CONSTRUCTION WORKING MINDS SUMMIT

A holistic approach to Job-site Safety

Industry-specific mental health promotion & suicide prevention

May 17 & 18, 2022 Denver, Colorado

www.constructionworkingminds.org/summit
OVERVIEW

On May 17 and 18, 2022, over 200 international participants gathered in Denver, Colorado, for the inaugural Construction Working Minds Summit. This summit was hosted by the Construction Industry Alliance for Suicide Prevention and United Suicide Survivors International.

Summit Sizzle Reel

The original vision was simple, set by Co-Chairs Dr. Sally Spencer-Thomas and Cal Beyer: Bring together the early visionaries for the mental health movement in construction, pull together our lessons learned thus far, and cast a bold vision for the future. The event turned into something much bigger and more inspiring than they ever imagined.

Keynotes by construction mental health advocates Cal Beyer and Australian Jorgen Gullestrup set the stage for how suicide prevention and well-being promotion efforts have evolved over the past two decades. Closing keynotes by the inspirational Brent Darnell reminded us of the importance of compassion and well-being as part of a holistic approach to job site safety.

Interaction, engagement, and networking among attendees was fostered by three distinct aspects of the program:

Breakouts featured emerging best practices like peer support, communication strategies, training methods, critical incident response and postvention, and culturally responsive mental health services.

Panels highlighted case studies and stories from executives, peer allies, mental health providers, and organizations like the Construction Industry Alliance for Suicide Prevention.

Roundtables allowed people to share their insights into root causes, barriers, successes, and future opportunities.

Outcomes from these conversations will be compiled into a revised "Construction Industry Blueprint for Worker Well-Being" white paper to be published later in 2022.

During the opening keynote "Catalyzing and Unleashing the Movement" by Cal Beyer, multiple interactive polling questions captured the background and mood of the audience.

Below is a word cloud highlighting the collective optimism, hope, and excitement of the attendees.

In 2-3 words, describe how you’re feeling about today’s Summit

About the Attendees

- Number of attendees: 182
- Number of countries represented: 4 (Australia, Canada, UAE, and US)
- Number of participants who earned the Construction Working Minds (now VitalCog) Train-the-Trainer Certificate: 33
- Number of unique organizations represented: 115
- Number of sponsors: 35
- For 62% of attendees, this suicide prevention summit was their first
- 52% of attendees flew in from out of state
Which best describes your current employment?

<table>
<thead>
<tr>
<th>Employment Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work for a contractor</td>
<td>48%</td>
</tr>
<tr>
<td>Labor union or trust (health, training, apprenticeship, etc)</td>
<td>10%</td>
</tr>
<tr>
<td>Work or volunteer for a non-profit</td>
<td>11%</td>
</tr>
<tr>
<td>For-profit service provider</td>
<td>21%</td>
</tr>
<tr>
<td>Academic institution</td>
<td>7%</td>
</tr>
<tr>
<td>Media</td>
<td>2%</td>
</tr>
</tbody>
</table>

**SUMMIT SPONSORS**

- WE APPRECIATE YOU!

Thank You
Community Building Sponsors!

$1000
Lessons Learned from Construction Working Minds Summit

Where is your organization currently on its mental health and well-being journey?

Many of the organizations that attended were the early adopters of the mental health movement. As such, it was not unexpected that they self-reported having made significant headway in “baking it into” their health and safety programs and HR practices and benefits.

What was also not surprising is that most of the programs offered are in the less stigmatized areas of stress reduction. Fewer were in more taboo specialties like substance use disorders, addiction, overdose, and suicide.

How well is mental health & suicide prevention integrated into your organization’s Safety, Health & Wellness programs and practices?

Score: 6.0

Score: 5.9

What elements comprise your organization's well-being program?

