



STRAIGHT TALK ON ADDICTION TREATMENT AND RECOVERY

October 4, 2022



NEW ENGLAND
CONSTRUCTION CONFERENCE



Your Moderator & Presenter: Cal Beyer

- Over 30 years professional experience in risk management, safety & wellness
- Helped launch the mental health & suicide prevention movement in the AEC industry
- Appointed to Executive Committee of National Action Alliance for Suicide Prevention (since 2016)
- Serves on Advisory Boards for MindWise Innovations, Youturn Health & Suicide Prevention Resource Center
- Frequent presenter at industry events & regular contributor to industry publications



Why This Topic...?

How substance misuse and Substance Use Disorder (SUD) affects construction

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#4069412**

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**In 1-2 words, describe how you're
feeling about today's session
on addiction treatment & recovery**

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**I have personal experience with
substance misuse or Substance
Use Disorder (SUD)?**

ⓘ Start presenting to display the poll results on this slide.

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I'm familiar with the concept of Recovery-Friendly Workplaces

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Panelist: Dave Argus

- Director of Operations for the Contract Division of Karas & Karas in South Boston, MA.
- Dave was featured as a Top 25 Newsmaker for 2021 by Engineering News-Record in 2021.
- Recognized for the unique partnership his firm has with several labor unions working in conjunction with an Employee Assistance Program provider to ensure workers in recovery safely return to work.



Panelist: Carolyn Delaney



- Founder and CEO for Journey Magazine, a media company devoted to making recovery from addiction visible.
- After getting sober in 1993, Carolyn spent 20 years leading technology departments in the call center industry until 2018
- Launched Journey in March 2019 as a “no drama, no trauma” print magazine sharing inspiring, hope-filled personal stories, available recovery programs and accessible resources.
- Her mission is to reduce addiction stigma by making recovery visible



Panelist: Shawn Nehiley



- Vice President for the New England Region of the International Association of Ironworkers
- He has bravely shared his personal lived experience with addiction to break down stigma by shining light that recovery is possible
- His addiction began with a Workers Compensation injury from the medicine prescribed that he was told would make him better
- His recovery took 10 years and he is a tireless advocate for doing right by everyone
- A change agent in the construction trades for addiction treatment and recovery



Panelists – 5-6 minutes each

1. Who you are and what you do for work and your ties to construction
2. Your personal connection to substance use disorder
3. Highlights of your recovery journey



Questions for Panel

Provided by Moderator



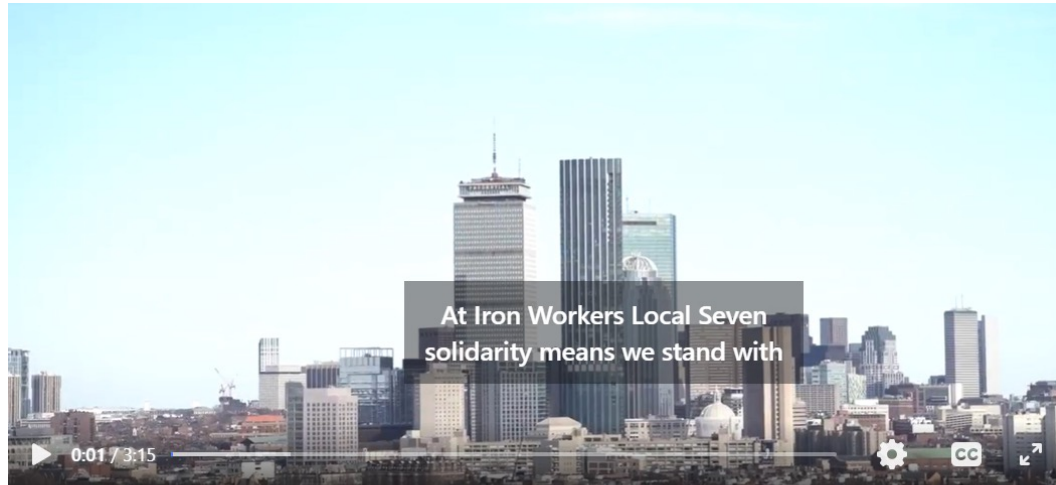
Audience Q & A



Personal Testimony Videos



Ironworkers Local #7 Video We've Got Your Back



We've Got Your Back

<https://www.facebook.com/watch/?v=294785718710418>



CPWR Video

Opioids in Construction- Part 2 Impacting Lives - YouTube



<https://www.youtube.com/watch?v=inQu1WqAPII>



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**In 1-2 words describe your feelings about
learning about addiction treatment
and recovery lived experience**

① Start presenting to display the poll results on this slide.



