



\*\*\*\* 2023 Stats \*\*\*\*

2023 was a busy year for Big and Small Peer Support, Inc. as we actively worked towards raising awareness of mental health issues among first responders and collaborated closely with them. We are a volunteer organization, with no one receiving a salary. Here are some of the highlights of our work:

- Performed 4 – Critical Incident Stress Debriefing, (CISD) with 26 participants from various agencies.
- Provided 71 individual Peer Support Counseling sessions to First Responders from various agencies and fields.
- Conducted 2 - Group Peer Support Counseling sessions for 18 First Responders from multiple agencies.
- Covered 26 therapy co-pay sessions for local First Responders and covered emergency expenses for a first responder.
- Packaged and delivered 710- Gratitude Boxes to First Responders from various 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 230 working First Responders during the Spring Cook held in April, 221 during the Fall Cook held in October, and fed 95 first responders during the fall session of the Post Critical Incident Seminar (PCIS) held in Cary in November. *(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 70 cases of donated cookies to various First Responder Agencies in and around Franklin County, NC.
- Assisted in cooking and feeding 45 veterans and their families at the Raleigh Veterans Center.
- Participated in the Franklin County Shop with a Sheriff program in December where we packaged and distributed 165 gift boxes full of candy and snacks to children.

We want to thank our donors, Board Members, and volunteers who donated their time and efforts to support our cause. Without your generosity, we would not be able to do any of this.