

# HOPE Program



**TRANSITION  
GROUP**

PAST - PRESENT - FUTURE

**GROUPE DE  
TRANSITION**

PASSÉ - PRÉSENT - FUTUR

# HOPE

Peer support program  
for bereaved members  
and military families

Programme de soutien par les  
pairs pour les membres endeuillés  
et les familles des militaires

# ESPOIR





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**ESPOIR**



# HOPE

**H** Helping  
**O** Our  
**P** Peers by providing  
**E** Empathy

# The HOPE Program

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Trained volunteers, who have experienced a similar loss, provide support and act as positive role models to help the members and their families through their grief and recovery journey.

The volunteers can offer a unique perspective, share experience and provide hope. They have been exactly where the peer is now, and the connection and identification with the volunteer can make a significant difference in the peer's grieving process.

# Definition of Peer Support

“The peer support is based on the belief that people who have suffered, endured and overcome adversity can provide supporting help, encouragement, hope and perhaps providing help to others who are in a similar situations”.

Davidson, Chinman, Sells & Rowe, 2006



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# Who HOPE Serves

HOPE serves members and their families, and their children over 18, who have lost a loved one.

Grief can be a very lonely and isolating experience. Those who have experienced a loss believe they are alone in their suffering. By sharing and discussing their experience with other people who have lived similar loss, they feel less alone.

Members and Families need HOPE!





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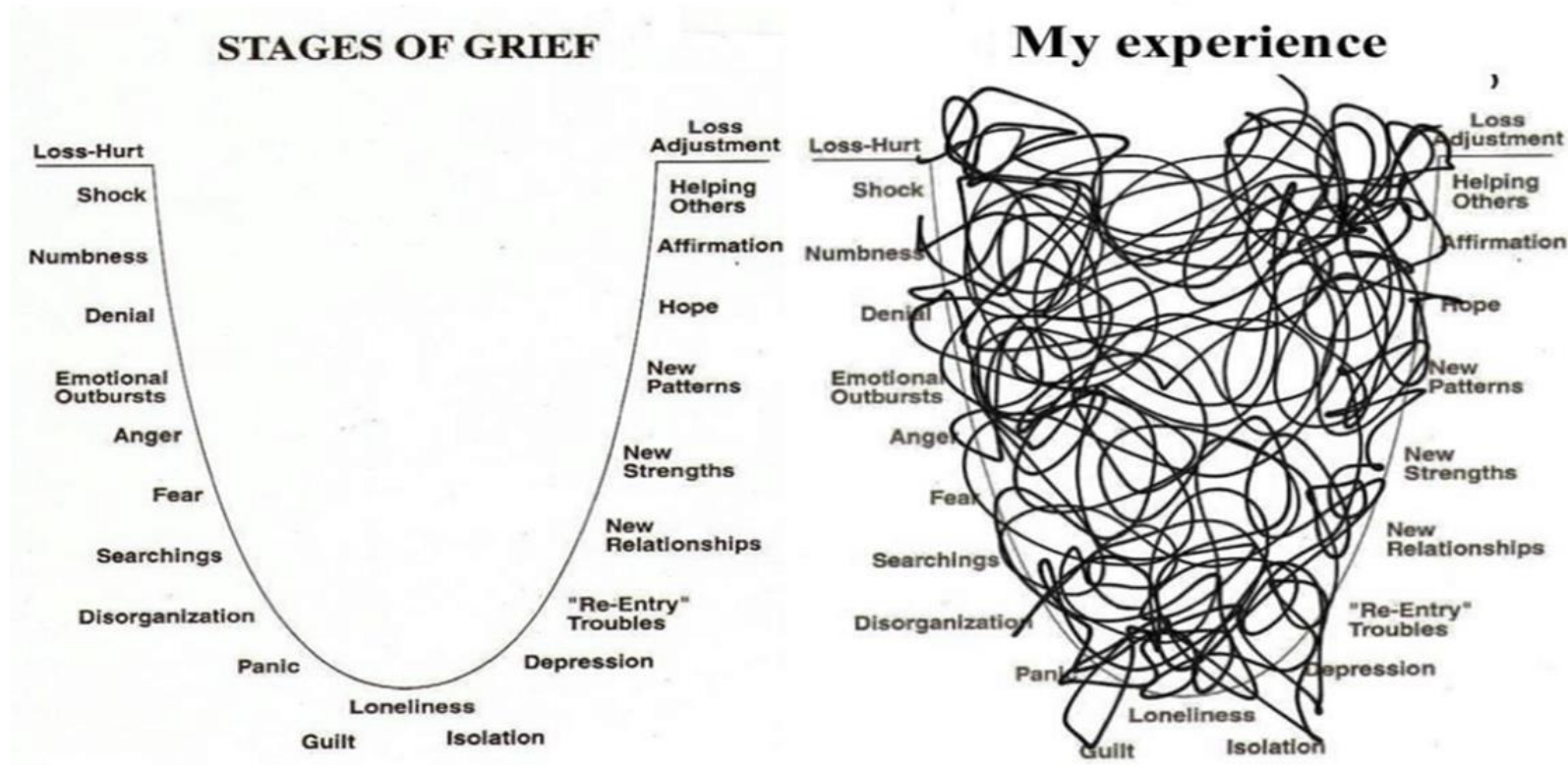
PASSÉ · PRÉSENT · FUTUR

