



# IMPACT REPORT



**CONSTRUCTION  
WORKING MINDS**

Mental Health Promotion, Suicide Prevention  
and Addiction Recovery at Work  
[www.ConstructionWorkingMinds.org](http://www.ConstructionWorkingMinds.org)

***BUILDING OUT THE MENTAL HEALTH MOVEMENT***

**MOVING FROM AWARENESS TO IMPACT IN  
MENTAL HEALTH AND SUICIDE PREVENTION**

**March 27, 28 & 29, 2023 Kansas City, Missouri**

A Construction-Specific Conference Focused on Mental Health Promotion,  
Suicide & Overdose Prevention, and Addiction Recovery  
Submitted by Co-Chairs Dr. Sally Spencer-Thomas & Cal Beyer  
[www.constructionworkingminds.org/summit](http://www.constructionworkingminds.org/summit)

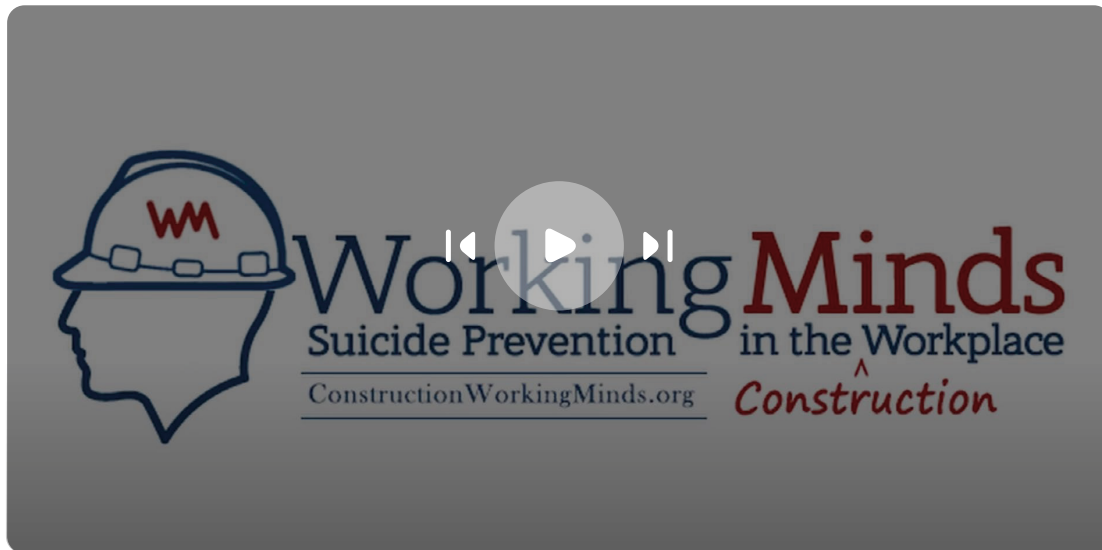
Hosted by:



# OVERVIEW

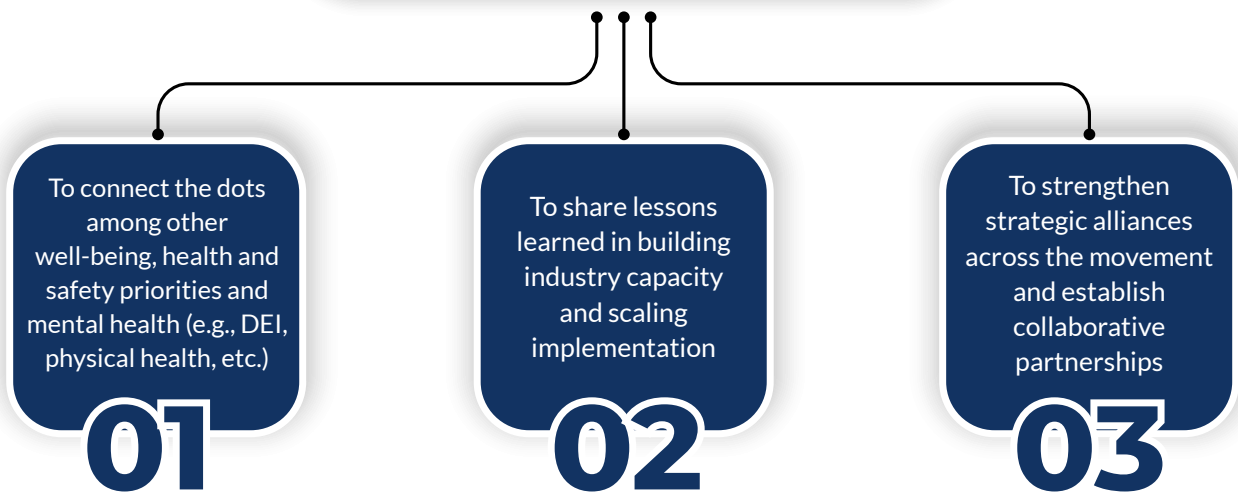
On March 27, 28, and 29, 2023, over 400 international participants gathered in Kansas City, Missouri, for the 2nd Annual Construction Working Minds Summit. This summit was hosted by the Construction Industry Alliance for Suicide Prevention and United Suicide Survivors International. The theme of the conference was “**BUILDING OUT THE MENTAL HEALTH MOVEMENT -- MOVING FROM AWARENESS TO IMPACT IN MENTAL HEALTH AND SUICIDE PREVENTION**”.

