



Summary and Progress July 2008

Our Mission:

Give an Hour is a national nonprofit organization whose mission is to develop a national network of volunteers capable of responding to both acute and chronic conditions that arise within our society. Our first target population is the U.S. troops and families who are being affected by the current military conflicts in Afghanistan and Iraq. We are now creating a national network of mental health professionals who are literally giving an hour of their time each week to provide free mental health services to military personnel and their families. Individuals who receive services will be given the opportunity to give back in their own community. By providing critical psychological support to military personnel and their families, we will support the sacrifices they are making and ameliorate the difficulties they face.

Current Project:

- Give an Hour will provide mental health support services to military personnel and their families who are currently unable to access mental health services through the military. We will also provide services to members who are no longer eligible to receive benefits.
- Give an Hour will recruit providers who have training and expertise across a wide range of critical areas including marital counseling, substance abuse counseling, traumatic brain injury treatment and support, child and family counseling as well as the assessment and treatment of Post Traumatic Stress Disorder.
- Give an Hour will provide services to family members who are ineligible to receive services through the military. These family members might include parents, siblings, grandparents and unmarried partners.
- Give an Hour will provide a range of resources and links for military families through our Web site, www.giveanhour.org.
- Give an Hour will provide those troops and family members who receive services through our organization with the opportunity to give back to their own communities. We will partner with Veterans' Service Organizations as well as local, state and federal agencies and organizations to provide a range of available opportunities.

Current Status:

- more than 2100 mental health providers registered to date
- numerous contacts with state and national mental health organizations many of whom are endorsing our organization and encouraging members to join us

- outreach to the military community including Department of Defense, the National Guard and the Veterans Administration
- outreach to numerous Veterans Service Organizations who embrace our efforts to provide critical mental health care to our troops and their families
- our providers are beginning to deliver service through face to face counseling, phone support and facilitation of support groups
- our volunteers are mobilizing efforts in their states by reaching out to additional providers and their military community

Individuals and Organizations Providing Support and Assistance:

Eli Lilly and Company Foundation: In partnership with the American Psychiatric Foundation, Give an Hour was awarded a \$1 million grant on May 19, 2008. This grant will assist in our public education efforts. It will help us reach those in the mental health community who wish to provide services as well as those in the military community who need and deserve appropriate mental health care and support.

Chairman of the Joint Chiefs of Staff: Dr. Romberg met Admiral Mullen in the fall of 2007. He is very interested in our efforts and facilitated a meeting with his special assistant, Col. Jill Chambers, to discuss Give an Hour's role in providing critical mental health care to our returning servicemen, servicewomen and their families. Col. Chambers has been very active in her support of Give an Hour.

Veterans Affairs: Dr. Alfonso Batres, Chief Readjustment Counseling Officer, supports our efforts and has offered to assist us in reaching out to military families through the Vet Centers located across the U.S. GAH is developing a relationship with VA Volunteer Services.

Tricare Management Activity: Dr. Romberg met with Deputy Director MG Elder Granger to discuss Give an Hour's efforts. General Granger offered his support and will move forward to assist Give an Hour in reaching out to those families in need of support and treatment.

American Psychiatric Association: We have received an official endorsement from APA. We are in the process of defining our newly formed partnership. We will be working together on a number of initiatives designed to assist in our efforts to provide critical mental health care to our troops and their families.

National Association of Social Workers: We have received an official endorsement from NASW. We are pleased that we will be working together on a number of initiatives and projects

American Psychological Association: The American Psychological Association (APA) is very supportive of our efforts to help military families.

We are currently talking to APA about how our organizations can work together.

American Counseling Association: The American Counseling Association (ACA) is also very supportive of our efforts to help military families. We are beginning discussions regarding a possible partnership.

American Association of Pastoral Counselors: AAPC officially endorsed GAH and encouraged its members to join our efforts. We currently have many AAPC members registered in our network.

National Military Family Association: NMFA has been supportive of our efforts. We will continue to work with NMFA to develop strategies for reaching out to military families.

Congressman Patrick Kennedy (D-RI): Congressman Kennedy has spent his career working on the issue of parity for mental health coverage. He authored a "Dear Colleague" letter on our behalf that was sent to members of the House the week of 5/12/2008. The letter informs members of the House about Give an Hour and asks them to assist in promoting our efforts in their states.

Senator John Kerry (D-MA): Senator Kerry's staff was eager to assist us in preparing a "Dear Colleague" letter that was sent to members of the Senate the week of 2/25/2008. The letter informs members of the Senate about Give an Hour and asks them to assist in promoting our efforts in their states.

