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Welcome

ARUN KAIWAR

Principal, Sacramento Office
Leader

SmithGroup



Sacramento Program Chair

*Design-Build Institute of America
Western Pacific Region*





30-year Anniversary 1993-2023



AGENDA

11:40am

Join Webinar/Log In

11:45am

Welcome/Intro

11:50am-1:00pm

Presentation/Q&A

If we run a little longer... feel free to sign off at 1:00pm.



Before we Begin



We will send you
the recording



Submit your
questions anytime.

Type questions in the
“question pane” and we
will be happy to address
them at the end.



Please complete the
exit survey



DBIA CONTINUING EDUCATION UNITS (CEU's).

This webinar has been **approved for 1 CEU**. To qualify you must log in and participate for the full webinar.

A link to claim the CEU will be emailed to all attendees within 5 working days of the webinar. It is the responsibility of the attendee to maintain their own record of attendance.

If you are DBIA certified and need credits, visit the National DBIA website for current offerings. www.dbia.org

Webinar Page: <https://dbia.org/courses/webinars/>

These are hard to come by so don't miss out!



THANK YOU PLATINUM SPONSORS



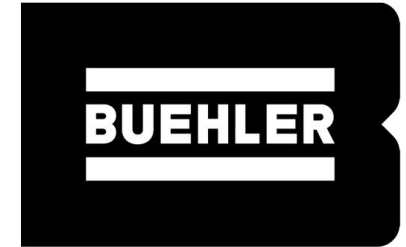
THANK YOU **GOLD** SPONSORS



HENSEL PHELPS
Plan. Build. Manage.



THANK YOU SILVER SPONSORS



DBIA Sacramento

Current Committee Members

- **Chapter Chair** – Geoffrey Nelson
- **Programs** – *Chair:* Arun Kaiwar, *Members:* Nina Besne, John Webre, Lori Burbridge, Lorretta Laslo, Geoffrey Nelson, Tracy Covington
- **YP** – *Chair:* Jose Oseguera, *Members:* Rosni Pann, Hayden Meyers, Ryan Porter, Kirsten Gerbi, Patrick Whaley, Lizzie Hinkey, Lissette Flores
- **Membership** – *Chair:* Lorretta Laslo
- **Sponsorship** – *Co-Chairs:* Lorretta Laslo, Aaron Schwartz
- **Education** – *Chair:* Michael Mallery, *Members:* Nina Besne, Sean Falvey, Robin Haller
- **Golf** – *Chair:* JoAnn Moffett, *Members:* Jeff Wellenstein, Ahmed Hamdy
- **Owners** – *Chair:* Julianne Nola, *Members:* Richard Standiford, Juli Kawahata



DBIA YOUNG PROFESSIONALS

DBIA is committed to creating a clear path to success for emerging design-build professionals by providing a seamless transition from student engagement to industry involvement. In addition to deeply discounted membership (\$75), young professionals will enjoy the discounted member rate for all DBIA conferences and educational programs. If you work for an IP Member, you can ask them to make you one of their two free YP members.

The YP program is designed to:

- Help Young Professionals build a community of peers
- Provide a path to become DBIA™ certified
- Provide career building and leadership development
- Provide mentoring opportunities



Committee Chair: Jose Oseguera, **Members:** Rosni Pann, Hayden Meyers, Ryan Porter, Kirsten Gerbi, Patrick Whaley, Lizzie Hinkey, Lissette Flores



For further information regarding DBIA-WPR Sacramento Young Professionals please contact Jose Oseguera joseguera@McCarthy.com



DBIA-WPR CALL FOR VOLUNTEERS

The Western Pacific Region needs you!

- Public Relations Committee
- Awards Committee
- Membership Committee
- Programs Committee
- Education Committee
- Golf Committee
- Water/Wastewater Committee
- Design Professionals Committee
- Sponsorship Committee
- Owners Council (must be a city, public agency or a project owner)



Please email admin@dbiawpr.org to offer your participation on one or more of our volunteer committees. We welcome your participation.



DBIA-WPR 2023 SACRAMENTO CHAPTER WEBINAR

INTEGRATING MENTAL HEALTH & SUICIDE AWARENESS INTO CONSTRUCTION SAFETY

DESIGN-BUILD INSTITUTE OF AMERICA
Western Pacific Region
Thursday, Feb 23, 2023
11:45am – 1:00pm



TITLE SPONSOR



Aaron Schwartz, PE, DBIA

Preconstruction Manager
DPR CONSTRUCTION



DPR Core Markets



Advanced
Technology



Healthcare



Higher
Education



Life
Sciences



Commercial



National Strength & Local Knowledge

32

Years DPR has been operating in Sacramento since DPR's founding in 1990

567

DPR Craft Employees in Northern California
"We are Builders, not Brokers"

343

DPR has 343 employees in the Sacramento Business Unit, including both Administrative and Craft



RESPECT FOR THE INDIVIDUAL. Change the World.