## 2023 Construction Working Minds Summit Highlight Reel



[bit.ly/2023-CWM-Summit](https://bit.ly/2023-CWM-Summit)

### Goals of the 2023 Construction Working Minds Summit







## By the Numbers



# PRECONFERENCE WORKSHOPS

The Summit began on March 27th with four full-day preconference workshops. 95 attendees participated in these pre-conference skill-building workshops that provided training and certifications to participants in many areas including:



- VitalCog Train-the-Trainer Certification Course (construction-specific suicide prevention training),
- Psychological First Aid,
- Peer Allies in Construction, and,
- Resilience-to-Thriving: The Secret Power of Success.



## Bringing the Community Together

The community came together in solidarity and celebration thanks to the generous support of Holmes Murphy. A rooftop gathering with music and refreshment encouraged great networking opportunities and good cheer.

Thank you  
  
HOLMES  
MURPHY®





# SUMMIT CONTENT

Content was organized around the following tracks:



The official Summit began with a keynote address from Co-Chair and psychologist Dr. Sally Spencer-Thomas who set the tone of the conference by challenging attendees to move from just “awareness raising” to impact in the construction mental health and suicide prevention movement with “upstream, midstream and downstream” approaches.





Mental health at work should not be considered a cost but rather an investment.

*Doug Parker*

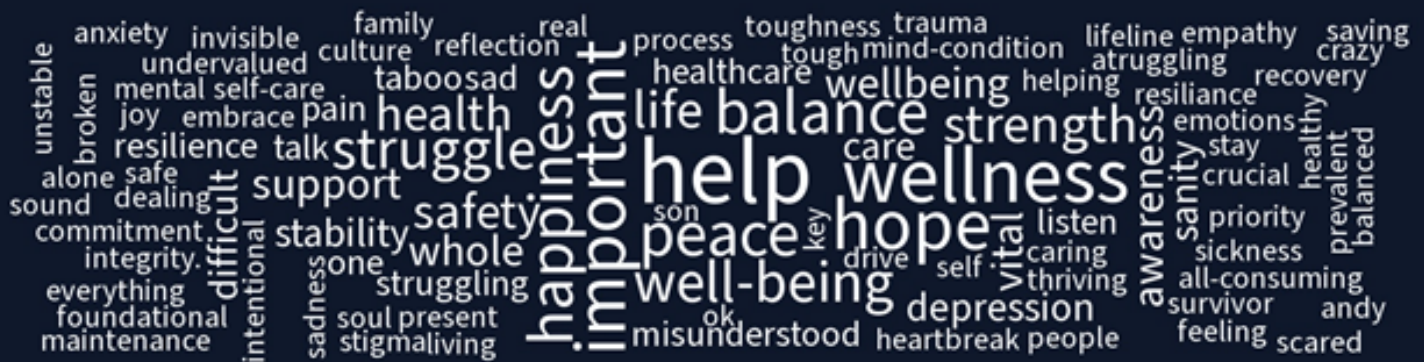
*Assistant Secretary with the US Department of Labor*



Mr. Doug Parker, the Assistant Secretary of the US Department of Labor, was the next keynote speaker. Mr. Parker reiterated that mental health is a priority for the Occupational Safety & Health Administration (OSHA).