Senator Chuck Hagel (R-NE): Senator Hagel was the co-author of the "Dear Colleague" letter with Senator Kerry.

Congressman Joe Sestak (D-PA): Congressman Sestak has offered to host an event to publicize and promote Give an Hour to mental health professionals in the 7th district of Pennsylvania. We are currently working with the Congressman's staff to plan the event.

Congressman Brian Baird (D-WA): Congressman Baird is also a clinical psychologist who before becoming a US Representative worked in VA hospitals and outpatient clinics helping veterans recover from the medical and psychological wounds of combat. Because of his experiences, Congressman Baird has always been a steadfast supporter of Veterans and their families. Congressman Baird supports our efforts to provide additional services for these deserving families.

Governor Joe Manchin III (WV): Governor Manchin supports our efforts to provide critical mental health services to our troops and their families. We will be working with his senior level officials to prepare and distribute a letter from the governor asking mental health professionals in his state to "give an hour." We are hopeful that we can use this as a model for other states to spread the word about GAH.

Humana Military Health Care System: We have an excellent relationship with Humana. They donated our new web site and assisted us in a number of ways including guidance and support in the development of our infrastructure. CEO Dave Baker has been extremely generous throughout this process. Humana administers the health care to our military community in the southern region of the US.

America Supports You: Give an Hour is pleased to be a member of this Department of Defense program that provides opportunities for citizens to show their support for the US Armed Forces. It also connects military service members and their families to hundreds of homefront groups offering a variety of supports to the military community.

The National Center for PTSD: We are pleased to have the support and assistance of NCPTSD in our efforts to provide services to the military community. NCPTSD has offered to post Give an Hour on their web site as an important resource for Vets and their families. They are also assisting us in our efforts to reach out to providers with expertise in the area of trauma evaluation and treatment. We are also discussing a variety of training projects.

Stephen N. Xenakis, M.D. Brigadier General (Ret), U.S. Army: Dr. Xenakis is providing consultation and support to Give an Hour as we move forward with developing our programs and implementing our interventions. Dr. Xenakis is a member of our Executive Board.

Mrs. Mary Jo Myers, wife of Ret. General Richard Myers, former Chairman JCS: Mrs. Myers had been a determined advocate for Give an Hour and our efforts to provide critical mental health care to our military families. She continues to use her network to create opportunities and develop relationships for our organization.

Major General William L. Nash (Ret), Senior Fellow, Council on Foreign Relations: General Nash was an early supporter of our efforts and continues to lend his support to our efforts.

Linda Goldman, F.T., M.S.: National expert on Death, Dying and Bereavement. Ms. Goldman is on the advisory board of TAPS (Tragedy Assistance Program for Survivors) and has offered to provide resource materials for our Web site. Ms. Goldman has offered to assist us in our efforts to recruit mental health providers.

Michael Peterson: GAH will collaborate with the country music singer to explore the use music as a therapeutic aid for those affected by the current wars in Iraq and Afghanistan. Mr. Peterson will also assist Give an Hour by introducing us to other country music artists who may be interested in supporting our mission.

Patricia Foulkrod, Director of *The Ground Truth*: Ms. Foulkrod invited Give an Hour to co-host the Washington DC premier of the Paul Haggis film, *In the Valley of Elah* in September, 2007. Ms. Foulkrod continues to support our efforts to provide needed care to the military community.

HealthNet: We are developing a relationship with HealthNet. They have expressed an interest in assisting Give an Hour in our ongoing efforts. Health Net administers the health care to our military community in the northern region of the US.

The Case Foundation: The Case Foundation has provided critical assistance in the areas of public relations, fund development, networking and strategic planning. Give an Hour has been featured on the Case Foundation's web site.

The Ad Store, Washington, D.C.: The Ad Store donated creative time to develop our public service ad as well as our brochure.

Navy Chaplains: Give an Hour, in partnership with Operation Homefront, has been working with Chaplains in St. Louis to develop a pilot family retreat program.

National Guard: We are collaborating with the National Guard to work toward a partnership in support of all National Guard service members and their families. We met with Col. Anthony Baker, Head of the National Guard Family Program, and maintain communication with Col. Baker's staff to discuss the implementation of Give an Hour Services through the National Guard's 400 Family Assistance Centers.

Walter Reed Army Medical Center: We had preliminary discussions with senior staff in the Psychiatry Consultation and Liaison Service. They were supportive of our efforts and are interested in additional services for the soldiers and families passing through Walter Reed.

White House: Dr. Romberg participated in the White House Office of Faith-Based and Community Initiatives, Compassion in Action roundtable, "Serving Those Who Have Served: The Vital Role of Faith-Based and Community Organizations." The program was held on July 22, 2008.

