



Industry Mental Health Webinar

The past year has been extremely stressful for most of us, especially for those in the hospitality industry. Many have experienced heartache, anxiety, and unimaginable loss that can be very difficult to process. We want to help.

As a member of the Board of Directors for the national Council of State Restaurant Associations (CSRA), our President & CEO, Sarah Oates, has emphasized the need to address mental health struggles of members of the hospitality industry throughout and resulting from this pandemic. The Alaska CHARR team has attended multiple webinars hosted by the CSRA to help us process our own COVID-related stress and anxiety, and we felt it was important to extend this vital resource to the incredible industry that we love and support.

So in lieu of our regular industry call, we extend an invitation for you and your team to attend the **CSRA Mental Health Webinar: Continued Strategies for Coping with COVID Stress and Anxiety** on Monday, February 8, 2021 at 9:00 AM. Our guest speaker will be Dr. Kate Burke with *PatientsLikeMe*. This webinar is specifically tailored to hospitality industry operators and workers. There will be no mandatory participation or input; this will be an opportunity for you to absorb and obtain information, ideas, strategies, and resources to help you and your team navigate mental challenges throughout and after these challenging times. Please click the link below next Monday to join us.

[Link to February 8 Webinar](#)

Free CHARR Benefits for the Entire Hospitality Industry

For nearly the past year – since the very beginning of the COVID-19 pandemic – the Alaska CHARR team, our affiliates around the state, and our national partners have worked tirelessly to support the entire hospitality industry – CHARR members and non-members, business owners and employees – in every way possible throughout this crisis. We have spent thousands of collective hours meeting with officials at every level of government, and we have extended many of our resources, information, and other members-only benefits to the entire hospitality industry.

With many changes upon us – a new legislature in session, a new federal administration in command, and implementation of the early stages of vaccine distribution, to name a few – our team will continue to provide this vital support and advocacy. The passion and commitment of our team combined with the support of our CHARR members have created many opportunities, resources, and relief options for the entire hospitality industry that likely would not have otherwise been possible including:

- Access to state grants worth up to \$100,000 each
 - Access to millions of dollars in local grants
- Adoption of emergency regulations that expand alcohol sales opportunities for hospitality businesses throughout the pandemic
 - Access to a second round of PPP loans, including higher amounts for hospitality businesses than other industries
- Free mitigation plans, signage, logs, guidance, and other resources that meet or exceed state and local requirements for reopening
 - Dozens of emails containing user-friendly, timely updates about ever-changing mandates, grants, and other resources
- Access to free information and advice – including regular Zoom calls – from prestigious attorneys, CPAs, medical and insurance providers, and other experts
 - Town halls with Alaska’s Congressional delegation for the hospitality industry
 - Direct meetings between industry members and federal, state, and local officials
 - Discounts on PPE and other COVID-related tools
 - Free mental health toolkits and webinars
- Drafting and adoption of new regulations that will soon allow for the hospitality industry to take mandatory alcohol server training via webinar statewide
 - Financial assistance and other support and relief for hospitality workers

With that in mind, it’s important to remember that Alaska CHARR is a membership-based nonprofit organization. It has been nearly a full year of CHARR providing countless free benefits to the entire industry, and Monday’s mental health webinar described above, we must return to supporting our CHARR members. If you are interested in continuing to receive emails and information and having access to countless resources – including those available on the Alaska CHARR website – please read below to learn how to become a CHARR member and gain access to many other members-only benefits that will save you money.

[Alaska CHARR Membership](#)

Have you appreciated all the resources CHARR has provided during this crisis? Do you want to have access to new benefits that will directly help your bottom line? Consider becoming a member so that we can continue to provide you the most up-to-date information and resources in addition to our regular fantastic benefits.

Contact Rory McAllister, our Membership & Gaming Manager, for more information at 907-274-8133 or rncallister@alaskacharr.com. Help us in the fight to #saveAKhospitality! Together, we are #alaskastrong.
[Join Today!](#)