

---

# ANNUAL REPORT 2024



# CONTENTS

## **3 Welcome & Reflections**

*Message from the CEO and the Board Chair*

## **4 Why Give an Hour**

*Our Mission, Vision, and Strategic Goals  
Organizational Values*

## **5 Our Approach**

*Listen, Lean In, Learn, Lead*

## **6 Give an Hour by the Numbers**

*Annual Impact Overview  
Volunteer and Training Metrics*

## **7-8 Goal 1: 50K Skilled Volunteers**

*Mental Health Professionals  
Trauma-Informed Peer Supporters  
Wellness Ambassadors  
Micro-trainings & Education*

## **9-10 Goal 2: Impacting 8 Million**

*Peer Support & Wellness Ambassadors  
On-Demand Learning  
Training Impact & Expansion*

## **11-18 Programs**

*Military & Veterans (Veteran Mile, Military Mile)  
Financial Fraud (FINRA, ASA)  
Interpersonal Violence (EDRT)  
Mass Violence & Opioid Prevention  
Rare Disease Caregivers (UCD, Alexion)*

## **19-20 Workforce Resilience**

*Help the Helpers  
Returning Citizens*

## **21-22 Partnerships**

*Strategic Collaborations  
ASA Spotlight*

## **23 Donors and Sponsors**

## **24 Scalability and Impact**

## **25 Ambassadors**

## **26 Financial Overview**

*FY24 Revenue and Expenses*

## **27 What's Next: 2025 Strategic Direction**

*The Continuum of Hope Model  
Microcredentials & Upskilling  
Redefining the Wellness Ambassador  
Grassroots Expansion*

## **29 Leadership**

*Board of Directors  
Executive Leadership*



## MESSAGE FROM GIVE AN HOUR CEO



***We added something powerful to our approach—data-driven insights.***

**As we close out our 19th year and prepare to celebrate two decades of service, Give an Hour stands at a significant chapter in our history.**

This past year has been the year of data. For the first time, we have gathered, analyzed, and applied information from every aspect of our work like never before. Over the years, we've built programs, forged partnerships, and expanded our reach based on our deep commitment to mental health and well-being. But this year, we added something powerful to our approach—data-driven insights that allow us to truly understand the people we serve, the impact we make, and the areas where we can do even more.

From the clients who turn to us for support to the professionals who dedicate their time and expertise, we now have a clearer picture of how our services are used, what barriers still exist, and where we need to focus next. Because of this investment in data, we are entering our 20th year with a strong base of information that will truly inform the next year for those we serve. We are listening, learning, and using what we now know to refine our programs, strengthen our partnerships, and ensure that our work continues to meet the evolving needs of communities nationwide.

None of this would be possible without the dedicated support of our team, our partners, and the individuals who trust us to be a resource in their journey toward mental well-being. As we move forward, we do so with confidence, clarity, and a renewed commitment to making mental health care more accessible and effective. Thank you for being part of this journey with us. Here's to 20 years of impact—and the decades of service still to come.

Dr. Trina Clayeux, Give an Hour CEO



**Sean Howard**  
 Global Managing Director  
 WPP Government & Public  
 Sector Practice

## MESSAGE FROM GIVE AN HOUR BOARD CHAIR

In 2024 the spirit of innovation was evident in GAH's entry into older adult mental health with the American Society on Aging (ASA), growing momentum with the Military Mile Project empowering soldiers through peer-to-peer leadership training, and the unique efforts to support victims of financial fraud—a rapidly growing, underserved demographic. We solidified GAH's role as a trusted resource in the rare disease space and innovated tailored approaches to address the mental health needs of justice-impacted job seekers, showcasing the commitment to reaching underserved populations with tailored, transformative care. Efforts in provider support, public outreach, and strategic growth have set the stage for even greater impact in 2025. The Board is proud and ready to support the momentum built."

Sean Howard, GAH Board Chair

## WHY GIVE AN HOUR

Our Nation is in a mental health crisis. There is a critical shortage of mental health professionals, resulting in an alarming ratio of just 1 professional for every 350 people in need of mental health care. Moreover, those affected by human-made trauma face additional disparities that hinder access to quality services. At Give an Hour (GAH), our innovative approach is individualized, responsive and informed, enabling us to be at the forefront of customized mental health care. For Life.

## GIVE AN HOUR NORTH STAR, MISSION, STRATEGIC GOALS, & VALUES



### OUR NORTH STAR

We envision a society in which every individual is equipped with the knowledge, resources, and opportunities to take charge of their mental health journey. We promote self-awareness, self-care, and self-advocacy that empowers individuals to make informed decisions and actively participate in their own mental wellbeing. Together, we will ensure every individual has the opportunity to live a mentally healthy, fulfilling, and purposeful life.



### OUR STRATEGIC GOALS

- 1) to impact 8 Million Americans via stigma-free, no-cost mental health services and support.
- 2) to be the premier platform of choice for 50,000 mental health professionals, wellness ambassadors, and peer supporters.



### OUR MISSION

Give an Hour's mission is to develop resilient individuals and communities and grow our social impact through responsive, scalable, and individualized mental health programs aimed at closing access and delivery gaps.



### OUR VALUES

Give an Hour's organizational values serve as our compass, guiding us through challenges, ensuring alignment with our mission, and propelling us toward the achievement of our strategic goals.

- Seek Excellence
- Be Curious
- Lead with Integrity
- Embrace Humility
- Inspire Entrepreneurship

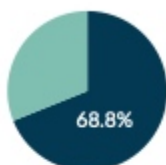


## GIVE AN HOUR'S APPROACH

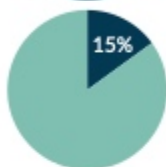
Give an Hour's **Listen, Lean-In, Learn, Lead** methodology is a customer-informed approach designed to improve mental health support by centering the lived experiences of those we serve. It begins with Listening, mapping individual journeys to identify critical touchpoints and needs. We then Lean-In by offering tailored, empathetic responses that reflect those unique needs. Through Learning, we collect meaningful feedback and customer-informed measurements to refine services in an ongoing cycle of improvement. Finally, we Lead by using these insights to co-create resilient communities through personalized, effective mental health solutions. This model ensures support is not only clinically sound but also emotionally resonant, culturally responsive, and continuously evolving with those it serves.



## STRATEGIC GOALS



Number of People  
**Impacted** by Give an  
Hour: 5,503,504/8M



Number of **Skilled**  
**Volunteers**:  
7,638/ 50K

## WELLNESS AMBASSADORS

**1300**

Wellness Ambassadors

**528**

New Wellness  
Ambassadors Activated

**133**

Completed Check-on-  
Wellness Training

## ENHANCING THE DISTRICT'S RESPONSE TO TRAUMA

**220**

Individuals Impacted

## MILITARY MILE



12 Sessions  
212 Soldiers Trained

## HELP THE HELPERS

**234**

Individuals Trained

## RETURNING CITIZENS



1 (3 session) cohort complete  
8 returning citizens trained

## PEER SUPPORT



6 live **TIPS** trainings  
40 **peer supporters** activated

## FINANCIAL FRAUD PEER SUPPORT

**23**

Sessions Held

**23**

34 Participants

## PROVIDERS



3800 Mental Health  
Professionals in our  
Network as of 12/31



229 New Providers  
Onboarded



5 New Mental Health  
Partnerships Formed

**19**

Years of Continuous  
Clinician Service

## PROVIDER CONTINUING EDUCATION



17 CE Trainings Hosted



692 Providers Trained



33 APA & NBCC-accredited  
CE hours offered at no cost



## STRATEGIC GOAL:

Give an Hour will be the *premier platform* of choice for *50k skilled* volunteers.



