



SAFETY SUMMIT

NOVEMBER 8-9, 2023

CROWNE PLAZA ST. LOUIS AIRPORT



T.J. Goloboski
Chief Executive Officer
Belfast Valley Contractors
**KEYNOTE: DO WHAT'S
RIGHT, JUST LEAD**



Dr. John S. Gaal, CWP, CPS, CHW
Director for the MO AFL-CIO's Missouri
Works Initiative's Worker Wellness
Program
**MENTAL HEALTH IN THE
CONSTRUCTION INDUSTRY**



Kelly Lynch Feldkamp,
MS, LMT
Founder, Provention Plus
**THE REALITIES OF THE JOBSITE
ATHLETE: STAYING IN THE GAME**

Day 1 - Workshop

Wednesday, November 8

12:30 - 2:30 p.m.

Track 1 - VitalCog Suicide Prevention in Construction

3:00 - 5:00 p.m.

Track 2 - VitalCog Suicide Prevention in Construction

5:30 - 6:30 p.m. Reception

Dinner On Your Own

Day 2 - Summit

Thursday, November 9

6:00 - 7:00 a.m. Breakfast

8:00 - 8:15 a.m. Welcome & Safety Moment

8:15 - 8:20 a.m. 3-Minute Wake Up!

8:20 - 9:50 a.m. Keynote Speaker

9:50 - 10:05 a.m. Break

10:05 - 10:50 a.m. Association Safety Resource Update

10:50 a.m. - 12:05 p.m. Speaker, Mental Health in the
Construction Industry

12:05 - 1:00 p.m. Lunch

1:00 - 1:05 p.m. 3-Minute Wake Up!

1:05 - 2:20 p.m. Roundtable Discussions

2:20 - 2:35 p.m. Break

2:35 - 3:50 p.m. Speaker, The Realities of the Jobsite Athlete

3:50 - 4:00 p.m. Closing Remarks

Registration Opens October 1

Cost: VitalCog Suicide Prevention in Construction Training \$50 *space is limited* | Summit \$125

To register, visit ascconline.org/events or scan QR code.





The Problem:

The construction industry has one of the highest rates of suicide



The Solution:

You. Sign up for the VitalCog in Construction training and learn early warning signs and how to talk to someone about suicide



Goals:

- To promote critical thinking about suicide prevention
- To open dialogue about mental health
- To promote help-seeking and help-giving behaviors

Training Outline: This 60 minute training includes videos, group discussions/exercises, and roleplays to create a better understanding of your role in suicide prevention:

Design: Learn the importance of talking about suicide in the construction industry

Bid: Identify risk factors and warning signs

Build: Practice conversations around suicide

After the training, participants feel:

- Knowledgeable about suicide prevention
- Confident talking about suicide and getting help
- Likely to apply what they learned

Trainer Name: Joseph Whiteman, ASCC Director of Safety Services

Date/Time: November 8, 2023

Location: Crowne Plaza St. Louis Airport St. Louis, MO



Helen and Arthur E. Johnson
Depression Center

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS