

Suicide Prevention & Mental Health Awareness


PRESENTED BY:



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CHAPTER CHAMPION -
SUICIDE PREVENTION
AND MENTAL HEALTH
AWARENESS



Learning objectives

- ☐ Understand the importance of mental health awareness and suicide prevention
 - ☐ Understand how to create a culture that promotes the importance of mental health awareness and suicide prevention
 - ☐ Identify tips and tricks to keep mental health awareness and suicide prevention top of mind
 - ☐ Understand how to take the first steps when implementing a program that addresses suicide prevention and mental health awareness
- 

Meet your table

Introduce yourself to the table:

- Name,
- where you work,
- and answer the question....

On a scale from 1 to 10, how do you feel right now?

Score of 10

I feel like I just won the lottery!!!!

Score of 1

I feel like Tom Hanks talking to a ball named Wilson.



Table Group Activity

Answer the following:

- 1) What are the primary causes of death in construction and rank the top five? (3 minutes)
- 2) What do you think are the some of the top factors/causes/issues that increase the risk of someone to begin considering or contemplating suicide? (3 minutes)
- 3) Based on answers in number 2, rank your answers on which ones you think are most relevant within the construction industry. (2 minutes)

The Elephant in the Room

Suicides, Not Accidents, Are the Biggest Killer in The Construction Industry



STEP 1 – RECOGNIZE THIS IS AN ISSUE

The Facts




It is a big issue in construction...

From the 2018 US Bureau of Labor Statistics

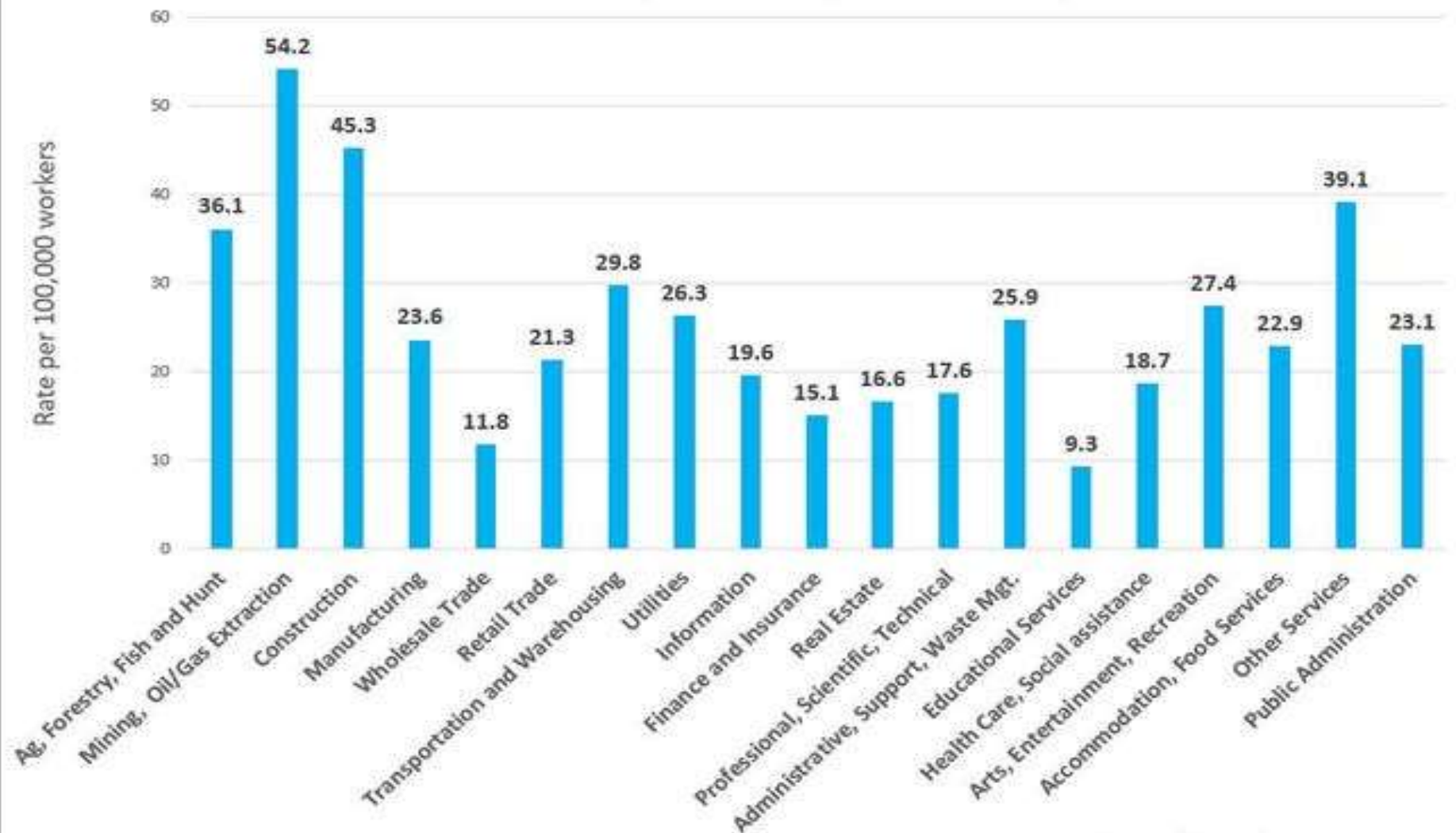
1,008 fatal work-related deaths
(equates to 9.5 per 100,000)

