



giveanhour™
Giving Help and Hope



Give an Hour Healthy Minds Fairfax Informational Session

Wednesday, September 5, 2018
1:00PM to 2:00PM EST

Marissa Tisch, MSW
Director of New Populations

Gladys Cherese McLean
Project Manager Fairfax

Jessica Grove
Director of Finance
and Provider Relations



Dr. Barbara Van Dahlen

Founded by Dr. Barbara Van Dahlen September 2005 with a mission to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society.

- ✓ **To identify at-risk populations and other groups in need** that can benefit from our model of delivering services through a network of volunteer professionals.
- ✓ **To identify professionals who have the skills to address specific needs** and are willing to donate their time and expertise.
- ✓ **To identify and address barriers that prevent those we serve** from receiving the support they deserve.
- ✓ **To improve community coordination and collaboration for populations we serve.**



Give an Hour Impact



20 Staff Members



Nearly 7,000 Licensed Mental Health Providers



390 Partner Organizations and Universities



983 Non-licensed Volunteers

GAH Providers have donated to date 252,660 hours, That means that GAH providers have donated over **\$25 million dollars** in services since GAH began in 2005



14 Active Memorandums of Understanding



Supporting Six Natural Disasters and Nine Man-made Traumas



14 Social Media Networks, 17,592 followers, estimated reach of 280,039 +Q3 of 2017 FY



giveanhourTM
Giving Help and Hope



the campaign to

changedirectionTM

A Give an Hour Collective Impact Effort

In addition to direct counseling services, Give an Hour is also working to remove barriers that prevent those in need from seeking care and support.

The Change Direction initiative is a collection of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to change the culture about mental health, mental illness and, emotional well-being.



the campaign to
changedirection.®

Where Do We Begin?

Healthy Habits of Emotional Well-Being

A row of five icons representing different habits. From left to right: 1. TAKE CARE: An orange stick figure holding a circular mirror. 2. CHECK IN: Two people, one orange and one white, sitting at a table. 3. ENGAGE: Three people standing together, one orange and two gray. 4. RELAX: An orange stick figure in a meditative lotus pose. 5. KNOW FIVE SIGNS: Five orange smiley faces arranged in a cluster.

TAKE CARE

CHECK IN

ENGAGE

RELAX

KNOW FIVE SIGNS

#changementalhealth

www.changedirection.org

How Do We Change our Culture?

The Five Signs of Emotional Suffering

Know the Five Signs



Feeling like U?
R U Agitated?
R U Withdrawn?
Feeling Hopeless?
Caring 4 U?

  The campaign to
changedirection®
A Give an Hour Collective Impact Effort



“We all have mental health – just like we all have physical health – and emotional suffering is part of the human condition. But as a people, we don't respond very well to our own mental health needs or to the needs of those we love. We need options to ensure that all who are hurting receive the care and support they deserve. Give an Hour is harnessing an entire profession that has the skills needed to respond. We are reaching those who are struggling and making it easier for them to get help.”

- Dr. Barbara Van Dahlen

Give an Hour Healthy Minds Fairfax Initiative



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Supporting Emotional Wellness
in Youth and Families



Give an Hour Healthy Minds Fairfax Partnership Program Overview

Give an Hour has partnered with Healthy Minds Fairfax (HMF), Fairfax County, and the cities of Fairfax and Falls Church, Virginia to provide no-fee mental health services to **income eligible youth between the ages of 5 to 21.**



Project Goals:

To address the needs of children and youth with emerging mental and/or behavioral health issues who have not been able to access appropriate, timely and matching treatment services in the community.

This population is in dire need of additional support, as low-to-moderate income families often **feel overwhelmed and isolated, but lack the necessary financial resources to seek help.**





Project Goals continued:

Providing awareness of the Five Signs of Emotional Suffering and Healthy Habits of Emotional Well-Being;

The *Five Signs* are **personality change, agitation, withdrawal, decline in personal care, and hopelessness.**

Someone may exhibit one or more signs.

