

#PINP18



COMMUNICATE COMMIT DELIVER

2018





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Professional Speaker &
Impact Entrepreneur

RESILIENCE & SUICIDE PREVENTION







Carson Spencer 1969-2004



THE OFFICE OF



MAN THERAPIST

@sspencerthomas #ManTherapy

WHY SUICIDE PREVENTION IN CONSTRUCTION/EXTRACTION?

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



Flickr Marc Falardeau

CDC OCCUPATION AND SUICIDE (2016)

OCCUPATIONAL RANK FOR HIGHEST RATES OF SUICIDE DEATHS



Flickr Alan Levine

RANK	OCCUPATION	RATE PER 100,000
1	FARMING, FISHING, AND FORESTRY	84.5
2	CONSTRUCTION AND EXTRACTION	53.3
3	INSTALLATION, MAINTENANCE, AND REPAIR	47.9
4	PRODUCTION	34.5
5	ARCHITECTURE AND ENGINEERING	32.2
6	PROTECTIVE SERVICE	30.5
7	ARTS, DESIGN, ENTERTAINMENT, SPORTS, MEDIA	24.3
8	COMPUTER AND MATHEMATICAL	23.3
9	TRANSPORTATION AND MATERIAL MOVING	22.3
10	MANAGEMENT	20.3

GENERAL POPULATION 12/100,000

ⁱⁱ Source: McIntosh WL, Spies E, Stone DM, Lokey CN, Trudeau AT, Bartholow B. Suicide Rates by Occupational Group — 17 States, 2012. MMWR Morb Mortal Wkly Rep 2016;65:641–645. DOI: <http://dx.doi.org/10.15585/mmwr.mm6525a1>.

WHY THE CONSTRUCTION INDUSTRY?: DEMOGRAPHICS

- **97.4% of US Construction work force is male**
- **56.9% of U
Caucasian**



work force is

“MEN IN THE MIDDLE” PHENOMENON



Flickr Robert Couse-Baker

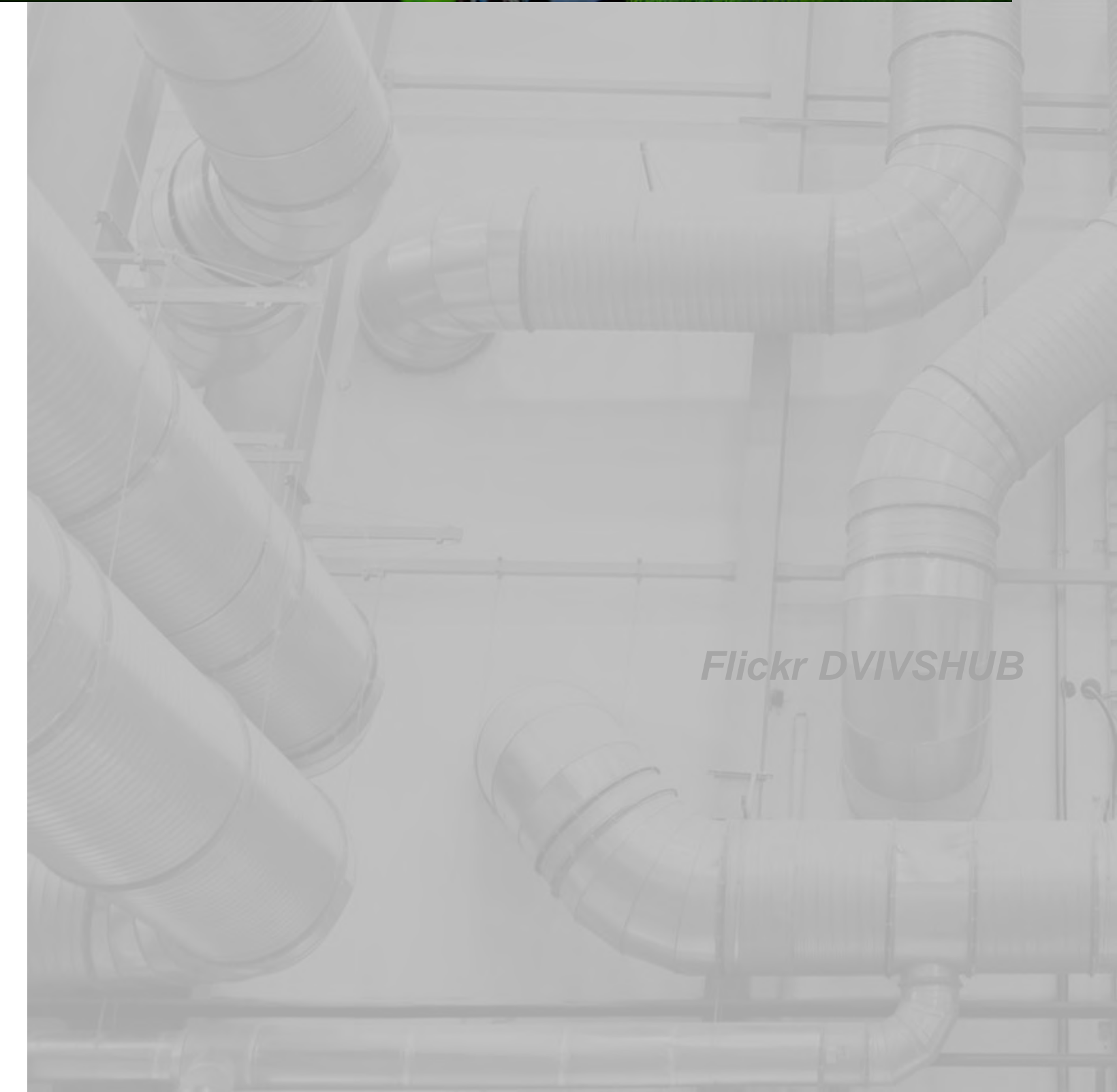
White, middle-aged men aged 45-54 years old with less than a college education

- *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



Flickr DVIVSHUB

WHY THE CONSTRUCTION INDUSTRY?: RISK FACTORS



Flickr istoletv

- 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



AP Photo / Khalid Mohammed

@SSpencerThomas

The Paradox of Perfection



The Paradox of Perfection





The background of the slide is a reproduction of the painting 'The Scream' by Edvard Munch. It depicts a figure in the center with a pale, greenish-yellow face, wide-open mouth in a scream, and hands raised to their ears. The background is a turbulent, swirling sea of blue and red, with a dark, stormy sky above. The overall mood is one of intense emotional suffering and mental anguish.