At DPR, some of the most meaningful things we build aren't measured in square feet. We don't just strive to be the best general contractor; our mission is to be the most admired company—period. That means investing in each other, our planet and the communities we call home.

Respect for the individual, change the world—these have been our core beliefs since day one. They are our guiding principles in decision-making, and they push us to do better. DPR has a unique understanding that it all starts with *people*. And as a builder, DPR has a unique ability to leverage its skills and knowledge in ways that create new opportunities in the places we operate.



FEATURED SPEAKERS



Lea Rummel

Estimator
Collins Electrical Company, Inc.



Shaik Sihabuddin

Project Executive
Gilbane Building Company



Renee Wolf

ThedaCare Health Coach
The Boldt Company

Moderator



Renee Stokman

Talent Leader and Leadership Team
DPR Construction





Renee Stokman

Talent Leader & Leadership Team
DPR Construction

- **B.S. Biology and English**, College of William and Mary
- **Masters in Marriage and Family Therapy**, University of Southern California
- Background as a Project Engineer and Project Manager with DPR before leaving the industry to pursue clinical training and work
- Upon returning to DPR, has worked throughout People Practices including supporting Talent Acquisition, Learning and Development, Talent and Performance as well as leading the Mental Health focus





EHS Moment

How To Start A Conversation about Mental Health



Break the Stigma

 <p>EVERYONE CAN PLAY A ROLE</p> <ul style="list-style-type: none">> Use respectful language to talk about mental health conditions.> Challenge misconceptions when you see or hear them.> See the person, not the condition.> Offer support if you think someone is having trouble.	 <p>AVOID LABELS SUCH AS THE FOLLOWING:</p> <table border="0"><tr><td>> Challenged</td><td>> Psycho/psychopath</td></tr><tr><td>> Crazy</td><td>> Schizo</td></tr><tr><td>> Demented</td><td>> Special</td></tr><tr><td>> Lunatic</td><td>> Sufferer/victim</td></tr><tr><td>> Normal/not normal</td><td>> Wacko</td></tr></table>	> Challenged	> Psycho/psychopath	> Crazy	> Schizo	> Demented	> Special	> Lunatic	> Sufferer/victim	> Normal/not normal	> Wacko
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> Lunatic	> Sufferer/victim										
> Normal/not normal	> Wacko										

© National Alliance on Mental Illness

Mental Health Focus at DPR:

- **Mental Health Conversations for Leaders** through Workplace Mental Health Institute
- Companywide **Mental Health Day** during Safety Week including Mental Health Resiliency webinar, Toolbox talks
- **E-learning class** on Mental Health Awareness & Suicide through IBEAM & Willis Towers Watson
- **Quarterly Leader focused practiced sessions** on "How to start the conversation" and "Breaking the Stigma"
- Mental Health and Wellness **Employee Resource Group**
- **Mental Health First Aiders** trained on select large projects
- **Mental Health strategy team** to benchmark best practices in leading organizations as well as identify areas for focused improvement



National Statistics

- **Among the highest suicide rate of any industry, 53.2 suicides per 100,000 workers**
- **4X the national average of 13.5 per 100,000**
- **This rate is 5X greater than all other construction fatalities combined**
- For every suicide, there are 25 attempts
- Suicide is the 10th leading cause of death in the United States
- **Men die by suicide 3.5x more often than women**
- **White males accounted for 7 of 10 suicides in 2014**
- The rate of suicide is **highest in middle age** – white men in particular



California Statistics

- A 2020 study found that **83% of construction workers have experienced a mental health issue**
- More than **80% of construction workers have experienced stress** at work
- Nearly 60% of construction workers reported struggling with mental health but **only a third said they would communicate** this to their employers
- 57% of workers **would feel more loyal to their jobs**, be more productive and take less time off work **if their employer supported their mental well-being**



What is Mental Health?

- **Emotional, psychological, and social wellbeing**
- **Helps determine how we handle stress**, relate to others, and make healthy choices
- **Changes over time and is impacted by many factors:**
 - Genetics, Life events, Environmental stressors
 - Poor physical health, Change in routine
- **Positive mental health allows people to:**
 - Make meaningful contributions to their communities
 - Realize their full potential
 - Cope with stresses
 - Work productively



Why in the Construction Industry?

