

SIMPLE SOLUTIONS TO COMPLEX PROBLEMS

Service and Course Catalog



BPM WELLNESS

“

The individual workers are your organization's Product. They are your tools. They are your Equipment. They are your representatives to Your customers In the field. Do you neglect to care for your tools and equipment? Or do you properly Care for your tools like the valuable asset That it is?

Trent Williams,
President and CEO

”



ABOUT US



MISSION

Our mission is to create and deliver supportive wellness strategies to organizations and become the single point through which the weight of crisis is transferred to a foundation built on compassion, trust, and safety.



VISION

Our vision is to permanently improve the quality of life for each participant and organization in the industries that we serve, and eliminate all wellness crisis that prematurely end lives and careers.



BPM WELLNESS

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BEARING POINT MENTAL WELLNESS SUPPORT SERVICES

Bearing Point Mental Wellness (BPM) supportive services are designed to help you employees enhance their work and way of living and achieve a higher quality of mental wellbeing and safety. All BPM Supportive Services are goal oriented, problem and solution focused, and are meant to support your employees while continuing to work. BPM Wellness Services are not meant to replace any of your clinical resources (such as counseling or an EAP benefit)

rather they work best in tandem with existing services, or as a primary service when the need does not rise to that of clinical counseling. Whether your supervisors need a 3rd party to bounce ideas off of, chemical dependency issues that are either immediate or ongoing, recovery coaching for individuals struggling with addiction, or just finding a place to get your haircut when on the road for work, we've got you.



SOME

MESSES ARE TOUGH
TO CLEAN UP ALONE.

WE CAN HELP



BPM WELLNESS



PROJECT SPECIFIC RESOURCE LANDING PAGES | 8 CREDITS* |

When planning and organizing projects in the workplace, it's important to be able to figure out what resources are required and coordinate or organize them in the best way. The size of the project will determine what type and how many resources will be required. The same is true for the wellness resources your team will need and utilize while working a project, especially out of town work.

That's where we come in. We will build a custom resource landing page for your employees to access from their mobile device. Where will your employees get groceries? Where will they do their laundry? How about haircuts? What about fun things to do that isn't just going to the bar? Being away from home is hard on anyone. Combine that with physically demanding

work with long hours and the last thing you want to do at the end of the day is find the answers to these questions. We will build you a thorough and robust resource page with resources that are covered by your team's health plans, and a variety of non-medical resources that are equally as important for a worker's wellness. We got you covered.

| KIT 2 LEVEL OF SERVICE |

BPM CLEAR

Coaching Support

RECOVERY SUPPORT COACHING

| 1 CREDIT |

Recovery Support Coaching is one on one coaching with an employee struggling with substance abuse issues. The goal of coaching is to support the employee through recovery, and to support in a way that focuses on goal setting, and helping them build and strengthen supports in their lives. Our aim is simple. The best way to support the employee is to provide intervals of in person coaching to walk someone through the difficult stages of early recovery while continuing to work safely benefiting both the employee and your organization.
| First Session is 2 hours, and 1 Hour for Remaining Sessions |

SUPERVISOR SUPPORT COACHING

| 1 CREDIT |

The primary role of supervisor support coaching is walk alongside a supervisor in their professional development and accomplishing their goals. When a manager or supervisor meets with a coach, the discussions they have are confidential. Coaches support the employees to both explore their roles more thoroughly and engage with the people in those roles more effectively. They assist clients with self-assessment, so employees find their own strengths and weaknesses and build upon those to develop their personal leadership styles. | 1 Hour |

Executive Support Coaching

| 1 CREDIT |

It can be lonely at the top. Executives often lack someone above them in the organizational leadership chart that they can bounce ideas off of, and this can create a lack of motivation, lack of self awareness, and can sometimes find it difficult to get the necessary feedback to continue to grow as a leader. BPM Wellness can come alongside and encourage the leader towards greater motivation, increasing their momentum as they continue to inspire the people in their organization to achieve success and model the desirable behavior they hope to see in their teams.
| 1 Hour | *Time and location chosen by Executive

Family Support Coaching

| 1 CREDIT |

A BPM Family coach is a partner; a sounding board; a neutral 3rd party that helps a family identify their goals and establish new routines and behaviors that help the family achieve positive change that is lasting. The help that families often need is similar to that of a small organization. They need to communicate about their shared values, beliefs and goals and see where they are aligned and where they may be out of sync. A BPM Family Coach uses a variety of techniques to help families leverage their strengths and help to decrease the noise that causes outside distractions for the employee on the job. (1.5 Hours)

How Is Coaching Different Than Counseling?