In the spirit of “Moving from Awareness to Impact,” conference attendees committed to action and engaged in several structured and facilitated conversations on how to shift culture, build better and more accessible supports, and improve skills to help oneself and help others who may be experiencing mental health challenges. For instance, the conference opened with some anonymous and confidential polling asking people “what does mental health mean to you” and engaging them in the thought process of treating mental health like physical health.

### In ONE WORD - what does "mental health" mean to you?





## Surprise Announcement

While the conference was in session, the FDA approved the first over-the-counter naloxone nasal spray. A huge victory in harm reduction in the nation’s ongoing opioid crisis. The construction industry continues to be hit hard by the opioid crisis due to a high rate of musculoskeletal injuries resulting in prescription pain management and surgeries. Summit co-chair Cal Beyer, Vice President, Workforce Risk and Worker Wellbeing from Holmes Murphy, moderated a panel on Opioid First Dose Prevention Strategies with panelists from Goldfinch Health, national occupational medical clinic WorkSTEPS, and national nonprofit SAFE project (Stop the Addiction Fatality Epidemic).





## Additional Featured Speakers



**Dr. Charlie Cartwright**

The Company Culture Doctor” ignited the crowd with a keynote focused on achieving peak performance through closer connections and collaboration



**Rich Jones**

Chief Clinical Officer of Youturn Health, shattered myths of substance misuse in his keynote “Emerging Landscape of Substance Misuse in the Workplace: Are you Prepared?”



**Dr. Ann Marie Dale**

From the Washington University Medical School presented research-based guidelines to help prevent opioid and substance misuse.







## The Planning Committee



**Cal Beyer (Summit Co-Chair)**  
Workforce Risk and Worker  
Wellbeing of Holmes Murphy



**Dr. Sally Spencer-Thomas (Summit Co-Chair)**  
United Suicide Survivors  
International



**Brandon Anderson**  
AGC of Missouri



**Jamie Becker**  
Laborers' Health & Safety  
Fund of North America



**Rochelle Reynolds**  
The Place Setting  
Company, LLC



**Angela Crawford**  
The Builders, a chapter of  
the AGC



**Erica Froelich**  
JE Dunn Construction



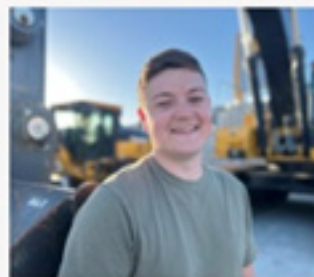
**Nicole Jeup**  
UA Education and Training  
Department



**Drew Gaskins**  
Gilbane Building Company



**Amanda Miller**  
The Place Setting  
Company, LLC



**Chase Plank**  
Dr. Sally Spencer-Thomas LLC



*Attendees signed a pledge banner demonstrating their commitment to making mental health promotion, suicide prevention and addiction recovery priorities in construction.*



*A mini-fundraiser benefitted the American Foundation for Suicide Prevention's Kansas City chapter.*









# IMPACT

# 99%

Agreed or strongly agreed that the Construction Working Minds Summit provided adequate opportunities to LEARN