Performance pressure (schedule, budget, and quality)	High stress and deadline driven work
Fearlessness and “thrill-seeking”	Limited job control
Family separation and isolation with travel	Long work hours including potential for large volume of overtime leading to fatigue
Sleep disruption/deprivation due to shift work	Chronic pain
Tolerant culture of alcohol and substance use	Industry with highest use of prescription opioids
Seasonal and cyclical work contributing to family and financial strain	Access to lethal means





Lea Rummel

Estimator

Collins Electrical Company,
Inc.

Part-Time Faculty

Sacramento State, CM Dept.

- B.A. Sociology & English Literature, *Univ. of the Pacific*
- Cert. In Construction Management, *UC Davis*
- MiniMBA, *Miami University*
- As Co-Chair of Collins Electrical's Health & Wellness Committee:
 - Created & implemented "The Big 5 Challenge", a companywide, well-rounded wellness challenge
 - Organized Mental Health First Air Training for employees throughout the organization
 - Serves as representative on the the Valley Hard Hats with Heart Round Table with American Heart Association
- With 8 years in the industry, Lea has become an advocate for wellness, focusing on mental health and heart health for both field and office staff

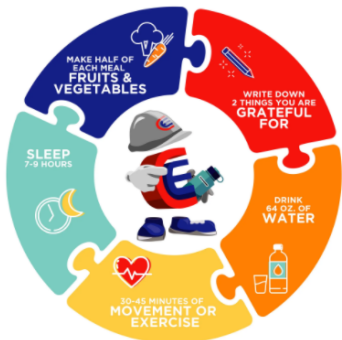




 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING



THE BIG 5 CHALLENGE



- SLEEP 7-9 HOURS**
- WRITE DOWN 2 THINGS YOU ARE GRATEFUL FOR**
- 30-45 MINUTES OF MOVEMENT/EXERCISE**
- MAKE HALF OF EACH MEAL FRUITS & VEGGIES**
- DRINK 64 OZ OF WATER**

ALL EMPLOYEES, FAMILY, & FRIENDS

Dial 988 to be connected to a counselor if you need suicide or mental health related crisis support.

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Lifeline toll-free at **(800) 273-TALK (8255)**. You also can text the Crisis Text Line **(HELLO to 741741)** or use the Lifeline Chat on the National Suicide Prevention Lifeline website at suicidepreventionlifeline.org

Domestic Violence Hotline **(800) 799 7233**

For individuals and family members facing mental and/or substance use disorders **(800) 662-HELP (4357)** (referrals to local treatment facilities, support groups, and community-based organizations)

Corporate Stockton	2417 Metro Drive Stockton, CA 95216 Phone: 209-466-3691 Fax: 209-466-3146
Dublin	6761 Sierra Court, Ste. D Dublin, CA 94568 Phone: 925-392-0134 Fax: 925-243-2572
Fresno	1809 N Helm Ave, Ste. 7 Fresno, CA 93727 Phone: 559-454-8164 Fax: 559-454-8172
Marina	385 Reservation Road Marina, CA 93953 Phone: 831-394-0114 Fax: 831-394-3441
Modesto	125 Tuolumne Boulevard Modesto, CA 95354 Phone: 209-524-6641
West Sacramento	1902 Channah Drive West Sacramento, CA 95691 Phone: 916-567-1100 Fax: 916-567-1232



EMPLOYEE MENTAL HEALTH/EAP RESOURCES



You are not alone

collinselectric.com |   





American Heart Association.
Hard Hats with Heart™
YOUR HEALTH & MENTAL WELLBEING IS OUR TOP PRIORITY

DID YOU KNOW?

- 1 out of four construction workers are overweight.
- 1 out of four construction workers use tobacco.
- 1 out of 25 construction workers have diabetes.
- Nearly 1/2 of all construction workers don't get enough exercise.

BLOOD PRESSURE	CPR	FITNESS	MENTAL WELLBEING	NUTRITION	TOBACCO & ALCOHOL CONTROL

We've teamed up with the American Heart Association to identify challenges to your wellbeing and to implement changes to policies, procedures, and our office and job site environments to help you live a healthier, longer life. With your support, we can build a healthier team and healthier community.