From the CDC most recent data for 2016,
Suicide Rates by Industry Report (published Jan 2020)

5,242 deaths by suicide
(equates to 49.4 per 100,000)



Suicide Rates by Industry and Occupation



Source: Centers for Disease Control and Prevention, 2016

By John Green/ The Hutchinson News

This data from the CDC shows suicide rates by occupation among all adult males in 2016. The data was published in January 2020. *Centers For Disease Control And Prevention*

Suicide Statistics from the



American
Foundation
for Suicide
Prevention

Suicide is the

12th

leading cause of death in the US

In 2020,

45,979

Americans died by suicide

In 2020, there were an
estimated

1.20M

suicide attempts

Suicide Statistics from the



American
Foundation
for Suicide
Prevention

Additional facts about suicide in the US

- The age adjusted suicide rate in 2020 was **13.48 per 100,000 individuals**.
- The rate of suicide is highest in **middle-aged white men**.
- In 2020, men died by suicide **3.88x more than woman**.
- On average, there are **130 suicides per day**.
- White males accounted for **69.68% of suicide deaths in 2020**.
- In 2020, firearms accounted for **52.83% of all suicide deaths**.

**93% of adults surveyed in the U.S.
think suicide can be prevented**

Suicide Statistics from the

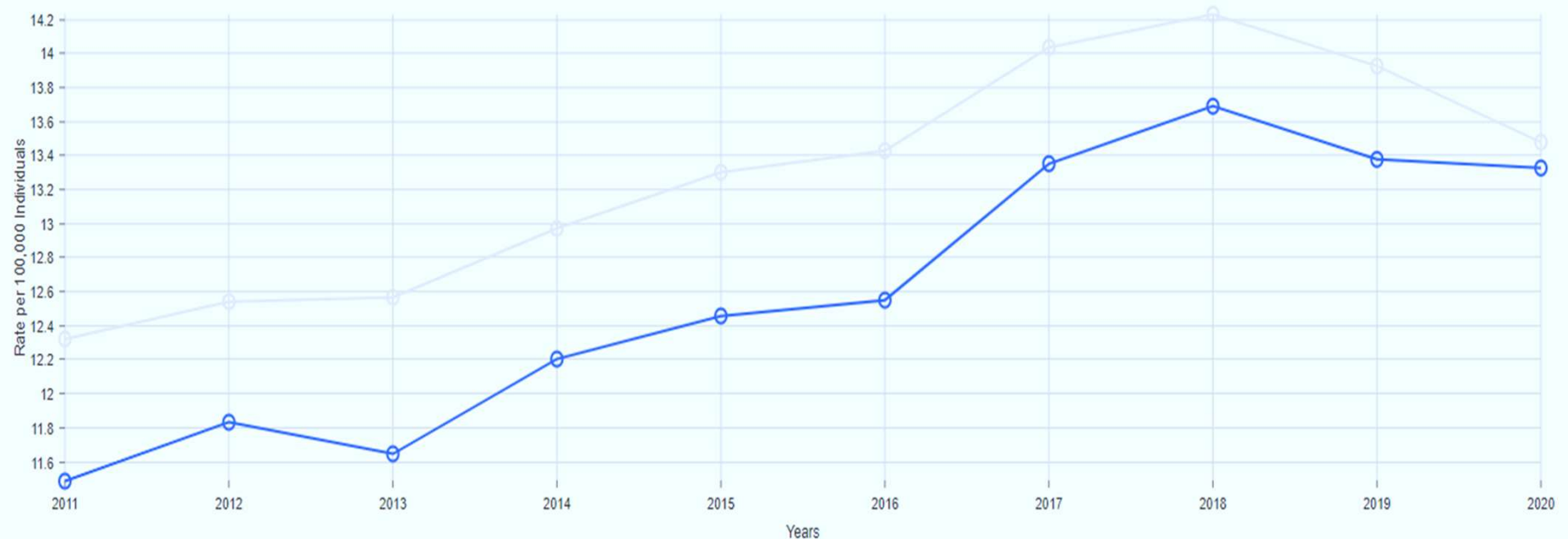


DEATHS BY SUICIDE PER 100,000 INDIVIDUALS STATE OF TEXAS

2018 – 13.69

2019 – 13.38

2020 – 13.33

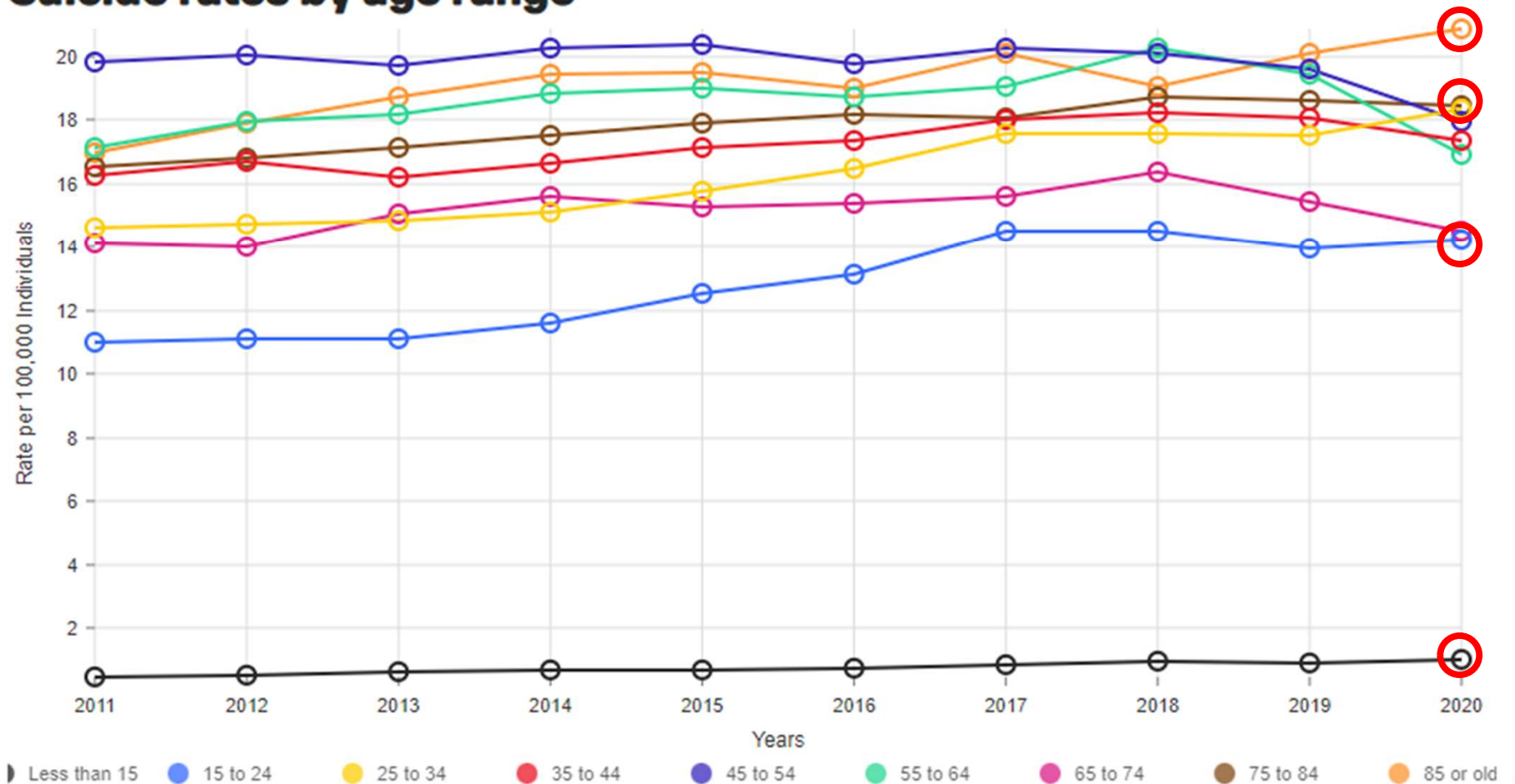


Suicide Statistics from the



American
Foundation
for Suicide
Prevention

Suicide rates by age range



Suicide Rates by Age Range

2020 INCREASE

- Less than 15
- 15 to 24
- 25 to 34
- 85 or older

2020 DECREASE

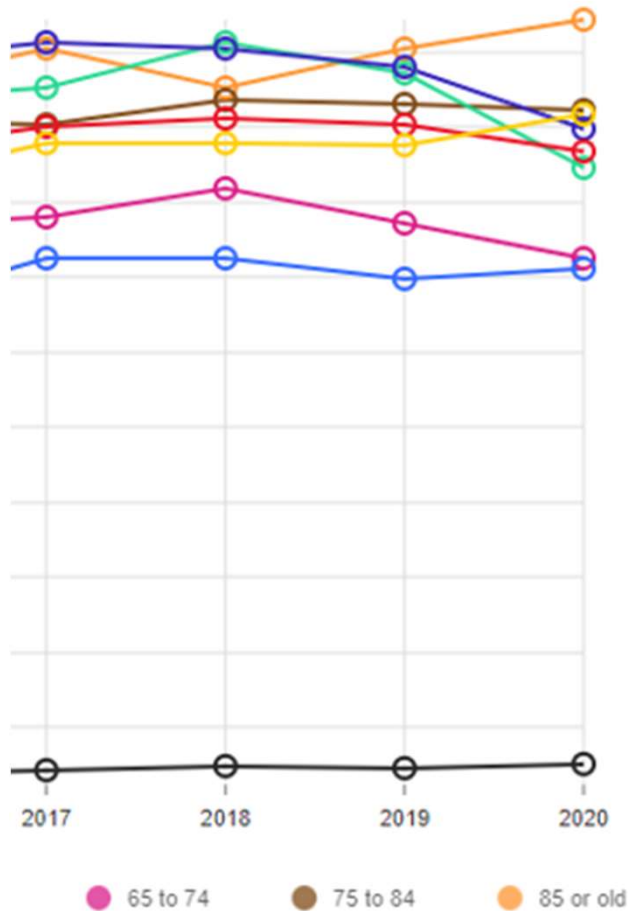
- Under 15
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 to 84

What is going on with the younger age group?

