

Give an Hour *Military Services*

Give an Hour (GAH) is a national mental health organization founded in 2005, dedicated to creating resilient individuals and communities by addressing gaps and barriers related to access and delivery of mental health services. GAH provides innovative multimodal solutions to accessing equitable mental health services for individuals and communities, with emphasis on military, veteran and loved ones.



OUR NORTH STAR

GAH envisions 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 well-being. Together, we will ensure every individual has the opportunity to live a mentally healthy, fulfilling, and meaningful life.



We provide individual mental health solutions ensuring that no one is left behind...



OUR MILITARY PROGRAM SERVICES

GAH provides a breadth of evidence based, consumer informed therapeutic strategies supporting the military and veteran population. We listen to what those with lived experience *want and need* and customize our services and supports to be responsive toward long term health and happiness – for the impacted individual as well as their loved ones.



SUPPORT

- Peer Support Training for Professionals or Lived Experience
- One on One Group Support
- Counseling & Navigation Services



TRAINING & TOOLS

- Community and Ally Workshops
- Individual Resilience Training
- Professional Development Training
- Professional Crisis Management



GAH services are informed by lived experience - which includes individual and group knowledge gained from these experiences and choices. For the past 18 years we have listened and learned from veterans and tailored our services to their unique needs.

Our solutions "catch" people who may fall through the gaps in previously identified care options such as traditional counseling. Our one stop approach to mental wellness eliminates having to go to multiple organizations and places to get what you need.



Journey Mapping: Identifying gaps in services and the unmet needs of the community or population through surveys, focus groups, one-on-one interviews and case studies. We go to the source to understand mental health needs and create customized solutions.

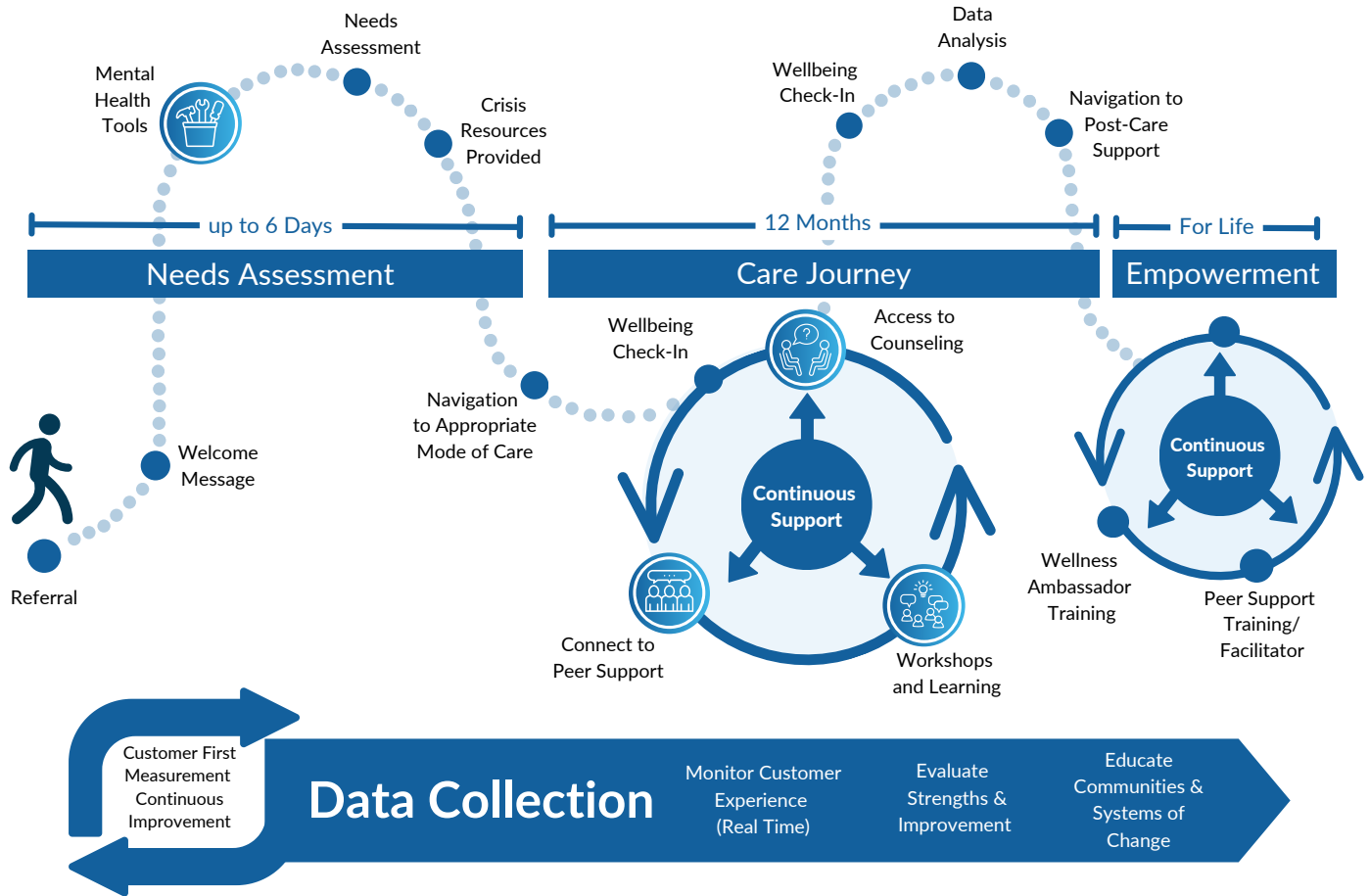
Informed Response: Implementing key mental health and emotional wellness prevention and intervention services to reduce the gaps that are identified in the mapping process. Social connectedness plays a vital role in the mental health and wellbeing of veterans.