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

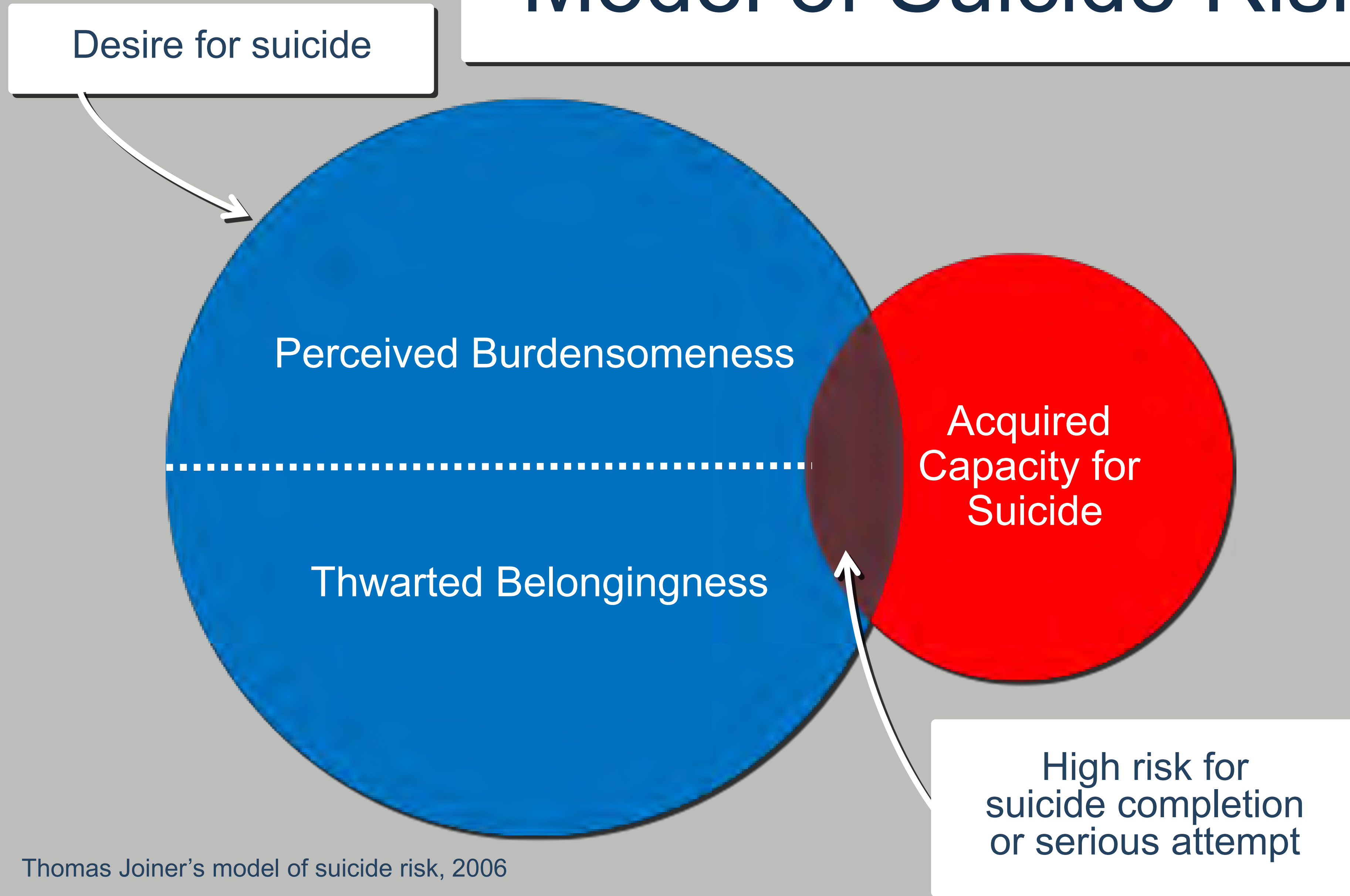
of college students report having at least one episode of suicidal thinking at some point in their lives

Suffering and the Human Condition

The background of the slide is a reproduction of the painting 'The Scream' by Edvard Munch. It depicts a figure in the center with a pale, yellowish-green face and a wide-open mouth in a scream, set against a turbulent, dark blue and red sky. The overall mood is one of intense emotional suffering and mental anguish.

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



Thomas Joiner's model of suicide risk, 2006

Be bold.

Belong.

Be well.

Believe.



Be bold.

Feel the Fear and Do it Anyway



“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?”