- Mental Health including stress management: 87%
- Substance misuse education: 32%
- Substance Use Disorder treatment & recovery: 39%
- Suicide prevention: 53%
- Overdose prevention: 17%
AWARDS AND MEDIA COVERAGE

Award Winners

Mental Health Visionary: Company Award Hensel Phelps

Jerry Shupe, Corporate Safety Director, Hensel Phelps
Photo credit: Colorado Public Works Journal

Video of Mike Choutka, CEO of Hensel Phelps
https://youtu.be/PnrcMdHgWuk

Mental Health Visionary: Trade Association (National) Award — Construction Financial Management Association (CFMA)

CFMA Leader David James
Photo Credit: Colorado Public Works Journal
Video of Stuart Binstock, President & CEO of CFMA:
https://youtu.be/b_GHg-saQlc

Mental Health Visionary: Union Award

Sheet Metal Workers’ International Association (SMART) & Sheet Metal Occupational Health Institute Trust (SMOHIT)

Chris Carlough, SMART
Photo Credit: Colorado Public Works Journal

Video of Chris Carlough and Randy Krooks of SMART/SMOHIT
https://youtu.be/z-A04-_BI7I

Mental Health Visionary: Regional Organization Award

Construction Suicide Prevention Partners (CSPP)

CSPP Leaders Max Margolis and Natalie Cordova
Photo Credit: Colorado Public Works Journal
Video of Max Margolis and Bill Barr of CSPP
https://youtu.be/WWyd77-LMjo
Research Award
Dr. Jodi Frey, University of Maryland’s School of Social Work

Video of Dr. Jodi Frey
https://youtu.be/CnHScweGQqU

Shining A Light Media Award
Scott Blair - Engineering News-Record (ENR)

Scott Blair of ENR
Photo Credit: Colorado Public Works Journal

Video of Scott Blair of ENR
https://youtu.be/WVX5u_D3Uk

Mental Health Champion Recognition
Eli Baccus, SMART Union

Eli Baccus
Video: Eli Baccus of SMART
https://youtu.be/-z6Yx9I1N_I

Judges and Judging Criteria

- **Instituted** (Date initiated and duration of commitment) – 20%
- **Innovation** (Ingenuity/inventiveness) – 10%
- **Initiatives** (Breadth and depth of offerings) – 30%
- **Impact** (Total reach and effectiveness of adoption) – 40%

Thank You Judges!

Tricia Kagerer,
Executive Vice President in Risk Management at Jordan Foster Construction, Dallas, TX

Judy Cushing,
CEO Emeritus of Lines for Life, Portland, OR

Dr. John Gaal,
Director of Worker Wellness Program at Missouri’s AFL-CIO, St. Louis, MO

Barb Sheedy,
President and Owner of MKE Iron Erectors, Inc., Waukesha, WI

Tim Irving,
Deputy Director and Directorate of Construction with the US Department of Labor, Occupational Safety and Health Administration, Washington, DC
Media Coverage

9 News “First of its kind conference works to change sobering suicide statistics in construction industry”

The CDC consistently ranks construction as one of the top two industries with the most suicide deaths.

First of its kind conference works to change sobering suicide statistics in construction industry


The Colorado Sun “THE CONSTRUCTION INDUSTRY HAS A HIGH SUICIDE RATE. EXPERTS GATHERED IN DENVER TO FIND A SOLUTION”

The construction industry has a high suicide rate. Experts gathered in Denver to find a solution.

Depression, anxiety, substance use disorders and other mental health issues are, too, a major concern in the industry.

https://coloradosun.com/2022/06/03/construction-mental-health/
Engineering News-Record (ENR) Firms Formulate Strategies to Reduce Industry Suicide Rates

Firms Formulate Strategies to Reduce Industry Suicide Rates


Denver Channel 7: Construction industry has the highest suicide rate

https://www.thedenverchannel.com/news/national/construction-industry-has-the-highest-suicide-rate
Mental Health & Suicide Prevention in Construction

SUMMIT IMPACT AND SUGGESTIONS FOR FUTURE SUMMITS

The Summit provided adequate opportunities to LEARN.

What were your main takeaways from the summit?

- "This summit created an opportunity to look at the big picture and real challenges with mental health. Mental health difficulties are tangible, and we don't have much time in the industry as we are already late in the race."
- "Companies are committing to addressing this problem, and it was incredible to see the momentum for the movement."
- "I have never been part of a summit where everyone is so passionate, open, and willing to help others as it relates to mental health. I can't wait to attend the next one!"
- "Sharing personal stories has the greatest impact."