Coaching

Coaching is for employees who are in a relatively healthy mental and physical space and are prepared to receive guidance and direction on how to achieve their goals. The work involved is to motivate the employee to create, achieve, adapt, and strengthen both their personal and professional goals.

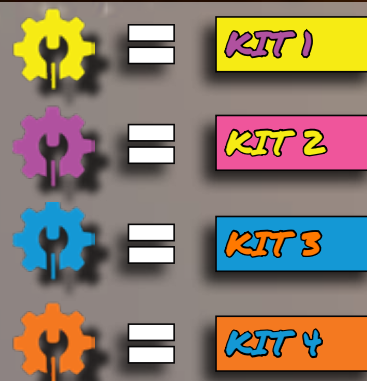
Counseling

Counselors create a safe place to explore someone's identity and coping strategies and provides therapeutic interventions to help extract past memories and explore how it has shaped their worldview.



BPM WELLNESS

CORRESPONDS WITH KIT PRICING (PAGE 14)



Coaching Support Hours require a minimum purchase of 10 Hours of coaching that can be used for any type of coaching that BPM offers.

BPM Pulse: Team Building and Team Strengthening | 10 Credits*

I know what you may be thinking. It probably goes something like this, "Team building? Okay, so which personality test is it going to be this time. Myers Briggs? Disk?" (My Personal favorite by the way), "Some other acronym totin', let's synergize everyone's Feng Shui and then back to business as usually? Not really our style at BPM. Our approach is simple. Let's play some intentional (and quite competitive) games that allow your teams to

get to know each other by laughing at one of their stories, defeat everyone else in team trivia? This is the most important element of any successful team building course. Yes it WILL be fun. Whether the session replaces a afternoon meeting, or BPM plans an Executive Leadership retreat, we'll help you get along and build bonds with even the person who may be the hardest to love - and watch your company thrive as a result.

***Fee is an estimate as a solo service with the minimums of 10 employees and 60 minutes. Tier pricing available**

BPM Pulse: Leadership Assessment | 15 Credits |*

This service mirrors that of the BPM Pulse Organization Assessment with one significant difference. It is focused solely on the leadership team as a whole and checks the 'pulse' of the leadership members as it relates to the mission and vision of the company, other members of the leadership team, communication, mutual respect, and hierarchy issues if they exist. For most organizations, the leadership teams often operate in the blind when it comes to these issues. We can help bring them into your line of sight.

***Fee is an estimate as a solo service for 10 hour project and is not exact**

BPM Pulse: Leadership Strategy | 20 Credits |*

How often does your leadership team meet to build the following years' goals and objectives? How often do you meet subsequently to gauge and discuss the progress of those goals? Your BPM Pulse consultant will meet with you to facilitate your conversation with each other to develop your strategy for the coming year, and then meet with you quarterly for a shorter meeting to keep your finger on the pulse of how well you are staying on track.

***Fee listed reflects an estimate as an a la carte service and is not exact**

BPM Pulse: Organization Assessment | 20 credits |*

From the assessment process to the final report, you will gain a sense of the functional areas in which your organization is strong and those areas which inhibit its effectiveness in accomplishing its mission. In addition, the organization's stakeholders are more likely to be prepared to engage in the development process because they were involved in the assessment process. The service includes: preliminary interviews with senior staff, internal 360 degree review, and a session to thoroughly go over the finding and recommendations of the final report with senior leadership.

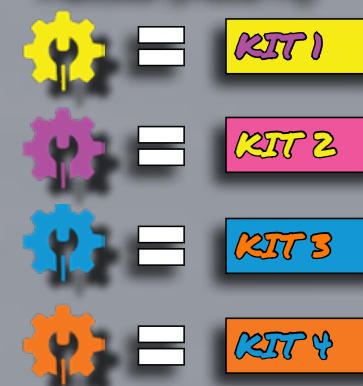
***Fee is an estimate as a solo service for 20 hours and is not exact**

BPM Pulse: Future Leaders Group | 8 Credits* |

The Future Leader Group is focused on shaping leaders who are ready for the future. We hone in on three intelligence areas: Emotional Intelligence, Cultural Intelligence and Generational Intelligence. The group meets quarterly to evaluate leadership diagnostics, group coaching, team development, leadership skills check, employee value proposition, internal communications, and leadership strategy. This is great for companies who want to develop future leaders, or discover who those future leaders might be within your organization.

