



LiUNA!

Northwest Region

Feel the Power

COVID-19 & Mental Health

SPRING ISSUE | VOLUME 7



Brothers and Sisters,

As we continue to be in a world under 'Shelter in Place' laws and proclamations, our thoughts and prayers are with you, your families and all those affected during these unprecedented times of the COVID-19 pandemic. Our hearts and minds are with the healthcare professionals, first responders and those who are risking their lives on the frontlines. We are living in a historical moment. Future generations will look back in history and we will be judged based on our actions, our response and how we took care of our members, families and staff.

The LIUNA Northwest Region has been working directly with LIUNA General President Terry O'Sullivan, local, state and federal officials to provide the Local Unions, District Councils and Employers with resources they need to ensure our members and staff are protected on the job and at home. With each state and province varying in their policies regarding construction as "essential work," the Local Unions and District Councils are working closely with our Signatory Contractors in order to keep the members informed of work opportunities, unemployment and sick leave benefits available in their areas. This also includes providing information to follow the CDC guidelines and procedures at all times. LIUNA Headquarters, LIUNA Health and Safety Fund of North America and LIUNA Training continue to lead the industry in providing the most up-to-date information available.

This newsletter focuses on mental health and suicide prevention awareness. While we understand this is an extremely sensitive topic for some, we know this is a topic that needs to be discussed, especially during the unknown state of COVID-19. Throughout this newsletter you will see updates and resources available on what the Northwest Region is doing to change the stigma surrounding mental health and suicide in the construction industry.

Due to social distancing guidelines in place, the LIUNA Northwest Region has been providing webinar training to staff throughout the region. These trainings focus on topics such as: branding, organizing, labor history, computer skills, research, collective bargaining, apprenticeship, compliance, tri-funds, VOICE modules, mental health awareness and suicide prevention. We appreciate those who have participated in these webinars and those who have worked to put them together.

As we communicate with our membership in this environment, it is imperative that we update member contact information including cell phone numbers and email addresses. This will allow us to improve communication with our membership as we practice safe social distancing guidelines and in the future.

As your Regional Manager, I have seen your dedication and compassion to our membership, their families and all of LIUNA. As a region, we have accomplished so much over and we shall build on these efforts, even during these difficult times. As we deal with COVID-19, the foundation in which this region was built on remains unchanged.

We must all continue to work together as one union, one family, one team... LIUNA. By working together, WE will continue to accomplish great things. Stay safe, stay strong and we will all get through this together.

Feel the Power!

Fraternally yours,

Robert F. Abbott
LIUNA Northwest Region
Vice President/Regional Manager

A message from Assistant Regional Manager Rey Espinoza:

This construction season is starting off much different than any of us would have expected. Around this time of year, LIUNA members would currently be busy building the U.S. and Canada, spending time with their families, enjoying the outdoors or some sort of sporting event.

During these stressful times, we need to make sure we are attending to our mental and physical health first and foremost. We all deal with situations differently, but it is important that we are aware of our health and taking actions to practice self-care so we can stay healthy and better care for our loved ones. When a person is mentally and emotionally healthy, they will be able to handle stress and/or adversity and be more resilient. We know that when we have the proper knowledge and tools, we can get the work done quicker, easier and safer. To be at your best you must have the tools to help keep you focused, maintain a positive outlook and get you through these tough times. If you are struggling, know there are also resources available to you if you need additional help. When times are tough, we learn and grow. We WILL go back to work and by taking care of ourselves and each other during this time, we will be stronger and more focused to get back to building!

A message from Western Canada Sub-Regional Manager Mark Olsen:

Across Western Canada, mental illness in the construction industry is a growing concern for LIUNA and Local Unions 1611, 92, 180 and 1258. Mental illness affects everyone regardless of sex, race or religion. However, because the construction industry continues to be male dominated, it has been an uphill battle to get members to understand and recognize the issue, talk about it, change the stigma, be compassionate, and for those afflicted and affected, to reach out for help and treatment which is so readily available.

In British Columbia, Alberta and Saskatchewan, each Local Union provides a Member and Family Assistance Plan (MFAP) through Homewood Health, while Manitoba uses Coughlin. Members can go to our Western Canada website at www.liunawc.ca for the links.