**One Mental Health  
Professional for  
Every 340 People in  
Need of Care**

## THE MENTAL HEALTH CRISIS DEMANDS A SCALABLE SOLUTION

Across the United States, more than 59 million people are living with a mental health condition. Yet with only 569,000 licensed providers, there is just one mental health professional for every 340 individuals, a stark gap that leaves millions without the support they need. Structural inequities, the long tail of the pandemic, and rising suicide rates make it clear: we must do more, and we must do it differently.

### GIVE AN HOUR'S CORE PRODUCT LINES:

#### EXPANDING ACCESS THROUGH A NATIONAL NETWORK OF PROVIDERS

One-on-one counseling remains the cornerstone of Give an Hour's impact. Our volunteer network of trauma-informed mental health professionals delivers no-cost care to those who have experienced trauma, from veterans and survivors of violence to underserved communities often left out of the system.

Even amid a nationwide workforce shortage, Give an Hour connects individuals to licensed professionals who are equipped to support trauma, foster resilience, and help rebuild lives.

- *Thousands of clinical hours delivered annually*
- *Specialized care for trauma-impacted populations*
- *19 years of experience meeting people where they are*

## WHY IT MATTERS

Trauma-informed clinical care isn't just a service, it's a lifeline. At Give an Hour, we don't simply close gaps in access. We elevate care by ensuring it's personalized, culturally competent, and grounded in hope. As we scale toward 50,000 skilled volunteers, we're building not just a platform, but a movement, one that brings healing within reach for everyone.

## EQUIPPING COMMUNITIES THROUGH EDUCATION & TRAINING

To build a national movement of 50,000 skilled volunteers, we must do more than deliver care, we must teach others how to lead it. Give an Hour's training and education programs equip individuals, professionals, and communities with the tools they need to support mental health, foster resilience, and take action within their circles of influence.

## WHY IT MATTERS

Education multiplies impact. When we equip individuals and organizations with mental health knowledge, we don't just change conversations, we change communities. Training builds capacity. It normalizes care. And it brings us one step closer to a world where everyone has the tools to help themselves and others.

Whether you're on the front lines of trauma response or looking to support those around you, our educational offerings meet people where they are—customizable, trauma-informed, and grounded in real-world application.

## HARNESSING COMMUNITY TO HEAL COMMUNITY

In the face of a growing mental health crisis, we must look beyond traditional clinical models to meet the scale and diversity of need. Peer support, the act of giving and receiving help based on shared lived experience, is a powerful, human-centered approach that complements and extends clinical care.

### GIVE AN HOUR'S CORE PRODUCT LINES: TRAUMA-INFORMED PEER SUPPORT

Our evidence-informed, trauma-informed peer support program empowers individuals with lived experience to offer emotional support, resource navigation, advocacy, and hope. Trained by our team of facilitators and licensed mental health professionals, peer supporters are equipped to lead with empathy and compassion, and deliver meaningful, culturally responsive care.

### HOW IT WORKS

- Customizable training model tailored to community needs
- Facilitator-supported peer groups grounded in safety and trust
- Lived experience as expertise—not a limitation
- Scalable to any setting: communities, workplaces, nonprofits

### WHO WE SERVE

Give an Hour offers peer support to priority populations:

- Military service members, veterans, and families
- Survivors of mass violence and interpersonal violence
- Financial fraud victims and rare disease caregivers

### WHY IT MATTERS

When you train one peer supporter, you activate a ripple of care that extends far beyond a single person. One peer can reach dozens, strengthening communities from the inside out. By embedding lived experience in our care ecosystem, we multiply the reach and resonance of mental health support.

### COMMUNITY-LED, CLINICALLY SUPPORTED

Peer support is not a replacement for therapy, but it's an essential complement. It's where belonging begins, healing deepens, and people learn they are not alone. Our peer support groups are led by trained facilitators who are themselves clinically supported, ensuring that every group is grounded in trauma-informed best practices and backed by professional guidance. This structure allows us to honor the power of lived experience while safeguarding the emotional safety of everyone involved.



*"Each person carries a story. Our mission is to meet them where they are, with empathy, resources, and support that honors their experience."*

— ASHLEY KEATON,  
CUSTOMER EXPERIENCE  
MANAGER





## Impacting 8M: Building a National Network of Mental Health Warriors

### Clinician Support – Listening, Training, and Equipping for Impact

Give an Hour's national network of volunteer mental health professionals is the backbone of our mission. As we work toward our goal of impacting 8 million, we know that supporting clinicians isn't just strategic, it's foundational.

### HOW WE LISTEN

Through customer-centered data and evaluation, we ensure that provider voices drive our decisions. In 2024, we adapted the Customer-First Measurement™ framework to better reflect the needs of our clinical community—allowing us to close gaps and improve access.

When client feedback revealed a lack of trauma-specific nuance in care, we responded by upskilling clinicians with population-specific education. When clinicians voiced challenges with the Provider Portal, we invested in improved guidance and user support to streamline administrative tasks—ensuring more time goes to those who need care.

### HOW WE SUPPORT AND TRAIN

Our strategy is twofold: professional excellence and personal well-being. That means free, high-quality CE opportunities, a growing community of peer providers, and wraparound support from both Give an Hour staff and mental health experts. We:

- Expand clinical knowledge through trauma-specific CE trainings
- Create opportunities for peer connection and collaboration
- Offer guidance and reduce administrative burdens
- Build partnerships that enhance our support ecosystem
- Seek input from our Mental Health Professional Advisory Board

### WHY IT MATTERS

As demand for trauma-informed care continues to rise, so does the emotional toll on providers. Give an Hour is committed to ensuring our network remains not just capable—but cared for. Through listening, resourcing, and empowering, we are cultivating a resilient, connected, and compassionate clinical force, one capable of transforming lives at scale.

### PROVIDER IMPACT AT A GLANCE

#### TRAINING & EDUCATION



- 17 trainings hosted
- 692 providers trained
- 33 APA & NBCC-accredited CE hours offered at no cost

#### NETWORKING & COMMUNITY



- 6 peer networking groups facilitated
- 35 providers engaged in ongoing peer support

#### GROWTH & EXPANSION



- 229 new providers onboarded
- 5 new mental health partnerships formed
- 19 years of continuous clinician service

#### GUIDED BY EXPERTS



- Ongoing consultation with our Mental Health Professional Advisory Board



# TRAINING A NATIONAL MOVEMENT FOR MENTAL HEALTH

## PEER SUPPORT, WELLNESS AMBASSADORS & ON-DEMAND LEARNING

To reach our goal of **impacting 8 million lives**, we must equip everyday people to lead the way. Through Give an Hour's Trauma-Informed Peer Support (TIPS) program and **Wellness Ambassador initiative**, we're creating a national ripple effect—training and empowering individuals to recognize struggle, respond with compassion, and strengthen the mental health of their communities.

Our scalable, on-demand learning model ensures that anyone with the will to help can be trained, regardless of background or location. ***Because the more people we empower, the further our impact can reach.***

## HOW WE LISTEN

We ask. We adapt. We evolve.

