



# 2021 ANNUAL REPORT



# Table of Contents

## 01

### Us

Words from Leadership	4
Board of Directors	5
Our Story	6

## 02

### Our Year

Programs	7-10
Difference Makers	11-12

## 03

Finances	13
Donors	14

# Giving Help Giving Hope



## Vision

Within our communities we have the resources to address many of the challenges facing society, such as trauma during military service, being a victim of crime or living through a natural disaster. These challenges often result in emotional pain and suffering. Our aim is to improve the mental health and well-being of all people.



## Mission

Develop a national network of volunteers capable of responding to acute and chronic conditions that arise within society. By harnessing the skill and expertise of volunteer professionals, we can increase the likelihood that those in need receive the support and care they deserve.



## Focus

- Provide access to no-cost mental health care for identified at-risk populations and other groups in need.
- Identify and address barriers preventing those we serve from receiving needed support.
- Provide mental health education.

# Give an Hour Leadership



**Dr. Trina Clayeux**  
**CEO, Give an Hour**

I joined Give an Hour because of its reputation for providing meaningful and vital mental health services to our military and veteran communities. I learned its success can be directly attributed to a collective passion for helping others—our team members, providers, board members and partners are driven to help others. It's inspiring to be part of life-changing work and to provide hope and healing for so many.



"BEING PART OF A TEAM OF STAFF AND VOLUNTEERS WORKING TO ADDRESS THE MENTAL HEALTH CRISIS OUR COUNTRY IS EXPERIENCING IS PROFOUNDLY HUMBLING AND MOTIVATING."

- DR. TRINA CLAYEUX

**Jessica Grove**  
**COO, Give an Hour**

During my 13-year tenure at Give an Hour, the organization has grown and changed in many ways. This past year was certainly an exciting one with our new leadership team and many updates to staff and our operating systems. I'm always amazed at how our staff and providers prioritize this work, no matter what is going on in their lives. This was never more true than during the multiple events we've all experienced together these past two years.



# Board of Directors



Patricia Bowditch, Treasurer

Honorable James M. Byrne

Sean Howard, Chair

Antonio Puente

Edward Schiff

Pam Swan

Robert Scott, Secretary

Patricia Toledo

Ross Whitmore

## Message from Sean Howard Chair, Give an Hour



The past two years of social unrest, global conflict and an ongoing pandemic has exacerbated the sheer numbers gap between those in need of mental health services and those qualified to provide. As a Give an Hour board member, I'm proud to serve an organization striving to develop more resilient individuals and communities through scalable mental health programs. This year, under new leadership, we've reorganized internally, activated a robust mental health Ambassador program, and developed a three-year strategic plan to further expand the services we can provide for military service members and their families, front-line care workers, and those traumatized by man-made and natural disasters. Please continue to support us in our efforts and thank you for your care in championing the importance of mental health.

# Our Story

## Providing Help to Those Who Need it the Most

For 16 years, Give an Hour, a national nonprofit organization, has provided unlimited, confidential mental health services to those in need, primarily the military, veterans, and their loved ones.

In 2021, Give an Hour took a population-based approach to mental health care. We delivered culturally competent and trauma-informed care on both a micro and macro scale. Our programs and services provided acute care tailored to the needs of individuals, as well as broader equitable solutions for groups and communities.

Through collaboration and partnership, Give an Hour provided a range of programs and services to address unmet mental health needs and deliver mental health care informed by and tailored to the populations we serve.

