

Suicide Prevention in the Construction Industry

A Life-saving Mission



Suicide Breaks All the Rules





PINE
REST Christian
Mental Health
Services

We have passion,
purpose and people
to live for.

Our lives matter.

#SurvivorsofSuicide

- 2.5X more deaths by suicide than by homicide
- 132 deaths by suicides per day
- Greatest risk is white males aged 45-54; then those over 75
- 78% of suicides are by men
 - 51% with guns
 - 25 attempts for every suicide
- 45% of individuals that have died by suicide have seen a primary care physician in the last month.

Completed Suicide Data

- States that have the lowest risk (Rhode Island, Connecticut, New York, DC) also have the highest per capita funding for mental health
- States that have the highest risk, (Nevada, New Mexico, Wyoming, Montana, Idaho, Alaska) have more limited access to mental health treatment
- 90% of those who die by suicide are suffering from a diagnosable mental health condition
- Alcohol plays a major role in completed suicides, in approx. 50% of completed suicides the individual has a blood alcohol level above the legal intoxication level



Construction Occupational Risks

- Construction workplace fatalities reduced from 15/100,000 in 2014 to 9.5/100,000 in 2017 (roughly 1/3)
- 45.3 per 100,000 workers
- > 5,000 per year
- 15 per day
- 3.5 X greater than the national average

Rates for Trades

1. Ironworkers = 79
2. Millwrights = 78.7
3. Brick/Block masons = 67.6
4. Roofers = 65.2
5. Laborers = 62
6. Carpenters = 54.7
7. Equipment Operators = 52.8
8. Construction Managers = 45.7
9. Electricians = 44 and trades first-line supervisors = 44

Construction Risk Factors

- White, middle-aged males have the highest rate
- Large number of veterans (1.5X higher than general population)
- Help-seeking shame
- Transient work hours and locations
- Chronic pain
- Alcohol and drug use

Impact of Chronic Pain

- *2020 saw >93,000 overdoses which is more than double the total number of suicides. (Don't know the percent of overdoses that were intentional...)*
- *More than doubled in past 5 yrs.*
- *70% of overdoses are opioid related; 73% of opioid overdoses are fentanyl*

Risk Factors



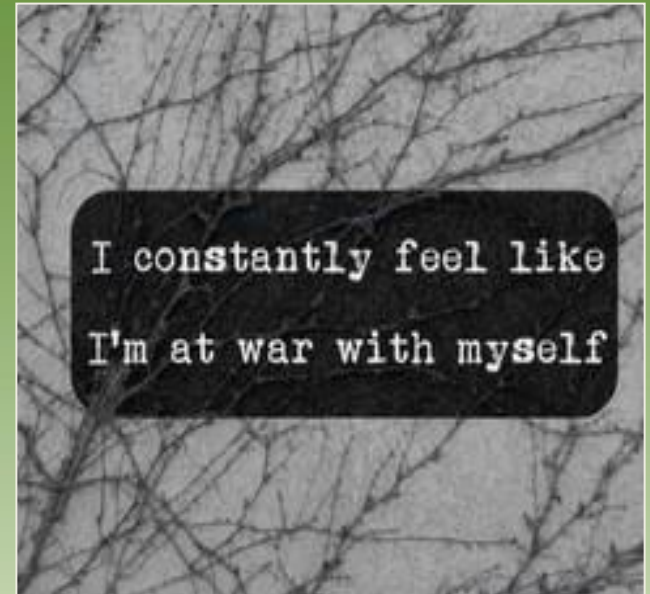
Identify Risk - Danger Signs

- **D**epression
- **A**lcohol
- **N**egativity
- **G**iving life away
- **E**strangement
- **R**age/Revenge