Every peer training experience begins with listening, to both individuals and communities. Our Check on Wellness pre- and post-assessments help us understand where knowledge gaps exist, what communities need most, and how to refine our model to remain responsive. This feedback-first approach ensures we're not just training volunteers, we're co-building a movement grounded in lived experience and mutual care.

## HOW WE SUPPORT

Peer supporters and Wellness Ambassadors are never alone in their work. From the moment they begin their training, they are guided by trauma-informed facilitators and supported with practical tools, reflection prompts, and community connection. This is care that's not just learned—it's lived and sustained.

Our support includes:

- On-demand education through Check on Wellness
- Instructor-led TIPS training for deeper trauma-informed support skills
- Ongoing engagement through peer group connection and facilitator guidance

## PEER IMPACT AT A GLANCE

### TRAINING & EDUCATION



- 6 live TIPS trainings
- 40 peer supporters activated
- Nationwide access through Check on Wellness

### LISTENING AND LEARNING



- Needs-based curriculum informed by pre/post training surveys
- Content refined based on real-time community feedback

### GROWTH & EXPANSION



Check on Wellness is being revamped based on participant feedback and engagement data

- New micro-trainings in development focused on:
- Foundational mental health skills
- Understanding the role of peer support
- Becoming a connector to resources and care

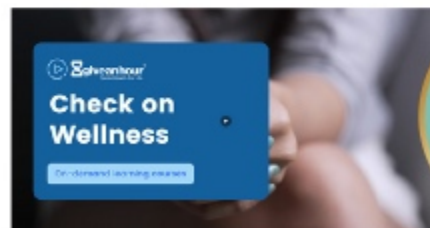
## REAL VOICES, REAL COMMITMENT

**"I'm eager to serve those who serve—and support those carrying invisible burdens."**

— Maddison, Wellness Ambassador, Maine

**"I just want to be there for anyone who needs it. I didn't have that, and I know it would have meant the world if just one person was willing to sit and listen."**

— Jenny, Peer Supporter | Ontario, Canada



**133 have completed Check on Wellness**

**The Give an Hour Wellness Ambassador Program has grown to over 1,000 members strong.**



## MILITARY AND VETERANS

### Ensuring No One Faces Mental Health Challenges Alone

Give an Hour was founded on a promise to serve those who serve, and that promise remains at the heart of everything we do. From pro bono clinical care to peer leadership on base, our military and veteran programs create meaningful pathways to healing, connection, and resilience for service members, veterans, and their families.

### ONE-ON-ONE MENTAL HEALTH CARE

#### Pro Bono Support, Personalized Connections

Across all 50 states, Puerto Rico, Guam, and the U.S. Virgin Islands, our network of licensed professionals delivers no-cost mental health care to members of the military community, bridging gaps in access, trust, and timeliness.

- 3000+ military referrals (Veterans, Active Duty + Loved Ones)
- 1,635 individuals from the military community served in the last 12 months
- Average match time: 5 days
- Highest referral states: CA, FL, NC, TX, VA, GA



92% say Give an Hour's services meet their mental health needs



67% find the platform easy to navigate, reducing barriers to access



The average emotional wellness score of new GAH clients is 4/7

### PEER-LED HEALING

In 2024, with support from the Veterans United Foundation, we completed our first full year of Military Peer Support Groups—biweekly virtual spaces for veterans to connect, share, and heal. Led by trained peer facilitators, these groups provide a safe, consistent outlet for emotional support and connection.

*"Our group brings together both active-duty family members and families of veterans—each with unique challenges, yet deeply connected in their shared experiences. Every session, we leave space for whatever is on their minds, whatever support they need. It's incredible how, once one person speaks up, others immediately relate—either facing the same struggle or having just navigated it. Watching them come together, lifting each other up, and reminding one another that they are not alone is truly beautiful."*

-Tracy Sahleen, Military and Family Groups Peer Support Facilitator



### VETERAN MILE GATEWAY TRAINING

We elevated our Veteran Workforce Toolkit by launching the Veteran Mile Gateway, a new training designed to support veterans' mental health as they reenter the workforce.

- Tailored for job seekers, employees, and veteran employers
- Focused on resilience, purpose, and peer support in the workplace
- Designed with input from veterans and workforce experts

This initiative empowers veterans to lead from experience, turning their challenges into strengths and creating healthier, more connected work environments.

### EXPANDING RESOURCES TO SUPPORT SOLDIERS

Give an Hour has created targeted tools to strengthen the Military MILE Project and align with Holistic Health and Fitness (H2F) pillars, offering practical strategies to support interpersonal communication, emotional regulation, and strengthen resilience.



# MILITARY MILE PROJECT

## MILITARY MILE: ADVANCING RESILIENCE THROUGH LEADERSHIP

In 2024, Give an Hour proudly launched the Military Mile Project—our first full year of dedicated resilience leadership training aimed at strengthening the mental health and well-being of active-duty service members. With generous support from the Leidos, Triad, and Wasily Foundations, we delivered 12 impactful sessions to 212 soldiers across two Army posts in Texas and Virginia. Each training was uniquely tailored to reflect the distinct demographics of each—considering age, tenure, diversity, and lived experience. While every unit had its own story, one message echoed throughout: mental health matters, and connection is the foundation of strength. Together, we're building a more resilient force—one mile, one leader, one conversation at a time.

### OUR TRAINING WAS DIVIDED INTO TWO CORE AREAS:

#### In-Person Training

- Led by Peer Support Professionals with expertise in military culture
- Customized, interactive, trauma-informed content
- Tackled stigma and strengthened suicide prevention efforts
- Normalized mental health conversations across ranks
- Collected feedback and integrated insights into future sessions
- Shared results with soldiers and leadership to promote dialogue and accountability

#### Ongoing Support

- Continued access to Give an Hour counseling for those in need
- Virtual peer support to reinforce key takeaways
- Digital peer community for ongoing connection and support
- Opportunities for trained soldiers to apply and reinforce lessons in real time
- Post-training feedback and resources shared via email and a custom website



### REAL WORLD IMPACT

The Military MILE training continues to resonate deeply with soldiers, offering a level of emotional connection, authenticity, and real-world relevance that sets Give an Hour apart. Our approach prioritizes human connection and vulnerability, helping service members feel seen, heard, and understood. Soldiers consistently describe Military MILE as a rare and meaningful experience, one that doesn't just deliver information, but fosters genuine reflection and growth. Many participants shared that it was the first time anyone had talked to them openly about the emotional toll of service, especially around topics like suicide and hopelessness. One soldier noted that no other training had ever addressed the emotional side of suicide with such sincerity. Several others described Military MILE as the most impactful training they'd received in their military career, a powerful validation of Give an Hour's mission and method.

### SUSTAINING IMPACT THROUGH LEADERSHIP & SUPPORT

Beyond direct training, Give an Hour developed a Commander's Brief to ensure squadrons continue peer support efforts beyond the program. Training individual soldiers is valuable, but its impact is greatest when leadership reinforces mental health awareness and fosters a supportive culture.





# Active Duty Base 1 Peer-to-Peer Compiled Survey Results 2024

BUILDING RESILIENCE & LEADERSHIP SKILLS

www.giveanhour.org

9

Trainings

## POST TRAINING SURVEY RESULTS



Confidence in engaging in mental health conversations increased (64%).



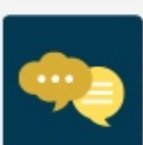
Growth in confidence for active listening skills (11%).



Increase in comfortability offering mental health support to others (14%).



Growth in comfortability in asking open-ended questions for deeper conversation (19%).