Founded to address the gap in mental health services for men and women returning from Afghanistan post-9/11, Give an Hour has a rich legacy of providing mental health care. In fact, our network of volunteer, licensed, mental health care providers have donated 369,067 hours of therapeutic service since 2005. Our knowledge and expertise in this space allowed us to provide programming and mental health services to five core populations in 2021:

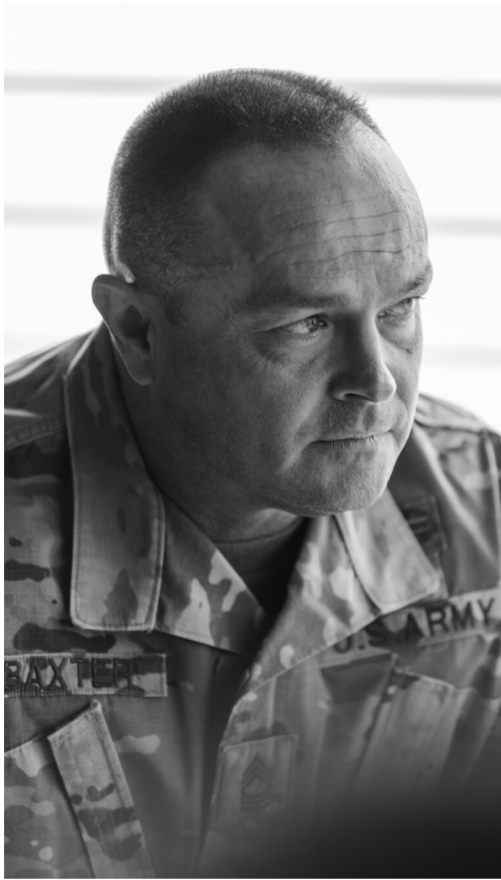
- Military, Veterans and their Loved Ones
- Survivors of Man-made Disasters
- Survivors of Natural Disasters
- Interpersonal Violence Survivors and Perpetrators
- Caregivers

Give an Hour understands the widespread impact of trauma on victims as well as the complex journey to healing and recovery. Our model of care is impactful because it is informed by the lived experience of the people we serve. We can respond effectively by integrating our knowledge of trauma into our programs, practices, and settings. Our clients' collective experiences educate our providers enabling them to better respond to their needs.

On an administrative note, Dr. Randy Phelps retired and Dr. Trina Clayeux joined the Give an Hour team as CEO in July 2021. We look forward to the new chapter upon us in a world where mental health services and education are needed now more than ever.



# PROGRAMS



## MILITARY, VETERAN & RESERVE PROGRAMS

Through our Military and Veteran Program, Reserve Component Program (RCP), Connect to Hope Campaign and other noteworthy initiatives, Give an Hour solidified its position as a leader among organizations increasing access to mental health services for the military population. The pandemic, influx of racial and social injustice, withdrawal from Afghanistan and economic instability in our country are just a few of the factors that greatly increased the mental health needs for these groups and, yet, we prevailed in our mission to reduce barriers to mental health care for this population.

During the last fiscal year, our providers donated more than **33,000 hours** to over 3,000 clients. Though more than half of the clients served reported an affiliation with the Army, we served clients affiliated with all branches of the military. Of important note, more than 60% of Give an Hour clients served are between the ages of 25 and 44, which is critical, because suicide is the second leading cause of death in all individuals aged 25-35.\*

[\\*CDC Wonder](#)

# PROGRAMS



## ROUTE 91 HEALS

The So Cal Route 91 Heals Program offers long-term mental health and emotional wellness support to those affected by the Route 91 mass shooting in Las Vegas on October 1, 2017. Fifty-eight people were killed, and at least 622 people were injured in the attack. The three-year program offers the following no-cost services for survivors to join or have access to:

- Support groups (ongoing)
- Emotional wellness training and coaching
- Evidence-based peer support model
- Trauma Resource Center
- Yearly memorial events
- Travel stipends to attend memorial events
- Mental health services



## RESET TO RESILIENCE

Give an Hour established Restablecer a la Resistencia (“Reset to Resilience”): A Mental Health and Wellness Parent Support Network to improve access and connection to mental health support services, reduce mental health stigma, and foster individual and community wellness and resilience. Funded by the Kaiser Foundation, the project is training 20 community members in an evidence- and trauma-informed, reciprocal, peer-support program enabling those who successfully complete the program, to serve their local communities by offering trauma-informed peer support, emotional wellness and resilience coaching, and assistance with navigating mental health and wellness care needs.