Continuous Improvement: Needs constantly change. Give an Hour uses metrics that are important to our customers to improve our response in real time. These services continue to address humanmade trauma related to military service.

Creating Resilient Communities: Analyzing and sharing data driven solutions with those who need them most - the communities in which we live. We believe empowered communities thrive when provided tools and practices for lifelong emotional wellness.



The Give an Hour Customer Journey is the seamless path individuals traverse as they engage with their mental health. From the initial point of contact, our customer journey ensures personalized attention, tailored solutions, and a comprehensive support system to meet their unique needs - for life. Whether it's accessing resources, seeking guidance, or receiving ongoing assistance, our customer journey is designed to empower and facilitate progress towards goals and foster a positive and transformative experience.



Needs Assessment

Individual is referred to GAH. First contact made within 72 hours; needs are evaluated through self-attested survey.

Care Journey

Individual receives tailored access to workshops, wellness resources, peer support and/or counseling.

Continuous Access

Individual needs change, but Give an Hour is for life. Once care journey begins individuals are consistently offered options for growth.

Empowerment

When ready, individuals are connected to purpose through resilient communities (peer supporters, wellness ambassadors, mental health professionals).



JOINING GIVE AN HOUR'S MILITARY & VETERAN PROGRAM



Skills for life

WORKSHOPS & TRAINING

A wide array of workshops and training programs designed to equip individuals with essential skills, knowledge, and tools to promote mental health and resilience in both personal and professional settings.

Connection for life

PEER SUPPORT GROUPS

A safe space for sharing thoughts, concerns, and personal journeys, and to benefit from the wisdom and empathy of peers. The primary goal of peer support groups is to foster a sense of belonging, validation, and empowerment among participants.

Resiliency for life

MENTAL HEALTH TOOLS

A collection of informative and customizable info sheets aimed to address common gaps or barriers in accessing mental health knowledge, empowering self led skill building and thriving through challenges.

Purpose for life

PEER SUPPORT TRAINING

Give an Hour's peer support program, "TIPS," stands for Trauma Informed Peer Support, and is an evidence- informed and customizable peer support training program designed specifically for those affected by trauma. We welcome those who have participated in groups to become a trained peer supporter for Give an Hour's programming.