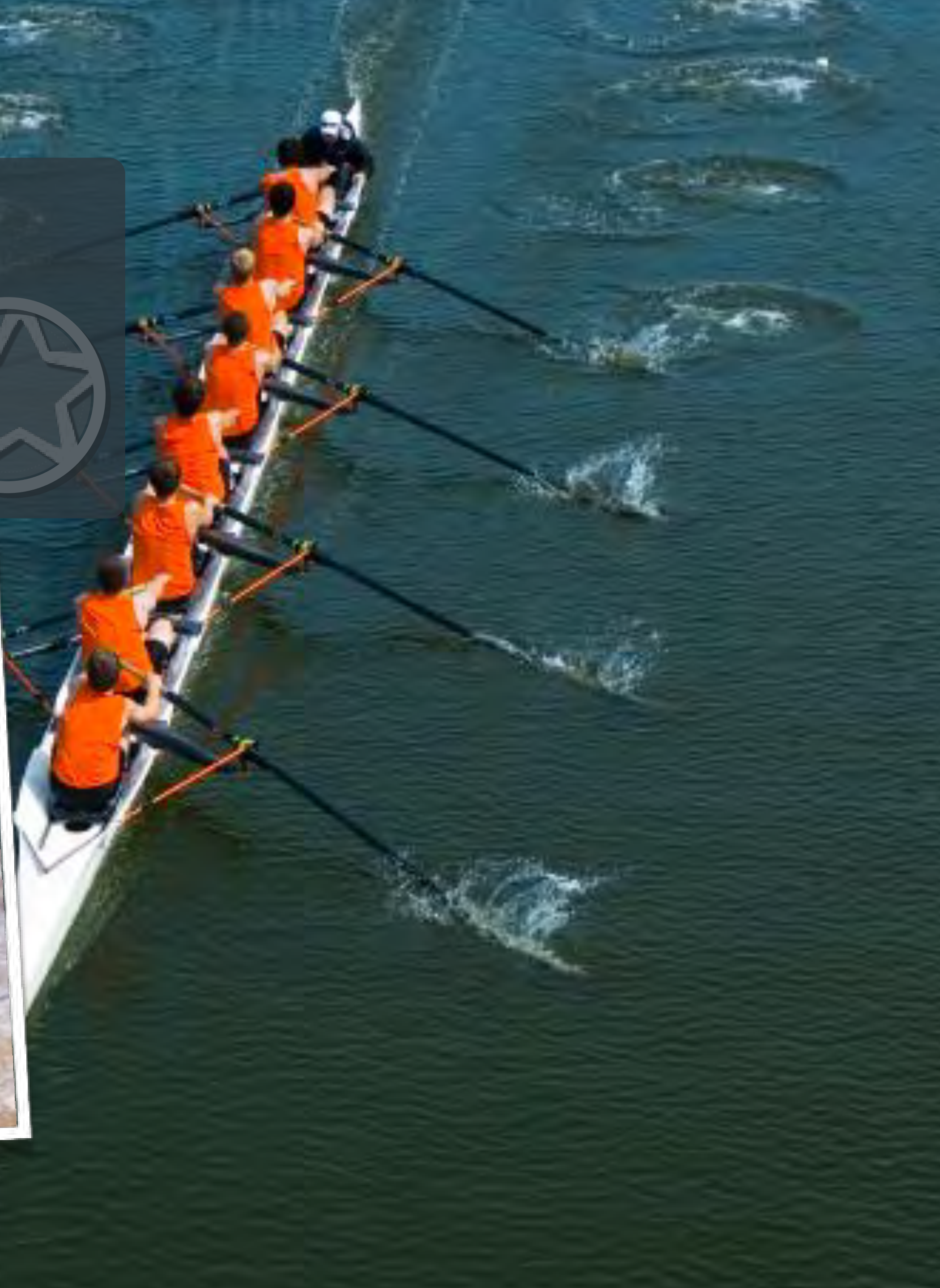
Marianne Williamson





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

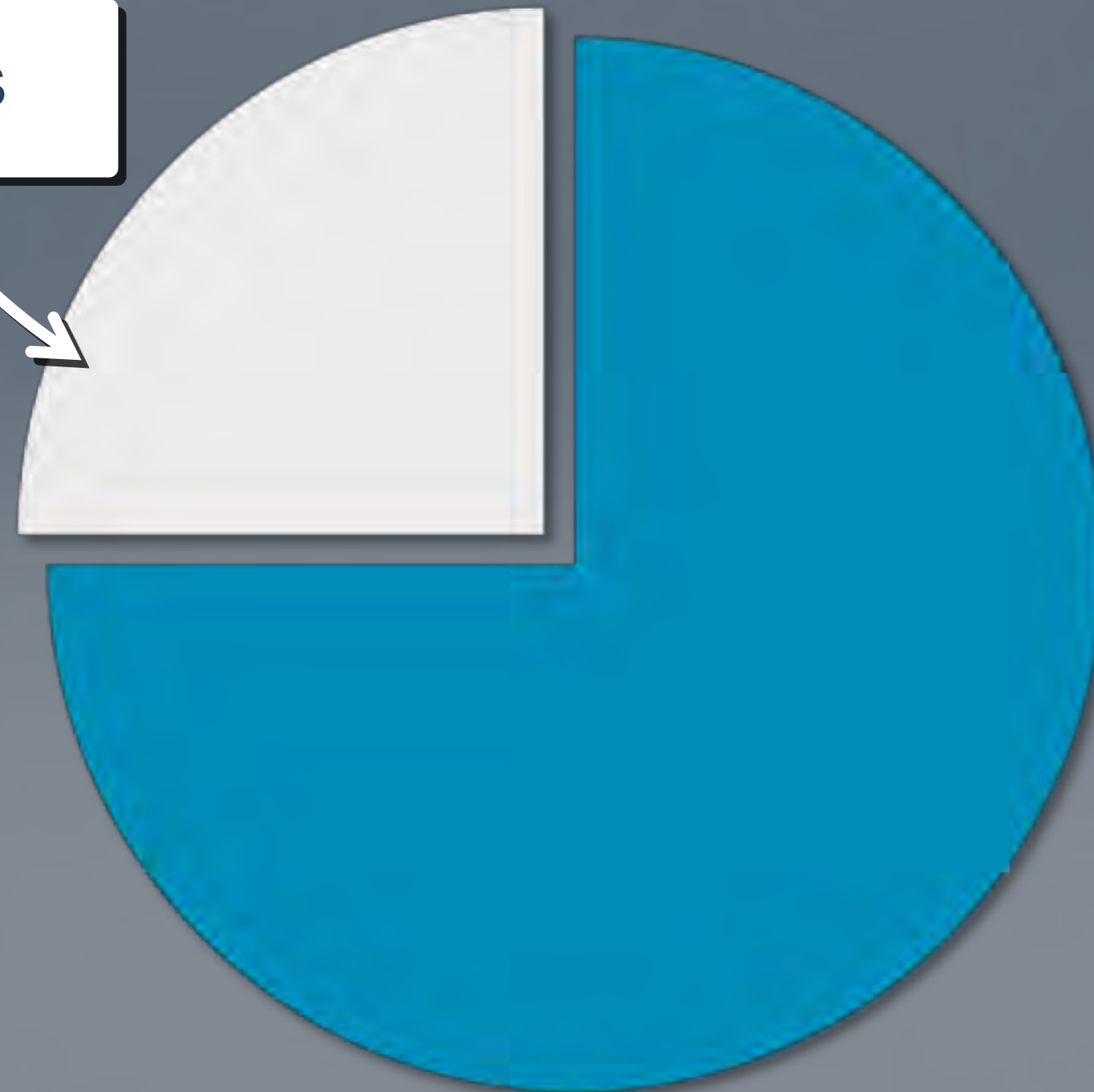
Be well.