“The single most important phone call I received following the death of my son Paul, was from another father who told me “Mr. Davis, you are now where I was 3 months ago.

We could relate and this made a difference for me; it was the beginning of my healing journey.”

Mr. Jim Davis, father of Cpl Paul Davis

# Moving Forward



# How HOPE Helps Peers Adapt

Emotional support	Information support	Increased social network
Education on grief	Sharing points of view	Explore new possibilities
Personal feedback	Practical help	Finding HOPE

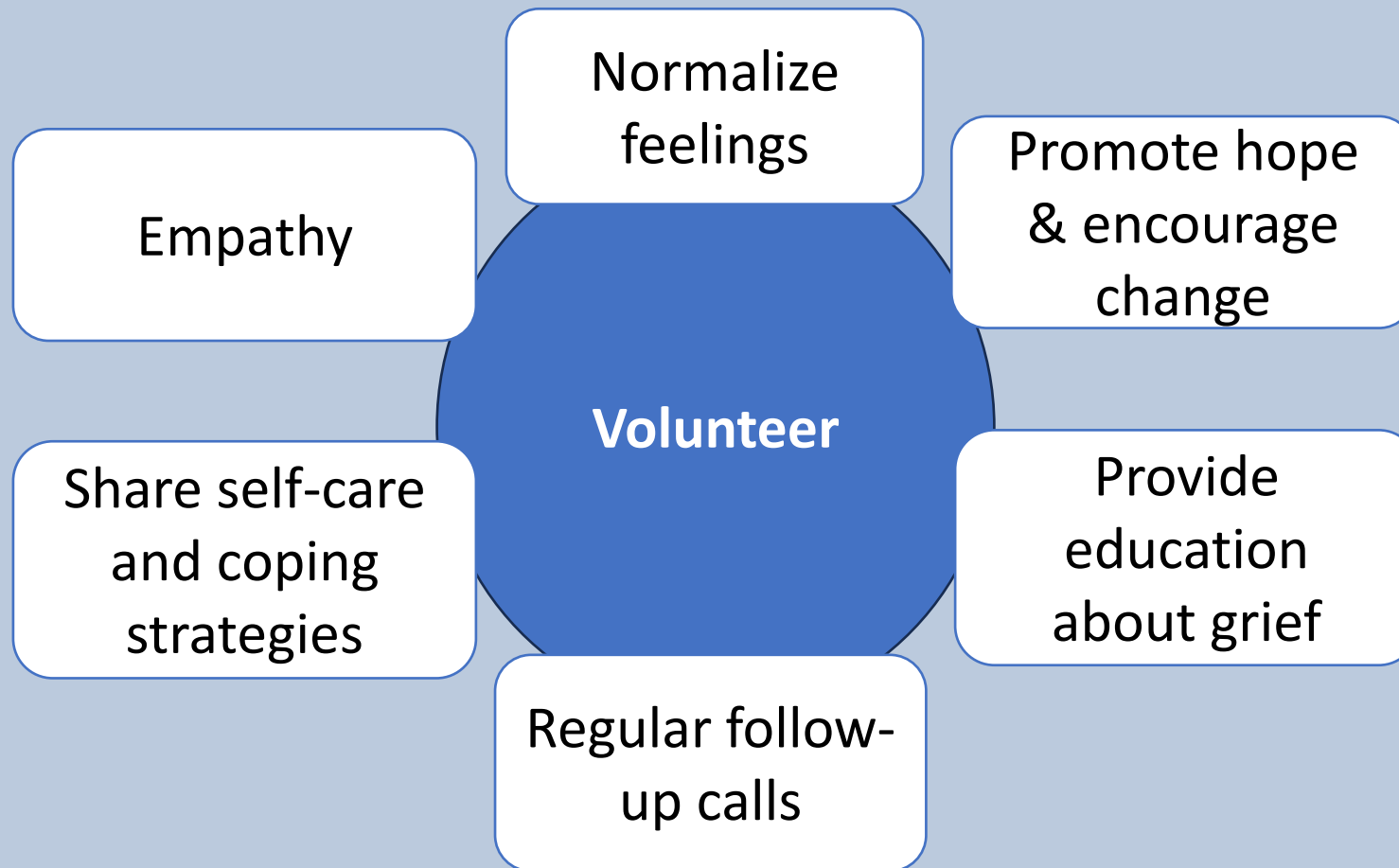


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# WHAT HOPE Volunteers Provide



# Research done by Defense Research and Development Canada

**HOPE is Important** – Excellent program that offers much needed support to those who have lost a loved one who served in the military

**HOPE eases Isolation** – Provides access to a close-knit, actively engaged community of support from CAF family members who have “been through it”; Offers a safe place of support without the concerns of “grief fatigue”

**HOPE focuses Expectations** – Provides realistic and honest expectations about their grieving experience, and how to confront the reality of their loss