Embracing Women Who Serve: Dr. Romberg participated in this special issues board meeting in Rockville, Maryland on July 8.

Tragedy Assistance Program for Survivors (TAPS): We partner with TAPS to provide needed mental health care to bereaved family members who have lost family members and/or loved ones who were serving their country.

National Veterans Legal Services Program: We have developed a mutually supportive relationship with this organization that provides free legal services to military personnel.

Salute Military Golf Association: We are pleased to be partnering with SMGA to assist military personnel. SMGA will look to GAH for mental health support and treatment of individuals who participate in their program.

Operation Healthy Reunions: We are pleased to be partnering with the Dallas, TX based organization, Operation Healthy Reunions. This program is a part of Mental Health America and works to provide education and help to erase the stigma of mental health issues among soldiers, their families, and medical staff to ensure that a greater number of military families receive prompt and high-quality care.

The Coming Home Project: We are pleased to be partnering with The Coming Home Project, a group of veterans, psychotherapists and interfaith leaders in San Francisco, CA committed to helping transform the wounds of war. They offer a range of free services: workshops and retreats; psychological counseling; training for care providers; and community forums.

Veteran's Advantage Program: We are please to collaborate with this benefits program that provides greater recognition, respect, and rewards for those who have served in the U.S. Military, including Veterans, Active Duty Military, National Guard and Reserves, and their family members.

US Armed Forces Foundation: We have developed a mutually supportive relationship with this Washington, DC based veteran's service organization. The AFF is committed to serving the members of our Armed Forces and assisting them in their time of greatest need from combat related injuries to non-combat related injuries, deaths and illnesses.

Gold Star Mothers: We are developing a relationship with Gold Star Mothers. We plan to provide opportunities for individuals who receive services from our network to donate time back to organizations such as Gold Star Mothers. Gold Star Mothers may also assist us in getting the word out about our services through their network.

Disabled American Veterans: We are in the process of developing our relationship with this Veterans Service Organization. DAV has already offered to disseminate information about our organization through their network of members and professionals.

Vets 4 Vets: Vets 4 Vets is very interested in using our network as a referral source. In addition, Give an Hour will list Vets 4 Vets as an organization in need of volunteers so that returning Vets are aware of the opportunity to give back by providing peer support.

American Legion Auxiliary: We have developed a mutually supportive relationship with this well established VSO. The ALA has 900,000 members with 10,000 volunteers who assist soldiers and their family members during their experience at the VA Medical Centers. We plan to coordinate efforts to reach veterans and their families and to funnel potential volunteers back to the

ALA as individuals receive services from GAH. Joanna Truitt, Director Washington D.C served as a member of our board of directors.

The National Gulf War Resource Center: We are pleased to be collaborating with the NGWRC to provide mental health services to troops and their families.

Sidran Institute: This organization is a national nonprofit organization whose focus is on traumatic stress education and advocacy. GAH is developing a relationship with the Sidran Institute to collaborate with mental professionals who have expertise in the area of trauma.

National Child Traumatic Stress Network: GAH will collaborate with NCTSN to link to existing providers with experience in treating trauma. In addition, NCTSN has offered to provide training to providers who register on the GAH network.

Brain Injury Services: We are in the process of collaborating with this organization to reach out to those mental health providers who have experience in working with soldiers who have suffered traumatic brain injury as well as their families.

Primary Media Coverage:

Washington Post: Washington Post health section, November 6th 2007, profiles Give an Hour and its pioneering efforts to provide free mental health services to veterans and their loved ones <http://www.washingtonpost.com/wp-dyn/content/article/2007/11/02/AR2007110201766.html>.

Press Conference: Give an Hour held a press conference at the Reserve Officers Association on May 19, 2008 to announce its partnerships with the American Psychiatric Foundation and The Eli Lilly and Company Foundation. Outlets in attendance at the May 19 event included: Channel 9, Channel 5, Local Fox Affiliate, CNN, WJLA 7 and News Channel 8, World News (HDNet), Associate Press, Associated Press TV, RevolutionHealth.com, Dispatch Broadcast, Gannett News, Psychiatric News, Talk Radio News Service, New Bridges News, Stars and Stripes (military news).

The Diane Rehm Show, National Public Radio: On January 29, 2008 Dr. Romberg was a guest on the Diane Rehm Show on NPR. The segment was entitled, "Veterans Mental Health Care: A look at what happens to veterans when they come home from the wars in Iraq and Afghanistan, how their families are affected, who's there to provide mental health care should they need it."