# 92%

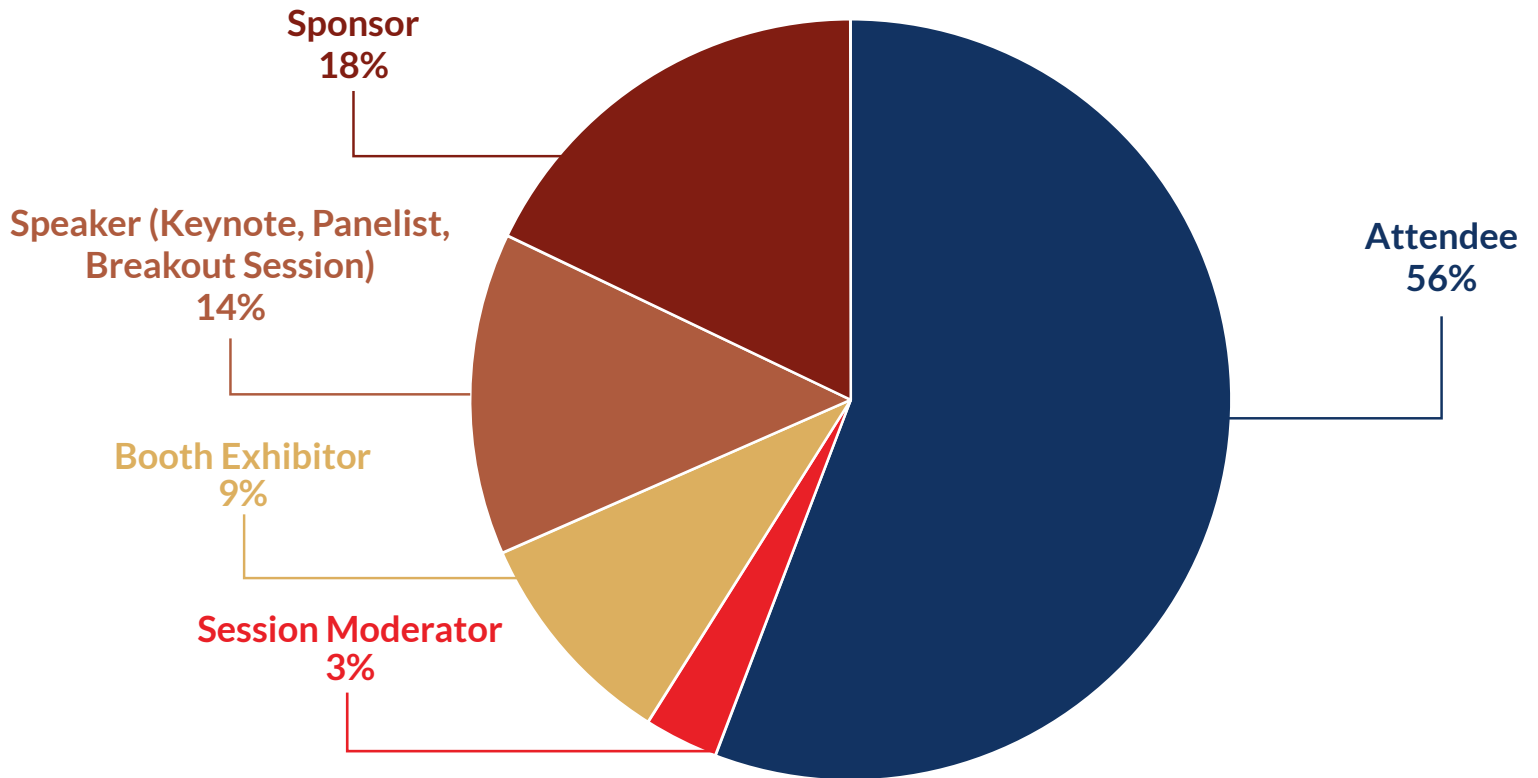
Agreed or strongly agreed that the Construction Working Minds Summit provided adequate opportunities to NETWORK and Build Community.





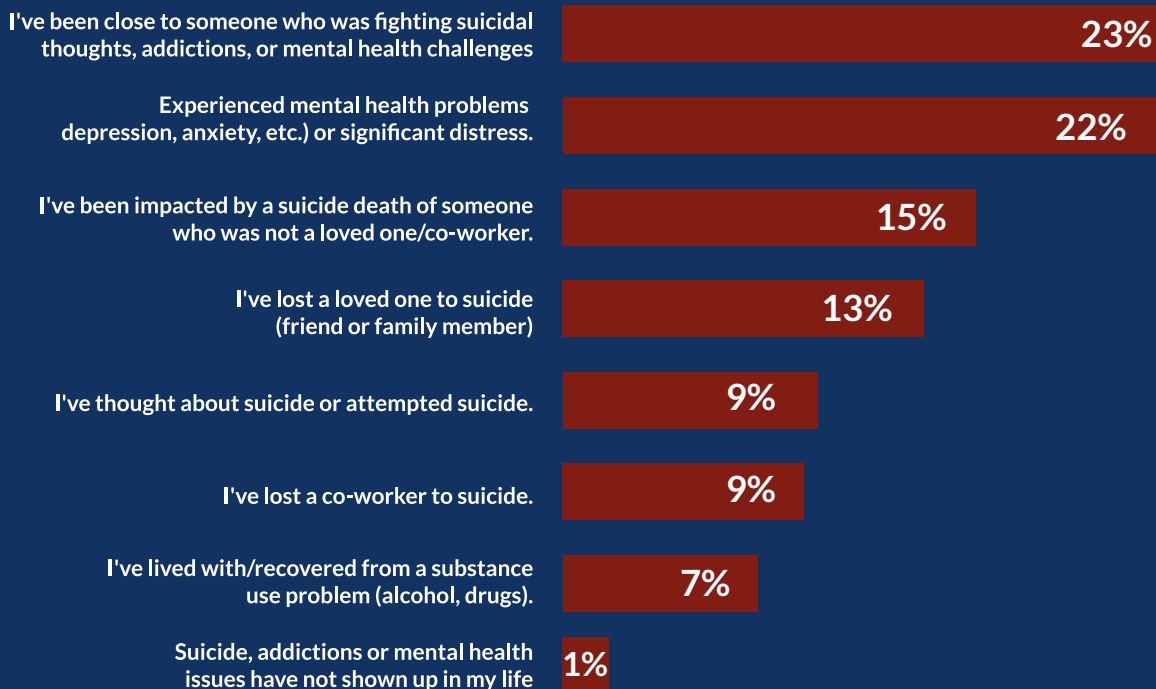
### How did you participate in the Summit? Please check all that apply.