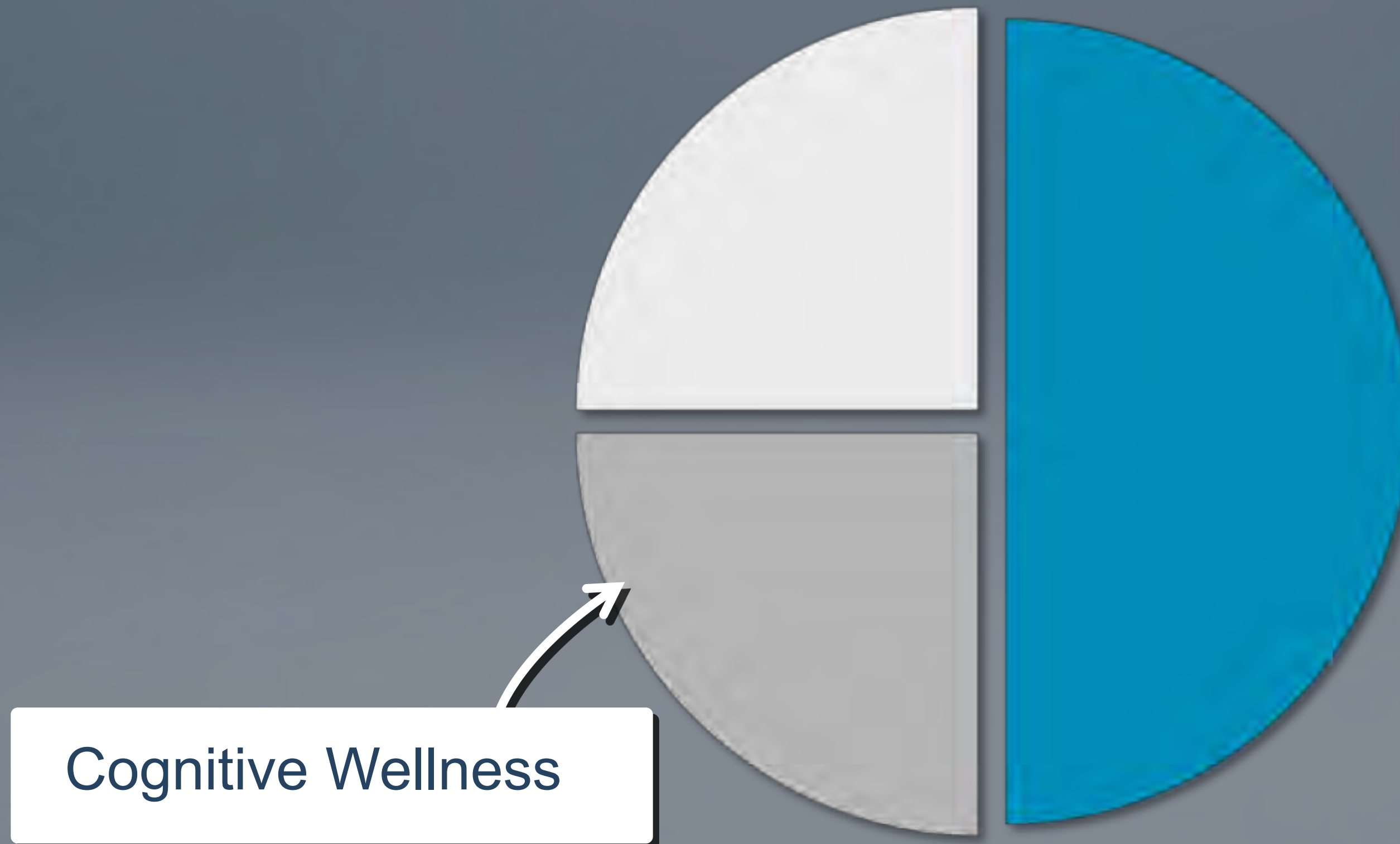
Be well.