Identify Risk - Warning Signs

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide



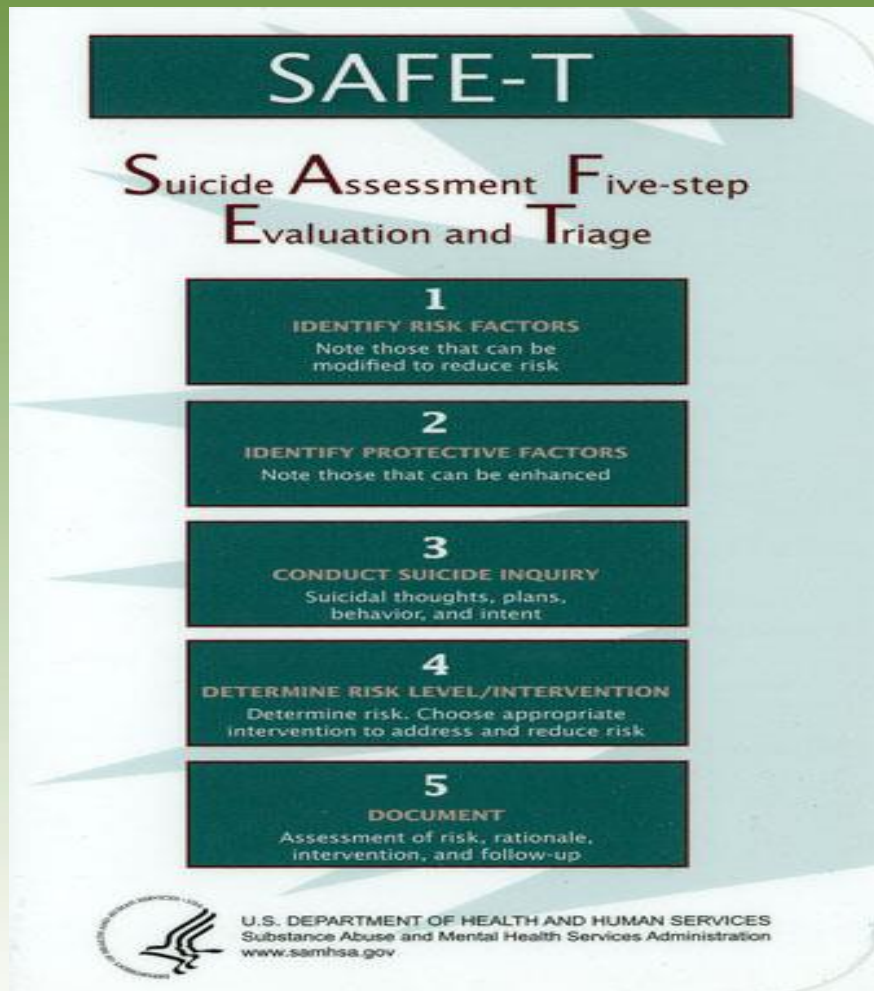
Suicide Assessment

- Past suicidal behavior
- Current/past psychiatric disorders
- Key symptoms – depression, impulsivity, hopelessness, anxiety, global insomnia, command hallucinations
- Family history
- Precipitants
- Change in treatment – discharge from a psych hospital
- Access to firearms