LEARN MORE AT WWW.HEART.ORG/VALLEYHARDHATS

Sacramento, Stockton, & Modesto Hard Hats with Heart sponsors include:

Clark Pacific | Lund Construction | McCarthy | Otto Construction | Royal Electric
 Schetter Electric | Visionary Home Builders

Hard Hats with Heart

May 11 Roundtable

MCCARTHY Visionary Home Builders





Shaik Sihabuddin

Project Executive
Gilbane Building Company

- M.S Construction Management
- Gilbane Northern California:
 - Global Chair for Asian Professionals in Construction Employee Resource Group
 - Northern California rep for VitalCog "Train the Trainer" certification supporting suicide prevention in the workplace
- 22 years in the construction industry with experience managing complex ground-up construction, and alternative delivery projects throughout California
- Promoter of Gilbane's 'people First' culture towards mental health





**Gilbane
LifeSavers
initiative**

Our culture at Gilbane puts people and their safety first, above everything else

LifeSavers training empowers employees to help others in need to find the appropriate mental health resources





Gilbane
Gilbane's
Mental Health Program
(Lifesavers Group)



HealthAdvocateSM

U.S. Employees: Call 1-866-799-2691 or visit <https://www.healthadvocate.com/gilbane>

International Employees: please visit <http://healthadvocate.resourcesforyourlife.com/> (access code: Gilbane) or [click here for a list of country-specific phone numbers](#)



Text HOME to 741741 to connect with a volunteer Crisis Counselor



Dial 988 National Suicide Prevention Lifeline





Renee Wolf

ThedaCare Health Coach
The Boldt Company

- **B.S Human Biology**
- **The Boldt Company**
 - Onsite Health Coach
 - Run their Wellness Program
 - Lead of Boldt's Suicide Prevention and Awareness Program
- **Over 10 years in the health and wellness industry supporting people on exercise, nutrition, sleep, weight loss, tobacco, stress, etc.**





- Boldt's Gatekeeper Program
- Lead of Boldt's Suicide Prevention and Awareness Program
 - Gatekeeper program – peer to peer program
 - Train employees on QPR
 - Provided resources for referrals
 - Gatekeepers throughout the country
 - Continual training and connection to support Gatekeepers



Panel Discussion



Lea Rummel

Estimator
Collins Electrical Company, Inc.



Shaik Sihabuddin

Project Executive
Gilbane Building Company



Renee Wolf

ThedaCare Health Coach
The Boldt Company

Moderator



Renee Stokman

Talent Leader
DPR CONSTRUCTION



Resources

California

<https://focus.senate.ca.gov/mentalhealth/suicide>

<https://namica.org/>

<https://www.sprc.org/states/california>

National

<https://988lifeline.org/>

<https://www.bethe1to.com/>

<https://preventconstructionsuicide.com/>

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

<https://www.unitedway.org/our-impact/featured-programs/2-1-1>

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://mantherapy.org/>

<https://suicidepreventionlifeline.org/>

<https://www.nami.org/About-Mental-Illness>

<https://findahelpline.com/h>

<https://www.mentalhealthfirstaid.org/population-focused-modules/workplace/>

National crisis lines available 24/7

- Suicide & Crisis Lifeline: Call: 988
- Crisis Text Line: Text HOME to 741741
- Free counseling

WEconnect -app

- App offers peer to peer support on addiction and mental health



Panelists' Contact Information

Renee Flournoy Stokman

Talent Leader | DPR Construction

C 714-313-6924 | ReneeF@dpr.com

Lea Rummel

Estimator | Collins Electrical Company, Inc.

O (209) 466-3691 | LRUMMEL@collinselectric.com

Shaik Sihabuddin

Project Executive | Gilbane Building Company

C (775) 691-8454 | SSihabuddin@Gilbaneco.com

Renee Wolf

ThedaCare Health Coach | The Boldt Company

O [920-225-7333](tel:920-225-7333) | Renee.Wolf@boldt.com



SAVE THE DATE

UPCOMING EVENTS

DBIA National Certification Workshop
February 27 – March 1, 2023 – Online

DBIA National Design Management
March 6, 2023 – Online

DBIA-WPR Sacramento Chapter Golf Tournament
Monday, March 27, 2023 - Del Paso Country Club

DBIA-WPR Regional Conference and Awards Program
June 13 -16, 2023 – JW Marriott, Anaheim, CA

****CALL FOR AWARD ENTRIES – submissions due March 3, 2023**

****CALL FOR ABSTRACTS – submissions due March 10, 2023**

Register at www.DBIAwpr.org/events

Please check DBIAwpr.org for updated event information.



THANK YOU FOR JOINING US TODAY!

**This concludes the webinar. We return you
to your regularly scheduled programming.
Have a wonderful DBIA day!**

dbiawpr.org