95 Responses





## How have suicide, substance abuse or mental health issues shown up in your life?







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## TESTIMONIALS FROM CONSTRUCTION WORKING MINDS SUMMIT

“ This was by far the BEST conference I have ever ended, period. The sessions from big room, breakouts, panels were the best I've ever seen. And the presenters, wow. I have NEVER been more motivated to tirelessly work in my life. Thank you! ”

“ Don't stop what you are doing. It matters...All I can say is 'thank you'. I was honored to be at this conference. ”

“ On point topics. Excellent and impressive array of speakers. The breadth of speakers was impressive and it shows the level of attention to this important topic. The speakers and attendees gave me great confidence that we will rapidly increase awareness and get underneath this terrible trend. ”

“ Thank you for all that you are doing. It was a smart, meaningful, motivating two days that made me feel part of a community ready to do good work. ”

“ ...very interactive and intriguing. ”

“ Left feeling I wanted to learn more! ”

“ Sessions were amazing! ”



# AWARDS

## Judges and Judging Criteria

This year the Construction Working Minds Summit extended an open “call for awards” submission to highlight the excellent work organizations and individuals have been doing in the space of mental health promotion, suicide prevention, and addiction recovery in construction. The competition for each category was significant, and the previous year’s winners (plus Tim Irving) served as judges. They evaluated the applications based on the criteria of: “Instituted, Innovation, Initiatives, and Impact.” If the judges had a conflict of interest because they were nominated for an award or had another issue that interfered with objectivity, they recused themselves from judging that award category.

### 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%



## Award Winners



### Mental Health Visionaries – Large Company (>1,500 employees): Gilbane Building Company

Video of Raghuvaran Chakkravarthy

[https://youtu.be/\\_R1CD5aGICU](https://youtu.be/_R1CD5aGICU)



### Mental Health Visionaries – Mid-Size Company (≤1,500 employees): Shawmut

Received by Shaun Carvalho

Video of Shaun Carvalho

<https://youtu.be/7cdiNCOCgYc>



### Mental Health Visionaries – Union Category: Southwest Mountain States Carpenters

Received by Frank Hawk, President

Video of Frank Hawk

[https://youtu.be/Xm\\_8XXfZlvU](https://youtu.be/Xm_8XXfZlvU)