Increase in comfortability in engaging in conversations with peers about mental health (28%).



Increase in comfortability in seeking mental health support from others (32%).

### FACE the FIVE Signs Everyone Needs to Know



Personality Change



Uncharacteristically angry, anxious, agitated, or moody



Withdrawn or isolation from other people



May neglect self-care & engage in risky behavior

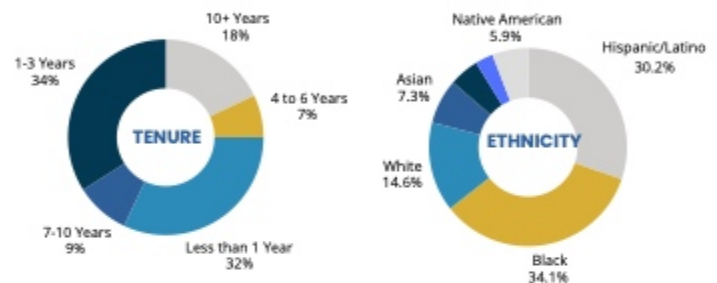


Overcome with hopelessness & despair, or by circumstances

Neglecting self-care was the most recognized sign post training, an increase of 36%

There was a significant improvement (65%) in participants' familiarity with identifying the 5 signs.

## ATTENDEE DEMOGRAPHICS 171 Participants: Average Age 25 years



## 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."

## PERCEPTIONS OF PERSONAL EXPERIENCES

Participating in the program alongside their peers has helped many participants establish trust, break down barriers to discussing mental health and stigma, and build a stronger sense of community. Participants shared that they feel more comfortable opening up about personal thoughts and emotions after engaging in the training, noting that it fostered camaraderie and created a supportive environment.



## Communities We Support

### VIOLENCE & CRIME: EDRT

With the Support of Generous Funding from:



Give an Hour continues to be committed to serving the DC/Maryland/Virginia area (DMV) through our Enhancing the District's Response to Trauma (EDRT) program supported by the Office of Victim Services and Justice Grants (OVSJG). We are entering our 7th year of offering trauma-informed mental health support to those impacted by violence in DC. We continue to provide multiple levels of support to any victim of a DC crime including access to trauma-informed clinical and peer support, educational resources, CE opportunities for mental health professionals. EDRT includes robust social media campaigns to reach those most in need as well as free tools and resources for victims of crime and violence as well as those who serve them.

#### Trainings for clinicians included:

- Cultural Competency Training
- Enhancing Skills in Marriage and Relationship Counseling
- Client Engagement Strategies in Mental Health
- Self-Care and Burnout Prevention for Healthcare Professionals
- Pathways to Resilience: Empowering Victims of Crime

#### Peer Support Group Feedback:

The monthly peer support program was a strong source of support to survivors of domestic violence. This group, led by a GAH-trained Trauma-Informed Peer Support (TIPS) facilitator, offers a safe and understanding environment for individuals seeking support and a source of informed, empathetic guidance.

#### Resources for Victims:

Give an Hour developed a referral guide to support EDRT customers in navigating clinical and peer-group resources, making it easier to access the right support. Additionally, a one-pager on victim blaming was created to raise awareness and promote compassionate, trauma-informed care.



**GIVE AN HOUR  
IMPACTED OVER 220  
INDIVIDUALS DURING  
OUR FY 2024 GRANT  
CYCLE.**



**Aliza Nichols**  
Interpersonal  
Violence  
Peer Support  
Facilitator

*"As a facilitator for the Interpersonal Violence Group, what gives me hope is seeing participants return—some have been with us since last year. The biggest lesson I've learned in this role is that you never truly know what someone else is going through. Kindness and empathy matter more than we realize. Every session reinforces the importance of creating a space where people feel seen, heard, and supported on their journey."*



*As a victim advocate at the U.S. Attorney's Office District of Columbia, I collaborate with Give an Hour to support providers and raise awareness of the services available to our community's clients. Victims of crime and their families are often traumatized and in need of counseling. There are a couple of organizations that provide some funding for counseling, but there are many caveats, and it is a long process. Victims are also responsible for finding their own therapists. Many victims are unaware of where to start or are too overwhelmed to search. Give an Hour has been a cornerstone in providing access to mental health care for those in need. The EDRT program is a one-of-a-kind program that bridges that gap.*

**Christina Bloodworth, Victim Advocate, U.S. Attorney's Office, District of Columbia**



## FINANCIAL FRAUD

Give an Hour, in partnership with the FINRA Investor Education Foundation, is transforming how we respond to the hidden emotional toll of financial fraud. By centering survivors' experiences and advancing trauma-informed approaches, this initiative strengthens both prevention and recovery through education, peer support, and clinical connection.

### STRATEGIC OUTCOMES

**Victim Journey Map:** Originally developed in 2023 to illustrate the lived experience of fraud victims, the journey map is now used in professional training and publicly available through FINRA's website. It serves as a critical guide to help clinicians recognize and respond to financial trauma.

**Trauma-Informed Training for Clinicians:** A CE-accredited webinar trained providers on the emotional and psychological impacts of fraud, helping them support survivors with more empathy and effectiveness.

- 80% of attendees reported increased knowledge.

**Peer Support Groups:** Two support groups launched in 2024—one for fraud survivors and one for loved ones—fostering connection and reducing shame.

- "I don't feel as ashamed anymore."
- 1:1 Clinical Matching: Personalized support for those needing direct access to trauma-informed therapy.

### WEBINAR SERIES

In collaboration with FINRA and the support of the American Society on Aging (ASA), Give an Hour developed a 4-part webinar series based on the topics that took center-stage at On Aging 2024. For the final installment of this series, Give an Hour is hosting a 60-minute webinar in March 2025 to educate participants about the multifaceted impact of financial fraud, particularly on older adults, and to equip them with trauma-informed strategies to support victims.

### ADVOCATING FOR AGING POPULATIONS



In April 2024, we advanced victim support by presenting on financial fraud's impact on aging populations at the On Aging 2024 Conference. Our CEO, **Dr. Trina Clayeux**, and **Robert Mascio of FINRA** led a discussion on scams, trauma-informed care, and the need for comprehensive victim support. The session emphasized compassionate interventions, resilience-building, and professional education.

## FINRA Investor Education FOUNDATION

### PEER IMPACT AT A GLANCE

**Total Sessions Held: 23**

**Total Participants: 34 individuals across two groups:**

- Financial Fraud Victims Group: 32 participants
- Loved Ones Group: 2 participants

**Repeat Attendance:**

- 14 individuals attended more than one session.
- 5 individuals attended regularly (at least once a month).

“

*"I have learned to **help other peers** with their concerns but also applied the **support** to my situation and overcame the concern."*

### EMPOWERMENT TOOLS

To close mental health gaps and meet survivor needs, GAH created resources informed by surveys, peer feedback, and fraud analysis—supporting emotional recovery, financial safety, and ally strategies.

