

Dare To Be Different!

Let's Discuss Mental Health!

Dr. Vince Hafeli, D.B.A.



my
JOURNEY



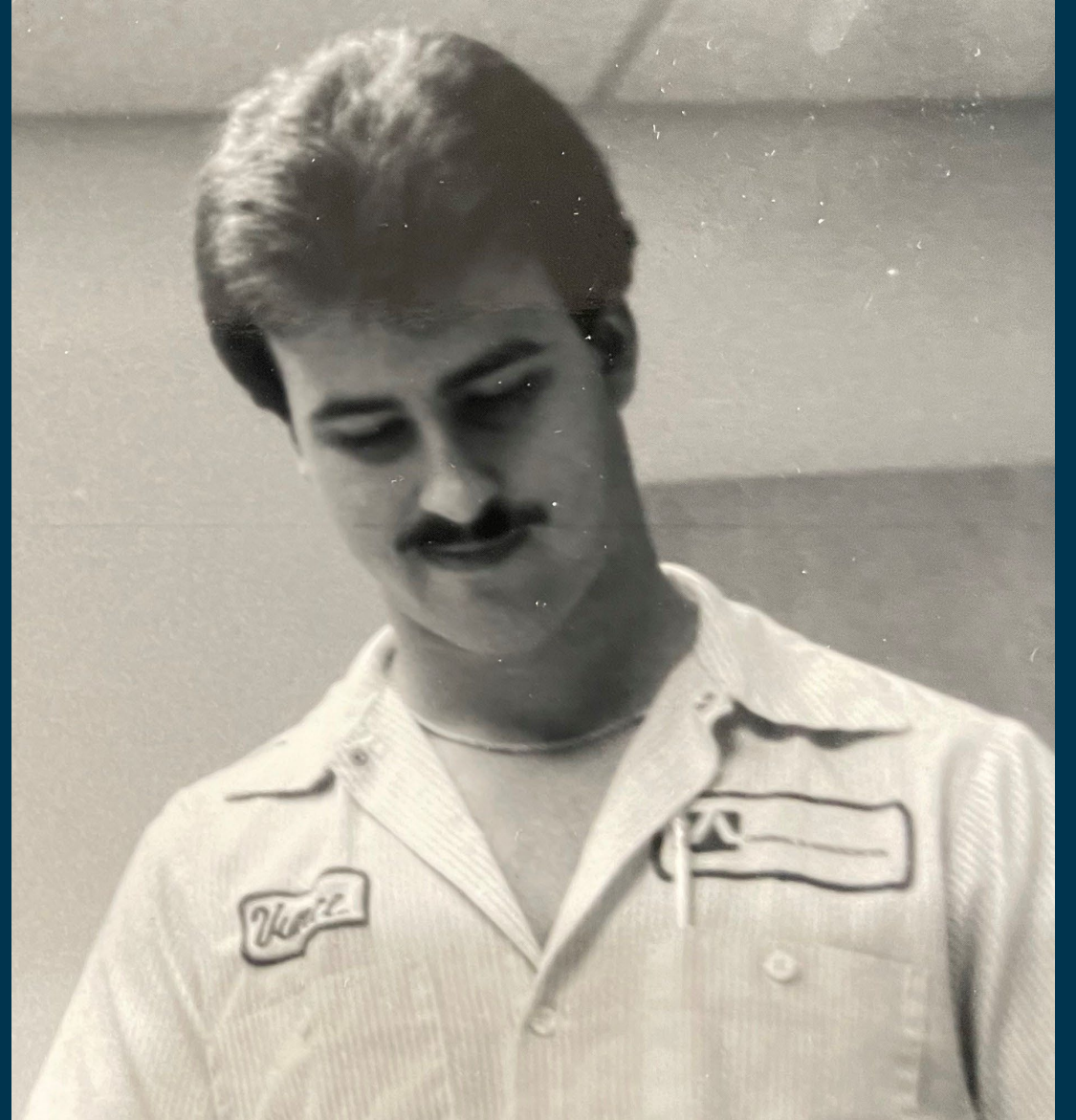
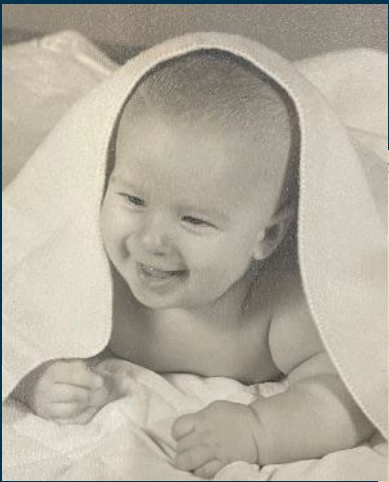
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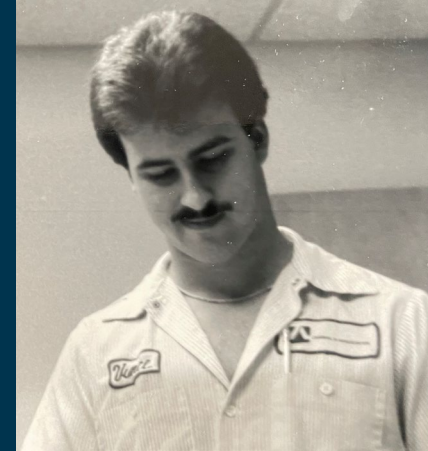
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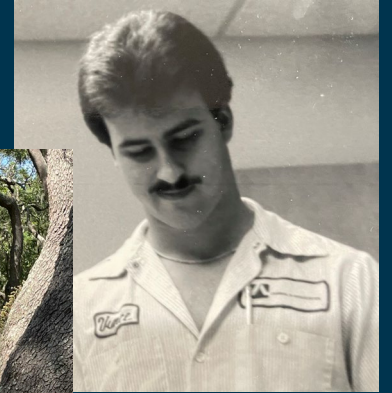
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The Circle of Life



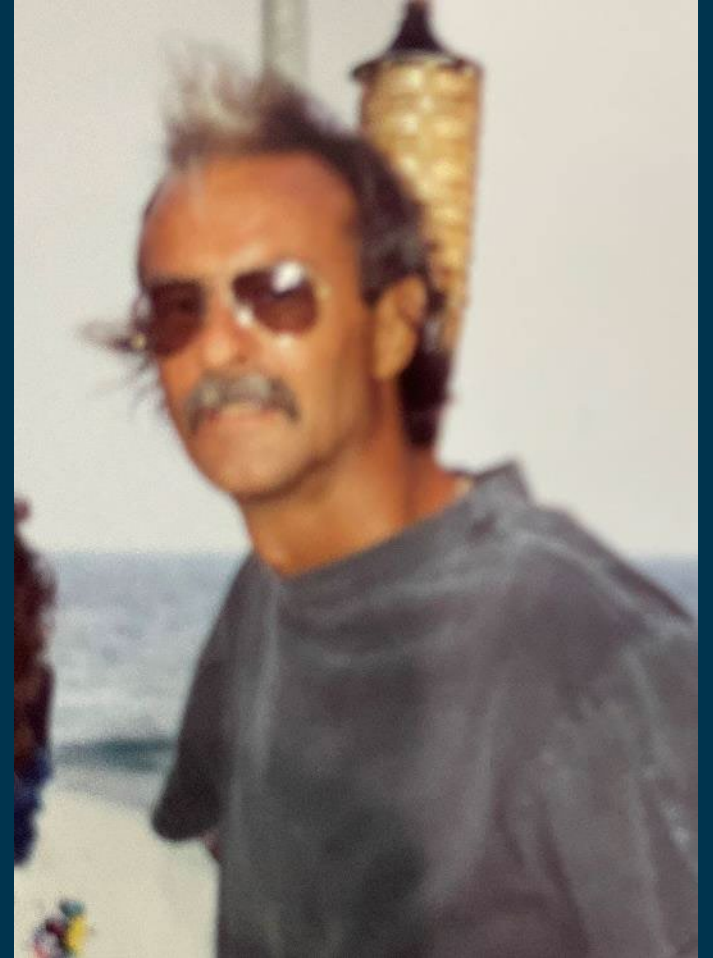
Today's discussion will be deep and could trigger pain points for some individuals. There is no shame in leaving the room if you have been personally impacted by suicide and have concerns.



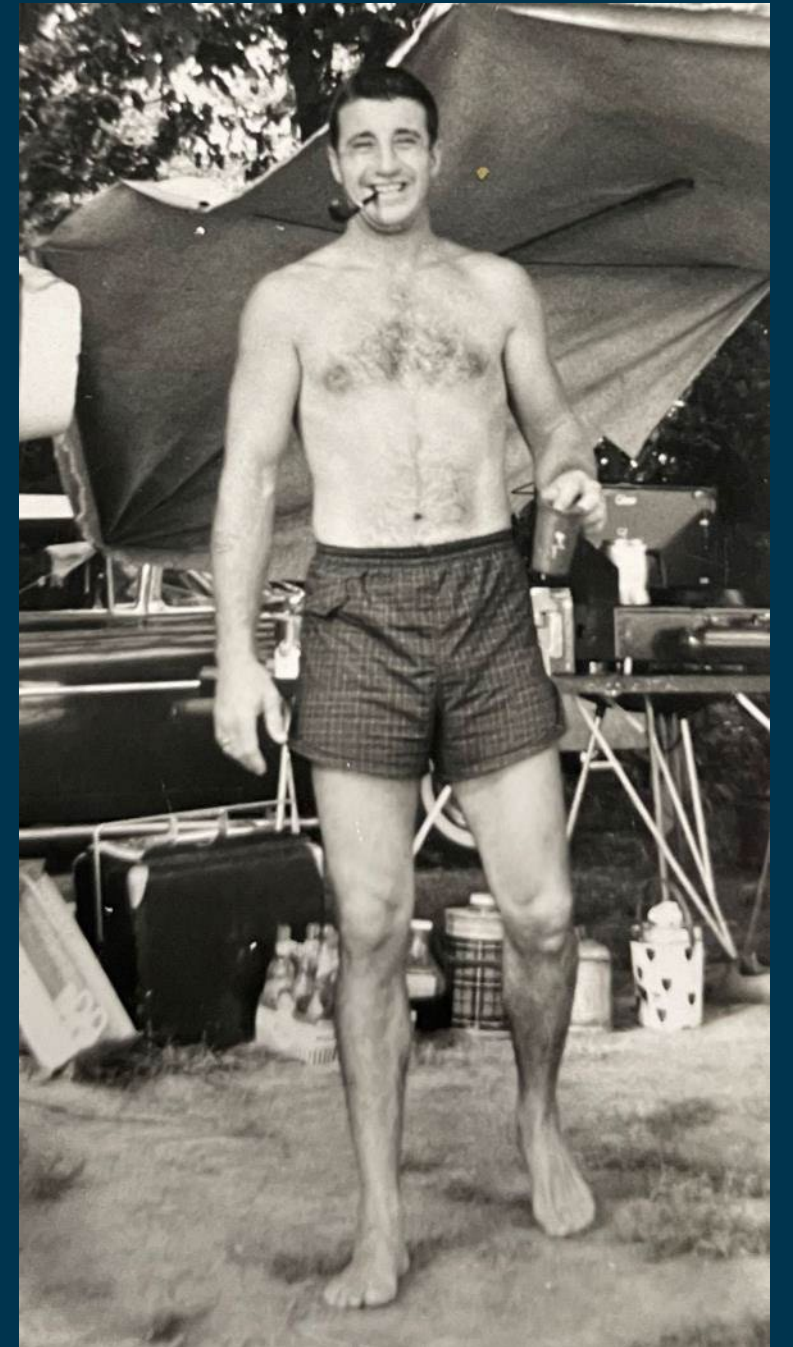
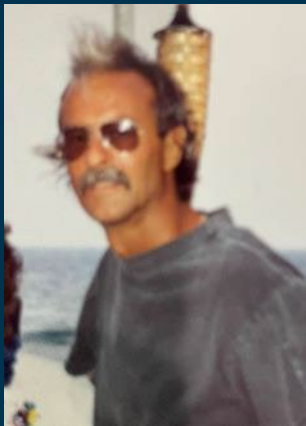
I am not a mental health counselor, Psychiatrist, or medical doctor.

