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August 4<sup>th</sup>, 2023

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

Dear Shea Kaltmann,

The Franklin County Suicide Prevention Coalition, which is hosted by Mental Health America of Ohio, is honored to write this letter of endorsement for the Kitchen of Life. The work being done at Kitchen of Life to support the mental health of youth through your programming is nothing short of impactful. The creation of an environment in which youth have the ability to build mental resilience and learn effective coping and problem-solving skills in such a supportive environment is transformative, and does so much to support today's youth in a time where many challenges are faced.

Kitchen of Life's willingness to train their staff and volunteers in an evidence-based suicide prevention training called Question, Persuade, and Refer speaks to Kitchen of Life's dedication to support and improve youth's overall wellbeing. In the training, participants learn how to recognize the warning signs of suicide, how to persuade an individual to pursue mental health support, as well as how to refer an individual to supportive services. By learning these skills, staff and volunteers have the knowledge needed to intervene if and when students display warning signs of suicide.

Kitchen of Life provides valuable opportunities to today's youth in regards to building social connections, learning effective coping and problem-solving skills, and learning how to be a part of a team. These skills can then be used by youth throughout their life journey. The Franklin County Suicide Prevention Coalition is proud to have a partnership with Kitchen of Life.

Sincerely,

[www.mhaohio.org](http://www.mhaohio.org)