

ANNUAL REPORT

FY 2020

July 1, 2019 - June 30, 2020



giveanhour[®]
Giving help and hope

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Letter from the CEO

This has been an extraordinary year for all. With COVID-19 gripping the world, nearly half of Americans report that the coronavirus crisis has harmed their mental health -- and anxiety, depression and substance use are rampant. As a result, Give an Hour (GAH) has stepped up its free mental health treatment programs this fiscal year, as well as expanded our work to promote emotional wellbeing and self-care during the crisis.

In addition to addressing increased needs for mental health services in the military and veteran communities due to COVID-19, we stood up new programs to provide free counseling to COVID hospital workers through our Hospital Heroes and First Responders First programs. And, since our clients have been unable to see therapists in person, we doubled the capacity of our volunteer mental health professionals to provide virtual counseling. GAH achieved a major milestone in our treatment programs this fiscal year, exceeding 325,000 hours of free treatment donated since our inception.

We also launched our Emotional Life Skills (ELS) training program, a psychoeducational group model about early identification of emotional suffering, self-care and the use of support systems. Due to COVID, we converted ELS to an online format, and continue to deliver it in diverse venues including hospitals, schools, prisons, and for victims of gun violence and wildfires. We are currently rolling out a version for businesses called ELS at Work, which will be widely available in fiscal year 2021.

All this occurred following a major leadership change at Give an Hour at the start of the fiscal year. Dr. Barbara Van Dahlen, our Founder and President, was tapped as Executive Director of PREVENTS, a new all-of-government federal program to eliminate suicide, and in July 2019, I was appointed by the Give an Hour Board as CEO.

In this report you will learn more about the three pillars that support our 15-years of success striving to improve the mental health and emotional wellbeing of all persons: free access to mental health care for those in need, promoting mental health literacy and prevention, and changing the negative culture of mental health.

While we remain a small nonprofit, we have a big footprint thanks to your good-hearted support, the dedication of our staff, and the generosity of our volunteer providers. I am honored to lead the organization, and I look forward to all we can accomplish together in 2021.

Stay safe,
Randy Phelps, PhD

Give an Hour

History

Give an Hour is a national nonprofit 501(c)(3), founded in September 2005 by Dr. Barbara Van Dahlen, a licensed clinical psychologist. Give an Hour has provided over 325,000 hours of free mental health services to veterans, servicemembers, and their families, as well as to victims of natural and manmade disasters. In 2015, GAH launched its public health initiative, The Campaign to Change Direction, with the goal of changing the culture of mental health.

Our Work

Give an Hour addresses mental health challenges in society- challenges that, when left unaltered, often result in emotional pain and suffering. By offering hope and help, Give an Hour helps communities learn to address these challenges together.

Our aim is to improve the mental health and emotional wellbeing of all persons. Our work is supported by the following three pillars: providing access to mental health care for those in need, promoting mental health literacy and prevention, and changing the negative culture of mental health.

Pillars:



Access to Care: Give an Hour harnesses the skill, expertise and generosity of 4,500 volunteer mental health professionals across the country. Give an Hour providers respond to both acute and chronic conditions by providing help and hope to those in the veteran and military communities, those affected by natural disasters such as the COVID-19 pandemic and California wildfires, and man-made disasters, such as mass shootings.



Mental Health Literacy: Prevention and early identification of emotional suffering are essential to good mental health. Give an Hour has developed its Emotional Life Skills (ELS) psychoeducational training for community and corporate groups nationwide. ELS delivers the skills and tools that will empower community members to better care for themselves and those they love.



Cultural Change: Give an Hour leads the Campaign to Change Direction, a collective public health effort with the goal to change the culture of mental health so that all those in need receive the care and support they deserve. This work has expanded nationally and internationally.

First Pillar

Access to Care



Military and Veterans Communities

These are our legacy communities, and Give an Hour has been providing them no cost treatment services for 15 years and continuing. This year the coronavirus pandemic added new dimensions to the challenges service members and their loved ones are already experiencing with deployment, separation and isolation, financial strain, and challenging interpersonal relationships.

In parallel with the surging need, there is increasing comfort with virtual care within the veterans and military communities; giving many individuals who may not have sought mental health care in the past an

extraordinary opportunity – a new path to wellness.

Give an Hour will continue to increase its telehealth services for our military and veteran clients in the new fiscal year.

This work continues with support from many individuals and donors, including the Major League Baseball Players Trust, University of Phoenix, and the Veterans United Foundation.