**Key Resources:**

- *It's Not Your Fault: Empowerment After Financial Fraud*
- *Support for the Aging Community*
- *Strategies for Allies and Loved Ones*
- *Working with Scam & Fraud Survivors*



## MASS VIOLENCE



In 2024, Give an Hour, as a member of the National Mass Violence Resource Center (NMVC), was asked to develop a mass violence peer support guide that provides information for organizations in establishing a peer support model within its scope of services. The *"The Helping Organizations Create Peer Support Responses After Mass Violence Incidents Guide"* will be available on the NMVC website in 2025 and is a comprehensive roadmap that helps local communities establish non-clinical services that help survivors of mass violence heal through shared lived experience. Our staff attended the first ever Mass Violence Summit in Pittsburgh in July 2024, having the opportunity to meet with resiliency center leaders, experts in victim compensation and advocacy, leading researchers, law enforcement and survivors who continue to help inform our mass violence efforts while placing Give an Hour as an expert in mental health at the table with those who are most closely impacted by this type of crime. Looking ahead, Give an Hour will continue our work with NMVC by serving as liaison for dissemination of training materials and resources and create a second guide to help individuals determine if peer support is a good fit in their healing journey.



Director of Strategic Partnerships, Julie Wells, meeting with **Alma Dell Smith** and **Jamison Bottomley** from the National Mass Violence Center at the National Summit on Mass Violence Victims and Survivors.

## OPIOID OVERDOSE PREVENTION

In the sixth and final year of our ongoing partnership with Ventura County Behavioral Health, Give an Hour responded to overdose and related health issues around Opioids and Substance Use Disorder in Ventura County, CA. Deaths related to Opioid overdoses continue to be a serious problem affecting all parts of society.

GAH engaging with new public agencies offering Naloxone kits, offering trainings for professionals and community members, resources for having difficult mental health conversations and organizational capacity building. GAH also engaged VCBH Opioid Overdose Prevention team members in our Help the Helpers series targeting vicarious trauma and burnout strategies.

The culmination of the project was an educational series called "Prescribers Care" which engaged medical professionals in curated discussions around opioid use and abuse. Attended by local subject matter experts, addiction specialists, Prescribers of all sorts, and medical professionals the series discussed Medically Assisted Treatment, current local opioid overdose statistics, harm reduction techniques and the next ever-growing threat of Fentanyl in the drug supply. These events were crucial to opening up dialogue around these challenging issues for those on the front lines of drug use and abuse issues.



Providers received wellness calendars filled with simple self-care reminders—because those who care for others deserve care, too.



## ADVANCING MENTAL HEALTH IN THE RARE DISEASE COMMUNITY

### *Listening, Learning in and Learning*

In 2024, Give an Hour deepened its commitment to the rare disease community, launching a comprehensive initiative in partnership with Connecting Families Foundation, Horizon Therapeutics (now Amgen), and the UCD (Urea Cycle Disorder) community. Through biweekly strategy sessions with Connecting Families' co-founders, Robyn and Michael DeLeon, our team identified three core needs:

- Facilitated peer support groups
- Tailored crisis tools and mental health resources
- Support for emerging adults navigating chronic illness

Using our "Listen, Lean In, Learn" methodology, we co-designed interventions that are sustainable, culturally responsive, and personalized to this community's unique lived experiences.

### PEER SUPPORT IN ACTION

Parents within the UCD community shared how their mental health needs varied by role. In response, Robyn and Michael DeLeon completed our 4-hour peer support training and an additional 1.5 hours of facilitator preparation in March 2024. They launched two gender-responsive peer support groups—one for moms and one for dads.

To amplify their voices, Give an Hour traveled to Orlando to capture their stories on film, documenting the challenges of rare parenting and the power of peer support. Between April and August 2024, two in-person groups were held, with virtual sessions planned for 2025.

In parallel, we customized our peer support training for rare disease caregivers and allies. This offering, supported by Amgen and the Alexion Charitable Foundation, trained facilitators with lived experience and helped advocacy partners like the Myotonic Dystrophy Foundation build in-person group infrastructure and crisis protocols. Bi-monthly virtual peer groups and one-on-one clinical matches were also offered to caregivers.

### TOOLS TO SUPPORT RARE FAMILIES

Beyond peer support, Give an Hour collaborated with Connecting Families to design crisis-response tools and psychoeducational resources specific to UCD and rare caregiving stressors. Together, we emphasized usability — ensuring tools were simple, practical, and relevant during moments of emotional and medical crisis.

We also developed a unique one-pager specifically for rare dads, focused on how men process caregiver stress, and how action-oriented strategies can foster emotional connection and mental wellness.

Additionally, Give an Hour supported the Myotonic Dystrophy Foundation (MDF) by training existing peer facilitators and collaborating on the design of in-person groups and crisis-response frameworks.



Robyn and Michael hosting in-person peer support in Washington State.



*Give an Hour is such an amazing organization! Mental Health is something that is overlooked in the Rare Disease Community. Working with Give an Hour has provided us with the necessary tools we need to help our families in our UCD Community. They have provided us with a toolkit to help our family's with resources and other tools needed to share. We are so grateful for the much needed support they provide that is essential to our Mental Health.*

—Robyn DeLeon (UCD Care Partner)



## UPSKILLING MENTAL HEALTH PROFESSIONALS



To address gaps in rare disease knowledge among providers, Give an Hour launched a CE-accredited course titled ***Clinical Interventions for Licensed Mental Health Professionals Supporting the Rare Disease Community***. Taught by Vanessa Zinke, LCSW, this 1-hour course:

- Explored trauma-informed strategies for supporting rare caregivers
- Offered practical tools and evidence-based interventions
- Increased provider confidence and competence in rare-specific care
- 

The training was made available on-demand to ensure flexible access for clinicians nationwide.



## RARE MINDSET FORUM: ADVANCING MENTAL HEALTH LEADERSHIP TOGETHER



**Felicia Brigitta M.** • 2nd  
Principal of PR Firm & Nonprofit Director  
6mo •

Thank you Lilly Stairs / @patientauthentic for hosting and thank you to **Amgen** for sponsoring the **#raremindsetforum**; it was such an incredible opportunity to meet other **#rare** leaders! At @cgdaofamerica, we are already collaborating with Give An Hour to offer further **#mentalhealth** resources to our community, thanks to this event. Here's to many more! **#raredisease #advocacy #nonprofit**





## BUILDING RESILIENT AND SUPPORTIVE WORKPLACES

Work is more than a paycheck, it's a central part of identity, purpose, and daily structure. But in today's fast-paced, always-on culture, the emotional cost of work is rising. Chronic stress, burnout, and secondary trauma are no longer isolated experiences—they're widespread organizational risks. At Give an Hour, we're reimagining how mental health support can be embedded directly into the workplace. Through our expanding suite of evidence-informed trainings, peer support model, and trauma-responsive frameworks, we equip employees and leaders with the tools they need to build resilient, supportive environments. From frontline helpers to executive leadership, we address the full spectrum of need: burnout prevention, emotional regulation, active listening, boundary-setting, and psychological safety.

What sets our approach apart is our emphasis on customization and co-creation. We don't offer off-the-shelf wellness solutions, we partner deeply with organizations to understand their culture, then design interventions that align with their people and purpose. In 2024, we scaled new programs across sectors—from public health to workforce development, ensuring our resources remain adaptable and responsive. Our trainings empower individuals to navigate mental health conversations with greater confidence, reducing stigma while strengthening self-care practices. As we expand our impact, we're not just solving for today's burnout—we're building tomorrow's emotionally intelligent workforce.

Work plays a major role in our lives, and the pressures of deadlines, responsibilities, and constant connectivity can take a toll on mental health. Stress and burnout are increasingly common, affecting productivity, engagement, and overall wellbeing. At Give an Hour, we understand how trauma and chronic stress impact employees. Through mental health education, peer support programs, and trauma-informed care, we help individuals and organizations create healthier work environments where employees feel supported, valued, and able to thrive.



