



SOUTHERN SMOKE FOUNDATION

# BEHIND YOU: PARTNERING WITH SOUTHERN SMOKE FOUNDATION TO ENHANCE CLINICAL TRAINING AND ACCESSIBILITY TO MENTAL HEALTH SERVICES FOR FOOD + BEVERAGE WORKERS

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## INTRODUCTION

- Southern Smoke Foundation (SSF) partners with graduate-level clinical programs at accredited universities to provide access to no-cost mental health services for food and beverage (F+B) workers in Louisiana, Texas, California, New York, and Illinois - with plans to expand into new states this summer.
- During a survey taken across all program states, 70% of university clinicians marked marginalized population as the most surprising aspect of SSF clients, while 30% marked diversity and inclusion.
- University training clinicians gain experience working with a diverse population and conducting telehealth services. As a result, an increased mental well-being positively impacts the families, home life and work environment of each client of *Behind You*.
- To date, Southern Smoke Foundation has provided access to 4,700+ no-cost counseling sessions.
- This program allows access to mental health services ordinarily unavailable to the average F+B employee.

## DEMOGRAPHIC DATA & IMPACT FOR 2023

**1.8K +**

No-cost counseling sessions provided

**171**

Individuals impacted

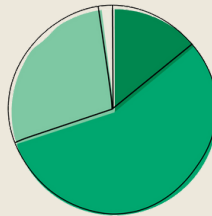
**40%**

Expansion of our services from 2022 to 2023

**12**

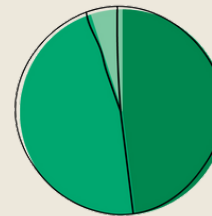
Participants' average number of years in the industry

### AGE BREAKDOWN



- Under 25: 14%
- 25-35: 56%
- 35-50: 28%
- 50+: 2%

### GENDER BREAKDOWN



- Female: 48%
- Male: 47%
- Non-Binary: 5%

### TOP POSITIONS

Bartender | Server  
Manager | Cook | Chef

### TOP CHALLENGES

- Depression
- After-work substance abuse
- PTSD
- Work-related anxiety
- Work-related burnout

Measures: Impact reports completed by each university partner

## DISCUSSION

- Implementation of *Behind You* across different universities has created opportunities for clinics to learn from one another (e.g., sharing information about how a clinic assesses client outcomes reported to SSF as part of annual impact reports).
- We know there is a need for access to mental health services in the F+B industry based on the number of sessions in 2023.
- Sessions per client ranged from three sessions to completing the program at 20 sessions depending on client need and schedules.
- Telehealth has been key to providing access to services to those in the F+B industry due to the nature of the job.

## REFERENCES

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## UNIVERSITY PARTNERS



California Lutheran  
UNIVERSITY

