

Active Duty Peer-to-Peer Base A Cohort 7 Survey Results Nov. 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 seventh cohort at one active duty Army base following the delivery of three 90-minute trainings led by Give an Hour facilitators for 13 active duty Army soldiers.

PERCEPTIONS OF PERSONAL EXPERIENCES

Some participants suggested increasing engagement and fostering connection in future trainings through interactive activities (i.e: videos) and fun activities (i.e: role-playing), however general delivery was rated highly (4.6/5). Participants also sought more time to interact with each other to build trust.

Takeaways from this training cohort highlighted the signs of withdrawal and isolation, emphasizing the nuanced distinction between someone appearing introverted or needing space versus those who are silently struggling. Many participants who exhibited these behaviors shared that they would have appreciated someone reaching out to them during those times.

FEEDBACK

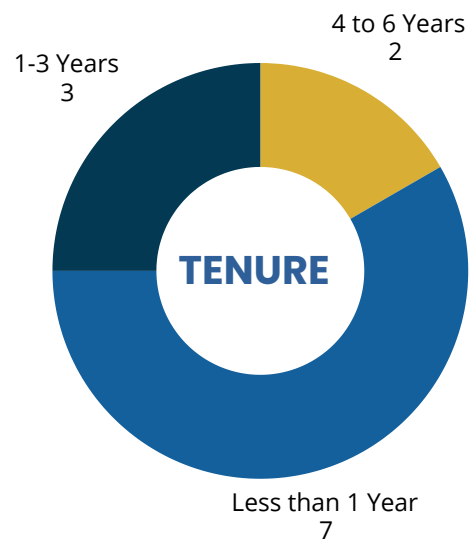
Many participants are interested in having a greater understanding and actionable knowledge about mental health, such as improving their communication skills, and developing coping mechanisms.

During the on-site training soldiers noted a need for more open discussions around the difficulty of connecting with family while on base as well as the impact of perceived generational barriers such as not having parents/grandparents understand who you are becoming and how you are changing.





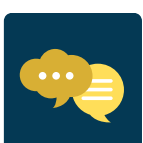

ATTENDEE DEMOGRAPHICS






Average Age 25 years






POST TRAINING SURVEY RESULTS

-  There was a significant improvement in participants' familiarity with identifying Give an Hour's Five Signs (180%).
-  Average growth in confidence for active listening skills (44%).
-  Significant increase in their comfortability offering mental health support to others, with an average growth (140%).
-  Growth in comfortability in asking open-ended questions for deeper conversation (36%).
-  Significant increase in comfortability in engaging in conversations with peers about mental health 98%.
-  Considerable increase in comfortability was reported in seeking mental health support from others (205%).

COMMENTS FROM SOLDIERS

-  "Outside of work it is hard to find somebody that relates to military issues."
-  "I don't really know my peers like I know my family or close friends so it gets uncomfortable."
-  "I found the deeper dive into the 5 signs of emotional suffering was very eye opening for me."
-  "5 signs of emotional suffering Why? because I've encountered it everyday with friends and family. Now I understand what situations I've come across what to do and who to talk to."
-  "I feel like covering work/life balance again would be helpful."

FACE the FIVE Signs Everyone Needs to Know

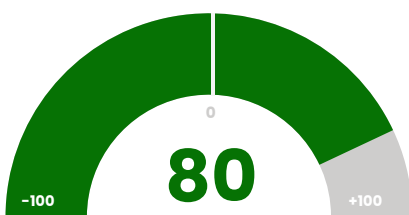
-  Personality Change
-  Uncharacteristically angry, anxious, agitated, or moody
-  Withdrawal or isolation from other people
-  May neglect self-care & engage in risky behavior
-  Overcome with hopelessness & overwhelmed by circumstances

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

Neglect Self Care & Engage in Risky Behavior was the most recognized sign: 100%

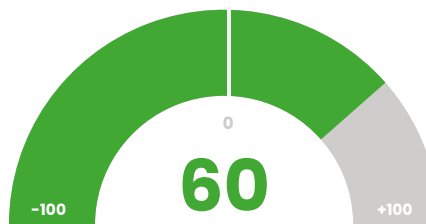
By the end of the training, 80% of participants were confidently able to identify the Five Signs of Emotional Struggle.

Customer satisfaction



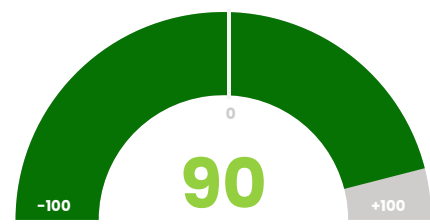
NET PROMOTER SCORE

Positive impact Give an Hour has had on their life.

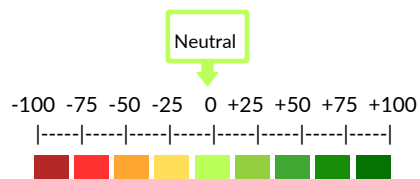


NET TRANSFORMATION SCORE

Sense of empowerment to overcome barriers in their life.



NET EMPOWERMENT SCORE



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