Physical Wellness

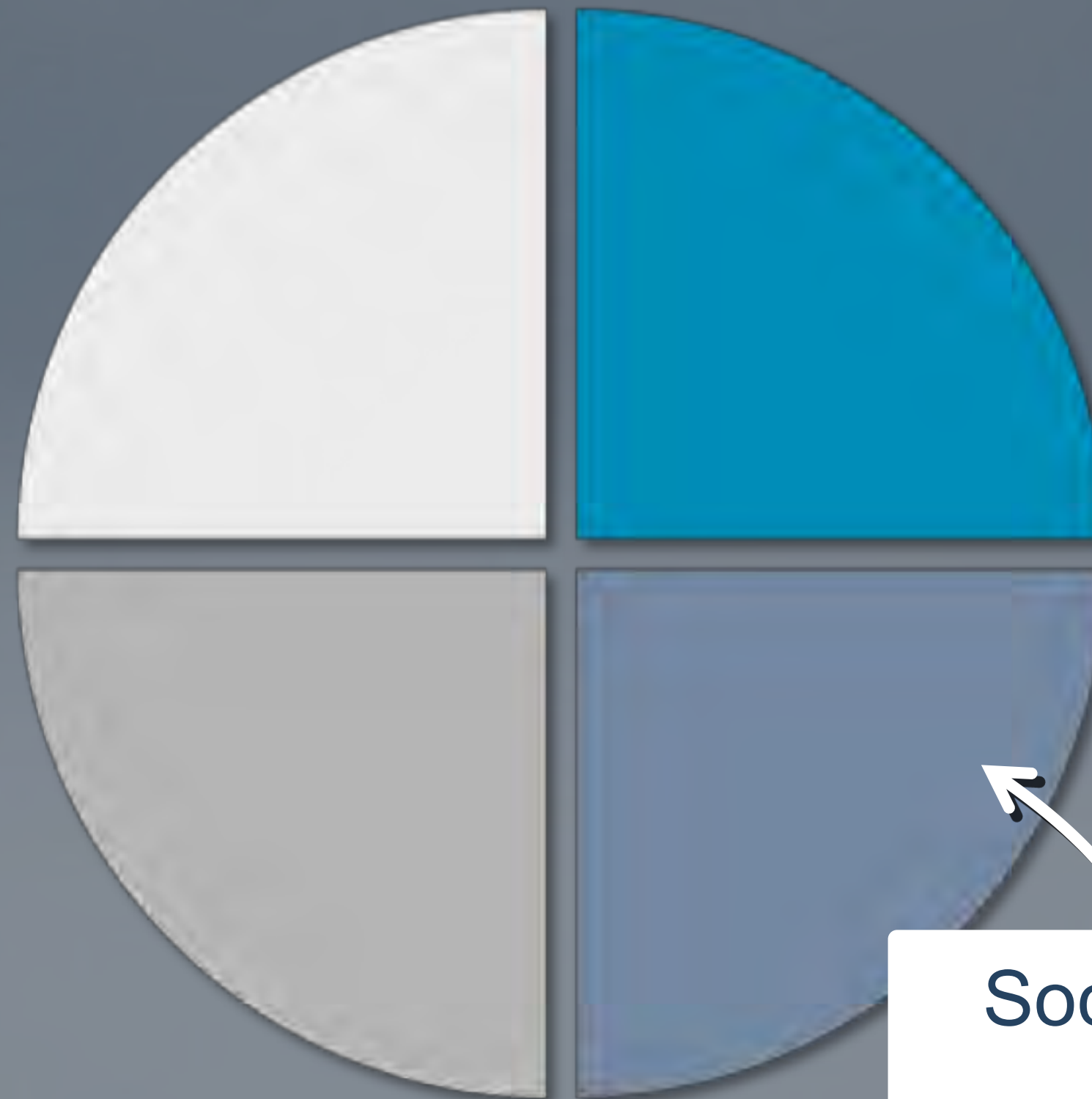


Be well.