## WILDFIRE AND COVID-19 RECOVERY

Give an Hour continues to offer long-term mental health and emotional wellness support to those affected by the devastating 2017 and 2018 wildfires in Southern California, as well as aid for people affected by the COVID-19 pandemic. Services that were provided at no cost include: ongoing peer-led support groups (in English and Spanish); Emotional Life Skills training; and capacity-building assistance to local partner organizations. Give an Hour also serves on the Ventura County and Los Angeles County Long Term Recovery Groups.

# PROGRAMS

## INDIANA PUBLIC SCHOOLS

Our work in Indianapolis Public Schools harnesses the skills of mental health professionals and other qualified volunteers who donate hours of direct service to promote health equity for young girls in underserved areas. Give an Hour is implementing weekly programs throughout the school year for elementary school girls and their families. This high-impact program uses art, games, sports and other interactive activities to increase knowledge and skills about the Five Signs of Emotional Suffering, the ten risks of drug use by children and the Five Healthy Habits of Emotional Well-being. It is funded by the Women's Fund of Central Indiana, Marion County Health Department, Indianapolis Public Schools, Dick's Sporting Goods and Drug Free Marion County.

## OJAI SCHOOL DISTRICT

With the support of the Ventura County Community Foundation, Give an Hour supports the mental health and emotional wellness needs of the Ojai Unified School District. Program supports include: parent education; staff team in-service training; and general assistance with mental health services.

## 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 grant from Aetna, a CVS company.



## OPIOID OVERDOSE PREVENTION PROGRAM

Over the past four years and in partnership with Ventura County Behavioral Health, this program offered no-cost training and overdose rescue kits to those who qualify. We conducted focused outreach for those who want to learn more or may be at risk for opioid overdose. In the next fiscal year, our partnership will expand to include an evidence-based, prevention education program serving middle- and high-schoolers in Ventura County.

## RARE DISEASE CAREGIVER PROGRAM

This program is funded by an Alexion Charitable Foundation Rare Belonging® grant and addresses the unmet and/or disconnected mental health and emotional wellbeing needs of those in the rare disease caregiver community, regardless of where they are in the continuum of their caregiving journey. The focus is to: create curriculum training for mental health providers to deliver aligned and informed individual and peer support based on existing data; and engage with, listen to, capture and map the rare disease caregiver mental health and emotional well-being journey.



# ENHANCING THE DISTRICT'S RESPONSE TO TRAUMA

## TRAUMA-INFORMED CARE

In 2021, 39 clients received trauma-informed mental health services at no cost to them through Give an Hour’s Enhancing the District’s Response to Trauma program in partnership with the District of Columbia Office of Victim Services and Justice Grants. The majority of these clients, who are not otherwise able to afford mental health care, are Black women between the ages of 25-34 suffering from trauma as a result of assault with a weapon, attempted homicide, sexual assault or family violence.

Volunteer, licensed mental health providers are a vital part of this program. To support these volunteers, we invited more than 50 licensed mental health providers to participate in provider training. Dr. Bessel van der Kolk, a trauma expert from the Trauma Research Foundation, presented “Breaking the Cycle: Reconnecting with your Inner Experience” and the Center for Deployment Psychology conducted an interactive training on Cognitive Processing Theory. More than 90% of respondents believed they increased their professional competence because of strategies acquired from these educational opportunities and indicated they will use this knowledge in their daily work with trauma victims.



GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
**MURIEL BOWSER, MAYOR**

“

“This workshop really gave me new insight into approaches to trauma treatment.”

“This was very relevant to my ongoing work with traumatized clients. It reinforced some of what I have heard from Dr. van der Kolk previously and opened up some other thinking for me.”