TIME Magazine: TIME Magazine ran Give an Hour's full page public service ad in its January 14, 2008 issue and in the May 12, 2008 issue.

Ladies Home Journal: LHJ ran an exclusive feature about Dr. Romberg and Give an Hour in its April 2008 issue.

Wall Street Journal: Give an Hour and partner, Salute Military Golf Association appear in the Wall Street Journal's October 20, 2007 "Golf Journal" in a feature on using golf to give rehabilitating veterans confidence. http://online.wsj.com/article/SB119283076373665292.html?mod=home_we_banner_left.

Medscape: Dr. Romberg, founder and president of Give an Hour appears as a featured editorialist in Medscape General Medicine, online at www.medgenmed.com, beginning September 21, 2007. <http://www.medscape.com/viewarticle/562622>.

HDNet: Dr. Romberg appeared in an April 2008 HDNet World Report on military's suicide epidemic. <http://www.hd.net/wr614.html>

The Road to Recovery: Interviews with Dr. Romberg and members of Give an Hour were featured in a 60-minute case study for the SAMHSA's Center for Substance Abuse Treatment sponsored program. The piece aired in May 2008. www.recoverymonth.gov

Association of the United States Army newspaper: Dr. Romberg was interviewed for a piece that will run in the July issue.

Le Monde: Dr. Romberg was interviewed for a video story that will air on the French newspaper's web site in the summer of 2008.

Give an Hour Co-hosts D.C. Movie Screening: On Saturday, September 8, 2007, Dr. Barbara Romberg, founder and president of Give an Hour, gave opening remarks at an advance screening of the movie In the Valley of Elah, written and directed by Paul Haggis and starring Tommy Lee Jones, Susan Sarandon, and Charlize Theron. Mr. Haggis introduced the movie as well and participated in a Q&A session after the screening.

Stars and Stripes: Stars and Stripes, an editorially independent, DoD-authorized daily newspaper distributed overseas for the U.S. military community, features Give an Hour and Dr. Barbara Romberg in its September 7, 2007, issue. <http://www.stripes.com/article.asp?section=104&article=56164&archive=true>

Additional Media Coverage: (links available at www.giveanhour.org)

- South Carolina Paper, **The State**, Profiles GAH and Local Volunteer
- **UPI** Highlights GAH's Services
- PR Newswire publicizes GAH's Efforts
- Minnesota Medical Association cites GAH
- Medical News Today provides links to GAH

- GAH featured in **Cleveland Plain Dealer**
- GAH's Dr. Romberg interviewed on **Boston's NPR** station
- **Associated Press** story on returning soldiers features Dr. Romberg
- GAH's Barbara Romberg featured in **Hartford Courant**
- Some Psychiatrists Volunteer Time to Help Soldiers , **RedOrbit**
- Humana Military Healthcare Services Partners With Give an Hour to Support the Behavioral Health Needs of Service Members' Extended Families and Loved Ones, **Business Wire**
- Private psychiatrists offer free service to troops , **AP**
- Give an Hour: Improving Access To Mental Health Services For Our Military, **Revolution Health**
- Groups to expand free mental health services to veterans, **USA Today**
- Local charity wants to help heal mental wounds of war, **WISH, IN**
- American Psychiatric Foundation, Lilly Foundation and Give an Hour Join Forces to Provide Mental Health Care to Iraq and Afghanistan Veterans, **Earthtimes**
- Mental health groups join forces for troops, **Stars and Stripes**
- Lilly joins effort to help ease military's mental stress, **WTHR, IN**
- Lilly donates \$1 million to help veterans , **Indianapolis Star**
- Needed: Mental Health Professionals For Troops, **INDYchannel.com**
- Lilly Foundation Grant Will Help Recruit Mental Health Professionals, **Inside Indian Business (press release)**
- "Combat to cul-de-sac": Non-profit provides mental health services, **Talk Radio News Service**
- Helping vets remains government priority, some say, **Naplesnews.com**

Conferences and Working Groups:

- Give an Hour's founder and president, Dr. Barbara Romberg, moderated a panel on post-traumatic stress disorder and the legacy of Iraq at the **Aspen Institute's** inaugural Health Care Forum on October 4, 2007.
- Give an Hour co-hosted a 3 day conference in June, 2008, with **Smith College, School for Social Work**. The conference was titled, "Combat Stress: Understanding the Challenge, Preparing for the Return".
- **Metropolitan Washington Council of Governments: Services for Civilians and Returning Veterans with Brain Injuries: The Development of Public/Private Partnerships in the Metropolitan Washington Area.** Dr. Romberg is a member of this working group.