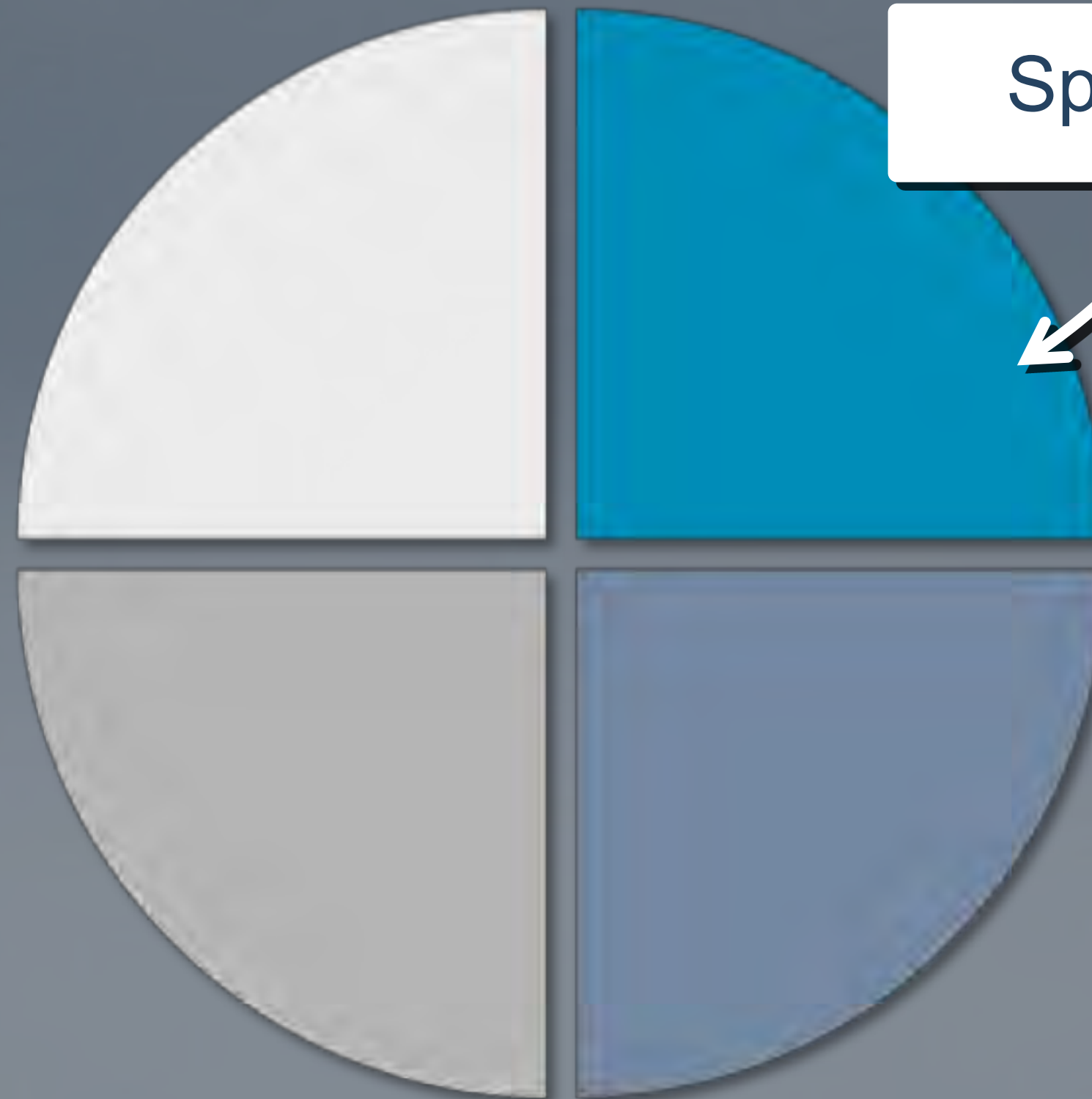
Cognitive Wellness

Be well.



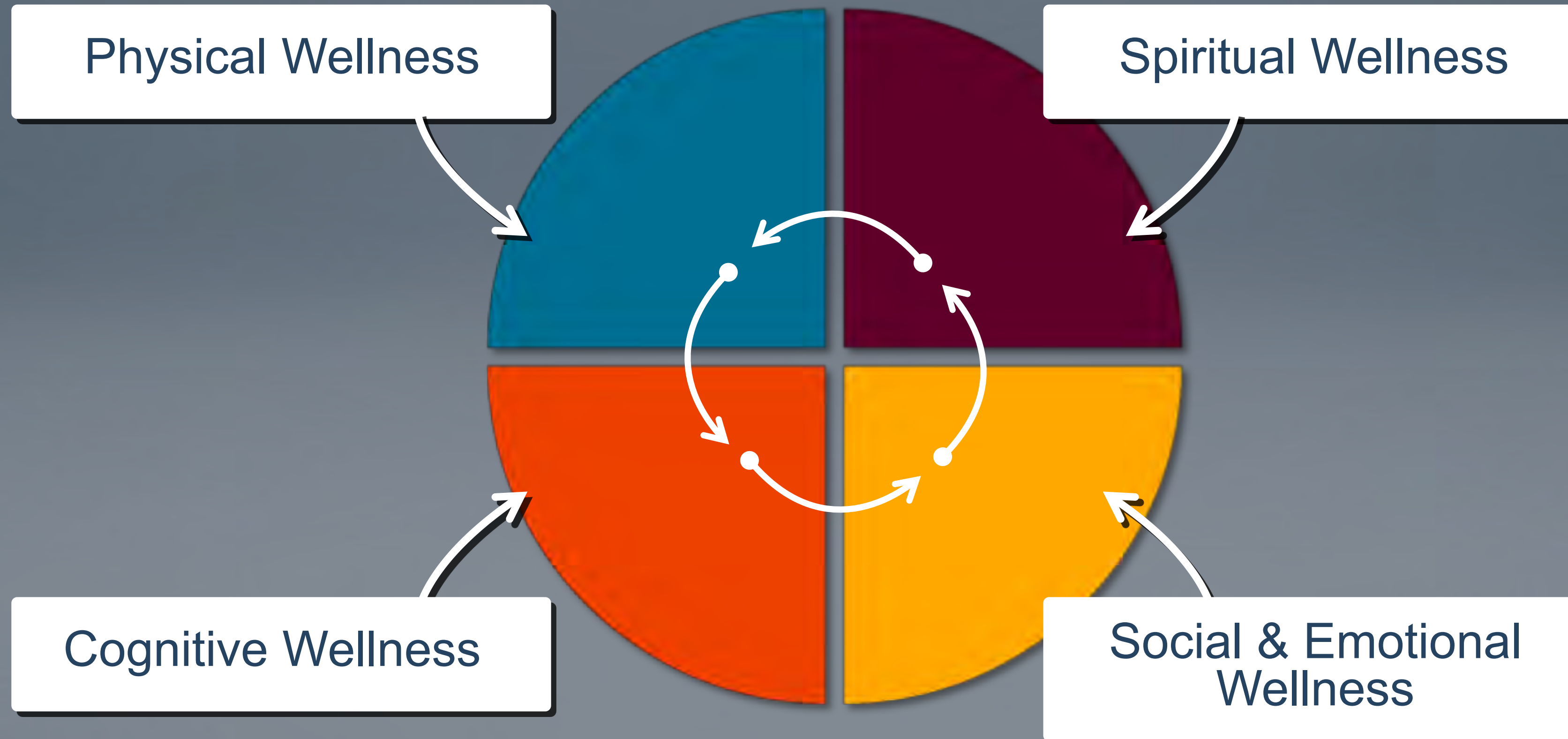
Social & Emotional
Wellness

Be well.



