

2022 Human Resources Construction Council (HRCC) Additional Requested Resources from Cal Beyer Mental Health Presentation (Sept 14, 2022)

ARTICLES ON EAPs

1. Behavioral Health: The Impact on Safety, Productivity and People:
<https://flip.matrixgroupinc.net/curt/2022/issue03/#page=22>
2. The Impact of Employee Assistance Programs
<http://flip.matrixgroupinc.net/curt/2021/issue03/#page=30>
3. The Human and Financial Costs of Behavioral Health in Construction
<http://flip.matrixgroupinc.net/curt/2021/issue02/#page=30>

WHITEPAPER FOR HR AND EMPLOYMENT LAWYERS

- Mental Health Promotion and Suicide Prevention in the Workplace (new release: Sept 2022)
- Policy and Response Recommendations to Help Employers Positively Impact Workers and the Work Environment: https://workplacesuicideprevention.com/wp-content/uploads/2022/06/20220630-FINAL-FINAL-HR-EmploymentLaw-WhitePaper.pdf?utm_source=LinkedIn&utm_medium=Social&utm_campaign=podcast&utm_content=ap_iljgu8nrfv

WORKPLACE MENTAL HEALTH TOOLKIT: CREATING A CULTURE OF SUPPORT AND WELL-BEING

- Mental Health America – new release (Sept 2022)
- Link to Download page for PDF or all individual resources:
<https://www.mhanational.org/workplace/toolkit?eType=EmailBlastContent&eld=d662b107-bd30-425c-8107-f17d242167e3>

WHITEPAPER: BUILDING A CARING CULTURE – ADDRESSING MENTAL HEALTH IN THE WORKPLACE

- <https://cloud.3dissue.com/60737/61018/252895/MENTALHEALTHWHITEPAPERCONSTRUCTIONSINGLE/index.html?r=25%3E>

2021 NATIONAL SURVEY CONSTRUCTION MENTAL HEALTH AND WELLBEING

- <https://workplacementalhealth.org/getmedia/f59c14bc-684c-40bf-8c05-ea958c321bbc/Mental-Health-and-Well-being-in-the-Construction-Industry>

OPIOID ARTICLE: WAGING A COUNTERATTACK AGAINST OPIOIDS IN THE WORKPLACE AND AT HOME

- <https://www.cfmabponline.net/cfmabp/03042022/MobilePagedArticle.action?articleId=1776843#articleId1776843>

OPTIMIZING SURGICAL OUTCOMES IN EMPLOYEE BENEFIT PROGRAMS

- Article pending by November 1, 2022 for International Foundation of Employee Benefit Plans
- *Insurance Thought Leadership* article (October 10, 2021)
<https://www.insurancethoughtleadership.com/life-health/optimizing-surgical-outcomes>

BURNOUT WHITEPAPER & INFOGRAPHIC

Burnout Blog – Small Changes Lead to Big Results – Center for Workplace Mental Health

- <https://workplacementalhealth.org/news-events/news-and-blog/burnout-small-changes-lead-to-big-results>

Burnout Infographic -- Center for Workplace Mental Health

- <https://workplacementalhealth.org/getmedia/e2006b43-e52e-489c-a5f2-b83f39bbeae2/Beating-Burnout-at-Work-Infographic>

VIDEOS

#1. The 3 Vs of Leadership: VISIBLE, VOCAL, and VULNERABLE

<https://zcu.io/OioA> or https://www.youtube.com/watch?v=e_HgvgSWwJU

- 4 minutes:
- Sharing strategies and resources for leaders who want to incorporate suicide prevention into their organization's wellness practices.
 - Building a caring culture
 - Incorporating mental health and suicide prevention into wellness programs and employee benefit programs

#2. EAP Best Practices and Sharing a Conversation on Suicide Prevention

<https://cfma.org/articles/what-s-under-the-hardhat-mental-health-and-wellbeing-in-the-construction-industry-additional-qanda>

- **Beginning to 3:14** : What are best practices leading companies are doing to achieve a measurable impact from their EAPs
- **3:15 to end**: What is the best way to get a conversation started on suicide prevention

#3. A 2-minute Toolbox Talk on Suicide Prevention & Opioids in Construction

- <https://www.youtube.com/watch?v=empsWzqpQaE&feature=share>
- Produced by WA Dept of Labor & Industries (in the public domain). This was filmed at my former employer with some of my former teammates.