Access to Care



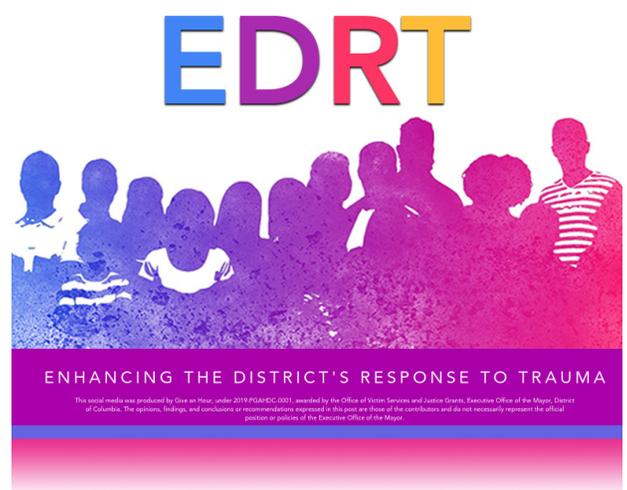
Hospital Heroes: This program provides six hours of free mental health support to all hospital-based essential employees in New York, New Jersey and Connecticut who are suffering stress and trauma in the battle against COVID-19. This work was funded by a generous grant from Aetna, a CVS company.

First Responders First: A similar program, FRF, is funded by the Entertainment Industry Foundation, and also provides free treatment for hospital personnel treating COVID-19 patients.

Give an Hour California: GAH continues to support those affected by the devastating wildfires, the pandemic, and the Borderline mass shooting in California. These vital programs, which include Give an Hour's Emotional Life Skills Training series and support groups are made possible by the Ventura County Community Foundation, County of Ventura, Global Giving, and the California Community Foundation.

GAH Indianapolis: Give an Hour continues to provide mental health education and support to at risk girls and women through partnerships with the Marion County Public Health Department, Women's Fund of Central Indiana, Drug Free Marion County and Indianapolis Public Schools.

Enhancing the District's Response to Trauma: The District of Columbia Office of Victim Services and Justice Grants has partnered with Give an Hour to develop a new initiative: Enhancing the District's Response to Trauma (EDRT). This fiscal year the project was fully launched, and open for referrals with 55 DC-licensed volunteer providers and 50 MD-licensed volunteers.



Second Pillar

Mental Health Literacy

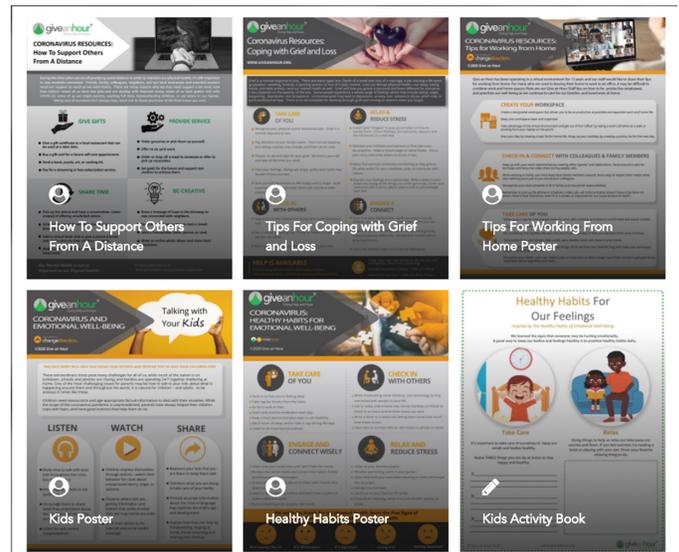


Emotional Life Skills Training

Give an Hour developed and deployed its psychoeducation training series on emotional life skills, based on the Five Signs and Healthy Habits models. We partnered with international, state, and local organizations and foundations to deliver the training series, which teaches participants how to recognize emotional suffering and how to maintain emotional wellness. Partners included Facebook, the Ohio Department of Rehabilitation and Corrections, and communities throughout Southern California who have been affected by wildfires and the Covid 19 pandemic.

Coronavirus and Mental Health Education Resources

In response to COVID-19, Give an Hour created a large number of free educational fact sheets about how to maintain emotional health during the pandemic. The series has been extensively downloaded in the U.S. and globally, and includes a wide range of topics such as maintaining your emotional wellbeing, supporting loved ones remotely, coping with grief and loss, racial injustice and civil unrest, tips from working from home, and talking with kids about COVID-19.



International translations

Poor mental health is a worldwide problem, and Give an Hour's mental health literacy tools have generated international interest. Our resources such as the Five Signs of Emotional Suffering and the Healthy Habits of Emotional Wellbeing have translated into many other languages this year including Spanish, French, Georgian, Nepali, Ukrainian, Hebrew, Indonesian, Polish, Russian, Czech and Turkish.