”

# Difference Makers

## Give an Hour Ambassadors

Give an Hour launched its first Ambassador program in 2021. Our ambassadors are advocates who use their platform to elevate the mental health conversation and highlight the important role Give an Hour plays in this arena. In the short time the Ambassador program has been in operation, ambassadors have supported five webinars, spoken at the Warrior Symposium veteran's convention and assisted in reaching a more diverse community on social media.



Elle Mark  
Miss Minnesota 2021



Showtime Shawn  
Porter  
Former Two-time  
World Champion  
Boxer



Anna Shinoda  
Author



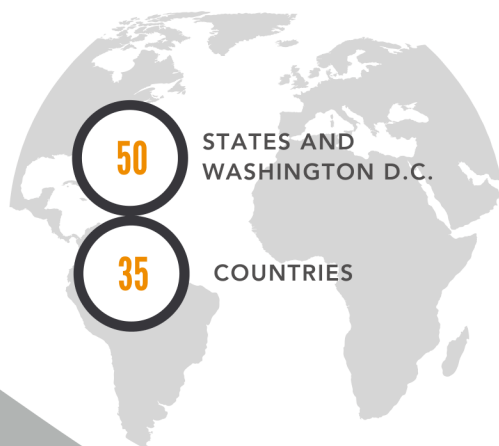
Allen Simmons  
Veteran, Author &  
Motivational  
Speaker



Stephanie Szostak  
Actor

## A Week to Change Direction 2021

A Week to Change Direction was a virtual, global event where individuals and organizations shared what they did for themselves, for loved ones, coworkers, neighbors and communities to protect and encourage emotional wellness during this worldwide pandemic. Give an Hour hosted two webinars, a Twitter chat and orchestrated a social media campaign using #changedirection. Our social media platforms gained 4 million impressions and reached 438,000 unique users during the week of May 10-16.



### HOW YOU HELPED #CHANGEDIRECTION

72% Shared the  
Healthy Habits

24%  
Shared  
Translated  
Materials

27% Invited a Mental Health  
Professional to the Give an  
Hour Network



50% Shared the  
Five Signs

14% Interested in  
Emotional Life  
Skills Course

# Give an Hour Providers

The Give an Hour volunteer, provider network serves all 50 U.S. States and U.S. territories. In 2021, the number of providers increased by over 400 and those offering telehealth services increased by 549%. In March 2020, there were only 156 network providers who offered video counseling compared to June 2021, when a record 1,084 network providers offer video counseling.

Another example of growth includes network providers reporting 12,393 hours of donated video care from January 2021 to December 2021 compared to 3,883 video care hours the prior year. Give an Hour built on the momentum caused by the pandemic and created a considerably larger contingent of telehealth-literate providers to deliver no-cost services now and into the future.

By offering easy-to-access treatment options in person, by phone and using HIPAA-compliant virtual platforms, Give an Hour providers increase the chance of full recovery for those who may be suffering and are either in a gray area or ineligible within the traditional medical system.

**70%**  
offer remote  
therapy

**+452**  
providers to  
network

# Give an Hour Staff

Over the past year, Give an Hour continued to develop easy-to-digest, informational resources on pertinent mental health topics. These downloadable tools provide talking points for our mental health providers to use with their clients and also offer guidance for our followers and supporters on social media and group email lists. Staff also supported a successful Giving Tuesday campaign and raised a littler over \$13k. The focus of the fundraiser was to break barriers--sometimes even the strongest and bravest on the outside may need help and support on the inside.

During an important change in organizational operations, staff continued to sustain Give an Hour's life-saving work. The dedication of staff ensured seamless service to our partners, providers, clients and grantees.

