



# Mental Health

## Suicide Prevention in Construction Panel Discussion

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SEPTEMBER 2023

# Agenda

7:00 – 7:30 – Arrival and Mingling

7:30 am - Welcome – Frank Trujillo

7:35 - Room Intros

7:38 - Tres. Report - Martin

7:40 – Sponsor and Host recognition - Alex

7:45 – Panel Discussion - Rod

8:55 – 50/50

9:00 - Adjourn





# Member Introductions

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# Open Remarks

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FRANK



# Bruce & Martin's Report

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# Meeting Sponsor



**INNOVATIVE  
RENTAL SUPPLY**

Meeting Host



# Balfour Beatty



# Mental Health Suicide Prevention in Construction

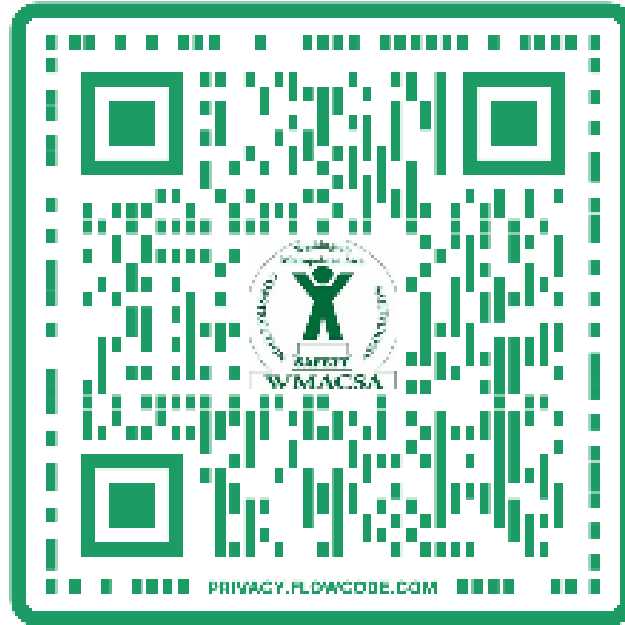
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PANEL DISCUSSION

# Submit Questions Here:



## SCAN HERE



## TO SUBMIT A QUESTION



# Rod Markley, CSP, CHST, CIT - Moderator

Rod currently serves as the Vice President of the Chesapeake Region Safety Council where he is responsible for strategic integration of the Council's Core Focus... Saving Lives and Preventing Injuries. He holds a BS in Occupational Safety and Health and is credentialed as a Certified Safety Professional (CSP). Rod has 32 years of experience specializing in developing safety and health management systems, delivering safety and health training; and changing company culture.

Additionally, Rod is certified as a Construction Health and Safety Technician (CHST) and Certified Instructor Trainer (CIT) by the Board of Certified Safety Professionals. Rod is a certified instructor with the National Safety Council teaching Advanced Safety Certificate courses and industry best practices. He is also a Qualified Instructor Trainer with the Mid Atlantic OSHA Training Institute Education Center.

Rod is certified in Mental Health First Aid and has coordinated with the Mental Health Association of Maryland and the National Safety Council for Mental Wellbeing to increase training opportunities in our Region. He has been instrumental in the creation of the Whole Worker Health certificate program being offered by the Chesapeake Region Safety Council.



## Sonya Bohmann – Panelist

Sonya Bohmann is the Executive Director for the Construction Industry Alliance for Suicide Prevention a 501 c (3) that was started in 2018.

Our mission is to provide and disseminate information and resources for suicide prevention and mental health promotion in construction with the goal of creating a zero-suicide industry.





## Nick Robins – Panelist

Nick has been with Lendlease for over 20 years with 30 years' experience in EH&S in the Real Estate field across the Construction, Development and Investment space. Nick believes that our wellbeing, including mental health, is equally important as our physical safety and this has been reflected in everything he has done and is doing.

He is actively involved in Mental Health and wellbeing, currently leading the Mental Health and Suicide Prevention Steering Committee for Lendlease and representing them on the Board of the Construction Industry Alliance for Suicide Prevention (CIASP).



## Mack Hobbs – Panelist

Passionate about improving employee access to behavioral health care resources and building cultures of well-being in the workplace, Mac works with organizations to proactively and reactively address behavioral risks.

Mac consults with business leaders on their workplace behavioral health and well-being needs and provides strategic solutions that support business goals and produce positive outcomes for employees and the organization.

Since coming to BHS in 2013, Mac has served client and strategic partners in various roles, including program development and management, business development, program oversight and relationship management.

Additionally, Mac has more than 25 years of experience in all areas of client partnership development and relationship management.

Mac holds a bachelor's degree from Denison University. During his free time, he enjoys volunteering to support residents of homeless shelters through Back on My Feet, a national organization that uses running and peer support to get people back on their feet.