If you are struggling and need assistance, please reach out to a health professional or your Human Resources Manager or contact the national helpline.

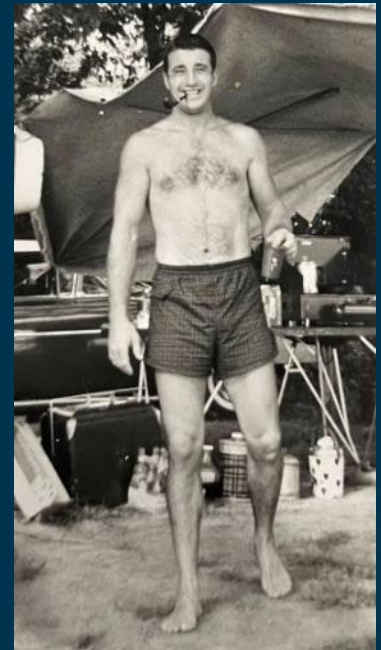
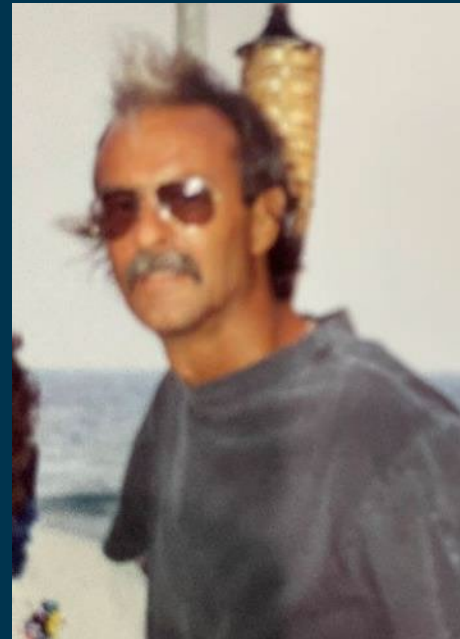
- May 1989 - brother



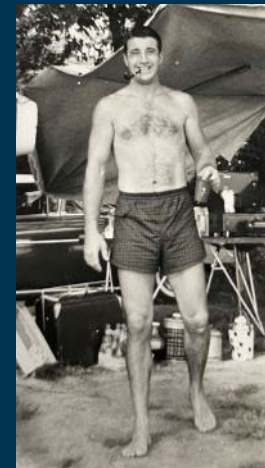
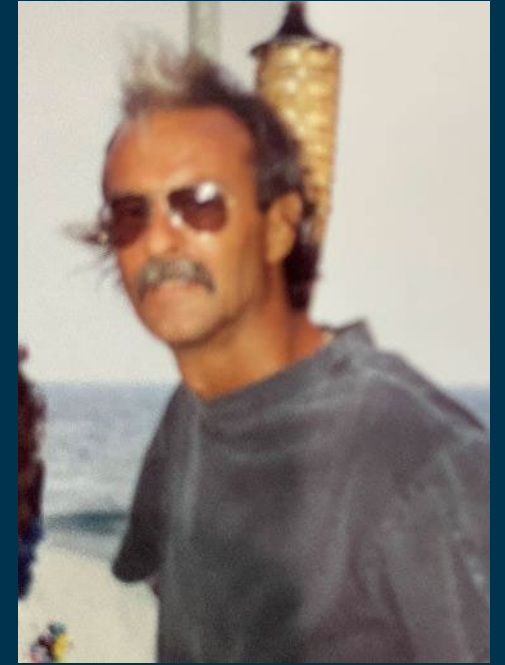
- May 1989 – brother
- July 1989 – father