Third Pillar

Culture Change



Give an Hour Online Global Conversation to Change Mental Health

Give an Hour Online Global Conversation to Change Mental Health: Give an Hour partnered with IBM to host a 32 hour long Change Direction Jam: A Global Conversation on Mental Health Culture Change. Using IBM's award-winning Innovation Jam™ solution for large-scale online collaboration and data-driven outcomes, the Jam created an opportunity for thought leaders, change agents, advocates and policy makers – including those with lived experiences – to share ideas about mental health culture change. Topics included: Education & Suicide Prevention, Culture & Access Barriers, Trauma, Work Environment and Policy. Almost 1,000 participants engaged in 280 conversations (threads) generating 2,000 comments, and the results were published in a special mental health report by the IBM Institute for Business Value.

A Week to Change Direction

This year, constituents participated in the week-long event (May 9-17) from the safety of their own homes during Mental Health Awareness Month due to COVID-19. Participants shared how they were taking care of their emotional wellbeing using the Healthy Habits of Emotional Wellbeing. Again this year it was an international event, with persons from 32 countries, as well as all 50 states participating. The event generated 2.6M media impressions and 600K unique users. GAH educational material downloads increased over 500%.

VFW Partnership

This year marked five years of partnership with the VFW to change the negative culture of mental health. We are proud of our ongoing collaboration with VFW's Mental Wellness Campaign and our joint effort, A Day to Change Direction. This year we reached over 1 million Veterans via the VFW Magazine, email and print communication to VFW members and our annual worldwide effort, A Day to Change Direction.

320 Festival

320 Changes Direction co-founder, Talinda Bennington, teamed up with Warped Tour Founder Kevin Lyman to host the 320 Festival to promote mental health awareness and advocacy through education and music. Originally scheduled to be a live event before COVID, it became a very successful online event featuring a mental health summit and benefit concert.



2019 GLOBAL SUMMIT

3rd Annual Global Summit on Mental Health Culture Change, New York

By invitation only, 60 key government officials, stakeholders, policymakers and change agents participated in Give an Hour's 3rd Annual Global Summit to address culture as a primary barrier to changing the way we think and talk about emotional wellbeing and mental health. The outcome of the Change Direction Jam guided the round table discussions. Plans for the next summit have been suspended due to the pandemic.

