



#34-24

August 19, 2024

Building a Strong Foundation Under the Hardhat



On September 12, 2024, the Greater Pittsburgh Chapter of the Construction Financial Management Association (CFMA) will host Building a Strong Foundation Under the Hardhat, a suicide prevention and mental health awareness seminar for construction industry professionals.

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Presenters include:

- **Cal Beyer** - Senior Director, **SAFE Workplaces**
- **Rich Jones**, MA, MBA, LCAS, CCS, CCDP, CAI - Chief Clinical Officer, **Youturn Health**
- **Jason Malatak**, CSP, MBA - Director of Risk Management, **Mosites Construction Company**
- **Sonya Bohmann** - Exec. Director, **Construction Industry Alliance for Suicide Prevention**

Informational exhibitors include:

- **American Foundation for Suicide Prevention**
- **Veterans Affairs**
- **Youturn Health**
- **NAMI Keystone Pennsylvania**
- **Master Builders Association - Yinz Good?**
- **SAFE Project**

MENTAL HEALTH **MINUTE**

**YINZ
GOOD?**

In a survey last year of working adults by the American Heart Association (AHA), they found a majority of employees felt burned out on the job, with excessive workplace stress resulting in higher healthcare costs, absenteeism, and job dissatisfaction.

In this article, the AHA outlines nine policies employers can implement to reduce burnout and create positive workplace well-being.

9 Policies Companies Should Implement to Reduce Burnout



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