WELLNESS AMBASSADORS

Ambassadors are mental health literate volunteers who lead through action and inspire their communities by modeling behavior that prioritizes mental health and emotional well-being.

**Join the
Program**

SCAN ME





MILITARY & VETERANS GROUP SUPPORT

Peer-led support groups offer connection, common humanity, and encouragement through shared lived experiences.

Each session will offer space for organic conversations. A trained peer support lead will offer shared practical skills and knowledge.

REGISTER NOW



Visit www.giveanhour.org/military to sign-up and receive registration information



More Information Contact:
Give an Hour's Military Programs
militaryprograms@giveanhour.org



VIRTUAL SESSIONS

Groups will be led and facilitated via Zoom



BI-MONTHLY SESSIONS

- 1st Tuesdays at 6:00 PM (ET)
- 3rd Tuesdays at 6:00 PM (ET)



FACILITATED DISCUSSION

Facilitated by: Give an Hour

GIVE AN HOUR: SUPPORTING MILITARY SPOUSES.

**GIVE AN HOUR HELPS
MILITARY SPOUSES EASE
THE CHALLENGE OF
SECURING SUPERVISION
TOWARDS BEHAVIORAL
HEALTH LICENSURE.**

*Open to all military spouses
working on their postgraduate
requirements to become a
Mental Health Professional.*

SERVICES:

MENTAL HEALTH RESOURCES
LOW & NO COST SUPERVISION
TOWARD LICENSURE
LOW & NO COST COUNSELING
VOLUNTEER OPPORTUNITY

DESCRIPTION:

Give an Hour's Military Program addresses the unique challenges and needs for prioritizing mental health and emotional wellbeing in the military community, including military spouses. Give an Hour addresses the disparity between available mental health professionals and community needs. Current or former military spouse (all branches, including Reserve and National Guard) are eligible for services from Give an Hour's network. For questions, please email militaryprograms@giveanhour.org.

STRONGER TOGETHER:

Here at Give an Hour, we know that working in the mental health field is not always easy, and sometimes support is needed. We want to bring mental health professionals closer as they meet and greet, share resources, consult, and learn from one another - regardless of their career stage.

INTRODUCING THE Veteran Workforce Toolkit



WHAT

The Veteran Workforce Toolkit is your **guiding compass**, offering a transformative roadmap to improving the culture of your organization. It provides you with a comprehensive set of best practices, specifically tailored to support service members as a core Diversity, Equity, and Inclusion (DEI) group within your workforce.

WHY NOW

In the dynamic landscape of today's workplace, one thing remains constant: the **undeniable value of our veterans**. Their unwavering dedication, exceptional skills, and unique perspectives enrich and enhance the fabric of our organizations.



A Transformative
Roadmap for
Understanding, Hiring,
Developing and
Retaining **Veteran
Employees**

PRACTICAL *Solutions* FOR SUCCESS



TOOLS AND SURVEYS

Designed to assess and improve workplace culture and promote retention



ROADMAP TO SUCCESS

To guide you every step of the way



EXPERTLY CURATED EXAMPLES

Practical real-world examples, scripts, resources, and more

HOW DOES IT BENEFIT YOU

This toolkit is designed for leaders within your workplace who hold the power to influence the veteran experience.

The Veteran Workforce Toolkit boosts **morale, performance, and retention of veteran employees**, fostering a culture that values their unique skills. It offers significant ROI through:

- Broadening the talent pool with competent veterans.
- Lowering recruitment and training expenses.
- Improving team dynamics and problem-solving.
- Enhancing organizational culture and morale.
- Improving service quality and customer relationships.
- Boosting public perception and reputation.
- Access to veteran-specific resources and networks.