### WORKFORCE TRAININGS: BUILDING ORGANIZATIONAL RESILIENCE

**Who:** Employers and employees in high-stress roles

**What:** Mental health training for burnout, stress management, and workplace culture

**Why:** The average person spends 90,000 hours at work—resilience matters



### HELP THE HELPERS: SUPPORT FOR THOSE WHO SUPPORT OTHERS

**Who:** Nonprofits, social workers, healthcare providers

**What:** Tools to address vicarious trauma and compassion fatigue

**Why:** You can't pour from an empty cup—this training refuels those in service



### WORKFORCE REENTRY: HEALING-CENTERED SUPPORT FOR RETURNING CITIZENS

**Who:** Individuals reentering the workforce after incarceration

**What:** Peer support and wellness education integrated with reentry planning

**Why:** Mental health is key to sustainable employment and reintegration



### VETERAN MILE: FROM SERVICE TO SUCCESS

**Who:** Veterans, veteran employers, and teams

**What:** Training to build stress tolerance, connection, and support

**Why:** Veterans thrive in environments that understand their journey

## HELP THE HELPERS: STRENGTHENING THE FRONTLINES OF CARE

In 2024, Give an Hour launched Help the Helpers, a transformative training series designed to support those in high-impact helping roles. Grounded in trauma-informed practices and peer mentorship principles, this dynamic program equips professionals with practical tools to manage burnout, navigate vicarious trauma, and foster a culture of resilience within their organizations. Whether supporting aging populations, children, or vulnerable communities, these helpers often carry invisible emotional weight. Our training addresses this head-on—helping them not just continue their work, but thrive in it.

## INNOVATING FOR HEALTHIER WORKPLACES

In 2024, Give an Hour launched a three-year initiative with Montgomery County, Maryland, to embed mental health support into reentry. In partnership with WorkSource Montgomery, we integrated trauma-informed services into job training for returning citizens and workforce staff—making emotional wellbeing a core part of the transition process. With support from NJM Insurance, we also trained WSM professionals through our Help the Helper program, building their capacity to recognize and respond to mental health challenges in justice-impacted communities.

But the most transformative impact lies in our work with returning citizens themselves. Through virtual and in-person peer support trainings, participants gained contextual skills in emotional regulation, boundary setting, trust building, and co-leadership. One participant even progressed to become a trained facilitator—helping us launch a peer support group led by and for returning citizens, now available nationwide. This work plants the seeds for long-term community change. We're not just offering support—we're empowering returning citizens to create safer, more connected spaces for others navigating reentry. Their voices are shaping a future where healing, purpose, and leadership go hand-in-hand.

## SPOTLIGHT: BRILLIANT DETROIT

On November 8th, Give an Hour delivered a topical, in-person training to approximately 80 staff members at Brilliant Detroit. The 90-minute session, Burnout and Vicarious Trauma, was part of our ongoing Help the Helpers initiative, a responsive micro-training series tailored to staff needs identified through earlier listening sessions and a formal needs analysis. This session provided practical tools for managing burnout and secondary trauma, featuring interactive components like guided exercises from our Burnout Workbook, a trauma-awareness 1-pager, and space for participants to create personalized wellness plans.

Leadership emphasized the importance of group cohesion, so the training was designed to keep participants together in one collective learning experience. A digital pre/post survey collected 94 responses to assess the session's effectiveness and guide future improvements.

Post-training evaluations across multiple sites revealed the following ongoing priorities:

- 56% requested peer support or discussion groups
- 44% asked for more practical tools and strategies
- 42% sought ongoing support and follow-up sessions
- 22% wanted more real-life examples and case studies



*"Listening deeply to those we serve is the foundation of everything I do. It's how I ensure our interventions aren't just well-intended, but truly relevant. When*

*people feel seen, heard, and understood, trust forms—and from that trust, real healing and meaningful change can begin. Every story shared helps me shape support that meets people where they are, not where we assume they should be."*

**Rebekah Wilbur**  
Manager of Content and Design



At GAH, partnerships remain central to our efforts to expand our reach and deepen our impact in the community. Through collaboration with external stakeholders, we unlock opportunities to amplify investments, connect with new audiences, and implement holistic solutions for complex mental health challenges. These partnerships not only drive innovation and knowledge-sharing but also amplify our collective ability to create lasting change. By working together, we build stronger, more sustainable pathways to achieve our mission and support those who need us most. This past year, partnerships included independent filmmakers, national associations, mental health professional groups, and more.

49

NEW PARTNERSHIPS  
SINCE JULY, 24

138

PARTNERSHIP LEADS  
WITH STRATEGIC POTENTIAL

Partnerships span military and veterans, rare caregivers, crime and violence victims, support professionals, and the workforce.

## COLLABORATING FOR GREATER IMPACT

In the social impact sector, collaboration over competition leads to stronger, more holistic solutions. By leveraging each other's strengths, organizations can drive innovation, better serve their communities, and remain resilient through change.

## PARTNER FEEDBACK

In 2024, we received valuable feedback from our partners about the impact of our trainings and the strength of our collaborations. DCI shared, ***"The staff gave such positive feedback after the training. It provided practical tools and valuable insights they can use daily, and I'm thrilled to see how beneficial it has been for our team!"*** We will seek approval from DCI's leadership to use this quote for marketing purposes and inquire about their preferred reference.

Amanda Abrenillo-Oliveira, Manager of Partnerships and Training, shared her perspective on the importance of creating a safe space during trainings:



*"It's powerful to see the moment someone starts to feel safe and understood. You can see it in their face and body—they relax, and something shifts. When they feel comfortable enough to open up and share their story, it's like a weight lifts off their shoulders. They realize that talking about what they've been through and asking for help isn't as hard as they thought. Providing that kind of safe space is so freeing. It helps people start accepting the support they need to move forward."*



**Amanda Abrenillo-Oliveira**  
Partnerships and Training Manager

## PARTNER SPOTLIGHT: AMERICAN SOCIETY ON AGING

As we explored aging's intersection with our work, we partnered with the American Society on Aging (ASA) to elevate mental health conversations within their workforce and the older adult community. In 2024, we co-facilitated listening sessions, hosted the Mental Health Center at On Aging 2024, created a five-part mental health webinar series for their members, and presented at Engaging with Aging at their request.



*"At the American Society on Aging, we are advancing health equity for older adults and the need for healthcare systems to better support an increasingly diverse aging population. Our partnership with Give an Hour has allowed ASA to amplify the relationship between aging and mental health to examine opportunities to improve mental health services and address gaps in services to support resiliency and social connectedness for the nation's older adults. With Give an Hour as a partner, we are reducing the stigma that is compounded by systemic ageism at policy, provider, community, and individual levels that has resulted in severely limited access to effective mental health care for older adults. Part of our partnership highlights the importance of addressing the shortage of and the expanding need for a behavioral health workforce trained to work with older adults."*

**Patrice L. Dickerson, PhD**  
Equity Strategy Director American Society on Aging

## TRANSFORMING THE CONVERSATION ON AGING AND TRAUMA

In a bold step to elevate national dialogue around aging and mental health, Give an Hour partnered with the ASA to deliver a powerful four-part webinar series: Navigating Trauma. Running from August 2024 through March 2025, this first-of-its-kind series reached hundreds of professionals across the aging, mental health, and caregiving sectors—offering CE-accredited training and cutting-edge insights on the often-overlooked impact of trauma in later life.