Average human brain doesn't reach full maturity until age 25, the preteen and teen years are a pivotal time for building identity, acquiring independence and forming intimate relationships. So, what's happening now during these key times to increase rates of suicide?

1. Weight of the World
2. School Violence, Bullying, and Discrimination
3. Social Media
4. Disconnected and Out of Resources

And what about the over 85?

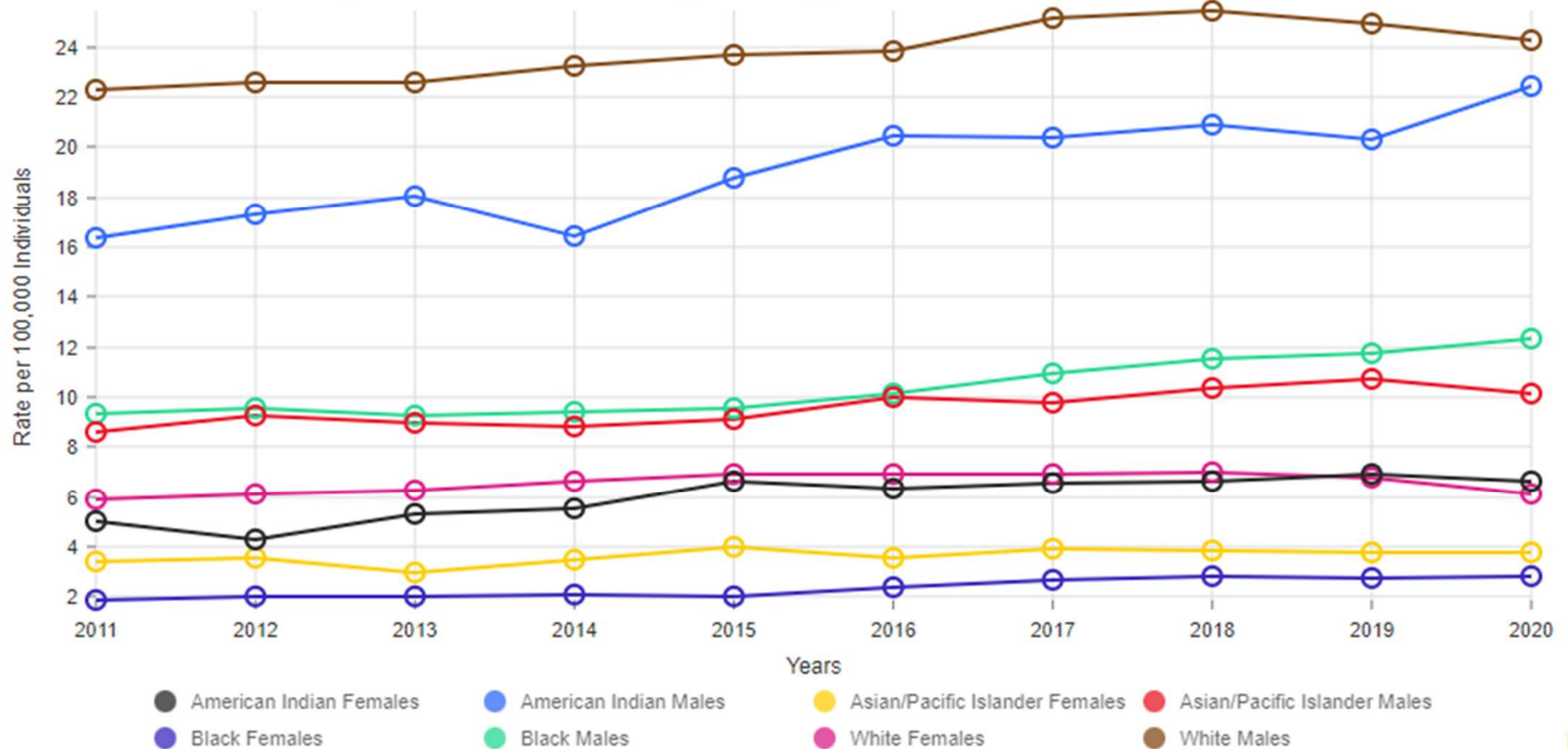


- Increased isolation
- Loss of loved ones
- Hopelessness

Suicide Statistics from the



Suicide rates by race/ethnicity and gender






We are all people
We all have challenges
We all handle them differently

What we are up
against both at
home

and within our
industry...