SUICIDE PREVENTION AND OPIOID RISK REDUCTION STRATEGIES

October 4, 2022



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**Has your organization taken
the STAND-Up Pledge for
Suicide Prevention?**

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Estamos todos juntos en esto.

Y juntos, podemos eliminar el estigma en la salud mental.

ESTÉ PENDIENTE DE LAS SIGUIENTES SEÑALES DE ADVERTENCIA:

- Aumento de impuntualidad y ausentismo
- Disminución de productividad
- Disminución de autoestima
- Aislamiento de los compañeros
- Agitación y aumento de conflicto con compañeros de trabajo
- Disminución en la capacidad de resolver problemas
- Abuso de sustancias legales e ilícitas
- Apuro de accidentarse, tener incidentes y sufrir lesiones
- Aumento de sentimientos de agobio

Estadísticamente los trabajadores de construcción tienen más riesgo de tener problemas de salud mental que cualquier otra profesión. Si usted o alguien que usted conoce se siente deprimido o tiene comportamientos suicidas, ustedes no están solos. Hay otras personas en nuestra industria que se sienten igual, y lo que es más importante, hay otras personas que lo pueden ayudar. Si necesita ayuda urgente, por favor contacte inmediatamente a la National Suicide Prevention Lifeline (Línea de Vida Nacional para la Prevención del Suicidio).

CONSTRUYENDO UNA INDUSTRIA CON CERO SUICIDIOS.
 ALIADOS EN LA LUCHA PARA LA PREVENCIÓN DEL SUICIDIO Y PROMOCIÓN DE SALUD MENTAL.


www.cfma.org/suicideprevention


www.constructionworkingminds.org


www.luex302.org


www.mantherapy.org



**NATIONAL
SUICIDE
PREVENTION
LIFELINE**
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

Diseño original respaldado y creado por CHM&S VALLEY OF THE SUN CENTER en asociación con JF GREEN GROUP. Traducción: Benito Adame benito@jfgreenvalley.com



www.preventconstructionsuicide.com

Suicide Prevention Month Toolkit:
<https://preventconstructionsuicide.com/SPM22>

2021 Mental Health & Well-being in the Construction Industry Survey

Download:

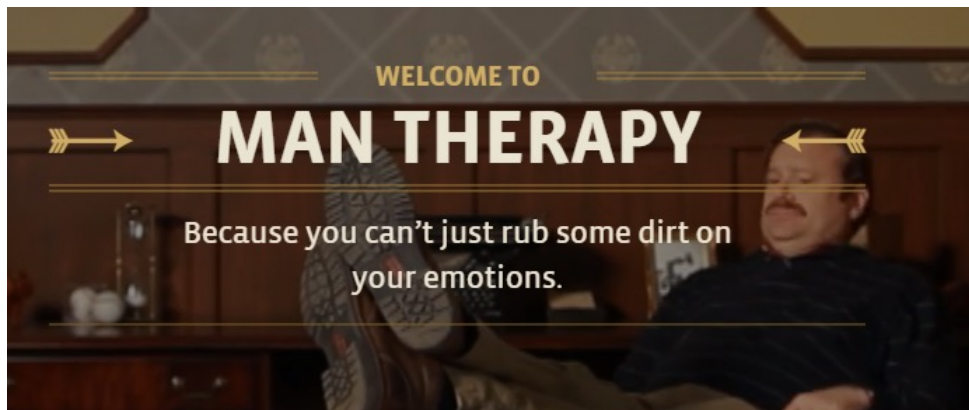
www.workplacementalhealth.org/constructionsurveyreport



CENTER FOR
**WORKPLACE
MENTAL HEALTH**



Man Therapy (www.ManTherapy.org)



<https://mantherapy.org/>

20 POINT HEAD INSPECTION

Get a run down of how you excel and where you can improve your mental health.