Spiritual Wellness

Be well.

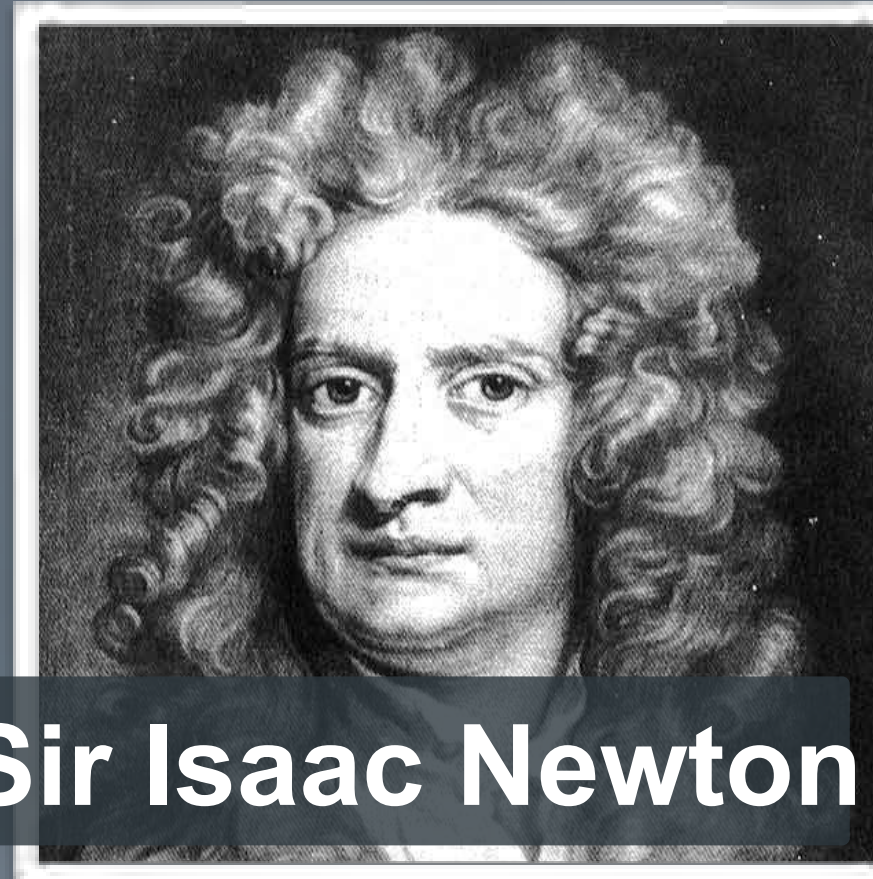


Believe.