## Ned Fitters – Panelist

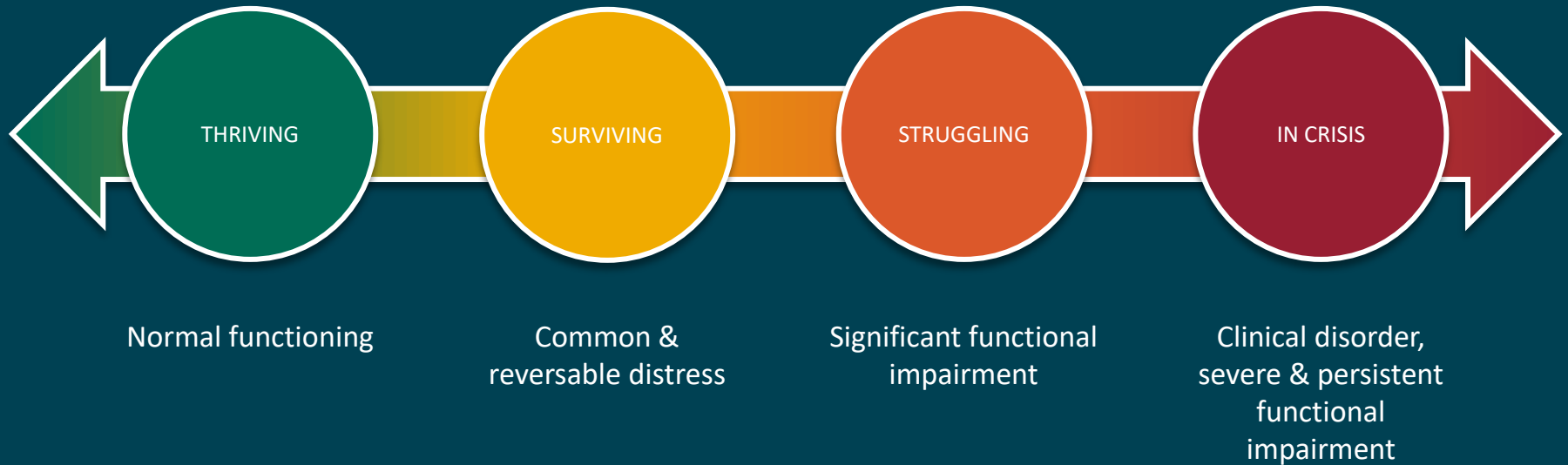
Mr. Fitter is a Safety and Occupational Health professional with over 20 years of experience developing and managing safety and health programs, and directing operational application of those programs in nuclear, industrial, and public settings. His work in the construction safety field spans masonry, bridge, heavy highway, heavy civil, demolition, railway, marine, and building contractors. Mr. Fitter is also an inspiring advocate for mental health education and awareness in the workplace. A passion rooted in his own personal experience as a paramedic in the fire department, he has successfully integrated mental health as a key component of safety culture, providing resources for supporting people in crisis and helping to remove the stigma around mental health challenges. Mr. Fitter is the Safety Director at Telligent Masonry and currently serves in key roles on multiple safety boards.



# The Mental Health Continuum

We ALL Have Mental Health

Where We Are on the Continuum Depends Upon Many Factors



Sonya & Mack



Looking at the history of mental health and suicide in construction, what do we currently know about mental health and suicide in construction?

Nick & Ned



Based on what we know, what are we currently doing to manage mental health and suicide in construction?



## All Panelists

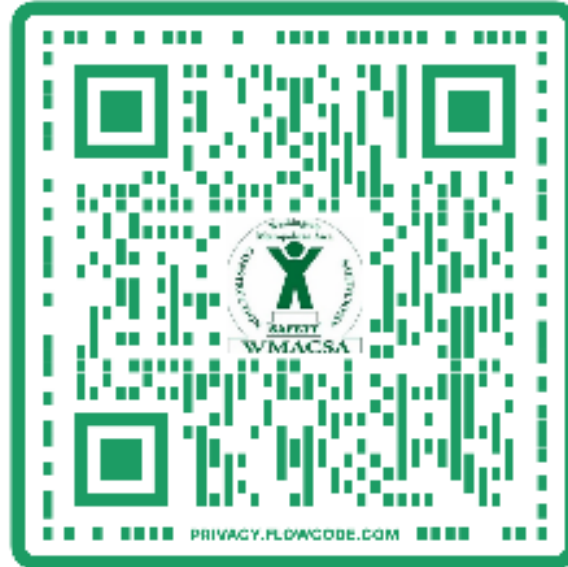
Looking to the future, what can we do as an industry to manage mental health and suicide in construction?

What resources are available?

# Questions From the Group!



**SCAN HERE**



**TO SUBMIT A QUESTION**

# Resources



SCAN TO





# October Meeting: Wednesday October 11, 2023

Topic: *Ethics in Construction for the Safety Professional*

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DAVIS CONSTRUCTION— ROCKVILLE MD

BREAKFAST MEETING



# Raffle – 50/50

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RYAN & MARTIN



# Thank you

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DRIVE SAFE