COMMUNICATE
COMMIT
DELIVER

2018
DR. SALLY SPENCER-THOMAS

Professional Speaker &
Impact Entrepreneur
RESILIENCE & SUICIDE PREVENTION
THE OFFICE OF

MAHOGANY

MAN THERAPIST
WHY SUICIDE PREVENTION IN CONSTRUCTION/EXTRACTION?

• #2 highest industry for suicide rates
• #1 for highest numbers

## OCCUPATIONAL RANK FOR HIGHEST RATES OF SUICIDE DEATHS

<table>
<thead>
<tr>
<th>RANK</th>
<th>OCCcupation</th>
<th>Rate PER 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Farming, Fishing, and Forestry</td>
<td>84.5</td>
</tr>
<tr>
<td>2</td>
<td>Construction and Extraction</td>
<td>53.3</td>
</tr>
<tr>
<td>3</td>
<td>Installation, Maintenance, and Repair</td>
<td>47.9</td>
</tr>
<tr>
<td>4</td>
<td>Production</td>
<td>34.5</td>
</tr>
<tr>
<td>5</td>
<td>Architecture and Engineering</td>
<td>32.2</td>
</tr>
<tr>
<td>6</td>
<td>Protective Service</td>
<td>30.5</td>
</tr>
<tr>
<td>7</td>
<td>Arts, Design, Entertainment, Sports, Media</td>
<td>24.3</td>
</tr>
<tr>
<td>8</td>
<td>Computer and Mathematical</td>
<td>23.3</td>
</tr>
<tr>
<td>9</td>
<td>Transportation and Material Moving</td>
<td>22.3</td>
</tr>
<tr>
<td>10</td>
<td>Management</td>
<td>20.3</td>
</tr>
</tbody>
</table>

### General Population

12/100,000

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WHY THE CONSTRUCTION INDUSTRY?: DEMOGRAPHICS

- 97.4% of US Construction work force is male
- 56.9% of U Caucasian work force is Caucasian
White, middle-aged men aged 45-54 years old with less than a college education

• 22% increased mortality due to suicides, substance abuse and alcohol addiction

Source: New York Times article (11/2/15) citing study by Nobel Peace Prize winner in Economics
WHY THE CONSTRUCTION INDUSTRY?: RISK FACTORS

- Stoic, “old school” & “tough guy” culture
- Fearlessness and “thrill seeking”
- Promotion of supervision without leadership training
- Family separation and isolation with travel
- Sleep disruption/deprivation due to shiftwork
- Seasonal layoffs and end of project furloughs
WHY THE CONSTRUCTION INDUSTRY?: RISK FACTORS

- Tolerant culture of alcohol & substance abuse
- Chronic pain
  
  *Industry with highest use of prescription opioids*
- Pressure (schedule, budget & quality)
- Access to lethal means
- Skills gap to do something else; trapped in job with no way out and needing to provide for family
HEALTH AND SAFETY ISSUE

- Distraction
- Impaired perception and judgment
- Fatigue
- Mental health and physical health intertwined

@sspencerthomas
WHY CONSTRUCTION?
HIGH READINESS

Zero Incidents
→ Zero Suicide
MINDSET: SAFETY 24/7

“My Brother’s Keeper”

- Work, Home & Play
- Personal responsibility & crew accountability
- Union mindset “I got your back”
PROMOTE MENTAL HEALTH
WHOLE POPULATION

MINIMIZE RISK
AT-RISK POPULATIONS

INCREASE HELP-SEEKING
DISTRESSED INDIVIDUALS

RESTRICT LETHAL MEANS &
TREAT DISORDERS
PEOPLE THINKING ABOUT SUICIDE

MANAGE CRISIS
SUICIDE ATTEMPTS & DEATHS
What is Mental Resiliency?
What is Mental Resiliency?

Mental Muscle

Strength
Endurance
Flexibility
The Paradox of Perfection
The Paradox of Perfection
Suffering and the Human Condition

2 out of five undergraduates report being so overwhelmed that it is difficult to function and that mental health issues had impacted their academic performance during the past four weeks.

more than half of college students report having at least one episode of suicidal thinking at some point in their lives.
Each of us is on a hero’s journey, and we come to learn to transform our wounds into a source of power.
Model of Suicide Risk

- Perceived Burdensomeness
- Thwarted Belongingness
- Acquired Capacity for Suicide
- High risk for suicide completion or serious attempt

Desire for suicide

Thomas Joiner's model of suicide risk, 2006
Be bold.
Belong.
Be well.
Believe.
“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?”
Marianne Williamson
A Jump into the Abyss
Belong.
Together we are better.
Social Isolation
(Build a Safety Net)

Breadth and depth of connectivity
True social networks shrinking
Be well.
Be well.

Physical Wellness
Be well.

Cognitive Wellness
Be well.

Social & Emotional Wellness
Be well.
Be well.

- Physical Wellness
- Spiritual Wellness
- Cognitive Wellness
- Social & Emotional Wellness
Believe.
You Just Never Know What is on The Other Side of Distress
Famous leaders with dark nights of the soul.

- Sir Isaac Newton
- Marie Curie
- Winston Churchill
- Terry Bradshaw
- Mike Wallace
We can learn a few things from our fine feathered friends…
Oh @*\&\%*!
UP ON THE HIGH WIRE

Sally Spencer-Thomas
www.SallySpencerThomas.com
Conference Evaluation

- Please complete this Breakout Session Evaluation available on the PINP Conference App

- Scroll to the bottom of each session in the Conference App to access the evaluation