**HOPE is Always Needed** – The family’s needs do not end with the death; the member may be gone but the family is not

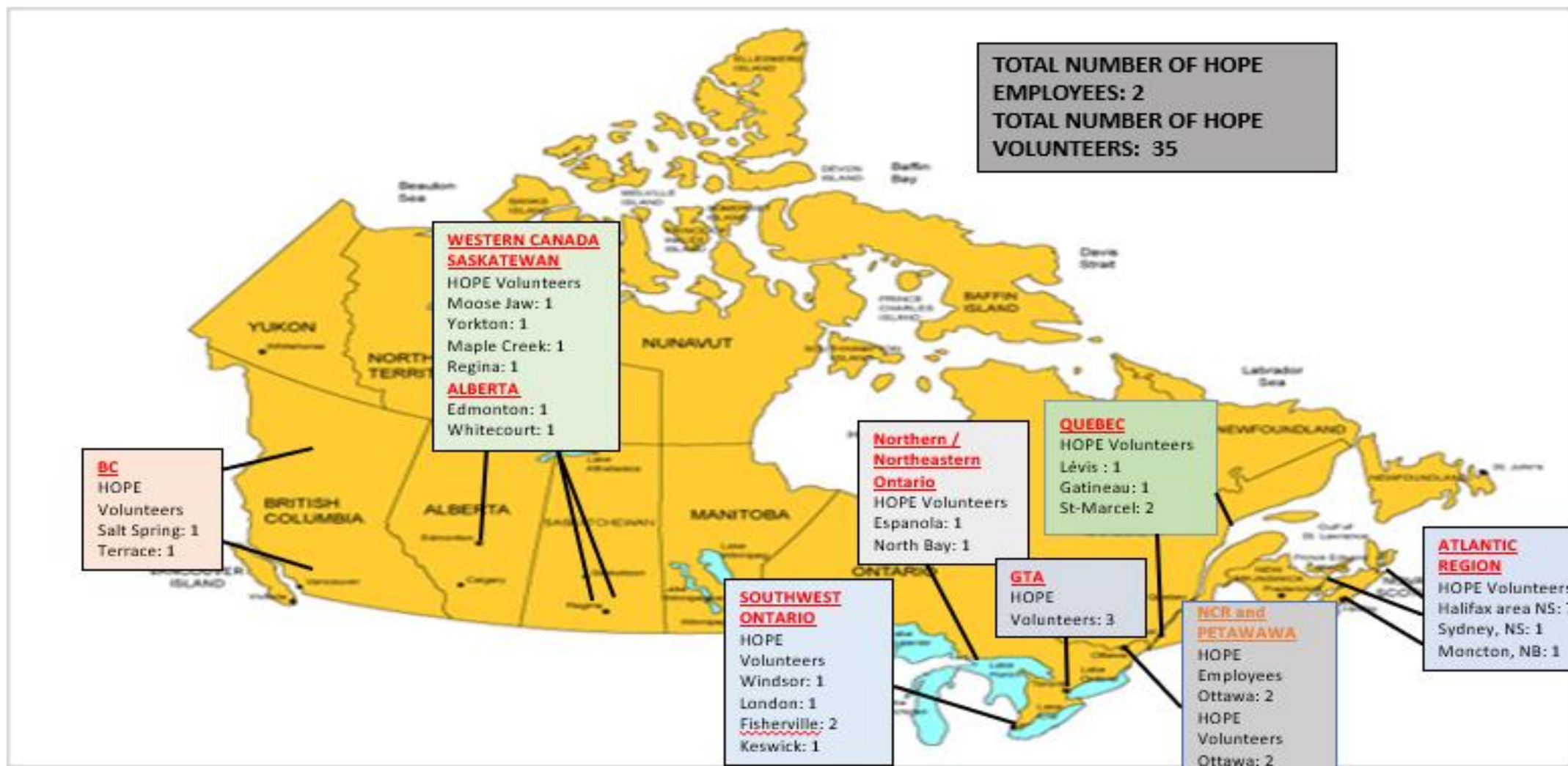
# 2022-2023 HOPE program Clientele Satisfaction Evaluation

- **83.3%** of peers agreed the HOPE program came at the right time
- **83.8%** of peers reported that HOPE made them feel less alone
- Over **95%** of respondents agreed that the HOPE program helped them in their grieving process
- HOPE was listed as one of the most important sources of support in helping peers to cope with their loss.

# HOPE Volunteers

- Have served over 2000 peers
- Support needs vary, based on individual differences
- Initial contact is normally established within 2 weeks of the member's death
- The average length of support is between 6 to 18 months
- Currently, the program has 35 active volunteers

# Location of Volunteers





## HOPE PROGRAM CONTACT INFORMATION

Sophie Richard – HOPE Program Manager

1-800-883-6094

613-971-0165

Email: [hope-espoir@forces.gc.ca](mailto:hope-espoir@forces.gc.ca)



**CONTACT US**

If you or someone you know is experiencing grief and are looking for support, please do not hesitate to contact the HOPE Program Manager:

1-800-883-6094

[HOPE-ESPOIR@forces.gc.ca](mailto:HOPE-ESPOIR@forces.gc.ca)

**Website: [www.HOPE-ESPOIR.com](http://www.HOPE-ESPOIR.com)**