In Virginia, only 16.9% of youth with severe depression receive some consistent treatment, 5% fewer than across the nation. (Mental Health America 2017)



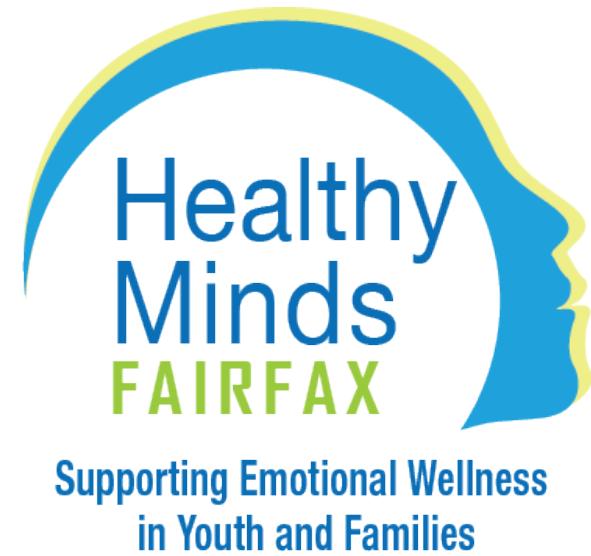
How to Access Individual Services

1. Be a resident of Fairfax County or the Cities of Fairfax or Falls Church, Virginia.
2. Be a child or youth between the ages of 5 to 21 years of age.
3. Meet the following income eligibility requirements:

HOUSEHOLD SIZE	Poverty Level @ 400%
1	48,560
2	65,840
3	83,120
4	100,400
5	117,680
6	134,960
7	152,240
8	169,520

Source: Healthy Minds Fairfax Short Term Behavioral Health Service for Youth Income criteria
2018-2019

How you can Help and Support





If you have not done so already and are already a Give an Hour provider, and would like to support Give an Hour Healthy Minds Fairfax please do the following:

How to Help:

1. ***Log-in*** to your GAH provider profile;
2. Verify all of your contact information is up to date;
3. Choose "***at risk youth***" in the ***Populations Interested in Serving*** field, in addition to any other populations you wish to serve;
4. Click "***Save***" at the bottom.

Please make sure you update your Give an Hour profile to "***accepting new clients***" to ensure clients will be able to access your contact information. If you are having any difficulties updating your profile, please contact info@giveanhour.org. And as with any Give an Hour client – please let us know if you are unable to provide care for someone who contacts you seeking assistance after finding you on our website.



How to Become a Give an Hour Provider

Give Help. Give Hope.

To register as a licensed Give an Hour provider and offer pro-bono services supporting the **Give an Hour Healthy Minds Fairfax initiative**; visit bit.ly/GiveanHourHMFairfax or email fairfaxcounty@giveanhour.org

Give an Hour Healthy Minds Fairfax welcomes licensed providers from any field of study and practice. However, for this project individual clinicians **CANNOT be a current Fairfax County Public Schools or Fairfax County employee.**



What to Expect

Licensed Mental Health Professionals:

- Set aside 1 session per week for one year for a no fee client.
- Hold one of our accepted active mental health licenses and have liability insurance.
- Listed on our website with option to provide in person, telephone or telehealth support in Virginia.
- Participate in programming; speak at events and panels, support partner organization, engage in service projects, lend their personal expertise to organizations and persons in need.
- Keep track and report hours served to Give an Hour quarterly.



What to Expect

Give an Hour Healthy Minds Fairfax Clients:

- To be in a safe, confidential environment where you can talk about your challenges and concerns.
- To receive NO-FEE counseling; not be charged or have your insurance billed by a GAH provider.
- To talk with a licensed mental health provider about your concerns.
- To be able to talk in a safe, confidential, and non-judgmental environment.
- To be referred to additional mental health services and resources if needed

“I thought I was going to never have a support system and look at me now! It makes me so happy to see how far I've come with your help. I've definitely learned to understand myself better...to love myself better...to help me understand I have a purpose on this earth.”

