



THE OHIO STATE UNIVERSITY

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Shea Kaltmann
Kitchen of Life Director
2525 E Main Street,
Bexley, Ohio 43209

Dear Shea,

It is my great pleasure to write this letter of endorsement for the Kitchen of Life. During my recent visit, I personally witness the Kitchen in action, from beginning to end and the impact it had on the students during their time in the kitchen but also learning about the importance of their activities. I was very impressed by the dedication of the teachers and team to engage the youth of our community. I saw how each student developed skills on how to work as a team, make individualized and unique contributions to the group, learn how to cope with challenges/mistakes, and how to feel pride for work well done.

Kitchen of Life exemplifies innovation and impact in how we can build resilience in our children, who more than ever because of life stressors, have struggled. Building resilience is critical to helping them not only be prepared for adversity but also to adapt, learn and even thrive from those difficult life experiences. The activities incorporated throughout the curriculum in Kitchen of Life gives these teenagers and students the important building blocks to cope with stress as they learn new skills. These are not just cooking skills, or just team-building social skills but life skills particularly related to self-agency, personal growth, social connection and a sense of belonging, not just to the small group but the larger community. These skills and lessons will serve these students well as they navigate the trials and tribulations that come with growing up and life in general.

As we build our programming and initiatives for our new Jeffrey Schottenstein Program for Resilience at The Ohio State University, we look forward to partnering with you and incorporating not only Kitchen of Life activities but also the values and principles that we all share to build resilience in the communities in which we learn, work and live.

Sincerely,

K. Luan Phan, MD
Professor and Chair, Department of Psychiatry & Behavioral Health
Jeffrey Schottenstein Endowed Chair of Psychiatry and Resilience