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.
**Weekly Discussion Meetings**
These meetings are open to all – chef, servers, bussers, bartenders, owners, suppliers, farmers, writers, dishwashers, and industry veterans. Meetings are facilitated by an “Expo” (a person who has walked the path of recovery from mental illness/substance use disorder and is trained to assist others in their recovery).

**Mental Health Course**
Amuse’ is a six hour training course that is meant to shine light on some of the most pressing issues affecting workplace wellness. This course offers tangible evidenced based skills that everyone can use for themselves or to support a coworker/friend.

**Partnership with Khesed Wellness**
Khesed Wellness makes outpatient mental health and wellness services affordable for the underinsured. They offer 16 pro-bono sessions to folks in the hospitality industry. [https://www.khesedwellness.com/](https://www.khesedwellness.com/) (in CO, TX, and MI)

**CHOW Workbook**
The CHOW workbook is written in simple, straight forward language with exercises, techniques, and stories to help those in the hospitality industry improve their wellness, inside or outside of the workplace.

**CHOW Workplace Wellness Toolkit**
We’ve created a living toolkit that folks can use to implement Wellness techniques in the workplace. The toolkit encourages a healthy environment where employers and employees can work together to end stigma about wellness.
About Us

Denver pie maker, John Hinman, and food, travel, and lifestyle writer, Alexandra Palmerton, created CHOW (Culinary Hospitality Outreach and Wellness) in 2018. John was interviewed by Alexandra for an article about mental health stresses in the hospitality industry. The article received a resounding response. The article received many shared stories. As a result of this response, John saw a need to create a safe group space where people could share their stories of pain, recovery, and improved mental health.

Our Goal

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.

CHOW believes that with these resources and tools the food, beverage, and hospitality industry can be a healthy place to work and thrive. We know that we are uniquely qualified to help each other because we get it. We’ve lived it.

*CHOW is here to support all mental health, substance use recovery and general wellness.*
How can CHOW help your business?

CHOW can:

- Provide resources & materials to start impactful conversations around mental health, wellness and substance misuse recovery
- Share and explain our Workplace Wellness Toolkit to managers, operators, and owners
- Facilitate our mental health Amuse' course to your staff, in person or over Zoom
- Present CHOW and additional wellness resources to your team at Pre-shift or All-hands meetings
- Attend events that support the food/beverage/hospitality industry
Services offered:

CHOW Presentation

CHOW introduction:

- what CHOW is
- why is it needed
- why the industry can benefit from it
- how to get involved
- the impact of mental health and SUD on the workforce
- additional resources for mental health, wellness, and substance use disorder
- open panel and conversation for questions and discussion

CHOW’s team is English speaking. We can hire a translator to join us.
Mental Health Amuse’ Course

These four hours of training are meant to shine light on some of the most pressing issues affecting workplace wellness. Created for the hospitality industry BY industry peers, this course offers an overview of mental health, wellness and substance use recovery, complemented by resources, applicable skills, and thought provoking conversations.

- Online Intro survey and exit survey
- 2 facilitators
- Printed copies of all educational materials
- 4 hour mental health and substance use education
- Certificate of completion (not applicable to be used for school credits)

Currently only available in English

*Adding a live translator optional upon agreement
For more than 30 people we will need to do an additional session.
Before the pandemic, 67% of workers believed their employers were responsible for helping them achieve a better life. That figure has risen to 78% since 2022. Over the past three years many owners, managers, chefs, and human resource professionals have been trying to meet those expectations. Many have called CHOW, sharing similar issues:

“We are so short staffed due to workers leaving, all saying that this job puts their mental health at risk, or the money isn’t enough. The remaining staff is super burned out. What can we do RIGHT NOW to let them know that we care about their mental health? If we lose one more person, or raise our wages any higher, we can’t operate.”

To support your efforts, CHOW has collected ideas from industry leaders who have already begun to see success from implementing the tools we list. We’ve divided suggested practices into two categories featuring free, affordable, low cost and time investment actionable items that can influence workplace wellness.
CHOW Recipes for Wellness Workbook -
The CHOW (Culinary Hospitality Outreach and Wellness Workbook) is written in simple, straight forward language with exercises, techniques, and stories to help those in the hospitality industry improve their wellness, inside or outside of the workplace.

Based on the Eight Dimensions of Wellness, the CHOW Handbook will guide readers to examine physical, financial, occupational, spiritual, social, environmental, emotional, and intellectual wellness; all of which produce a balanced lifestyle and personal resiliency.

Usable in conjunction with meetings or as a self-study, each section of CHOW Workbook includes:
• Inspiring true success stories and personal anecdotes
• Questions to engage you in your own wellness
• Positive affirmations and intentions to guide and motivate
• Evidence based strategies for coping with anxiety, depression and more.

CHOW’s Workbook can offer hope to any food/beverage/hospitality worker who wants to learn and improve their lives. Full of industry specific examples, this workbook focuses on removing barriers to wellness, finding personalized solutions, and connecting with others who are on the same path.
For any industry worker interested in health, wellness, and happiness, inside or outside of the workplace, CHOW Workbook is a must-have.
Wellness cards

CHOW has created pocket size daily check in cards. These cards are intended to be used as a self evaluation tool and a way to start a conversation with a friend or coworker. There are also national resources to allow ease of access to these tools. Available in English and Spanish CHOW can have them translated into other languages.
For partnership opportunities, queries or further communication, email Erin@chowco.org

www.chowco.org