



Sacramento Hotel Association

SHA LUNCHEON MEETING

Friday, May 17, 2019 11:30 a.m. – Reception
Sheraton Grand Hotel 12:00 p.m. – Luncheon
1230 J Street, Sacramento 12:45 p.m. – Presentation

Featured Presentation

Mental Health Initiatives in the Restaurant/Hospitality Industry

Working Toward a Solution

Many of us know the name of Executive Chef and restaurant co-owner Patrick Mulvaney as a leader and advocate for Sacramento's farm-to-fork movement.

Mulvaney is now also known as a champion for mental health initiatives in the restaurant/hospitality industry. In 2018 Mulvaney began working with Kaiser Permanente, VSP Global, WellSpace Health, the Steinberg Institute, and the James Beard Foundation on a pilot program to end the silence about mental health in the industry called "I Got Your Back." The program is a peer-to-peer or near-peer counseling program that first launched in Mulvaney's own restaurant. It involves training select workers—peer mentors—to identify signs of mental distress while on the floor. Peer mentors are identifiable in the restaurant by a purple hand on their uniforms, and empowered to check-in with their coworkers in a supportive way. For more information about "I Got Your Back," visit <https://igotyourback.info/>.

In addition, Mulvaney has already hosted a series of mental health first-aid trainings to help restaurant workers learn the warning signs for suicide. The next step is developing online resources for restaurant/hospitality workers looking to connect with a mental health professional if and when they are in or nearing a crisis.

He knows firsthand about the toll of mental health crises. "It was brutal. Just in between middle of December and middle of January, four people died in Sacramento, hospitality people. Three of them were either working or had worked for us before, and one was a long time Sacramentan. So, this is about as 'home' as home can get," said Mulvaney.

According to an article in Civil Eats, "The hospitality and restaurant community in Sacramento lost at least 12 people to mental health complications, including substance abuse and suicide, over the course of 2018."

According to the National Institute of Mental Health, about one in five Americans lives with a mental illness, yet only half receive treatment. Service workers, particularly the nearly 10 million who work within the hospitality and restaurant industry, are more susceptible to developing and succumbing to mental illness than workers in non-tipped, salaried industries. This group is also more likely to self-report illicit drug use and has the highest rates of substance abuse disorder than any other sector. While the factors leading to these disparities are not entirely clear, the odd hours, unpredictable scheduling, low wages, lack of full benefits, high turnover rates—and the requirement to constantly be "on" at work—may all play a role.



Patrick Mulvaney

Plan to attend the May 17 SHA Luncheon Meeting at the Sheraton Grand Hotel to learn about new mental health initiatives for restaurant/hospitality industry team members.

SHA LUNCHEON RESERVATION FORM

Friday, May 17, 2019

Sheraton Grand Hotel

1230 J Street, Sacramento

_____ @ \$15 SHA members paid in advance
_____ @ \$35 industry guests & SHA members at the door

Total amount enclosed \$ _____ (4510)

Three ways to register—online at www.sacramentohotelassociation.com, mail, or fax.

Reservations canceled fewer than 48 hours before the luncheon are subject to penalty of entire amount.

Please contact SHA staff at (916) 441-6110 if you require reasonable accommodation to fully participate.

Please print:

Hotel/Company _____

Name _____ Name _____

Name _____ Name _____

Payment Options

Check Payable to SHA/Check # _____ AMEX MasterCard Visa Please invoice (members only).

Card Number _____ Exp. Date _____ VCode _____

Card Address _____

Card City _____ State _____ Zip _____

Name on Card _____ Signature _____