-Healthy Minds Fairfax Client

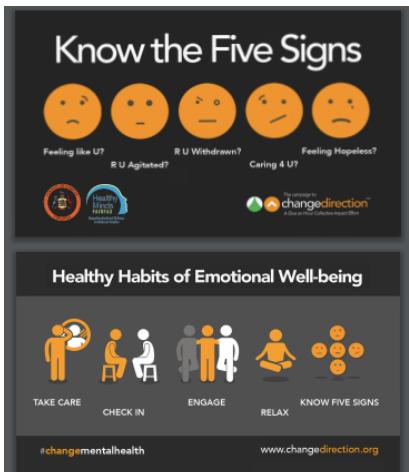


Materials for Give an Hour Healthy Minds Fairfax

Available in English and Spanish

Visit our Vistaprint ProShop

<https://giveanhour.go.customprintcenter.com/register>



Co Branded
CD Wallet
Card

GAH HMF
Provider
Wallet Card

GAH HMF
How to
Access Care
5x7 Card

Free Mental Health Counseling
for income eligible children and youth ages 5 to 21 who
are residents of Fairfax County, the Cities of Fairfax
and Falls Church, Virginia

To speak to a Give an Hour provider, free of charge, who
is committed to helping and will respect your privacy and
confidentiality, contact:

Give an Hour Healthy Minds Fairfax at
fairfaxcounty@giveanhour.org or visit
bit.ly/GiveanHourHMFairfax



GAH HMF Client Wallet Card

Visit bit.ly/GiveanHourHMFairfax

- Check your **eligibility**
- Type in your **zip code**
- Call your **provider**

Tell the provider that you are a Give an Hour Healthy Minds Fairfax client at the beginning of your call, voicemail, or email.



Give an Hour Partners with the American Psychological Association

Give an Hour and the American Psychological Association announced their new partnership at the 2018 American Psychological Association Convention.

This partnership aims to maximize the impact of the Give an Hour network by enlisting the support of APA members and harnessing their skills and expertise in order to increase the likelihood that those in need receive the support and care they deserve.

Read the Press Release:

tinyurl.com/ya4vokg2



Frequently Asked Questions

1. What other new populations does Give an Hour serve? How does this impact Military and Veteran communities?

In addition to opening our network to economically at-risk youth, as a part of our expansion to new populations Give an Hour has began serving survivors of gun violence through the Give an Hour Everytown for Gun Safety Partnership. We also serve survivors of natural and man-made disasters. Nonetheless, we are still continuing to innovate the provision of care in military and veteran communities as well as their families.

2. Can I see clients from more than one population?

Yes! If your schedule allows you to take on more than one Give an Hour client. Additionally, while there may not be clients from one population in your area, there may be others in search of a provider. For this reason, it is important to keep your profile up to date on our website specifically with regard to your populations of interest. If you experience any issues, or need help updating your profile, please contact info@giveanhour.org.

3. Does GAH/HMF prescreen clients or match them directly with providers? How do I know if a client qualifies for services under the GAH/HMF Project?

Yes. In order to access Give an Hour services, a Give an Hour Healthy Minds client must verify that they meet the [eligibility requirements](#), which are displayed for their reference. Next, a GAH HMF client **MUST** fill out a [referral form](#), which helps the Give an Hour referral specialist match those in need with a provider that fits their specific request. If you have concerns about a client please contact fairfaxcounty@giveanhour.org or view the [Give an Hour Healthy Minds Fairfax webpage](#).



Frequently Asked Questions

4. Is this just one free hour of counseling?

No, our providers donate one hour per week for at least one year or as long as the provider and client agree and it continues to be a good fit.

5. Can I be involved with Give an Hour Healthy Minds Fairfax in other ways?

Yes! Give an Hour Healthy Minds Fairfax is always looking for providers to help spread the word about this new project to other providers and eligible youth in the County of Fairfax and the Cities of Fairfax and Falls Church, Virginia. For more information visit the [Give an Hour Healthy Minds Fairfax webpage](#). or contact fairfaxcounty@giveanhour.org.