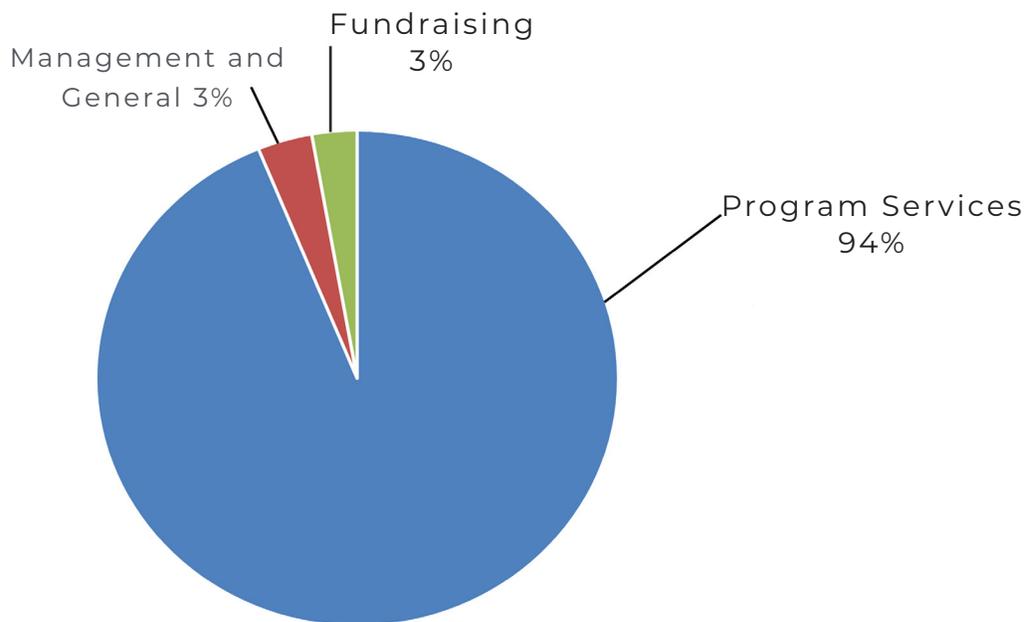


FINANCIALS

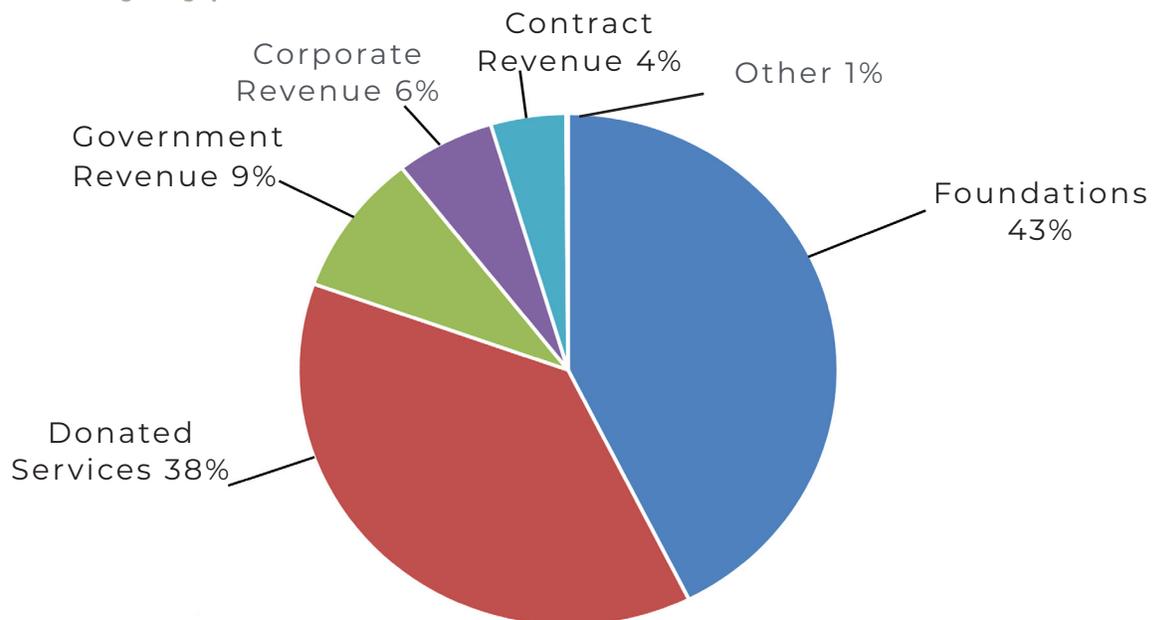
FY20 Audited Financial Summary			
	Unrestricted	Restricted	Total
REVENUE	\$1,350,040	\$1,572,589	\$2,922,629*
EXPENSE	\$1,133,603	\$1,199,332	\$2,332,935*
NET	\$216,437	\$373,257	\$589,694

*Does not include \$1.7m in Donated Services.

Functional Expenses



Revenue by Type



Thank You to Our Funders

A Good Rain Inc
Aetna Foundation, Inc.
Amanda Delfino
American Psychiatric Foundation
Banyan PTA
Booz Allen Hamilton
Brady Center to Prevent Gun Violence
Brian Boxley
Burleson Family Charitable Fund
California Community Foundation
Charity Bomb
Clifford Mascarenas AIVMC Arizona
Conrad N. Hilton Foundation
County of Ventura
Dante Lombardo
Disabled American Veterans Charitable Service Trust
District of Columbia Office of Victim Services and Justice Grants
Donald J Trump Foundation
Emily Rubio and American Legion Post 60
Everytown for Gun Safety
Facebook
Fairfax County, VA
Fred Knowles
Garrett Sickich
Global Giving Foundation
Health and Hospital Corporation of Marion County, IN
Humans of Fashion Foundation
Jeanine Ashley
Jennifer Taylor
Jim Louvou
John Horn
Joseph Sifer
Julie Cabrera
Laurie S. Oseran
Linkin Park Merchandising, LLC
Logistics Health Incorporated
MadWolf Technologies (Doug Wolfire)
Major League Baseball Player's Trust
Marion County, IN
Mark Petrillo
Meadows Mental Health Policy Institute
Montgomery County, MD
Mr. and Mrs. Chris Stapleton, Outlaw State of Kind Fund of the Community Foundation of Middle Tennessee
Muller Family Foundation
Olympus Corporation of the Americas
Overton Foundation
Patricia Bowditch
Scoob Trust Foundation
Sean Howard
Sheppard, Mullin, Richter & Hampton LLP (Edward Schiff)
Silicon Valley Community Foundation
Stanley R. Levin Fund
SysArc, Inc.
The Entertainment Industry Foundation
The University of Phoenix
The Wasily Family Foundation
Theresa Spencer
Torrid Foundation
Triad Foundation
United Behavioral Health
Ventura County Community Foundation
Veterans United Foundation
Veterans United Home Loans
Wallace Family Fund
William Truelove
Women's Fund of Central Indiana

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Randy Phelps, PhD
CEO, Give an Hour





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