

WALK A MILE IN EACH OTHERS BOOTS



GIVEANHOUR.ORG/MILITARY

2024 PEER SUPPORT MEDIA KIT



MILITARY M L E PROJECT

It is a matter of life or death. The United States is experiencing a mental health crisis. Suicide rates are near a record high. An overburdened healthcare system has failed our veterans. Mass Violence and increasing domestic violence have left no community untouched.

Meet Give an Hour. We are transforming Mental Health in America by developing resilient communities so that anyone who has experienced trauma is equipped with the skills to live a full, healthy, and happy life.

Give an Hour is a one-of-a-kind support system for many populations in all fifty states. Our Network of more than 4,000 Licensed Mental Health Professionals provides care for:

- Military service members, veterans, and their loved ones.
- Families suffering from interpersonal violence, such as domestic abuse.
- Survivors of mass violence and crime.
- Rare Disease Caregivers.

Through trauma-informed peer support, survivor support groups, and individual therapy, we restore the community and resources around an individual and remove barriers to the help they so desperately need. Give an Hour has provided hope and help to more than 3.6 million Americans. Everything we do is informed by the knowledge gained from lived experience:

- We **LISTEN** for the gaps in service and unmet needs through surveys, focus groups, one-on-one interviews, and case studies.
- We LEAN IN to reduce those gaps by implementing mental health and emotional wellness prevention and intervention services.
- We LEARN by analyzing our ongoing metrics in real time to improve our response to human-made trauma.
- We LEAD in creating resilient communities through education, informed by our data-driven solutions.



Our goal is to be the #1 human-made trauma and response organization in the U.S. by 2026, helping heal 8 million Americans. I've included with this letter our recent work with a military installation here in the U.S. for our Peer Support program, The Military Mile Project, equipping members with tools for mental health, integrity, leadership, and empowerment, to combat suicide. Give an Hour is the first organization to be granted access to a few American military installations in order to come alongside soldiers to equip them with mental health tools. Within this information are our preliminary survey results as well as our post-training survey results – and based on the feedback given – this work is crucial within our military bases. In addition, you will see a short video from our Peer Support Facilitator, Veteran, and Give an Hour Intern MSW – explaining the lived experience perspective.

I would be so pleased to meet with you - once - you have viewed the enclosed impact to discuss this work or answer any questions you may have about Give an Hour. I look forward to hearing from you soon.

Sincerely,

Dr. Trina Clayeux

Trina Clayeux

CEO

Give an Hour







ACTIVE-DUTY SUICIDE RATES HAVE RISEN SHARPLY

25% increase from Q1 22 to Q1 23).

The military faces <u>urgent</u> challenges regarding mental health resilience.

*The significant surge in active-duty suicide rates underscores a critical challenge that demands urgent action



STRESSORS

Past experiences, highstress environments, and exposure to traumatic events - research also shows daily "hassles" and sustained stress can lead to higher rates of suicide.



STIGMA

Significant Stigma surrounding seeking help, fear of being perceived as weak, and concerns over security clearances exacerbate the issue.



FINANCIAL BURDEN

Investment in firstterm enlistees can total *more than* \$1,115,850 from recruitment to training. Mental health has to be part of the *economic equation*.

ONE SUICIDE IS TOO MANY

Build leaders equipped with the skills and tools to REALLY help....



OUR SOLUTIONS ALIGN WITH URGENT DOD PRIORITIES



The DOD Strategy for Resilient and Healthy Defense Communities is a national security imperative and moral obligation to provide the total force with healthy, safe, functional, and resilient environments in which to live and work.

RESILIENCE:

The capacity to recover quickly from difficulties or stress, maintain mental well-being, and function in the face of challenges or adversity.







PRIORITY 1:

Suicide Prevention and Response: OUR SOLUTION:

- Tailored peer-to-peer support
- Bolsters mental healthcare delivery
- Directly addresses stigma and access barriers
- Tailored suicide prevention training
- Empowers a cadre of service members with the first line of sight to the person on the left and right.

PRIORITY 2:

Building Healthy & Resilient Defense Communities:

OUR SOLUTION:

- Upskills leaders with the tools and resources they need to create healthy, safe, & resilient environments
- Provides customized tools to overcome "daily hassles" and stress intolerances



Active Duty Peer-to-Peer Preliminary Survey Results 2024

BUILDING RESILIENCE & LEADERSHIP SKILLS

www.giveanhour.org

PEER-TO-PEER TRAINING

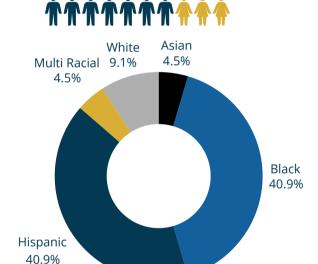
Give an Hour provides peer-to-peer support, recognizing the value of lived experience in building resilience, and cultivating a supportive community among service members. The specialized and tailored training is aimed at empowering military leaders with essential tools to support their peers.

This data is based on the program launch at one active duty Army base including three 90-minute trainings with 3 facilitators, including two Veteran facilitators, for 30 active duty Army soldiers.

PRE TRAINING SURVEY RESULTS

- Responses from the baseline survey validated GAH
 assumptions around the negative attitudes towards
 mental health within the military setting. Fear of
 judgment, shame, and being perceived as weak
 were identified as barriers to engaging in personal
 conversations.
- Recruits acknowledged experiencing stress while serving in the military; and identified both healthy ("taking walks", "talking with peers or someone they trust") and unhealthy ("just keep drinking, sleep") coping mechanisms.
- When prompted to evaluate the support they feel from the Army in discussing and addressing mental health, the average score was 6.6 out of 10

ATTENDEE DEMOGRAPHICS





POST TRAINING SURVEY RESULTS

0

A greater ability to recognize the signs of emotional suffering following the training program.



Participants who knew one sign at the beginning of the training on average grew their knowledge by 400%



4x more likely to seek mental health support from others



3x more likely to engage in mental health conversations



The average comfort level for offering mental health support was rated at 7.8/10



A MESSAGE FROM

Rebekah Edmonson

VETERAN & GIVE AN HOUR INTERN, MSW



"The most impactful thing in today's session was finding out how to ask questions and know how to listen."

"I realized that I am not the only person going through difficult things." "We all realized that there's a lot of us that smile all the time because we don't want others to know how broken we gre."









Measures customer loyalty calculated in a range from -100 to 100.

Measures the positive impact Give an Hour has had on their life.

Measures their sense of empowerment to overcome barriers in their life.

NET PROMOTER SCORE

NET TRANSFORMATION SCORE

NET EMPOWERMENT SCORE





2024 PEER SUPPORT MEDIA KIT



GIVEANHOUR.ORG/MILITARY