Suicide is About the Future; Not the Past

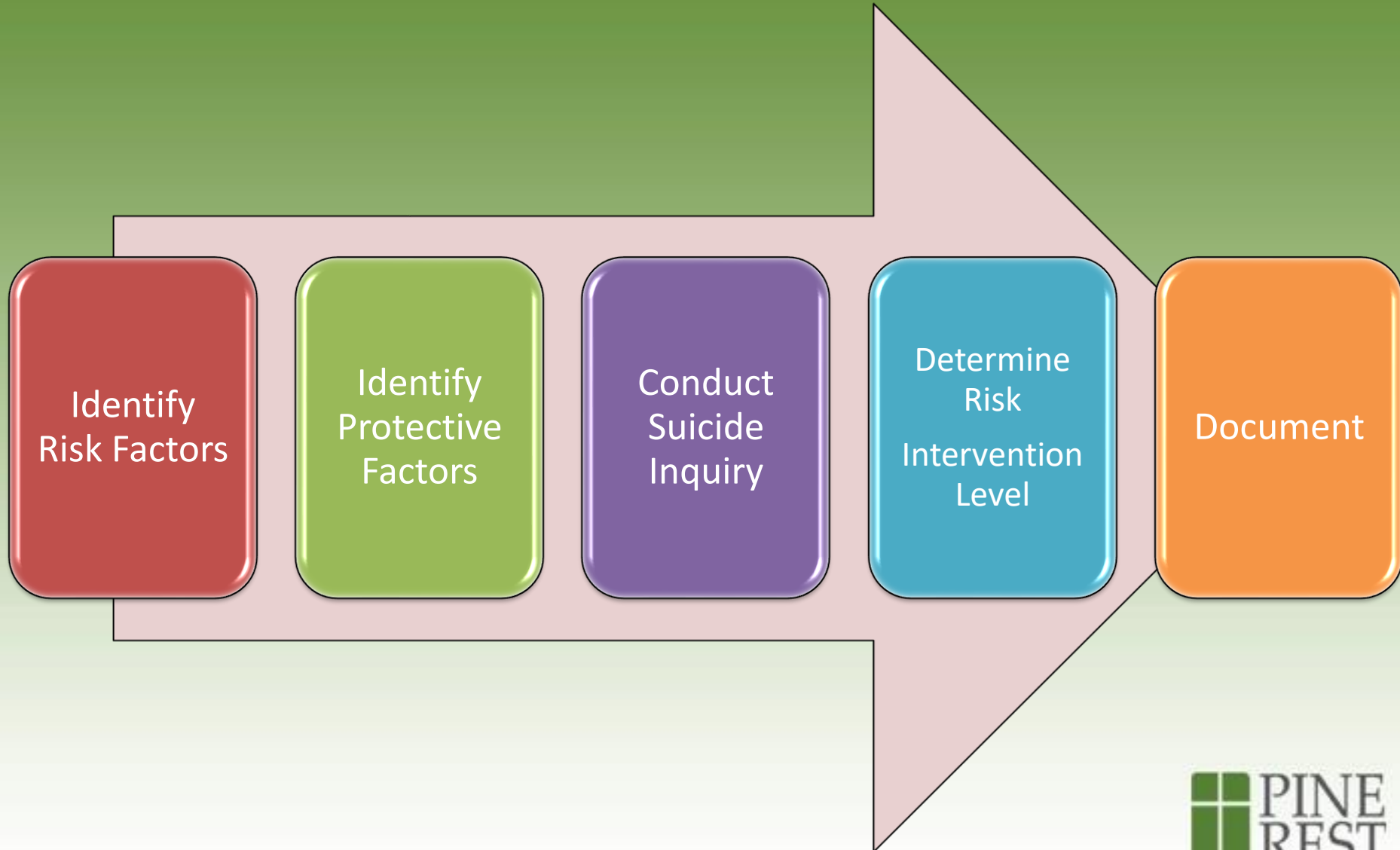


Protective Factors



- Internal
 - Ability to cope with stress
 - Religious beliefs
 - Frustration tolerance
- External
 - Responsibility to children or beloved pets
 - Positive therapy relationships
 - Social support