***Fee is an estimate as a solo service per employee - minimums required**

CORRESPONDS WITH KIT PRICING (PAGE 14)



BPM PULSE Organization Support Services

Credits listed for these services represents an estimate a may flucuate based on organization size and the scope requested for the project.



BPM IMPACT

Strong Outcomes. Lasting Change.

Employee Mediation | 1 Credit |

BPM Mediators work with your employees to help parties resolve conflict. Your BPM Mediator will use a variety of styles and approaches to do this. Much like doctors and counselors will use different strategies to achieve desired results, so too will BPM Mediators use different techniques based on several factors. The three main styles of mediation are evaluative, facilitative, and transformative. Your BPM Mediator will assess the specific needs regarding time-frame to resolve, depth of the conflict, prior relationship before the conflict arose, and how willing both parties are to engage in the process.

Chemical Dependency Counselling | *1-2 Credits |

BPM Alcohol and Drug counselors are qualified mental safety professionals who specialize in helping people overcome alcohol, substance, and behavioral addictions. Sessions include evaluating and treating an employee's mental and physical health and providing support to the individual and their caregivers. BPM Counselors are compassionate and dedicated to help provide direction and support to your employee. Your BPM Wellness Counselor will develop treatment and recovery plans, and identifying behaviors that impede rehabilitation.





Chemical Dependency Family Counselling | *1-2 Credits |

Chemical Dependency counseling for families is designed to alleviate the stress, fear and challenges families suffer when trying to help one of their own recover. BPM Family Counseling in Recovery addresses a family's unique needs and tailors an action plan that supports the entire family system through the recovery process. Family Chemical Dependency Counseling is an effective way to help families going through the early recovery process, whether or not the afflicted family member is active in recovery. | Pairs well with Family Coaching |

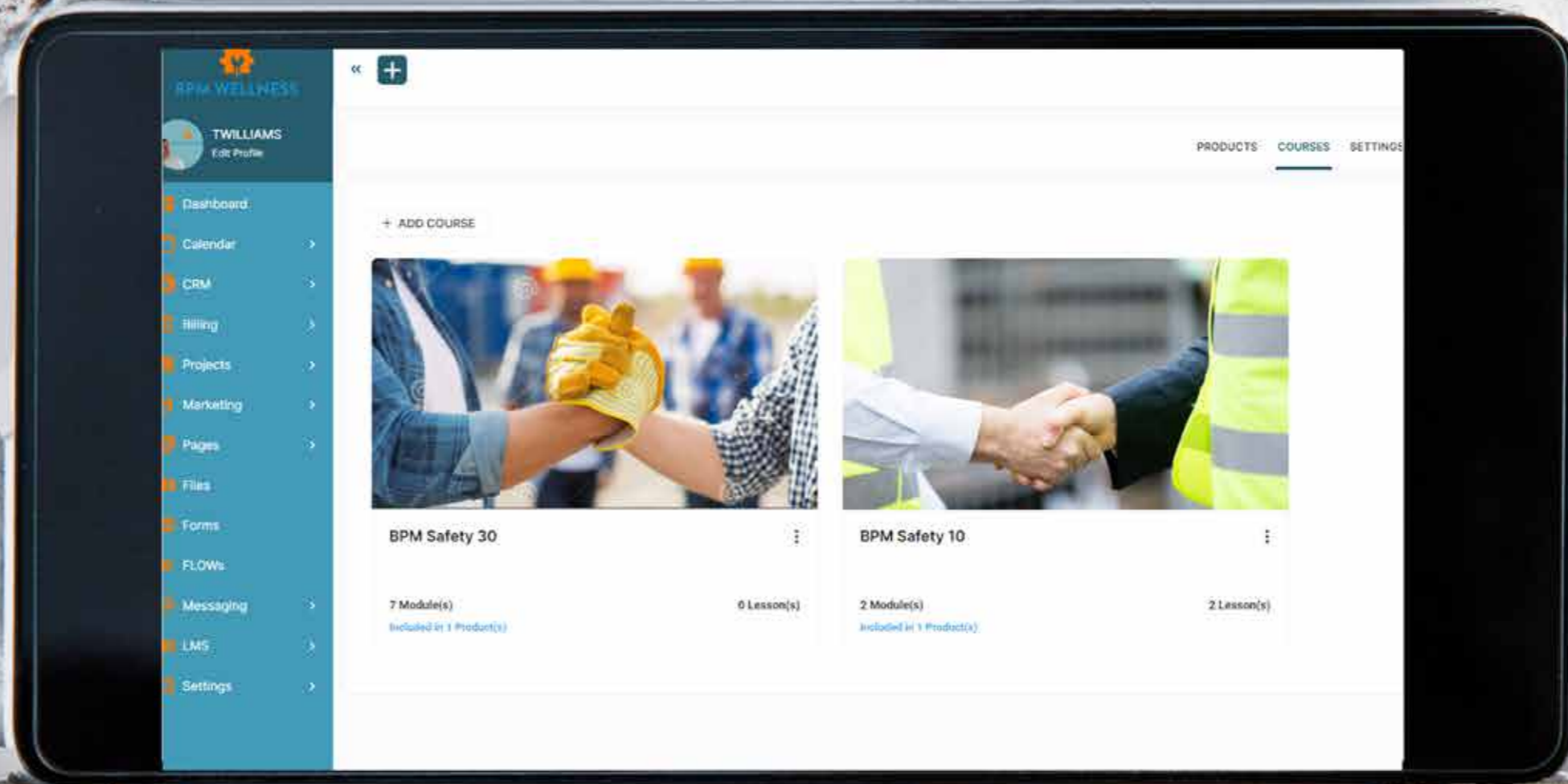
Chemical Dependency Intervention | *30 Credits|

