

Active Duty Peer-to-Peer Base A Cohort 8 Survey Results Dec. 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 eighth cohort at one active duty Army base following the delivery of three 90-minute trainings led by two Give an Hour facilitators for 30 active duty Army soldiers. We also included two new facilitators in training who will be helping to expand our offerings at this Army base in 2025. They are both military spouses with unique personal stories and experiences supporting the mental health of others.

PERCEPTIONS OF PERSONAL EXPERIENCES

A few participants identified “emotional suffering” or “signs” in the pre-training survey as areas of interest, which may indicate a growth in familiarity with Give an Hour and the training content at this particular base.

Many participants expressed an interest in supporting others in navigating mental health challenges without discomfort or overstepping boundaries.

FEEDBACK

There was an interest in lengthening the training sessions or offering them more regularly from many participants. One individual suggested involving more soldiers and extending the program to the platoon level.

One individual expressed interest in learning more about advanced active listening skills, while another person expressed interest in having greater access to peers to connect with.

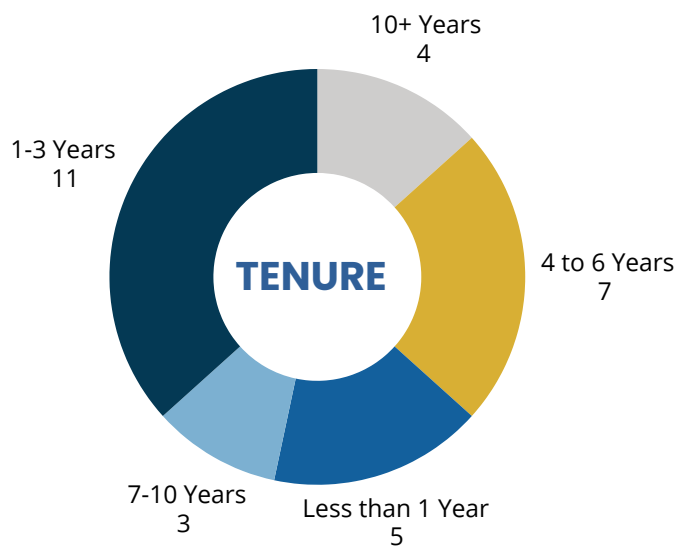
Participants also mentioned suggestions to enhance the content through more visual examples, with one person identifying “real stories on videos” as a suggestion.

ATTENDEE DEMOGRAPHICS



23 Male / 7 Female

Average Age 26 years



POST TRAINING SURVEY RESULTS



Average increase in participants comfortability with sharing personal experiences (18%).



Moderate growth in confidence for active listening skills (18%).



Moderate increase in their comfortability offering mental health support to others, with an average growth (16%).



Growth in comfortability in asking open-ended questions for deeper conversation (17%).



Significant increase in comfortability in engaging in conversations with peers about mental health (65%).



Considerable increase in comfortability was reported in seeking mental health support from others (52%).

COMMENTS FROM SOLDIERS



“Overall, information and resources were great. Hoping in the future it will be longer than 1 hour and 30 min.”



“No changes to this training; very knowledgeable instructors that taught well.”

HOW SOLDIERS VIEWS HAVE CHANGED FOLLOWING THE TRAINING:



“It's okay to talk about your problems, most of the time all a person needs is to be heard.”



“It changed, (it) made me realize that everyone goes through something small or big.”



“It helped me know what to look for in someone who may need help.”

FACE the FIVE

Signs Everyone Needs to Know



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

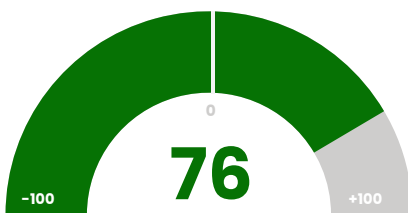


Neglect Self Care & Engage in Risky Behavior was the most recognized sign: 158%

There was a significant improvement (172.80%) in participants' familiarity with identifying the 5 signs.

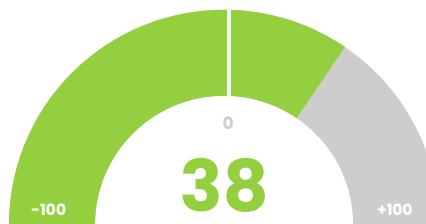
THESE ARE FIVE SIGNS THAT MAY MEAN SOMEONE IS IN EMOTIONAL PAIN & MIGHT NEED HELP.

Customer satisfaction



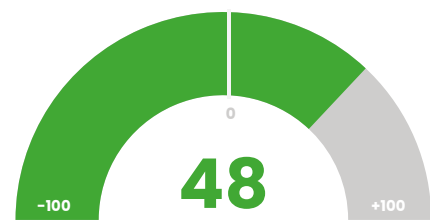
NET PROMOTER SCORE

Positive impact Give an Hour has had on their life.



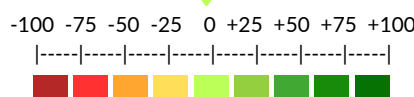
NET TRANSFORMATION SCORE

Sense of empowerment to overcome barriers in their life.



NET EMPOWERMENT SCORE

Neutral



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