TAKE THE INSPECTION

Taken by over 300,000 guys just like you.



Free



Anonymous



Scientifically
Validated

Get the lowdown on the head inspection

<https://mantherapy.org/head-inspection/question>



2022 Mental Health Summit Report



Highlight Reel:

<https://www.constructionworkingminds.org/>

Link to Report:

<https://static1.squarespace.com/static/5e865c3366922b230fc54525/t/6317b7da14c5821e55128369/1662498781699/20220905-2022-SUMMARY-REPORT-CWM-Summit.pdf>



2023 Summit: March 27-29; Kansas City, MO



Save The Date

The Second Annual
**CONSTRUCTION
WORKING MINDS
SUMMIT**

 March 27-29th, 2023

 The Westin Kansas City
at Crown Center (downtown)

Register
www.constructionworkingminds.org/summit



Quick Start Action Guide - Brochure



Accept the challenge.

"Be the change you want to see" (Ghandi).

Begin the journey.

This is not about writing a policy or doing a "one and done" program. There is no single blueprint, so think of this guide as a roadmap with many roads leading to the same destination.

Commit to action.

Adopt the mindset of "gentle pressure relentlessly applied". This is a process of trial and error that will work through persistent implementation and continuous improvement.

Develop a team.

Create a workable strategic action plan.

Execute your plan.

Expand visible and vocal communications on project jobsites of addressing the emotional needs of workers and their families.



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**My organization has lost an
employee (or family member)
to suicide or an overdose?**

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CONSTRUCTION 2ND HIGHEST RATE

- 45.3 PER 100,000 WORKERS
- ESTIMATED >5,500 SUICIDES EACH YEAR
- 3 FATALITIES PER DAY VS. 15 SUICIDES PER DAY
- 3.5 TIMES GREATER THAN THE NATIONAL AVERAGE

More construction workers die by suicide each year than by all other construction-related fatalities

Source: CDC; <https://www.cdc.gov/mmwr/volumes/69/wr/mm6903a1.htm>

Rising Risk of Opioid and Other Overdoses

- 93,000 overdose deaths in calendar year 2020
 - 30% increase nationally over 2019
- Doubled in past 5 years
- >107,700 overdose deaths in 2021
 - 15% increase nationally over 2020
- 70% are Opioids and 73% of these are fentanyl (synthetic)



Why Construction is at Elevated Risk

- Frequency and severity of injuries
- High frequency of musculoskeletal injuries & disorders (MSDs) in construction
- Chronic pain → sleep deprivation → fatigue → “presenteeism”
- CPWR* research
 - 34.2% of construction workers report at least 1 MSD
 - Compared to workers with no MSDs, opioid use among construction workers increased 3x with MSDs and 4x higher with injuries
- *CPWR is Center for Construction Research & Training; (formerly the Center to Protect Worker Rights)*

Source: <https://blogs.cdc.gov/niosh-science-blog/2021/09/14/opioids-in-construction/>
(9/14/2021)



Reality of Prescription Opioids

National Institute of Drug Abuse (NIDA) cited frightening statistics about prescription opioids (March 2021):

- 21-29% of patients prescribed opioids for chronic pain misuse them.
- 8-12% of people using an opioid for chronic pain develop an opioid use disorder.
- 4-6% who misuse prescription opioids transition to heroin.
- About 80% of people who use heroin first misused prescription opioids.
- **Source:** <https://www.drugabuse.gov/drug-topics/opioids/opioid-overdose-crisis>



Construction Risk Factors: Prescriptions

Construction is 2nd highest among all industries for opioids with 55% prescription rate (National Safety Council; 2/20/2019)

Despite 49% reduction in per WC claim opioid use, construction is higher than other industry groups (National Council on Compensation Insurance (NCCI; (6/8/2020):