Mental illness has many causes, many symptoms and manifests itself in so many forms. It can result in sickness, anxiety and depression, self-medicating and addiction and lead to poor job performance, job and family loss, violence, bullying and even suicide. Besides awareness campaigns, MFAPs and donations to mental health providers, LIUNA and the Locals are involved in many community efforts. Three of those efforts are pictured in the newsletter, including the installation of a park bench and plaque for a bullying and homicide victim Carson Cremen and pink shirt anti-bullying campaigns. LIUNA and the Local Unions are raising mental health as an important issue, providing assistance to those who suffer and advocating for those affected.

Hello Brothers and Sisters,

Normally during this time of year, pipeline jobs are kicking off across the Northwest Region. Due to the pandemic new jobs are off to a slow start this season. We are working closely with contractors who are anticipating an increase in maintenance and integrity work within our region. Almost all existing DCA and NPLA work is still going strong with only a few jobs having shut down due to the pandemic. I would like to thank all of our LIUNA Sisters and Brothers out there working on jobs deemed essential. Your commitment to our union and our country is commendable during this time of national crisis. We know that for many of you, whether you are actively working or not, life has dramatically changed. Our work and home schedules have been disrupted, many schools and colleges are closed through the end of the year and there is a lot of fear and uncertainty circulating in our communities. But don't forget that we have the strength of 500,000 members on our side. Our schedules will normalize and we will have jobs waiting for us. We are looking forward to the summer season and work picking back up. Brothers and Sisters, we are stronger together and we will weather this storm.

Yours in solidarity,

Chad Fenison

LIUNA International Representative Northwest Region

Program Updates

Affiliated with
Laborers'
International
Union of
North America

NROC

Northwest Regional Organizing Coalition

With the leadership of the Regional office, District Councils, Locals and Affiliates working together, this unprecedented time has transformed into a period of growth, conquering challenges and supporting one another.

Staff has continued to learn and grow through a variety of weekly provided training, as well as reading material, assignments, staff meetings and 1-on-1 discussions. This training has allowed staff the additional time needed to focus on their skills and obtain answers to the specific questions to put all the pieces together. The Marketing Reps have taken this educational time very seriously and have expressed gratitude for the opportunity to strengthen their skills.

Three additional Market Representatives have joined the Northwest Region in Washington state. We would like to extend a big welcome and look forward to working with them.

Campaign planning and discussions have continued across the region. With the additional research being collected, we are preparing for the time when we can make worker contact, top-down visits and start affecting those targeted markets.

“Whenever you find yourself doubting how far you can go, just remember how far you have come. Remember everything you have faced, all the battles you have won, and all the fears you have overcome.”
– Unknown

- Tonya Ohumukini, Regional Director of NROC



LABORERS'
HEALTH & SAFETY FUND
OF NORTH AMERICA

As we all know, it is a team effort that everyone does their part to limit the spread of COVID-19, as people without symptoms or with mild symptoms can still spread the virus to others.

The Laborers' Health & Safety Fund of North America (LHSFNA) and LIUNA Training are continuously monitoring and updating relevant information regarding the pandemic. This information can be found at the Health & Safety Fund's website on their main page:

www.lhsfna.org.

Messages from LIUNA Headquarters are readily available for downloading and viewing, and can be shared on social media. This information is also intended for your Members and Signatory Contractors:

www.nwliuna.org/covid-19-resources

LECET

Laborer-Contractor Partnerships

National LECET has been working with Northwest LECET and the Tri-Funds to finalize a suicide prevention video to share with our tribal communities, in good faith of the Memorandum of Understanding (MOU) that was signed

with National TERO. National LECET continues to work with the training funds to assist in safeguarding our apprenticeship systems, as well as training on the basic understanding of apprenticeship for our affiliates and staff.



NW LECET

Laborers' Employers Cooperation and Education Team
Northwest Cooperation Fund

Our last report, 2019 in a glance, is the normal which we all want. The COVID-19 pandemic has made life almost unreal, for the millions of essential workers, the millions of unemployed and the millions who are under strict shelter-in-place orders. We are all affected by this stressful

Program Updates

situation and that it is our duty to: stay together, a part. Northwest LECET has been abiding by the rules set in place by Governor Inslee and the LIUNA Northwest Regional office and has been under work from home orders for the past month.

Prior to the work-from-home order, we had been working to assist affiliates in promoting the LIUNA brand as well as developing strategies for the rest of 2020. In January and February, we were solidifying our partnerships with affiliates like NHL Seattle, Root Sports and the Washington Interscholastic Activities Association (WIAA) to promote LIUNA's recruitment and branding efforts.

LIUNA Local 242 hosted the NHL Seattle - LIUNA signing on January 23, with guests like Tod Leiweke, CEO of NHL Seattle and local politicians there to celebrate. Northwest LECET was at the helm of the event. We take pride in this successful event and hope this instills pride into the men and women of LIUNA, when they get to see their logo on the ice, inside of the arena and training center and an installation dedicated to the Laborers who had worked on the Seattle arena. We know this partnership will also provide job opportunities for many throughout the Northwest Region. These partnerships are crucial to the success of LIUNA's brand -- which is also why Northwest LECET has continued our relationship with Root Sports NW and started a partnership with the WIAA.

With the WIAA, Northwest LECET, along with the Washington and Northern Idaho District Council and Northwest Laborers' Training Trust, are the official union partner and apprenticeship program of the WIAA. This partnership allows Northwest LECET and our affiliates to provide recruitment and education opportunities and will be hosting booths at these interscholastic sporting events.

In February, Northwest LECET, as a partner, went down to the World of Concrete to support our LECET and LIUNA brothers and sisters from the LIUNA Pacific Southwest Region. We were able to network with other construction industry professionals and promote the benefits of being a Signatory Contractor.

We have conducted training for the new issue oriented political toolkits to the Local Unions and District Councils. These are materials used for membership mobilization and communication on the topics that matter to workers and to LIUNA, for example, the importance of prevailing wage on communities or the value of voting. You've probably seen these posts on our Facebook, Instagram or Twitter! Please feel free to share these on your pages. Currently, social media and video chat are the best ways to stay in contact with the membership, each other and the public. Northwest LECET has been assisting the Northwest Region in bi-weekly training and webinars with other LIUNA Affiliates on a variety of topics including branding, Google Drive and crisis communication. These ensure that LIUNA staff and Affiliate staff are up-to-date with the latest tools and techniques to better grow as a region. We are also keeping up to date with COVID-19 news and either sending it to Locals and District Councils for membership disbursement or creating graphics that can, again, be seen on our social media accounts.

Northwest LECET compliance is gearing up for a busy season once the construction industry institutes COVID-19 protocols. As contractors return to work and implement these protocols, we will return to investigative work in the field. We will ensure that the contractors seeking to circumvent protocols, and place workers in jeopardy, will be held accountable. We have been following the regulations put in place by government leaders, and we have been attending the Associated General Contractors of America's webinars addressing COVID-19 related construction issues. Additionally, as construction peak season draws closer, we will be monitoring contractors seeking to gain back lost time and money by conducting bad practices.

While we're staying busy at Northwest LECET, we continue to worry about our loved ones, our brothers and sisters and our communities. We have been putting an emphasis on mental and physical health during this time, which is why this digital newsletter focuses on these topics. We hope to be able to see our colleagues and our union brothers and sisters face-to-face soon. However, we implore everyone to continue following COVID-19 protocols and take care of themselves.

- Aubrey Newton, Director, Northwest LECET

Members in Action

(Pictured right) Local 737 and Local 483 Business Manager Farrell Richartz represented LIUNA at the PDX Womxn's March.



(Pictured right) Local 252 getting work done via video chat.



Women construction workers who worked on the Raiders Stadium in Las Vegas, celebrate Women's Day.

(Pictured right) Local 335 Business Manager Shannon Stull packed bags of emergency food for members in need.



Women Laborers at the EMPOWER Women's Conference in Vancouver, WA.



(Pictured left) Local 737 donated PPE to hospitals in Portland, OR.



(Pictured left) Local 71 Public Employees are sanitizing a school in Anchorage, AK (Photo Credits: Anchorage Daily News/Anne Raup).



Local 292 put together bags of emergency food for members in need.



LIUNA Western Canada and Locals were instrumental in the installation of a park bench and plaque for a bullying and homicide victim Carson Cremeni.



Local 1611's staff wears pink for an anti-bullying campaign.



Maintenance Operator brother, Gary Alcott, has been a Local 71 Member since 1994.



Local 252 handed out sanitizers and swag to members working at Harrison Hospital in Silverdale, WA.



Local 1611 donated PPE to COVID supply hubs in British Columbia.



Local 1611's Bob Barker wears pink for an anti-bullying campaign.



Local 71 Public Employees members and custodians.



Local 71 Public Employees member and custodian.

AN ESSENTIAL LIST OF

MENTAL HEALTH TIPS

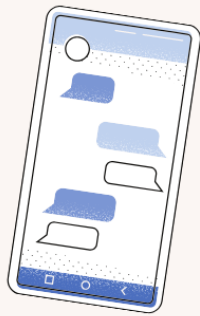


1. KNOWLEDGE IS POWER!



GET YOUR INFORMATION FROM CREDIBLE RESOURCES LIKE [CDC.GOV](https://www.cdc.gov) OR [LHSFNA.ORG](https://www.lhsfna.org)

2. but, put down your phone!



LIMIT YOUR CONSUMPTION OF NEWS, GIVE YOUR MIND A BREAK

3. KEEP YOURSELF HEALTHY



EAT HEALTHY FOODS & STAY HYDRATED

AVOID EXCESSIVE AMOUNTS OF CAFFEINE AND ALCOHOL

DO NOT USE ILLEGAL DRUGS

GET ENOUGH SLEEP & REST

GET PHYSICAL EXERCISE



4. challenge yourself to stay in the present

When you find yourself worrying about something that hasn't happened yet, gently bring yourself back to the present moment.

Engage in mindfulness activities: Notice the sights, sounds, tastes and other sensory experiences in your immediate surroundings as a way to ground yourself in the present.

5. STAY CONNECTED



TALK TO TRUSTED FRIENDS ABOUT WHAT YOU'RE FEELING

IF YOU ARE FEELING ANXIOUS OR ARE STRUGGLING WITH MENTAL HEALTH, IT'S OKAY TO REACH OUT TO MENTAL HEALTH PROFESSIONALS



BREAKING THE SILENCE:

**CORONAVIRUS. COVID-19. PANDEMIC. SOCIAL DISTANCING.
SHELTER-IN-PLACE. PROJECT DELAYS. SLOWDOWNS. SHUTDOWNS.
LAYOFFS. UNCERTAINTY. ANXIETY. PANIC. STRESS. WORRY.
FEAR. DEPRESSION. BIPOLAR MOOD DISORDER. POST-TRAUMATIC
STRESS DISORDER. SUBSTANCE USE DISORDER. SUICIDE.**

By Cal Byer

These are uncertain times. Workers and families are feeling the burden of extra stresses relating to the COVID-19 outbreak. For some of us, COVID-19 has been a distraction or a “speed bump” on the road of life. For others, COVID-19 has disturbed our routines or disrupted our lives. Some of us may be feeling that our plans for a better life have been delayed or derailed. Yes, these times have been tough. It is also true that better days are ahead. There is reason to be hopeful. We will get through this together. You and your family are not alone. The LIUNA Northwest Region stands united with you as brothers and sisters to help you overcome your sadness, anger, worries and your fears. This article is straight talk about an important issue: You! LIUNA cares about you and your families.

Why is the LIUNA Northwest Region talking about Mental Wellbeing, Substance Use and Suicide prevention? We are having a real conversation so everyone that is part of the LIUNA family knows they have access to mental health and suicide prevention resources. These are heavy topics. It takes courage, compassion and leadership to talk about these issues. These issues are a matter of job and home safety, health and wellness. These topics are a matter of life and death.

Why is it so uncomfortable talking about these topics? It is awkward because of the stigma connected to these topics. Stigma comes from the fear of the unknown. For many of us these topics are hidden behind a wall of silence and shame. As a result of stigma and shame, many of our members are suffering in silence. This is not ok.

Maybe you were brought up that you were not supposed to talk about these issues or were discouraged from seeking help when you were having problems. There is good news! The times have changed, and society is talking openly about these topics. It has now become ok acknowledging that it is ok to not be ok. And, even more importantly, it is now better than ok to seek help for those times when life gets in the way of your happiness and wellbeing.

MENTAL WELLBEING, SUBSTANCE USE & SUICIDE PREVENTION

The reality is that mental wellbeing, substance use and suicide are public health concerns: According to various sources, approximately 20-25 percent of adults will experience a mental health condition during their lifetime.

Less than 50 percent of adults with diagnosable mental health conditions -- and less than 20% of children and adolescents -- receive needed treatment.

Suicide is the 9th leading cause of death in Canada and the 10th in the United States. There were more than 4,100 suicides in Canada and over 48,300 suicides in the United States in 2018.

Here are some startling facts about the construction industry:

Highest rate of prescription medications for chronic pain.

Second highest suicide rate, more than three times higher than the general population in Canada and the United States.

This is why the LIUNA Northwest Region is talking about mental wellbeing and suicide prevention!

We need to talk about these topics if we can help our members and their loved one address underlying issues that keep them from living their lives to the fullest.

Suicide Warning Signs

(www.suicidepreventionlifeline.com)

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

About the guest author:

Cal Beyer is a friend of LIUNA. He is a construction industry mental wellbeing and suicide prevention advocate. He helped launch the Construction Industry Alliance for Suicide Prevention. Between 2014-2020 he worked for a signatory contractor with operations in Washington and Oregon. He partnered with the Laborers in WA and OR on work zone safety and suicide prevention initiatives. Cal is working full-time in mental wellbeing. He is the Vice President for Workforce Risk & Mental Wellbeing for CSDZ, a construction specialty risk management firm. He can be reached at cbeyer@CSDZ.com.



16%
of construction workers
report regularly
drinking more than
five to seven drinks in a
single occasion.

LIUNA NW: Walking the Talk on Mental Wellbeing

The LIUNA Northwest Region has been doing more than just talking about the issues of mental health, substance use and suicide prevention. Here is a timeline of the major actions already taken (pictured left).

Mental Wellbeing and Suicide Prevention Resources for Members, Families and Friends:

As a member of LIUNA, you and your dependents that are eligible for benefits in the Health and Welfare Trust, have access to an Employee Assistance Program (EAP). The EAP offers free, confidential support 24/7 every day. The number is on the back of the member's health benefit card. This is for crises and other life matters causing you stress or concerns. The EAP can help you access counselors and provide other helpful support.

The LIUNA Northwest Region cares about you and your family. The resources provided in the article are intended to have each member do an honest gut-check about their mental wellbeing. Is there anything holding you back from being happy and healthy or living the life you dreamed about?

Taking the first step to seek help from the mental wellbeing resources can be your path to hope, help and recovery. It starts with the first step. You will not walk alone. We are our brothers' and sisters' keeper!



Crisis
Services
Canada

Services
de crises
du Canada

October 2017

LHSFNA and WANI
DC Reps attend
Construction Suicide
Prevention Summit

March 2019

LIUNA NW are the only
labor union to donate to
Suicide Prevention
Education Day at the
Washington State
Capitol

June 2019

WANI DC Rep began
participating in the
WA Construction
Industry Suicide
Prevention Task
Force

August 2019

National LECET Rep
present and provide
suicide prevention
resources to Tribes
and First Nations

January/March
2020

LIUNA NW make
25,000 packets of
mental health and
suicide prevention
resources for members
and signatories

February 2020

LHSFNA & Local 737
Reps participate in the
Oregon Construction
Suicide Prevention
Task Force

April 2020

Cal Beyer present
two-hour webinar for
the management team
of LIUNA NW

April 2020

NW LECET create and
moderate a video
explaining how to use
the "pocket packets"

April 2020

LIUNA NW include
article on Mental
Wellbeing, Substance
Use and Suicide
Prevention in
newsletter

April 2020

Distribute the mental
health and suicide
prevention "pocket
packets" to signatory
contractors

EVENTS

LIUNA Northwest
Regional Conference

LIUNA Leadership
Conference

Both have been cancelled
for 2020

RESOURCES

COVID-19 health updates & resources:

www.lhsfna.org

IS IT COVID-19 OR SOMETHING ELSE?*

COVID-19	FLU	COLD	ALLERGIES
Body aches and pains Dry cough Diarrhea Fatigue Fever Headache Shortness of breath	Body aches and pains Cough Diarrhea Fatigue Fever Headache Runny nose Sore throat Stuffy nose	Body aches and pains Cough Headache Runny nose Sneezing Sore throat Stuffy nose Watery eyes	Cough Fatigue Headache Runny nose Sneezing Stuffy nose Watery eyes

*Note: This is not intended to be a medical diagnosis; please call your healthcare provider with questions and concerns.

LABORERS' HEALTH & SAFETY FUND OF NORTH AMERICA

CONTACT US

Have photos or stories you want to share?
Northwest LECET always wants to highlight
LIUNA members and the work they do!

Please reach out, we'd love to hear from you!

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Find out more information at:
www.nwlecet.org

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[t](#) @nroclaborers

COVID-19 Updates from LIUNA Headquarters: www.nwliuna.org/covid-19-resources

[LIUNA Pushes for COVID19 Relief](#)

[LIUNA Coronavirus Response Package Is a Step Forward But It Does Not Address Many Critical Issues Affecting Working Families](#)

[LIUNA Families First Coronavirus Response Act Statement](#)

[LIUNA Coronavirus Aid, Relief, and Economic Security \(CARES\) Act Statement](#)

[State/Local Government Resources](#)

[Unemployment Insurance Programs](#)