



# Supporting Hill Country Hospitality Workers' Emotional Health and Well-Being

With funding from Create Healthy, hospitality workers across the Hill Country now have access to free group counseling sessions and facilitated behavioral health education seminars as well as low-cost virtual and in-person individual counseling.



## Since January 2024:



\$75,000 in funding



25 individual counseling clients\*



First group counseling session with up to 12 clients began in April



In-person and virtual educational seminars launching in May



**Valerie Elkins**

Chair, board of directors, Texas Wine Auction



We're just incredibly grateful to Create Healthy for this funding. **It's made it possible to provide supportive counseling and education** for our hospitality workers who are the very reason our region is such a desirable place to live and visit.



\*As of March 2024.

## Background

Create Healthy donated \$75,000 to the Wellness Uncorked initiative of the Texas Wine Auction in August 2023 to help support hiring a licensed professional counselor (LPC) to provide counseling services for Hill Country hospitality workers.

Given the statewide shortage of mental health professionals, recruiting an LPC to the Hill Country proved challenging. After a six-month search, the group, in partnership with Frontera Health, decided to use the Create Healthy funding as an opportunity to bring in an LPC intern and:



Provide local clinical training hours for an LPC intern who is required to complete at least 1,500 hours of supervised clinical work to obtain their LPC license.



Ensure high-quality individual and group counseling services are available locally.



Develop educational programming on a wide range of behavioral and emotional health topics, such as managing stress, work-life balance, coping strategies for grief and loss, and unhealthy substance use.

**With the program's success in just a few short months, Wellness Uncorked is looking at adding additional LPC interns to be able to support even more hospitality workers.**

**“Our region’s economy and quality of life would be much diminished without our thriving hospitality industry. Supporting the mental and emotional health and well-being of the individuals who contribute to that industry is one way Create Healthy gives back and invests in the long-term health and wellness of our community.”**



**Jayne Pope, RN**

CEO, Create Healthy

## About Create Healthy

Create Healthy is on a mission to invest in the health and wellness of the Hill Country and empower its communities to build a healthy future. Create Healthy’s vision is a Hill Country where all can contribute and thrive. Led by Jayne Pope, the foundation is overseen by a volunteer board of directors.



Learn more about our community investments at [CreateHealthy.org](https://CreateHealthy.org).