Screening - SAFE-T



Exercise

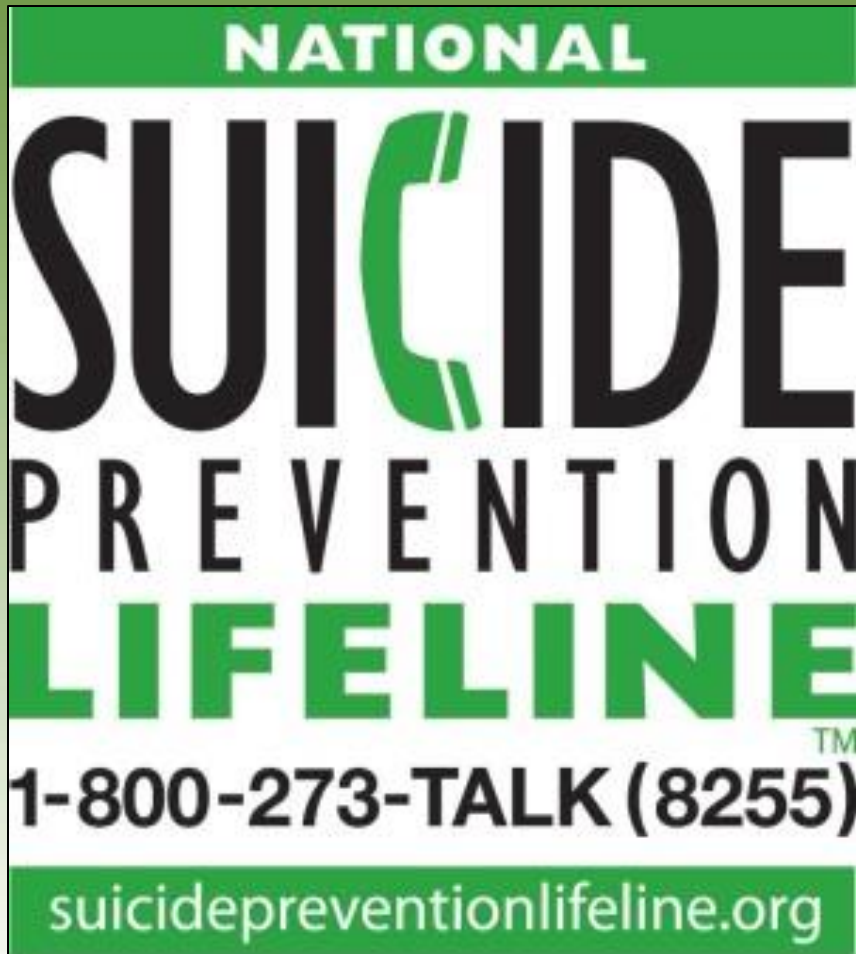
- Pair up
- Discuss:
Imagine yourself with any combination of the risk factors and trigger events plus an erosion of your protective factors.
- Who would you tell?
- What would you say?

What To Do

If someone you know exhibits warning signs of suicide:

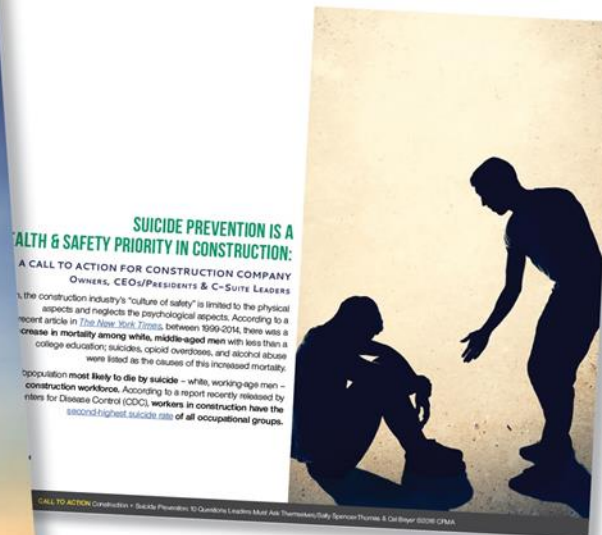
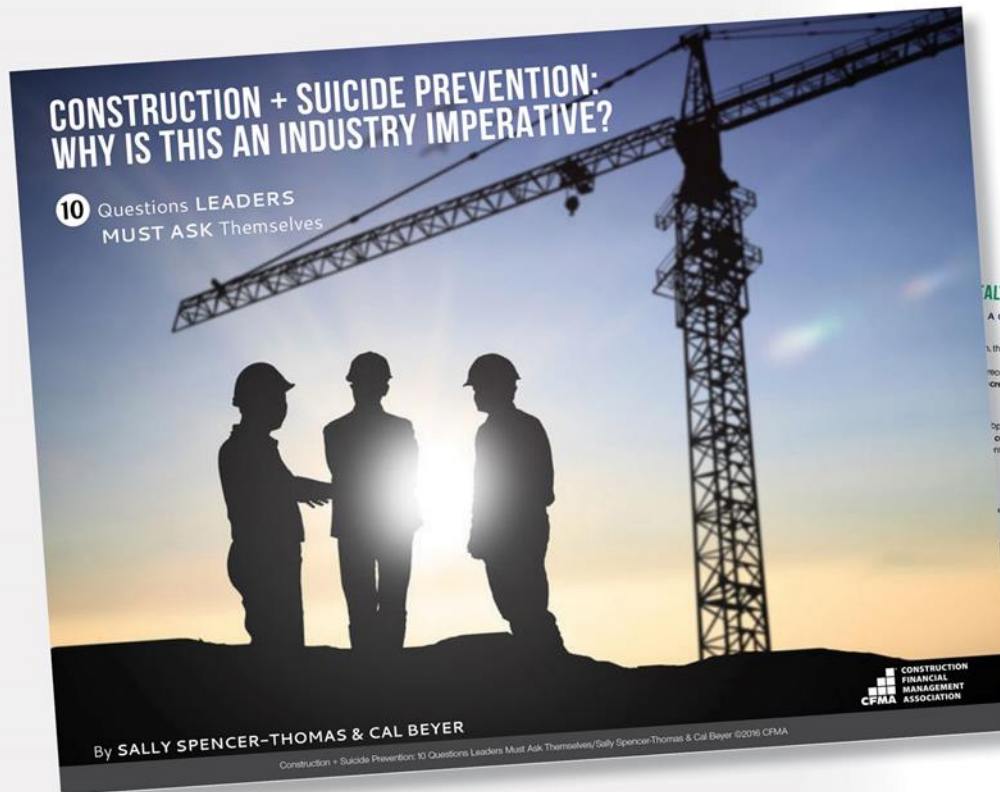
- ASK! QPR – Question, Persuade, Refer
- Do not leave the person alone
- Engage EAP
- TELL!
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255) or Crisis Text Line at 741741
- Take the person to an emergency room or seek help from a medical or mental health professional
- Call law enforcement