- >2x the average
- 20% more opioids and doses 20% stronger



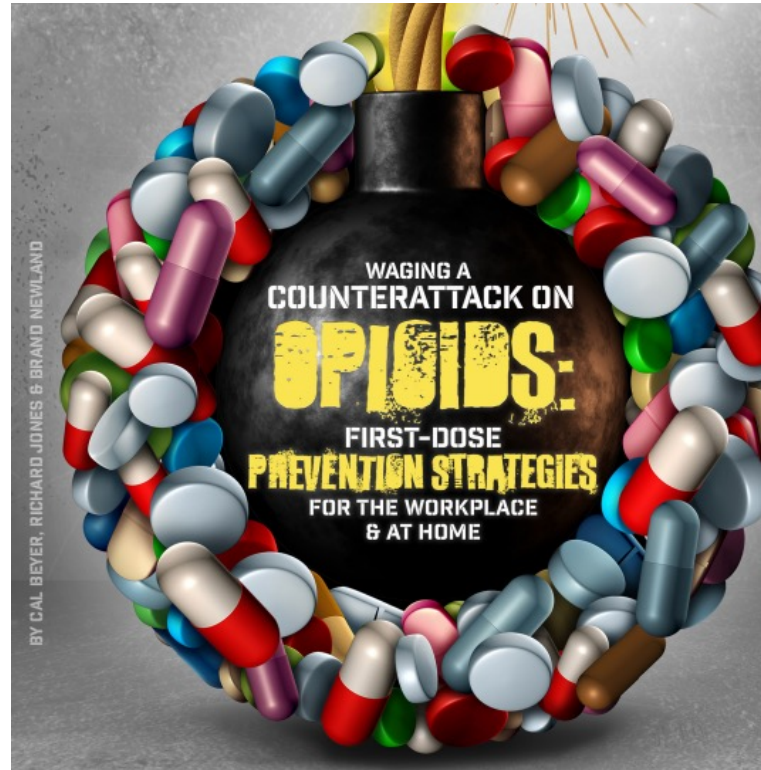
Construction Prescriptions: Deeper Dive

1. BLS reports overdose deaths on construction jobsites increased 9x between 2011-2018.
 - 2x the rate of all other industries combined.
2. Workers with work-related injuries were 3.8x more likely to use opioid prescriptions than those without such injuries.
 - *Non-work injuries also associated with higher opioid use.*
3. Higher risk workers for opioid use included:
 - Workers older than 55 years of age
 - Women
 - Non-Hispanic workers
 - Part-time workers and those working overtime
 - Workers in poor health and/or with self-reported mental health condition

Source: *American Journal of Public Health* (Feb 2022). Pain and Prescription Opioid Use Among US Construction Workers: Findings From the 2011–2018 Medical Expenditure Panel Survey



The Bombshell: 2022 CFMA *Building Profits*



Opioid First Dose Prevention Strategies

8. Drug Deactivation for Safe Disposal

7. Prescription Takeback Programs at National Pharmacy Networks

6. Prescription and Over-the Counter Medication Lockboxes for Home

5. Pain Management, Medical Case Oversight of Claims, and Data Analytics Strategies for Workers Compensation Injuries



Opioid First Dose Prevention Strategies (cont'd)

4. Comprehensive Perinatal Wellness Education to Reduce Risks of Pre-Term Labor and Cesarean Deliveries, including Enhanced Recovery After Delivery (ERAD) Protocols

3. Utilization Review and Data Analytics of Prescription Formulary in Employers' and Unions' Self-Funded Employee Benefit Plans

