

Active Duty Peer-to-Peer Base B Cohort 3 Survey Results October 2024

BUILDING RESILIENCE & LEADERSHIP SKILLS

www.giveanhour.org

PEER-TO-PEER TRAINING

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

This data is based on survey results from the third cohort at one active duty Army base following the delivery of two full days of training led by Give an Hour facilitators for 12 active duty Army soldiers.

PERCEPTIONS OF PERSONAL EXPERIENCES

The training received exceptional feedback with an overall positive sentiment, as reflected by the net promoter scores on page 2.

- Many participants highlighted that the training helped improve their willingness to open up around their military peers.
- Participants shared positive feedback with facilitators skills in engaging delivery and public speaking skills.

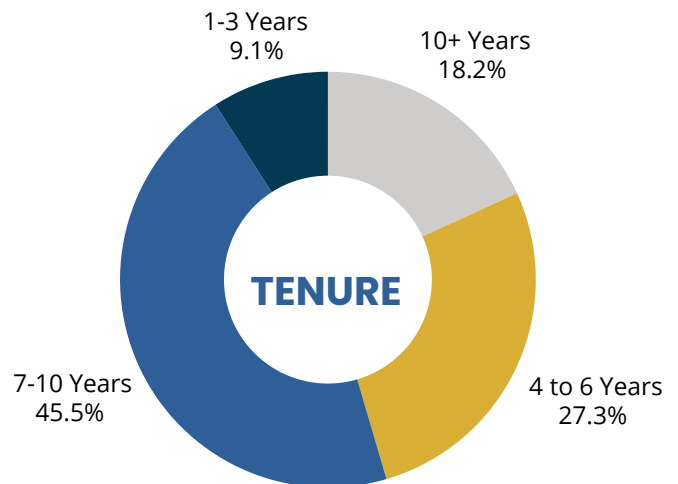
FEEDBACK

- Several participants recommended extending the training to three or more days compared to two days highlighting an interest for deeper engagement and more extensive skill-building (i.e: "make it longer- extend out to all ranks", "would love a longer training (3-5 days)").
- Some individuals recommended more breaks which could enhance engagement and reduce fatigue. Additionally, there were suggestions to start with "hard stuff on the second day" suggesting balancing the intensity of conversations throughout the training.
- One response suggested that pacing and approach could be improved to ease participants into sharing more comfortably.



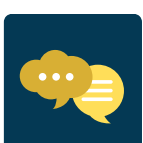
ATTENDEE DEMOGRAPHICS









Average Age: 30 yrs



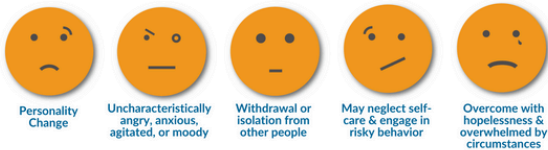
POST TRAINING SURVEY RESULTS

-  There was a significant improvement in participants' familiarity with identifying Give an Hour's Five Signs (77%).
-  Average growth in confidence for active listening skills (7%).
-  Increase in their comfortability offering mental health support to others, with an average growth (18%).
-  Growth in comfortability in asking open-ended questions for deeper conversation (30%).
-  Comfortability in engaging in conversations about mental health saw an average growth of 25%.
-  Considerable increase in comfortability was reported in seeking mental health support from others (68%).

COMMENTS FROM SOLDIERS

-  It's great knowing that I am not the only one experiencing these things.
-  It definitely reinforced the impact on my awareness and what I say and do influences my soldiers when they are struggling.
-  Even though it takes a moment to open up, this class has helped me realize we all have experiences and are emotional beings who can learn from one and other.
-  I became more open to sharing personal experience.
-  They helped me broaden in terms of active listening and communication.
-  Make it a longer course, extend out to all ranks.

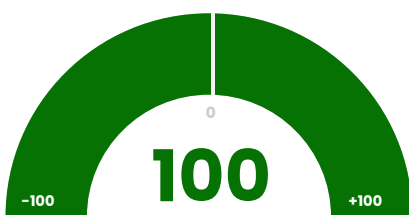
FACE the FIVE Signs Everyone Needs to Know



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

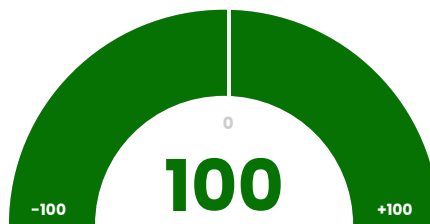
Hopelessness was the most recognized sign post training, an increase of 450%

Customer satisfaction



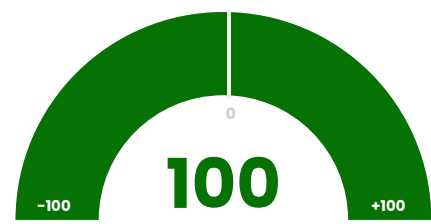
NET PROMOTER SCORE

Positive impact Give an Hour has had on their life.



NET TRANSFORMATION SCORE

Sense of empowerment to overcome barriers in their life.



NET EMPOWERMENT SCORE



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