

CHOW

CULINARY HOSPITALITY OUTREACH WELLNESS

CHOW in 2022

CHOW's mission is to support wellness within the hospitality industry and to improve the lives of our community through shared stories, skills, and resources.

Connected with 12325 people by end of November

240 Hours of FREE Mental Health Training



CHOW Discussion Groups

320 Meeting Hours
12 Guest Speakers



Created the CHOW Workplace Wellness Toolkit

Operators shared with CHOW what is working in their business at local "Think Tanks." CHOW compiled a list of actionable and affordable items to influence workplace wellness

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2 FREE QPR Trainings
1 Sexual Assault Prevention Training

Created the CHOW Recipe for Wellness Workbook



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For additional community support during the holidays
FIVE Holiday Series

ExPOS* Attend Every Meeting

All Mental Health & Recovery Advocates attend a monthly self care meeting to support their wellbeing

*ExPOS: a person who has walked the path of recovery from mental illness/substance use disorder and is trained to assist others in their recovery

Expanded our community:

3 new council members
15 new contractors and
6 new volunteer meeting hosts

Hosted 3 Community Events to raise awareness

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Started a Wellness Blog for free or low barrier to entry opportunities to invest in wellness & mental health

Received grants from:
Caring for Denver
Signal Behavioral Health
RWCF

CHOW 2022 Speaking Engagements

Healthy Pour Symposium, ChefLife Radio, FoodService Powerplant Network, SHFM Hospitality Conference, McCormick Mental Health Day, Denver Food + Wine, Sobriety is Variety, FAB, Colorado Rural Peer Recovery Conference, Imagine Zero Coalition, Blend by Beam Suntory, Trust20, Opus, ACF Conference, ACF Chapter Meetings, 2022, PPLA Wellness Conference in Colorado Springs, Rally for Recovery Denver,

CHOW 2022 Partnerships

Mental Health America, McClean Hospital, Peer 180, Crisilida*, Reco/Embark, Springs Recovery Connection, Colorado Artists in Recovery, The Phoenix, Sober Steamboat, Advocates for Recovery Colorado, Behavioral Health Group, Green Dot/Alteristic, Unite CO, SAMHSA, Colorado Consortium for Prescription Drug Abuse Prveention, CU Anschutz, Southern Colorado Health Network, Love Alive, Colorado Restaurant Association, Restaurant Workers Community Foundation, Healthy Pour, Restaurant After Hours, Love Letters to Chefs, Angel's Anchors, Project Mise En Place, Not 9 to 5, Chefs for Change, James Beard Foundation, Support Staff, Focus on Health (FOH), Best Served, Cooks Who Care, Fair Kitchens, Ben's Friends, ACF, Culinary Agents, Brava Magazine, RALI/iQu, Young People in Recovery, Consortium, UC Anshutz, Duke Rumely SAFE/Sober AF, advocates for recovery, Face it Together, Colorado Mental Wellness Center, In the Weeds, servicios de la raza, Khesed Wellness, Kaiser Permanente, The Colorado Health Foundation, High Road Restaurant, CRA, ACF, Restaurant Workers Community Foundation, Slow Food, CRF, Nocture, Snooze, Frasca, Escoffier, ICE, Lever Lab, michael mattrazzo, Community First Foundation, Spot On, GBC, Jewish Family Services