentors that taught this class has all the resources and tools to open up people like myself to be comfortable. Ms Julie is a phenomenal person and teacher!"

FACE the FIVE Signs Everyone Needs to Know



Personality Change was the most recognized sign post training, an increase of 92%



Personality Change



Uncharacteristically angry, anxious, agitated, or moody



Withdrawal or isolation from other people



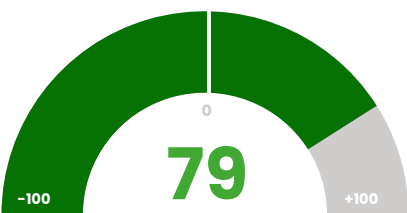
May neglect self-care & engage in risky behavior



Overcome with hopelessness & overwhelmed by circumstances

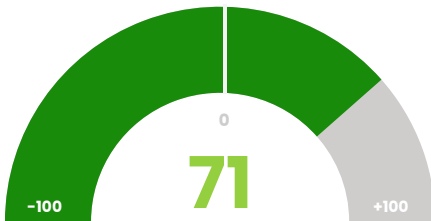
THESE ARE FIVE SIGNS THAT MAY MEAN SOMEONE IS IN EMOTIONAL PAIN & MIGHT NEED HELP.

Customer satisfaction



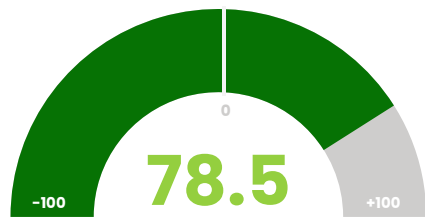
NET PROMOTER SCORE

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



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.