The New York Times

Where the Despairing Log On, and Learn Ways to Die

It has the trappings of popular social media, a young audience and explicit content on suicide that other sites don't allow. It is linked to a long line of lives cut short.

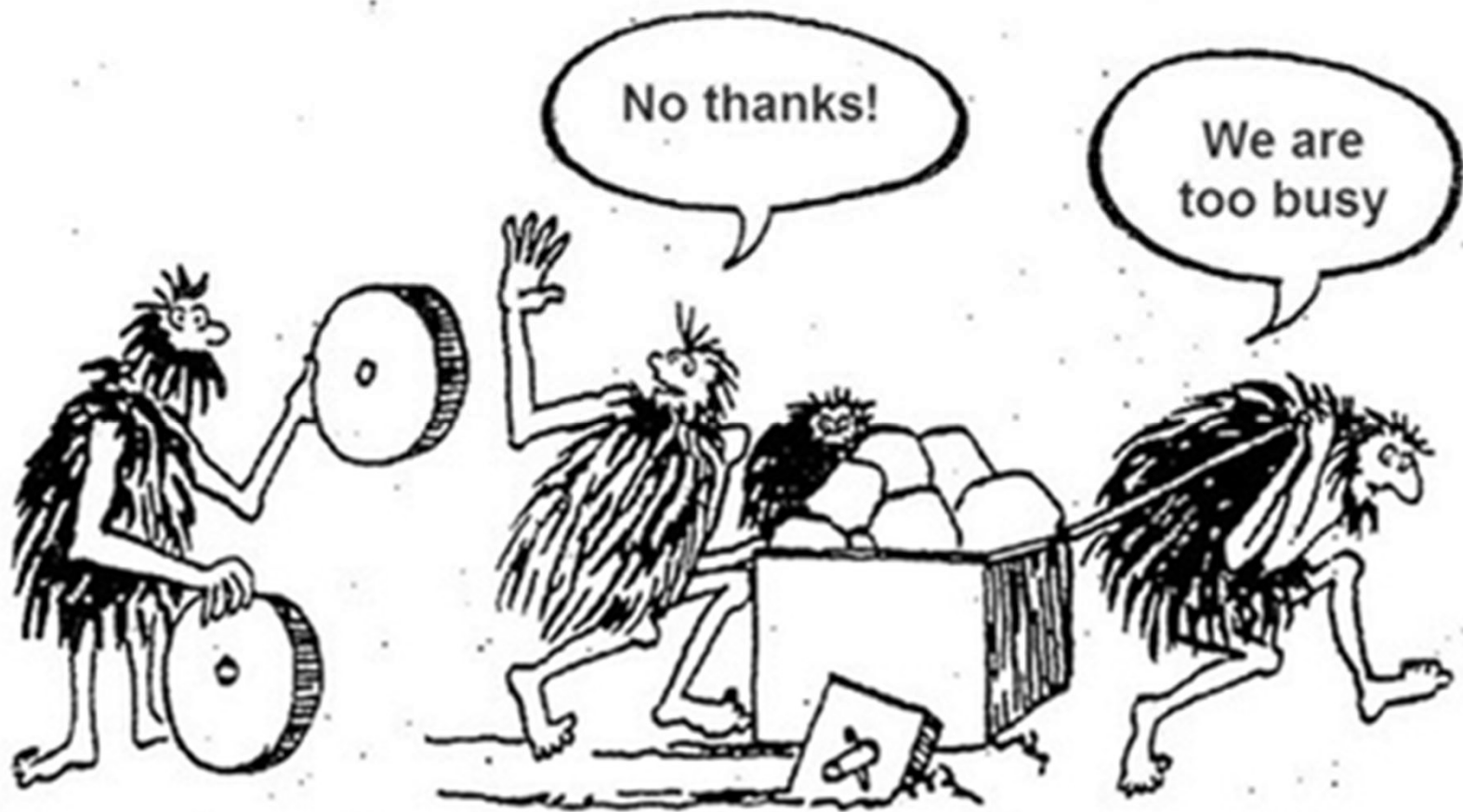
By Megan Twohey and Gabriel J.X. Dance
Dec. 9, 2021