2. Opioid-sparing Enhanced Recovery After Surgery (ERAS) Protocols

1. Multi-Modal Pain Management – including non-opioid medications

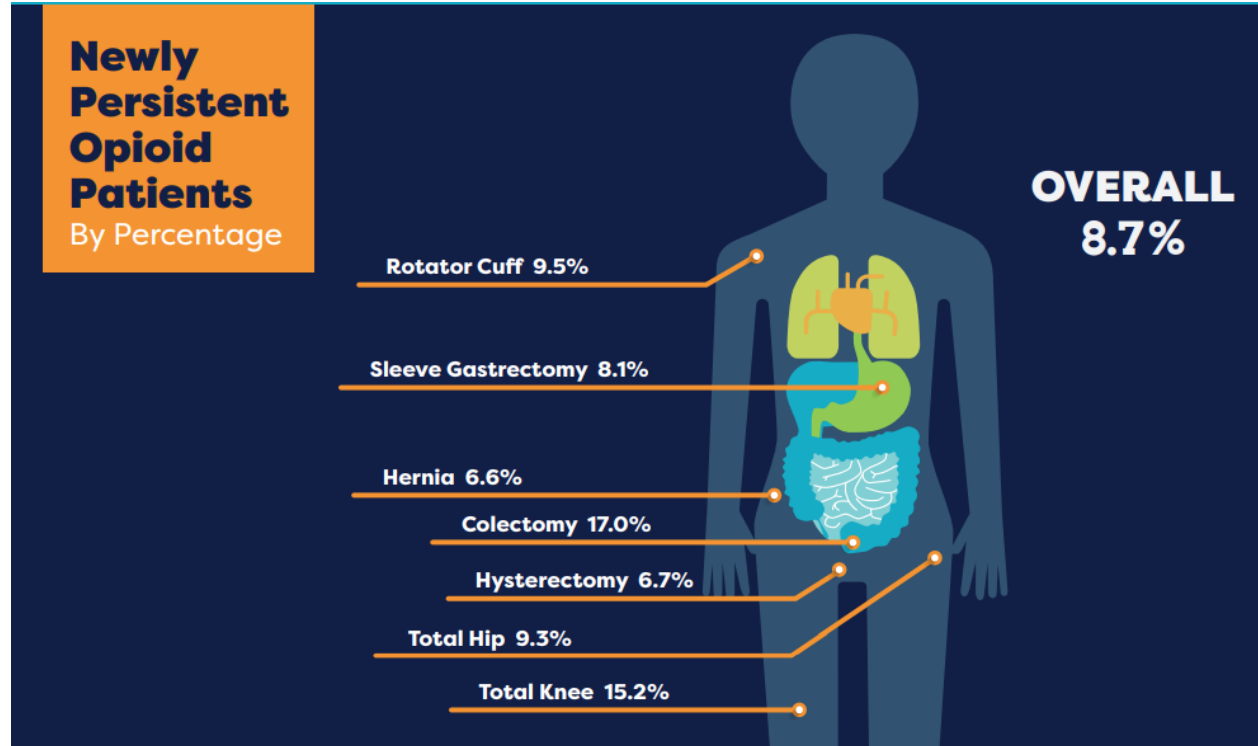


Opioid Risk Reduction at Home

- Talk to family members about the risks:
 - Understand there is risk of persistent use and addiction from prescriptions and surgeries
 - Fentanyl and overdose risk
- Talk to doctors, dentists and surgeons about non-opioid pain management options, including multi-modal pain relief
 - Ask about Narcan/Naloxone if you get opioid prescription
- Search your medication cabinet and properly dispose of leftover prescription medications
- Purchase a medication lockbox to reduce risk



Surgery: Leading Gateway to Opioids



Source: Plan Against Pain. 2018. Pacira Biosciences.



Proposed Next Steps

1. Consider signing STAND-Up Pledge for Construction Industry Alliance for Suicide Prevention (www.preventconstructionsuicide.com)
2. Evaluate effectiveness of Employee Assistance Programs (EAPs) in health plans
3. Determine need for Critical Incident Response protocol following traumatic workplace incidents
4. Develop suicide postvention bereavement and grief resources
5. Consider Youturn Health (www.youturnhealth.com) digital tool for substance misuse education and peer coaching for members and dependents
6. Consider Surgical Quality Analysis by Goldfinch Health (www.goldfinchhealth.com) to evaluate improvement opportunities in surgery covered by Health Plans



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Audience Q&A Session

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Contact Information

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