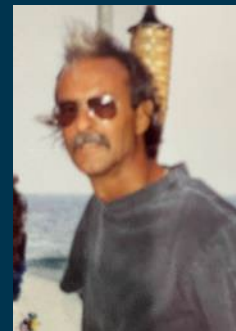
- May 1989 – brother
- July 1989 – father
- November 1989 – twin sons



- May 1989 – brother
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- July 31, 1993 – brother



- May 1989 – brother
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- July 31, 1993 – brother
- January 1997 – mother



Left Alone!

- May 1989 – brother
- July 1989 – father
- November 1989 – twin sons
- July 31, 1993 – brother
- January 1997 – mother



*There have
been some
great days.*



*There have been
some terrible
times.*

2007



Statistics



What Do The Numbers Say?

Construction Suicide Rate - 2021

(Centers for Disease Control)

- The national suicide rate is 14.3 per 100,000.
- Construction rate is **56.0 for males and 10.4 for females** per 100,000.

Stats

- **Laborers – 91.0**
- **Automotive Service Technicians/Mechanics – 80.6**
- **First in Line Supervisors – 61.7**
- **Equipment Operators – 56.0**
- **Construction Managers – 41.1**

Stats – 2021 U.S. Bureau of Labor Statistics & Centers for Disease Control

- Construction-related fatalities = 951
- Construction and mining/extraction deaths by suicide = 4,813 (Expected to be under-reported by as much as 50%).

Stats

- Today, 2 to 3 workers will die from work-related fatalities.
- ***Today, 10 to 15 construction workers will die by suicide.***

Stats

- **1 in 5 adults in America experience mental illness.**
- **Depression is the leading cause of disability worldwide.**
- *Most people who die by suicide commonly have a depressive disorder or substance abuse.*

WHY SHOULD YOU CARE?

- **Mental Health Impacts**

- Profit
- Health Care Costs
- Production
- Quality
- Recruitment
- Retention
- Morale
- **Safety**

Transformation



**What Does Transformational
Leadership Look Like in Discussing
Mental Health and Suicide?**

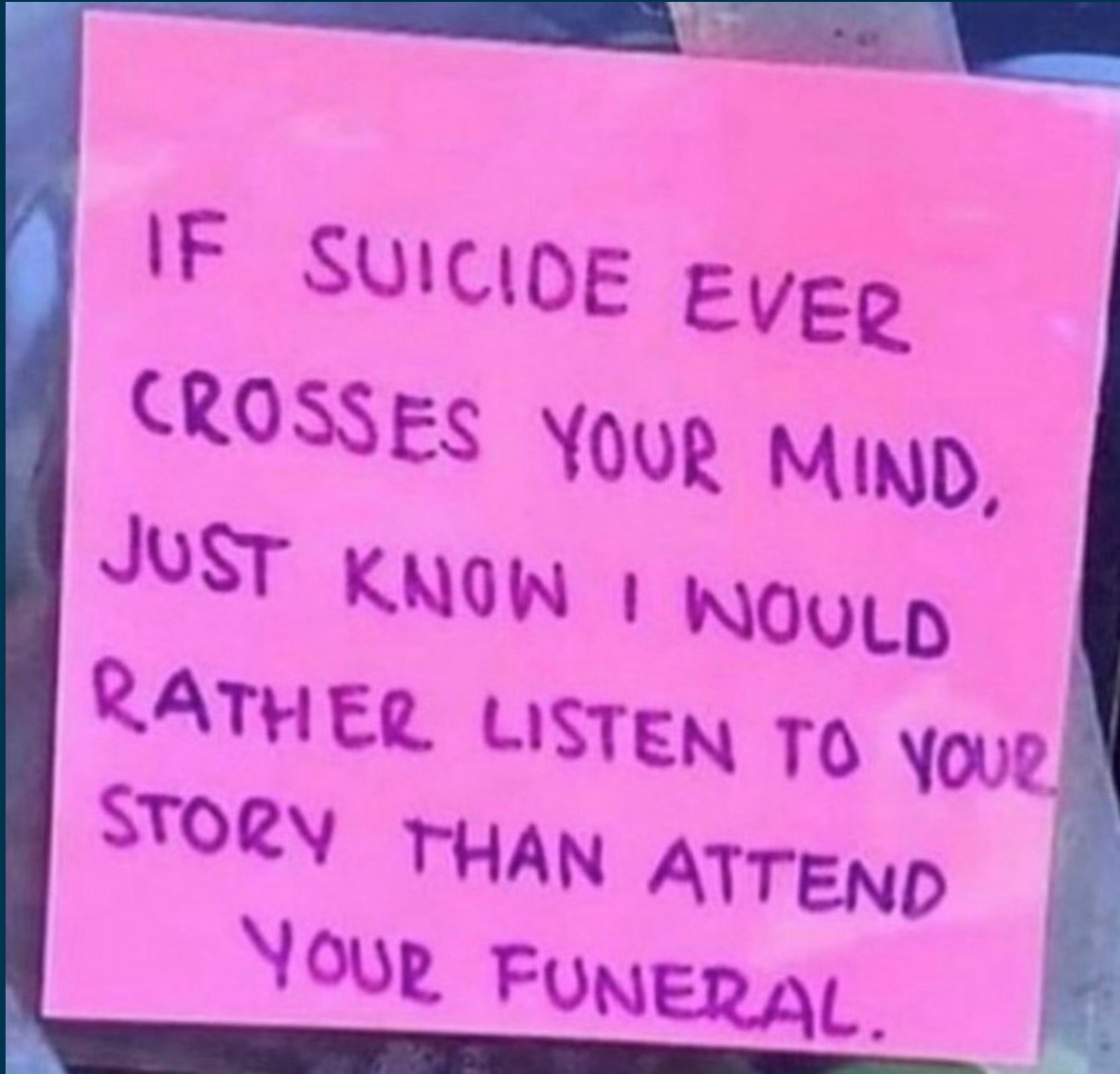


The Transformational Leadership Journey?



March 2, 2022 – Women of Asphalt Webinar, Hafeli & Cal Byers

“ I wanted to thank you for sharing your story. In my life, I have had family members attempt or succeed in suicide. I even saved my mother from it as a teenager. I have thought about it myself. After your talk today, I feel less ashamed.”



?????, I echo what your sister said. Hang this by your workstation and carry a copy as a reminder.

You have my number,
Vince

September 5-9 Was Construction Suicide Awareness Week



Mark, died by suicide on September 3, 2015. Mark was the office clown and always had us laughing.



- In 2021, 48,183 in the US died by suicide
- Nationally
 - During this presentation, five have died by suicide – one person every 11 minutes.
 - Today, statistically, we will lose a construction worker to suicide every two hours.

While not construction-related, let's look at our youth – “our future.”

- From 2008 through 2021, teen suicide is up 150%.
- Good News – 2022 saw an 18% decline over 2021

Takeaways

- People do not commit suicide.
- Mental health does not equate to mental illness.
- Warning signs.

How Do We Address These Topics?

1. Keep it *simple*.
2. Leadership acknowledges the issue.
3. Build a network team.
4. Learn what tools you have in your EAP.
5. When appropriate, add to your EAP, if necessary.