Just do
something

Don't overthink it,
just do it. The more
time spent thinking
the less time spent
tackling the issue.



STEP 2: JUST DO SOMETHING



Seek out existing resources

DON'T RECREATE THE WHEEL

The CIASP

The Construction Industry Alliance for Suicide Prevention Has a Significant Number of Resources Available



➤ Topics Include

- Get Informed
- Integration – Getting Started
- Toolbox Talks
- Training
- Prevention
- Intervention
- Postvention
- Veterans
- Substance Abuse
- Covid 19 Resources

The CIASP – Getting Started

➤ Where to begin?

➤ Needs analysis and Integration Checklist

➤ Three level documentation

- Level 1 – Includes basic steps toward establishing a program to address employee mental health and suicide prevention
- Level 2 – Grows the initial steps into a deeper commitment to the process
- Level 3 – Outlines steps to create a company-wide culture to address mental health and suicide prevention

➤ Video Resources – Six Part Series

Training



&



BENEFITS OF LIVINGWORKS START TRAINING:

- Easy, effective online learning in as little as one hour at not cost to you
- Empowers employees to look out for each other
- Protects morale and costs by reducing the risk of suicide

What to do

- Ask
- Listen
- Encourage
- Connect

Just be there...



ASIA-PACIFIC

‘I’ll listen to you’: Marine contractor thwarts suicide attempt on Okinawa bridge


BY MATTHEW M. BURKE • STARS AND STRIPES • SEPTEMBER 3, 2021

CAMP FOSTER, Okinawa — A 52-year-old Okinawan man may have jumped to his death late last month had Marine Corps contractor Joe Ornauer not come along the bridge that day.

The man lost his job due to COVID-19, then his house and finally his family, Ornauer, 36, recalled Wednesday from his office at Camp Kinser, where he serves as an instructor for 3rd Marine Logistics Group’s indoor marksmanship simulator.

Start educating/build awareness

Select key individuals to lead the charge

- Ensure soft skill training (i.e. communications, leading others, etc.) is offered
 - Understand we are all different
 - Offer time to attend training classes regarding suicide prevention and mental health issues
 - Make it easy for employees to find them
 - Assist or lead tool-box talks regarding the subject
 - Give them the tools to lead others to professional help – we are not trained psychiatrist
 - Develop a train the trainer program to ensure the legacy of what has started will stay
- 

Understand Your EAP

- Most employees are not even aware of what an EAP is or if your Company even has one and benefits
- Companies should continuously evaluate potential insurance gaps that may exist between EAP and employees' needs for behavioral health
- Considerations on EAP selection:
 - Are mental health counselors within the network of insurance plan?
 - How comfortable are your providers in dealing with individuals with suicidal thoughts?
 - Do the providers go through continuing education to learn state-of-the-art suicide risk assessment and management strategies?
 - How do providers treat people with suicidal thoughts or suicidal grief effectively and collaboratively?