6. Who is eligible to be a Give an Hour Healthy Minds Fairfax Provider?

Give an Hour Healthy Minds Fairfax welcomes licensed providers from any field of study and practice. However, for this project individual clinicians **CANNOT be a current Fairfax County Public Schools or Fairfax County employee.**



Give an Hour Does Not Provide Emergency Services

Additional Resources for Emergency Services Are Located on Give an Hour's Website:
<https://giveanhour.org/resource-center/>



1-800-273-8255 www.suicidepreventionlifeline.org

CRISIS TEXT LINE |

Text "SIGNS" to 741741 www.crisistextline.org



1-800-799-7233 (24/7) <http://www.thehotline.org/help/>



For a Mental Health Emergency in Fairfax County, the Cities of Fairfax and Falls Church, Virginia Available In English and Spanish



Need Additional Help?

If you are unable to locate a provider in Fairfax County, or the Cities of Fairfax and Falls Church, Virginia, Give an Hour staff are available to assist you.

Email fairfaxcounty@giveanhour.org

Additional FAQ information is located on our website:

www.giveanhour.org/get-help/client-faq



Emergency Services in Fairfax County

Give an Hour does not provide emergency services. **For help in an emergency:**

- If immediately life threatening, **call 911** and ask for a **Crisis Intervention Trained Officer**
- For 24/7 emergency mental health services in Fairfax County and the Cities of Fairfax and Falls Church, VA, **call 703-573-5679, TTY 711**, or **come directly** to the **Merrifield Center, Emergency Services** at 8221 Willow Oaks Corporate Drive, Fairfax, VA 22301
- For our PRS Crisis Link Hotline: **call 703-527-4077** or **text CONNECT** to **855-11**
- For additional resources visit: www.fairfaxcounty.gov/community-services-board/prevent-suicide



Upcoming Give an Hour Healthy Minds Fairfax Events

Facebook Live Event with President and Founder Dr. Barbara Van Dahlen and Give an Hour provider Dr. Diane Hoekstra
Friday, September 7, 2018 at 3 PM EST
<https://www.facebook.com/GiveanHour/>

Give an Hour Healthy Minds Fairfax Launch
Thursday, September 20, 2018 6:30 PM to 9 PM
Angelika Film Center Mosaic District

Please contact fairfaxcounty@giveanhour.org if you would like to RSVP to this event.

NAMI 10th Annual Walk for Mental Health
Saturday, September 22, 2018 9 AM to 11:30 AM Tysons Corner Center

Fifth Annual FCPS Mental Health and Wellness Conference
Saturday, September 29, 2018 at 8:00 AM to 1:30 PM Fairfax High School

We are happy to speak to your network, association or organization about Give an Hour Healthy Minds Fairfax and ways to partner. Please also follow Give an Hour and Change Direction social media and your email for upcoming events and news.



Give an Hour Contact information:

Marissa Tisch, MSW

Director of New Populations

mtisch@giveanhour.org

Gladys Cherese McLean

Project Manager, Give an Hour Healthy Minds
Fairfax

gmclean@giveanhour.org

Jess Grove

Director of Finance and Provider Relations

jgrove@giveanhour.org

Give an Hour Healthy Minds Fairfax website:

<http://bit.ly/GiveanHourHMFairfax>

Give an Hour website:

<https://giveanhour.org/>

The Campaign to Change Direction website:

<https://www.changedirection.org/>

Give an Hour Healthy Minds Fairfax

fairfaxcounty@giveanhour.org

General Questions or Feedback:

info@giveanhour.org



Follow Give an Hour and Change Direction on Social Media



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Thank you to everyone who joined us for
the informational webinar!



We hope you enjoyed learning about Give an Hour's expansion to New Populations and partnerships with Healthy Minds Fairfax, Fairfax County and the Cities of Fairfax and Falls Church, Virginia.

If you have any questions about the webinar or about this initiative please contact
fairfaxcounty@giveanhour.org

Please visit: <http://bit.ly/GiveanHourHMFairfax>