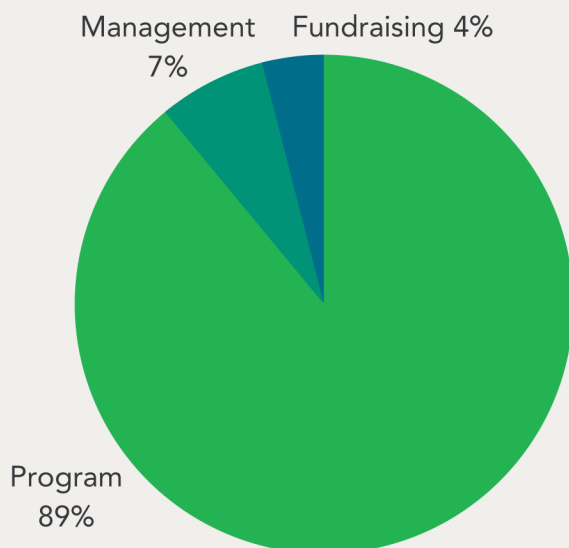


# Finances

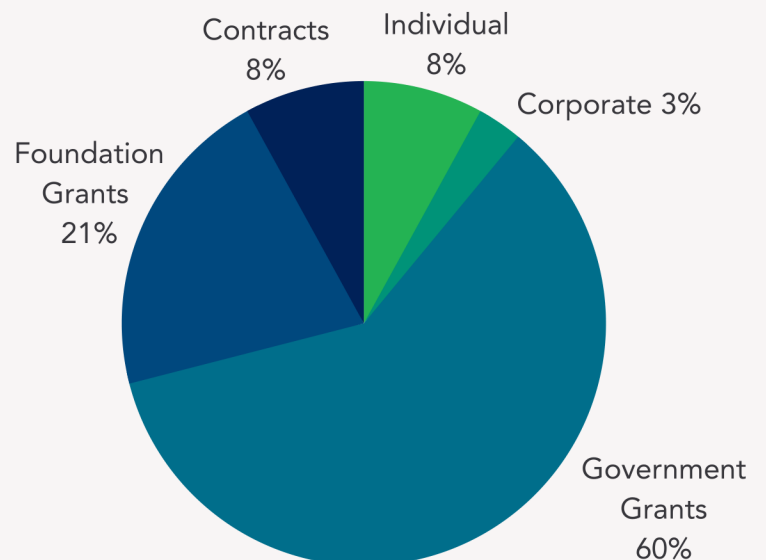
## FINANCIAL SUMMARY

	UNRESTRICTED	RESTRICTED	TOTAL
FY21 REVENUE	\$1,050,564	\$865,657	\$1,916,221
FY21 EXPENSE	\$608,259	\$1,356,485	\$1,964,744
PREVIOUS YEAR ASSETS	\$691,115	\$808,495	\$1,499,610
NET	\$1,133,420	\$317,667	\$1,451,087