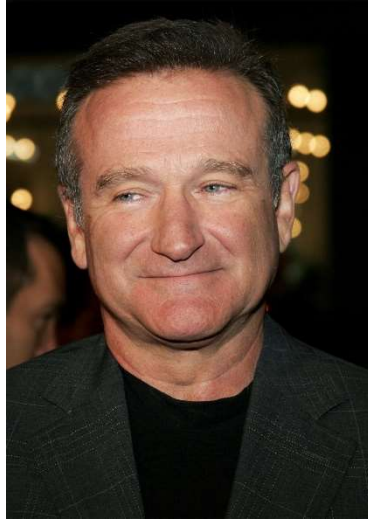
Not suited to lead a cultural change, but exist to help individual employees



Learn the warning signs

- Decrease in performance
- Decrease in problem solving
- Decrease in self confidence
- Decrease in productivity
- Increase in tardiness
- Increase conflict amount coworkers
- Increase in “near hit” incidents

The copy-cat effect?



The “cluster” or “contagion” effect

According to the National Suicide Prevention Lifeline when there is a prominent suicide, they see more suicides.

August 2014 – In the months following the death of Robin Williams – 10% Increase

August 1962 – In the month of the death of Marilyn Monroe – 12% Increase

UNDERSTAND
RESULTS MAY
NOT BE
VISIBLE

You are planting the
seed



STEP 3: EVALUATE RESULTS

Table Group Activity

At your table ponder the following:
(10 minutes)

- 1) Is your company taking steps to address the issue in the industry related to suicide prevention and mental health awareness? If so, what are you doing?
- 2) What are some of the first steps you would take if you were putting your program together again knowing what you know now, or if you are starting, what are some of the first steps you would do to get the program started?

Taking action


Start to create the culture

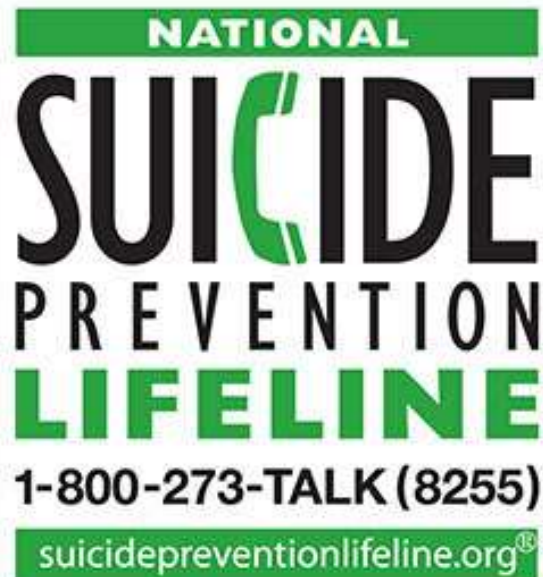
- Create a culture of caring and empathy. We are in this together.
- Does your company promote a culture where employees feel it is safe to talk about issues they may be having to their peers/supervisors?
- Would you be able to walk into your supervisor's room and feel like you could confide in that individual with a significant personal issue and be heard?
 - **This takes time**
 - **This takes training on listening skills and the importance of such.**
 - **For some, there may need to be training on empathy (men vs. women)**
 - **Communication skills and training for managers**
 - **Score yourself on how well you know your employees**
 - **Start toolbox talks to address the issue**

Think outside the box

Do you think that other trades working on job sites are willing to work together and take an initiative to tackle this issue? This is for everyone.

Does your company do a physical check to ensure the individual is physically fit to perform the task at hand? What about a mental check?





Before you leave

- Know who to call
 - Put this number in your phone
1-877-273-TALK (8255)
 - National Suicide Prevention Hotline
 - Or Text “Help” or “Contact” to 741-741 to receive a reply on how to connect to a counselor

What's next

- Volunteer

- Task force to be created within the CFMA to train individuals on the topic and assist other companies

- Companies can reach out to myself or Kelly Dando to get put on the list to receive assistance on starting a program

- Contact info:

Greg Brown, CPA CCIFP
Partner, Crowe LLP
214.777.5245
Greg.Brown@crowe.com

Kelly Dando
dfwcfma@gmail.com

Let's do something together





Thank you!