Each session featured expert voices from FINRA, ASA conference speakers, and new thought partners, diving deep into high-stakes issues including:

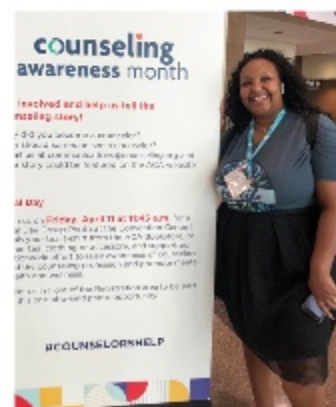
- The resurfacing of trauma during major life transitions
- The intersection of trauma, diversity, and cultural identity
- The profound mental health effects of social isolation and intergenerational trauma
- The hidden toll of financial fraud on older adults and their caregivers

Through this innovative series, Give an Hour not only advanced trauma-informed care practices in aging services—but also solidified its leadership at the intersection of mental health, equity, and community impact.



*"I believe those who care for others deserve to be cared for, too. Behind every life changed is a provider who showed up, listened, and gave their heart to the work. This year, we have deepened our commitment to supporting, uplifting, and walking alongside the providers who make healing possible. Because when we invest in those who give so much, we create a ripple effect of hope, resilience, and lasting change."*

**Andrea Cobb-Jenette**  
Manager of Provider Relations





## 2024 Partners

Acid Maltase Deficiency Association (AMDA)  
Aetna  
American Counseling Association (ACA)  
American Psychological Association (APA)  
American Society on Aging  
Association of Social Work Boards (ASWB)  
AYUDA  
Brilliant Detroit  
Capital Bank  
Cordon Housing  
Durham Children's Initiative  
FINRA Foundation  
Global Genes  
Grumpy Combat Veteran + Friends  
Leap to Success  
Montgomery County Chamber of Commerce  
Myotonic Dystrophy Foundation  
National Board for Certified Counselors (NBCC)  
Raddical Sabbatical  
Stand Together Foundation  
TREND Communities  
U.S. Department of the Army  
UCD Foundation  
United Church Homes  
University of New Orleans  
University of Phoenix  
Ventura County Behavioral Health  
WorkSource Montgomery

## 2024 Donors & Sponsors

Aetna Foundation  
Alexion Charitable Foundation  
Amgen, Inc  
Ann and Frank Cahouet Foundation  
Capital Bank  
County of Ventura  
CVS Health  
DC Office of Victim Services and Justice Grants  
Leidos  
Magellan Cares Foundation  
Montgomery County, MD  
NJM Insurance  
Outlaw State of Kind Fund (led by Mr. and Mrs. Chris Stapleton)  
Smith Hawes Family Foundation  
Stand Together Foundation  
Stanley R. Levin Fund  
The FINRA Investor Education Foundation  
The University of Phoenix, Inc.  
The Wasily Family Foundation  
Tresemer Foundation  
Triad Foundation  
Veterans United Foundation

## Pro-Bono Supporters

MadWolf Technologies  
Sheppard Mullin Richter & Hampton, LLP  
GAH Volunteer Mental Health Professionals



We are profoundly grateful for the unwavering support of our funders, whose trust in us plays a crucial role in helping us achieve our mission. Their generosity and dedication enable us to provide vital mental health services and resources to those in need. We acknowledge that without their steadfast support, our impact would be



significantly reduced, and we are committed to honoring their contribution as we collaborate to improve the lives of others.

**Jessica Grove**  
Chief Operations Officer

## SCALABILITY & SOCIAL IMPACT STRATEGY

As we enter our third and final year of support from Stand Together, Give an Hour is focused on sustaining and scaling our greatest areas of impact—ensuring long-term transformation for the individuals and communities we serve. Grounded in Principle Based Management™ (PBM) and driven by our Customer First Metrics (CFM), we are building a model that prioritizes access, adaptability, and community-informed innovation.

We believe the future of mental health lies not just in services delivered, but in systems built to last.

Our Vision CFM work has helped us identify what matters most to those we serve—timely access, cultural responsiveness, and sustainable support. These inputs are shaping a forward-looking strategy that closes access gaps and invites co-creation from partners, peers, and customers.

### FROM PROGRAM TO PLATFORM: SCALING WHAT WORKS

We are shifting from isolated programs to scalable platforms, systems that can flex and adapt to different populations and needs. This means building toolkits, training cohorts, and sustainable models that can be replicated across communities.

### LAYING THE FOUNDATION FOR LONG-TERM SUCCESS

Through Stand Together Foundations' Principles Based Management (PBM) framework, we've clarified roles, responsibilities, and expectations (RREs) for staff—not as internal HR jargon, but as a clear roadmap for every employee to understand how their daily work directly contributes to outcomes that matter. This alignment fuels innovation, accountability, and culture—critical ingredients for lasting impact.

By embedding these scalable practices and frameworks into our organizational DNA, we're not only delivering results—we're creating the conditions for enduring change.

**Our work with FINRA Foundation on supporting aging adults impacted by financial exploitation is now a replicable framework. What began as a one-pager has evolved into a trauma-informed outreach, education, and training model for providers and caregivers—evidence of how niche needs can guide large-scale, tailored solutions.**

### SOCIAL MEDIA GROWTH

Give an Hour leveraged social media to educate, connect, and expand access to mental health resources, leading to:

- **62.1%** increase in Instagram reach and 21.5% increase on Facebook
- **50%** surge in organic Facebook reach
- **122.6%** increase in Facebook video views
- **656** posts across Facebook and Instagram, focusing on peer support, trauma-informed care, and workplace mental health



*In 2025, we aim to expand access to mental health resources, strengthen partnerships with key stakeholders, and uplift the voices of those we serve. Through interactive content, live sessions, and industry collaborations, we will foster meaningful conversations, provide valuable education, and ensure social media remains a powerful platform for advocacy, connection, and community support.*



**Ryan Young**  
Marketing and Social Media Manager



# GIVE AN HOUR AMBASSADORS



The Ambassador program started the year by hosting a book club centered on *SELF!SH*. With guidance from Give an Hour and author Stephanie Szostak, participants worked through the workbook, gaining valuable insights and support. Inspired by the experience, many have continued to apply and share the *SELF!SH* approach in both their personal and professional lives.

## Fundraising for Impact

Stephanie Szostak hosted a sweepstakes offering a private lunch in New York City. The winner, who had also participated in GAH's *SELF!SH* book club, was thrilled to meet Stephanie and discuss self-discovery and mental wellness. Stephanie generously donated her time and platform to support Give an Hour's mission.



Showtime Shawn Porter hosted an exciting sweepstakes fundraiser, giving fans a unique opportunity to step into the ring and spar with the former world champion. Winners were also invited to appear on The PorterWay Podcast, where they could share their thoughts and connect with Shawn on a personal level. By combining his passion for boxing with his dedication to breaking the stigma around mental health, Shawn used his platform to inspire others and support a cause close to his heart. Both ambassadors leveraged their platforms to creatively inspire, connect, and support Give an Hour's mission.



## Give an Hour's current Ambassadors include:



**Stephanie Szostak**

Actress, author, and wellness advocate promoting self-care and personal growth.



**Don Stewart**

Former D1 football player inspiring young athletes to prioritize mental health and resilience.



**Boyd Melson**

Former pro boxer, U.S. Army veteran, and mental health advocate dedicated to service and connection.