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



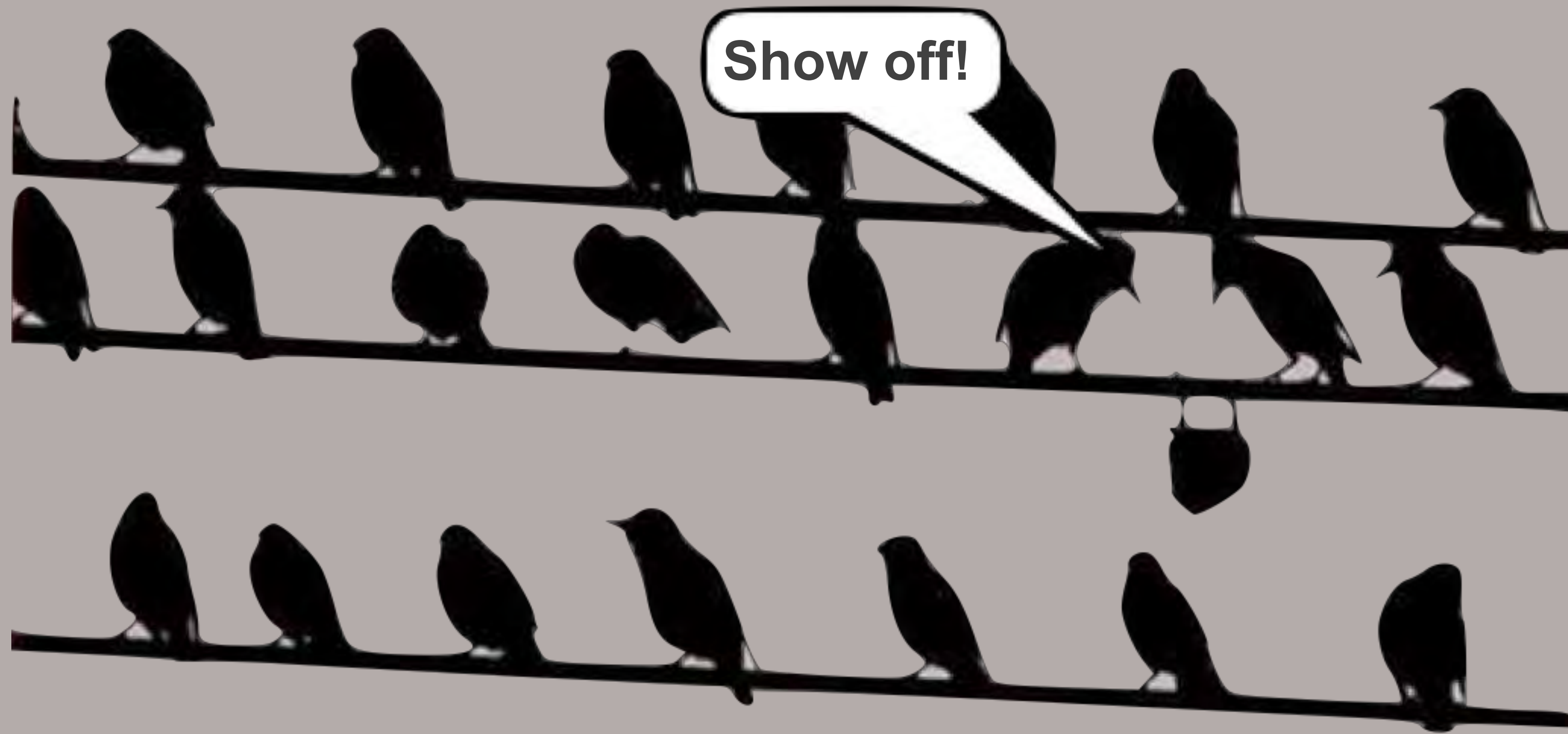
Terry Bradshaw



Mike Wallace



We can learn a few things
from our fine feathered friends...









Oh
@*&^%*!











UP ON THE HIGH WIRE

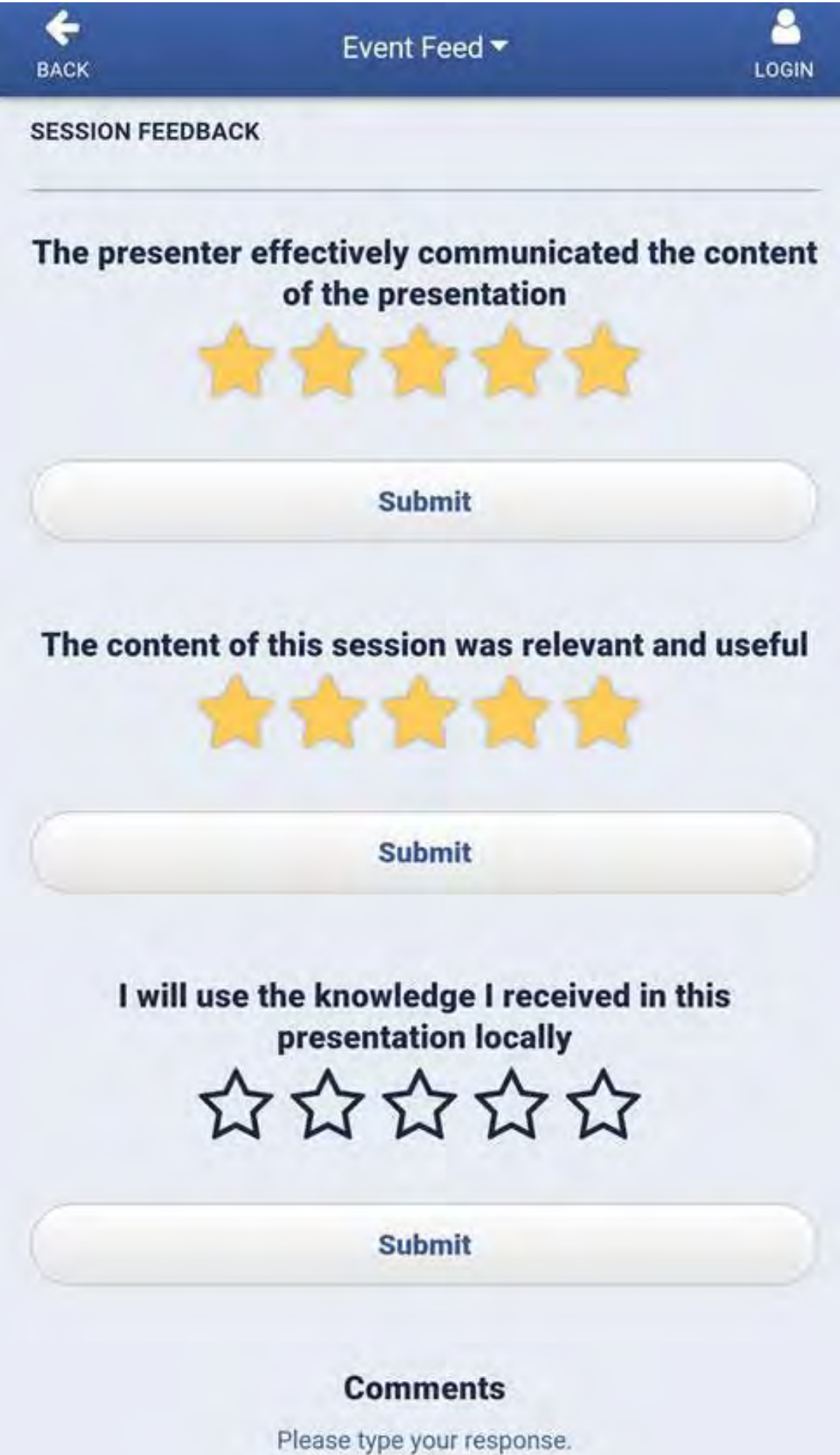


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Conference Evaluation

- 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



The screenshot displays the 'SESSION FEEDBACK' section of the PINP Conference App. It features three evaluation items, each with a five-star rating system and a 'Submit' button. The first item is 'The presenter effectively communicated the content of the presentation' with a 5-star rating. The second item is 'The content of this session was relevant and useful' with a 5-star rating. The third item is 'I will use the knowledge I received in this presentation locally' with a 5-star rating. At the bottom, there is a 'Comments' section with the prompt 'Please type your response.'

BACK Event Feed LOGIN

SESSION FEEDBACK

The presenter effectively communicated the content of the presentation

★★★★★

Submit

The content of this session was relevant and useful

★★★★★

Submit

I will use the knowledge I received in this presentation locally

☆☆☆☆☆

Submit

Comments

Please type your response.