Additional Feedback

- "Great central location with easy access and parking; inside of facility was clean, easy to use, easy to hear, and had great food."
- "Drove from Arizona to attend the Wednesday summit; was SO worth the drive (and the gas!!) to attend and be a part of this journey. Thanks to all who pulled this together!!"
- "The venue was more than acceptable, easy to get to, and well-maintained."
I would attend this Summit again in the future and recommend it to my colleagues.

39 responses

- **66.7%** strongly agree
- **33.3%** agree
- **0%** neutral
- **0%** disagree
- **0%** strongly disagree

- “The small breakouts were awesome, although not without discomfort! (Which is good.) Neat to see folks lean in and share experiences and feedback.”
- “Great experience. I hope to keep coming to these for years to come.”
- “I would highly recommend it to others. Hopefully, my schedule will allow for participation in ‘23.”

Please rate your experience in each of The Summit session formats.

- **66.7%** strongly agree
- **33.3%** agree
- **0%** neutral
- **0%** disagree
- **0%** strongly disagree

- “Cal Beyer is an amazing asset to mental health! Thank you for the summit and speakers, it was very uplifting.”
- “It was very encouraging to meet so many people from all sectors of construction with the same mission.”
- “Can’t wait to come back! This is something I would love to help at in any small way I can, and I will for sure be spreading the word about.”

I can apply the content/concepts to my everyday work.

39 responses

- **66.7%** strongly agree
- **33.3%** agree
- **0%** neutral
- **0%** disagree
- **0%** strongly disagree

- “There were people that approached me afterwards asking how I found out about the Summit because they would have loved to come.”
- “It is the only event that can bring all trades together, union and nonunion.”
- “It was a lot for one day. I learned a TON but almost wish it were a 2-day event.”

How would you describe this event to a colleague who would consider attending next year?

- “Impactful, eye-opening, and a unique experience. You don’t want to miss this opportunity.”
- “Networking opportunities and learning from competitors was great.”
- “This event is a “boots on the ground” deep dive into suicide prevention in our industry.”
- “It will change your life and your view on suicide prevention.”
- “A great opportunity to learn from strong, experienced, and excellent advocates of mental health and suicide prevention in the construction industry.”
- “This event will be informative and inspiring and help you with a better grasp of how to engage in this work for yourself and your company/organization.”
- “Excellent opportunity to learn about mental health and strategies that work in our industry.”

What is one top thing we could do to make it even better next year?

- “Highlight more companies that have excelled at this.”
- “Provide a packet or info sheet on some of the stats as well as all the resources you listed.”
✓ “I think there needs to be more people that work in the field on construction sites there. The forepersons, superintendents, and employees.”
✓ “Expand to a bigger venue and bring more awareness to the event sooner. Do a panel with contractors and include HR department folks so they share what is working for them vs. what isn’t working.”
✓ “2-day event with more time to connect and share stories.”

**CONCLUSION**

From April 2016 through the end of 2019, there were approximately 25 events across the US that were described as local or regional summits for mental health and suicide prevention in the construction industry. The Denver Summit was intended to be the first true inaugural national event to unify the various stakeholders engaged in what has become a social movement in the US construction industry.

The Denver Summit achieved several important objectives, as it:
1. Shared a deeper understanding of the history of the movement.
2. Highlighted major strategic initiatives and interventions that various stakeholders have undertaken.
3. Promoted, recognized, and celebrated early adopters in the movement.
4. Galvanized leadership support from all major industry stakeholders to continue advancing the cause of mental health and suicide prevention in the construction industry.
5. Identified opportunities and vital next steps to further expand the industry’s ongoing efforts in these key areas.
Save-the-Dates for the 2nd Construction Working Minds Summit in 2023

The Second Annual National Summit will take place in the greater metro area of Kansas City, Missouri, from March 27–29th. Preliminary planning for venue selection is underway. More information will be sent in the near future.

**Save The Date**

The Second Annual
CONSTRUCTION WORKING MINDS SUMMIT

📅 March 27-29th, 2023
📍 The Westin Kansas City at Crown Center (downtown)

Register
www.constructionworkingminds.org/summit

Photos from the event