Resources

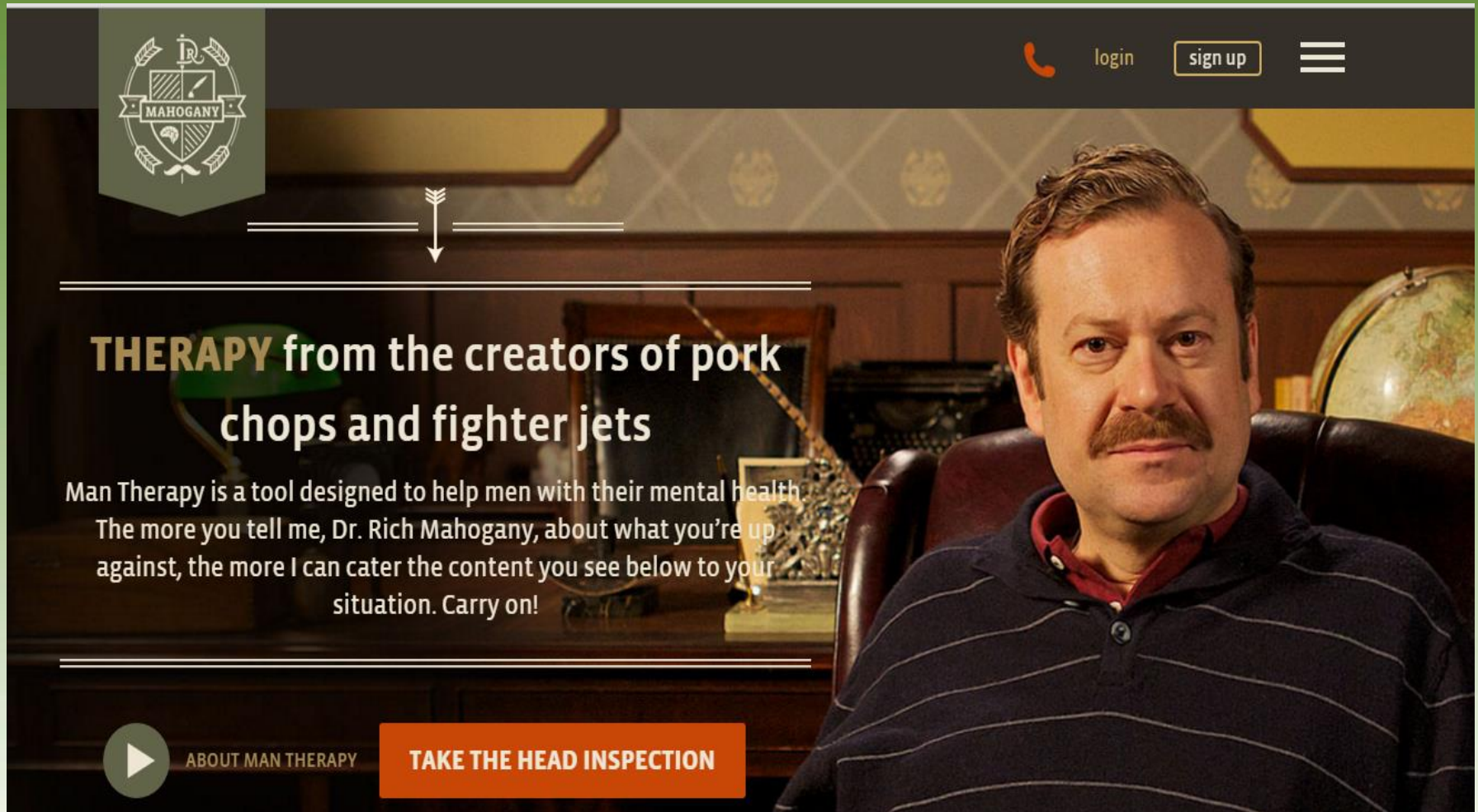


Text HOME
to 741741

for free, 24/7 crisis
support in the US.



Man Therapy



The banner features a background image of Dr. Rich Mahogany, a man with a mustache, sitting in a leather chair in a study. The website header includes a logo with a crest and the name 'MAHOGANY', a phone icon, 'login' and 'sign up' buttons, and a menu icon. The main text reads: 'THERAPY from the creators of pork chops and fighter jets'. Below this, a quote from Dr. Mahogany says: 'Man Therapy is a tool designed to help men with their mental health. The more you tell me, Dr. Rich Mahogany, about what you're up against, the more I can cater the content you see below to your situation. Carry on!'. At the bottom, there are two buttons: 'ABOUT MAN THERAPY' with a play icon and 'TAKE THE HEAD INSPECTION'.

MAHOGANY

login sign up

THERAPY from the creators of pork chops and fighter jets

Man Therapy is a tool designed to help men with their mental health
The more you tell me, Dr. Rich Mahogany, about what you're up against, the more I can cater the content you see below to your situation. Carry on!

ABOUT MAN THERAPY TAKE THE HEAD INSPECTION

Therapy. The Way A Man Does It

Exercise



- Pair up
- Maintain eye contact with your partner
- Say “I care about you enough to risk ticking you off. Your recent behavior concerns me. Are you thinking about killing yourself?”
- Switch roles

Contact Information

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