



**** 2022 Stats ****

2022 has started off as a busy year for Big and Small Peer Support, Inc. working with first responders while raising mental health awareness. We are 100% volunteers with NO ONE receiving a salary.

- Several Board members reached into their own pockets to purchase dinner for 8 Youngsville Guardsmen returning from natural disaster deployment and provided them with Gratitude Bags.
- Performed 8 – Critical Incident Stress Debriefing, (CISD) with 81 participants from multiple agencies.
- Provided individual Peer Support Counseling sessions to over 100 – First Responders from multiple agencies and fields.
- Conducted 2 - Group Peer Support Counseling sessions for 37 First Responders from multiple agencies.
- Covered 9 therapy co-pay sessions for local first Responders
- Packaged and delivered 721- Gratitude Boxes to First Responders from multiple agencies within and surrounding Franklin County, NC. *(Gratitude Boxes are just a small way of letting our Police, EMS, Fire, and 911 Telecommunicators know we care and appreciate all they do.)*
- Conducted 10 – Appreciation Cooks feeding 176 working First Responders during the Spring and 145 during the Fall. Total 321 *(In addition to what the Gratitude Boxes provide, the cooks provide them a safe place to eat a meal with fellow First Responders while also allowing them the opportunity to engage with our trained Peers in a peer support setting.)*
- Delivered over 68 cases of donated cookies to various First Responder Agencies in and around Franklin County, NC.
- Assisted in cooking and feeding 220 Army Reservist and their families during the 2022 Ready & Resilient Family Day for the 535th Military Police BN.
- Assisted in cooking and feeding 90 veterans and their families during the re-opening of the Raleigh Veterans Center.
- Assisted in 4 - cooks for the Franklin County EMS during the EMS Appreciation week feeding over 80 employees.
- Packaged and distributed 65 gift bags full of candy and snacks during the Shop with a Sheriff.

Big and Small Peer Support, Inc. would not be able to do any of this without the generous donations and support from you, our donors, and from the Board Members and volunteers who donate their time and efforts.