WHAT'S INCLUDED

- **Workplace Culture:** Emphasizing emotional well-being, understanding PTSD, and supporting mental health.
- **Building Blocks:** Identifying and understanding veterans, translating military experience, focusing on veteran-inclusive practices.
- **Veteran Workforce Journey Map:** A comprehensive guide for veteran employee integration.
- **Leading the Charge:** Strategies for hiring and retaining veterans, treating veterans as a DEI group.
- **Accessing MH Care:** Guidelines for mental health care navigation.
- **Message Framing:** Crafting veteran-inclusive messaging and using storytelling power.
- **Adaptive vs Transformational Change:** Embracing change in the workplace.
- **Retention and Development:** Ensuring a happy, resilient workforce.
- **Measuring Success:** Implementing pre- and post-implementation surveys, measuring retention, productivity, and supportive resource usage.

Lead with Excellence

Supported by:

University of Phoenix® amazon
Booz Allen U.S. DEPARTMENT OF VETERANS AFFAIRS CVS Health T-Mobile
VFW MAGELLAN FEDERAL

BECOME A PROVIDER

ELIGIBILITY

SOCIAL WORKERS

Social workers must typically have the highest license a state requires to practice independently. General abbreviations include LICSW, LCSW, or LCSW-C

PROFESSIONAL COUNSELORS

Professional counselors must typically have the highest license a state requires to practice independently. General abbreviations include LPC, LMHC or LCPC

PASTORAL COUNSELORS

Pastoral counselors must be licensed as such or a fellowship level member of the American Association of Pastoral Counselors

PSYCHOLOGISTS

Psychologists must have a Doctorate and a license to practice

MARRIAGE & FAMILY PROVIDERS

Marriage and family providers must have an LMFT

PSYCHIATRISTS

Psychiatrists must have an M.D. or a D.O. with proper accreditation in psychiatry

PSYCHIATRISTIC NURSES, DRUG & ALCOHOL COUNSELORS & OTHER MENTAL HEALTH PROFESSIONALS:

Must follow their state regulations for proper licensing

Our Mission

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

WHY GIVE AN HOUR

Emotional pain is part of our experience as human beings. Give an Hour provides care and support to those who might otherwise not receive it by harnessing the skill, expertise, and generosity of volunteer mental health professionals across the country.

Give an Hour provides FREE mental health care to service members, veterans, and their loved ones.

SIGN UP TODAY

Visit: <https://giveanhour.org/providers/>

 **giveanhour**
Mental Health. For Life.



www.giveanhour.org



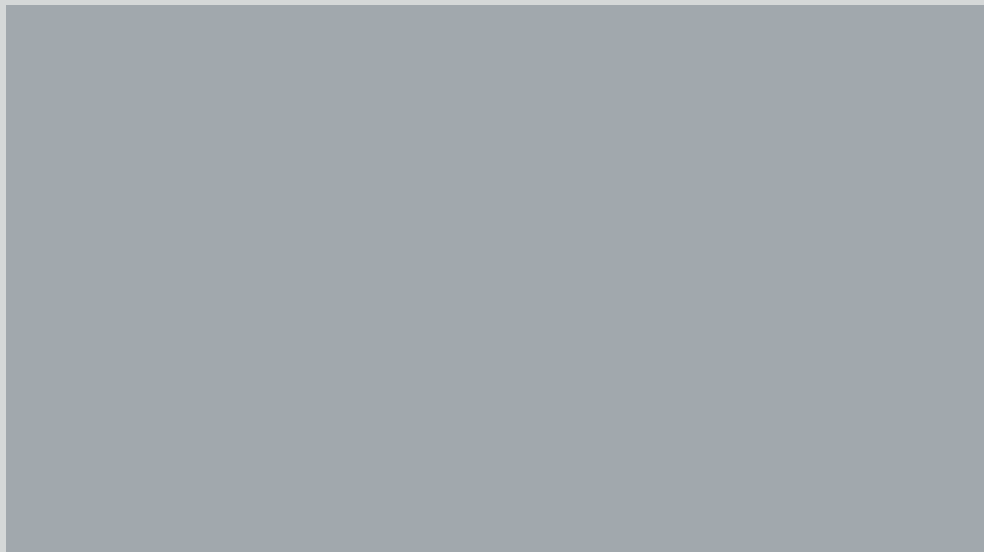
militaryprograms@giveanhour.org

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