**Eric Christiansen**

Award-winning filmmaker using storytelling to highlight healing and mental health recovery.



**Nick O'Kelly**

Mental health advocate sharing his journey through storytelling, podcasts, and his book *Stigma*.



**Shawn Moore**

Advocate for military and veteran families, empowering others to build resilience.



**Shawn Porter**

Former world champion boxer breaking mental health stigma through advocacy and engagement.



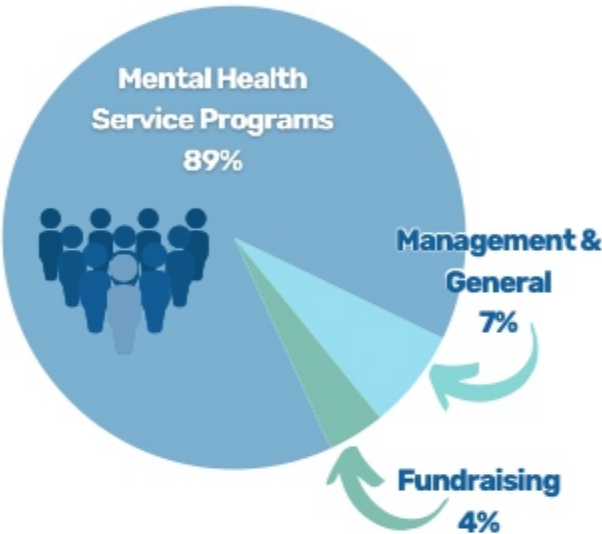
**Nickie Silverstein**

Ambassador Liaison to Give an Hour

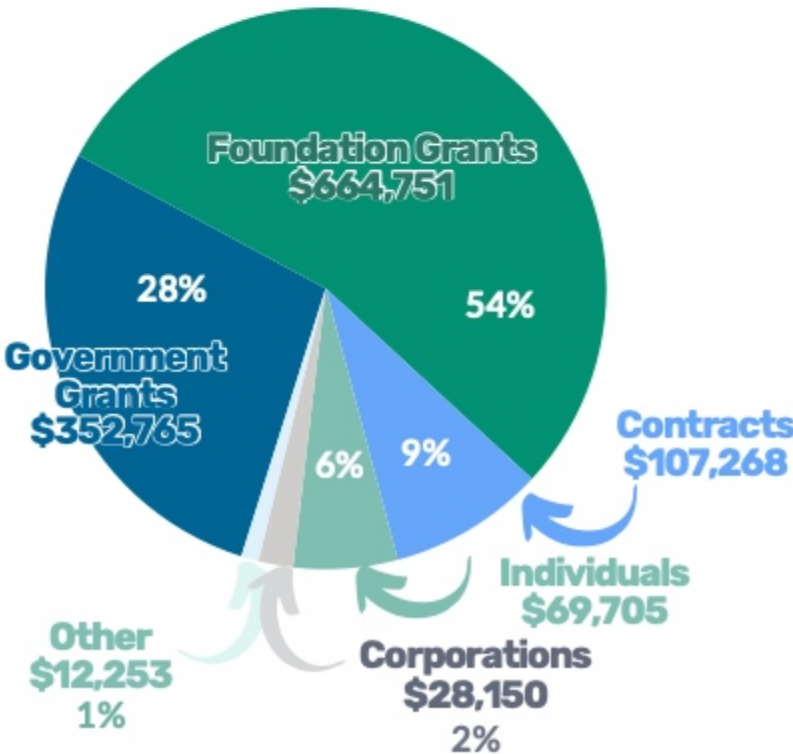
FINANCIALS

	Unrestricted	Restricted	Total
FY24 Revenue	\$345,126	\$889,766	\$1,234,892
FY24 Expense	\$428,600	\$1,190,662	\$1,619,262
Previous Year Assets	\$1,324,723	\$333,396	\$1,658,119
Net	\$1,241,249	\$32,500	\$1,273,749

EXPENSES



REVENUE BY TYPE





At Give an Hour, we are entering a new chapter, one rooted in hope. From our founding tagline, **“Providing Help and Hope,”** to our most recent work on the Continuum of Hope, our mission has always been to walk alongside individuals, families, and communities as they heal. In 2025, we’re leaning fully into this foundation, redefining what it means to equip others with hope and to lead with it in everything we do.

## OUR MODEL OF HOPE

Hope is not just a feeling, it’s a framework. It is the belief that the future can be better than today, and that you have the ability to make it so. Our Continuum of Hope model defines hope as actionable and measurable: a combination of clear goals, a sense of agency to reach them, and the ability to overcome barriers along the way. Research shows that higher levels of hope are directly linked to better mental and physical health, greater resilience, and stronger life satisfaction. Unlike traditional models that focus on crisis, the Continuum of Hope shifts the narrative toward optimism and possibility. By removing clinical barriers and placing hope at the center, we create more inviting and inclusive pathways to mental health for all, especially those who may never have felt ready to engage before.



Fill Your Mental  
HOPE Toolbox

## MICROCREDENTIALS

In 2025, we are placing mental health professionals at the forefront of our strategy. Through microcredentials, free CE opportunities, and targeted professional development, we aim to equip providers with the specialized tools they need to serve trauma-impacted communities. We are also doubling down on our goal to engage 50,000 skilled volunteers, a bold vision that reflects our commitment to growing a capable, responsive, and hope-driven mental health workforce. With 15% of our goal reached, we are recommitting to the pathway forward.

## REDEFINING THE WELLNESS AMBASSADOR

We’re expanding the definition of what it means to support your community. Our new wellness ambassador approach will focus on 20-minute, on-demand microtrainings that introduce foundational concepts such as What is mental health?, What is peer support?, and How do I connect someone to care? These accessible trainings create everyday advocates, people equipped to foster connection, reduce stigma, and guide others toward hope.

## GRASS ROOTS EXPANSION

Through a grassroots strategy targeting 6–8 priority states, we are embedding our full continuum of services—from clinical care to peer support, within local ecosystems. This allows us to build lasting partnerships, secure state-level funding, and meet communities where they are. Our focus is on integration, not duplication—ensuring that our services scale in alignment with real needs.



## BOARD OF DIRECTORS

As of May 2025



**THE HONORABLE JAMES M. BYRNE**

Retired Marine Corps  
Vice President, Lockheed Martin Corporation



**ROB SCOTT, BOARD SECRETARY**

Retired Marine Corps  
Managing Director Americas @Technip Energies



**PATRICIA BOWDITCH, TREASURER**

Senior Vice President, Kolaghasi Capital US LLC



**EDWARD F. SCHIFF, ESQUIRE**

Senior Counsel; Sheppard Mullin Richter & Hampton



**SEAN HOWARD, BOARD CHAIR**

CEO, WPP Government, & Public Sector Practice



**PATRICIA TOLEDO**

Head of Product Management, Senior & Long-Term  
Care (VP), ResMed



**VICE ADM. JOHN NOWELL JR.**

Retired Navy  
President & CEO United States Navy Memorial



**ROSS WHITMORE, MSW (LT. COL. USAF, RET.)**

Retired Air Force, AFSOC

## GIVE AN HOUR LEADERSHIP



**DR. TRINA CLAYEUX**

Chief Executive Officer  
tclayeux@giveanhour.org



**JESSICA GROVE**

Chief Operating Officer  
jgrove@giveanhour.org



**BARBARA VAN DAHLEN, PH.D**

Founder





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



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

Follow our Social Impact