## EXPENSES



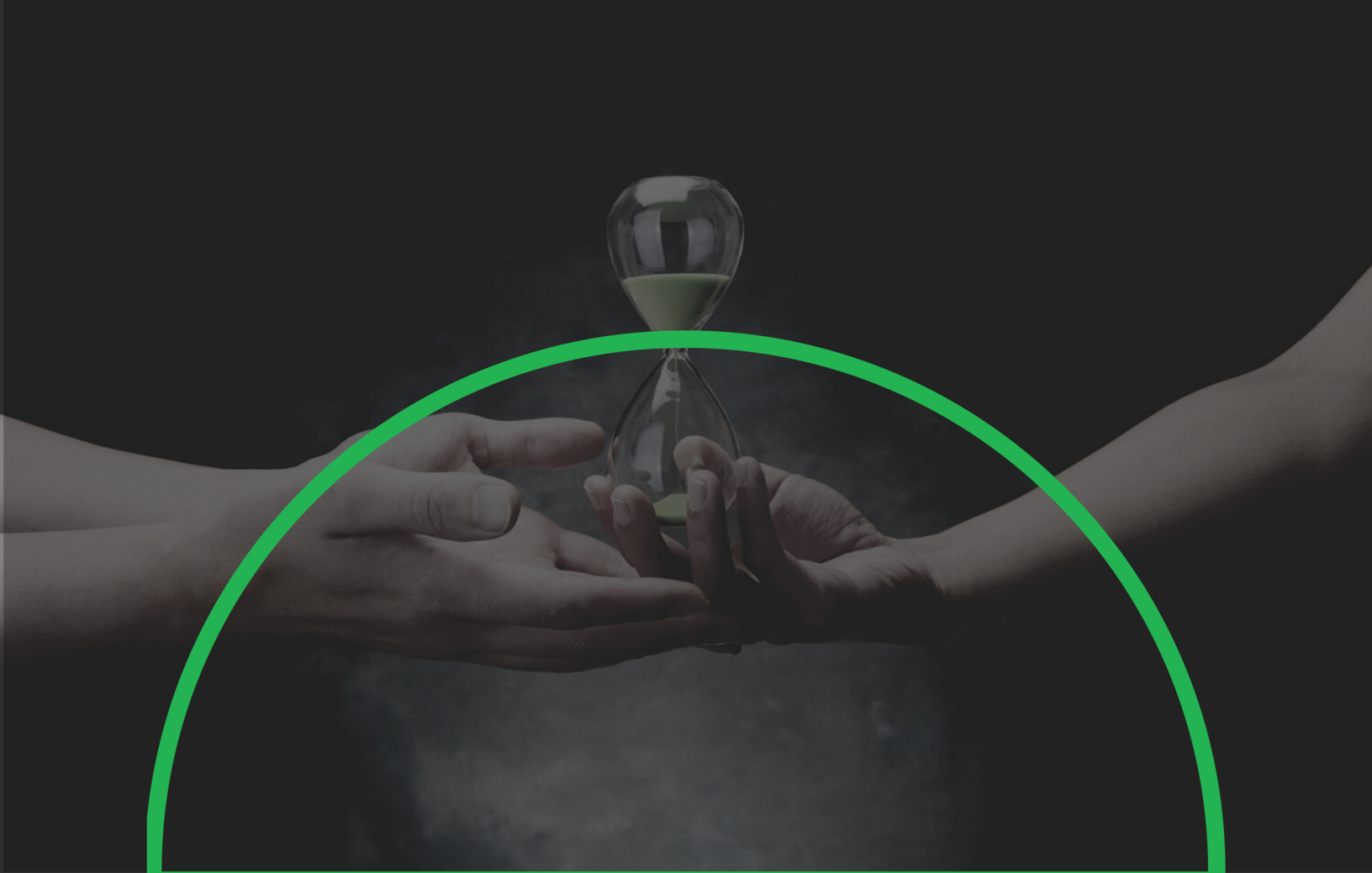
## REVENUE BY TYPE



# Donors

Aetna Foundation  
Alexion Charitable Foundation  
Antonio Puente  
California Community Foundation  
Coalition to Salute America's Heroes  
County of Ventura  
District of Columbia Office of Victim Services  
and Justice Grants  
Douglas Wolfire  
Everytown for Gun Safety  
Fred Knowles  
Indianapolis Public Schools  
James Byrne  
Joseph Sifer  
Laurie Oseran  
Madwolf Technologies  
Major League Baseball  
Major League Baseball Players Trust  
Marion County, Indiana  
Nicholas Mindicino  
Outlaw State of Kind Fund of the Community  
Foundation of Middle Tennessee  
(led by Mr. and Mrs. Chris Stapleton)  
Patricia Bowditch  
Paychex  
The Rosendin Foundation  
The Scoob Trust Foundation  
Sean Howard  
Sheppard Mullin Richter & Hampton, LLP  
Stanley R. Levin Fund  
Tresemer Foundation  
umttr  
University of Phoenix  
Ventura County Community Foundation  
Veterans United Foundation  
The Wasily Family Foundation





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

---

[info@giveanhour.org](mailto:info@giveanhour.org)