## Mental Health Visionaries - National Association: Associated Builders and Contractors (ABC)

Received by Joe Xavier, Sr. Director of Health and Safety

Photo Credit: The Builders, A Chapter of the AGC

Video of Joe Xavier

<https://youtu.be/ByaGMuSyZoY>



## Mental Health Visionaries – Regional/Chapter Organization: Associated General Contractors (AGC) of Washington

Received by Mandi Kime, Director of Safety

Video of Mandi Kime

<https://youtu.be/NH6mciG5Sck>



## Academic and/or Applied Research Award: Cora Roelofs, Sc.D.

Video of Cora Roelofs

<https://youtu.be/3iW-xP7DD9o>





### Shining Light Through Media Award: Building Profits Magazine & Construction Financial Management Association (CFMA)

*Received by Stuart Binstock*

*Video of Stuart Binstock*

<https://youtu.be/-euZgxvaCOs>



### Mental Health Champion\*: Doug Wilson

*Video of Douglas Wilson, ABC California"*

<https://youtu.be/xFdXTMjPhXs>



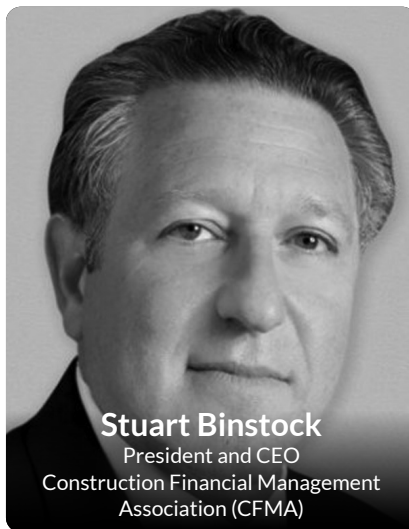
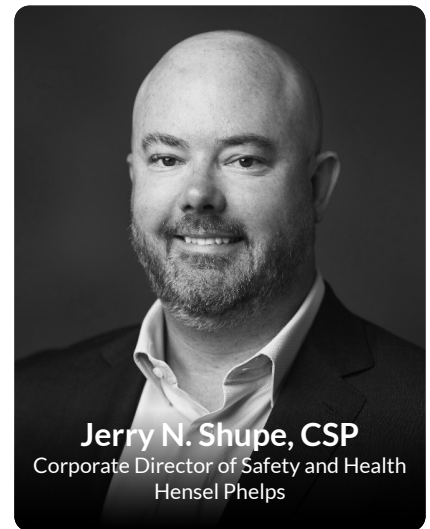
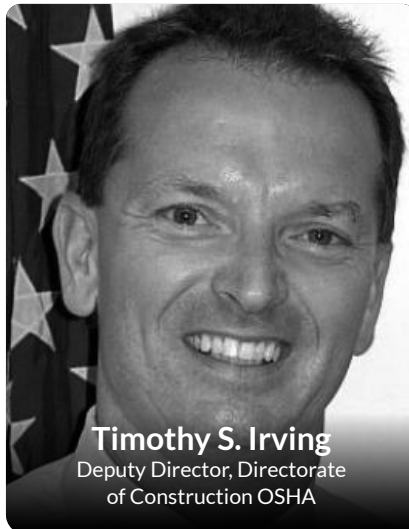
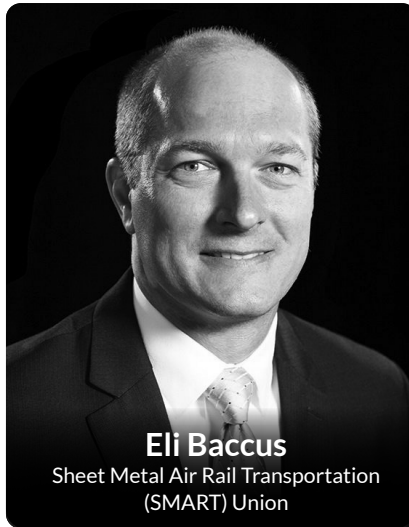
### Mental Health Champion\*: Craig Holzem

*Video of Craig Holzem, SMART Local 18*

[https://youtu.be/zUuDYQ\\_k\\_o0](https://youtu.be/zUuDYQ_k_o0)

*\*NOTE: The "Mental Health Champion" Award is given each year to the VitalCog in Construction trainer who has delivered the greatest number of trainings in a calendar year.*

# Thank You Judges!







# CONCLUSION

The 2nd Annual Construction Working Minds Summit expanded the foundational work of mental health in construction in several ways:

- 1** The scope of the conference doubled from 200 attendees to 400.
- 2** Construction students and apprentices were engaged and supported through scholarships.
- 3** The content of the conference expanded from just mental health and suicide prevention to also include addiction recovery and overdose prevention.
- 4** Key policy leaders and additional stakeholders were enrolled to be part of the dialogue on solutions.
- 5** Insights related to hot topics and future directions were gathered in roundtable discussions to inform the development of a future white paper.



## Save the Date



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### 3rd Annual Construction Working Minds Summit

Westin Kansas City at Crown Center  
Kansas City, Missouri

**February 26-29, 2024**

Mental Health Promotion, Suicide Prevention,  
and Addiction Recovery at Work

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