Reaching the point of needing a staged intervention for an employee or loved one can be a scary time. Our BPM Interventionist will be with you every step of the way. The goal of the intervention is always to get someone the help that they need and eventually restore them back to their place at home and at work. The family and friends provide specific examples of the individual's destructive behaviors and the impact it has had on their life and the relationship.

CORRESPONDS WITH KIT PRICING (PAGE 14)

-  = **KIT 1**
-  = **KIT 2**
-  = **KIT 3**
-  = **KIT 4**

BPM WELLNESS ENGAGEMENT PORTAL



- ⚙️ Great tool to get Employees Engaged
- ⚙️ Perfect for On boarding
- ⚙️ Track your employees training progress and store the records on our servers
- ⚙️ Early and Exclusive access to wellness content and news
- ⚙️ Desktop, Tablet, Smart Phone, IOS, Android
- ⚙️ Employees can engage with BPM Wellness, their employer, and each other directly through the portal



BPM WELLNESS

BPM SUPPORT: MONTHLY RETAINER



































KIT #1
10 CREDITS

KIT #2
20 CREDITS

KIT #3
30 CREDITS

KIT #4
40 CREDITS

*RETAINER CAN BE USED FOR THE FOLLOWING SUPPORT SERVICES BY KIT PACKAGE:

					
BPM CLEAR: RECOVERY GUIDANCE AND SUPPORT COACHING	CREDITS = 1				
BPM PULSE ORGANIZATION TEAM BUILDING SUPPORT	*CREDITS = 10+				
BPM IMPACT: EMPLOYEE MEDIATION	CREDITS = 1				
BPM CLEAR: ALL LEVELS OPEN IN THIS KIT	*CREDITS = 1+				
BPM PULSE: PROJECT AND COMPANY RESOURCE PAGE BUILD AND MAINTENANCE	*CREDITS = 8				
BPM IMPACT: CHEMICAL DEPENDENCY COUNSELING AND SUPPORT	CREDITS = 1-2				
BPM PULSE: ALL LEVELS OPEN IN THIS KIT	*CREDITS = 10+				
SUBSCRIPTION TO THE WELLNESS PORTAL ON DESKTOP AND MOBILE APP	1 CREDITS/MONTH				
BPM IMPACT: CHEMICAL DEPENDENCY FAMILY COUNSELING	CREDITS = 2				
BPM IMPACT: ALL LEVELS OPEN IN THIS KIT	*CREDITS = 1-20+				
SUBSCRIPTION TO THE WELLNESS PORTAL ON DESKTOP AND MOBILE APP	INCLUDED				
10 ANNUAL BONUS CREDITS TO BE USED FOR ANY SUPPORT SERVICES	INCLUDED				

BPM SAFETY FOUNDATIONS MENTAL SAFETY TRAINING AND EDUCATION



**Immersive
Courses**

**Practical
Application.**

**One-on-One
Sessions**

BPM Foundations is a training curriculum that was developed by Trent Williams as a program that is specific to the construction industry. Understanding that Mental Health is a very real safety issue that involves everyone, it is important to lay the foundation and build on the foundation with continued education and training.

- The courses utilize in-person or virtual (if requested) and include course materials, role play, one on one - deeper dives, discussions, and team building.
- Each course participant will be provided a certificate of completion and access to ongoing support and resources.
- BPM Wellness uses an *LMS platform and phone/tablet application for additional access to virtual classes and resources.

*Not intended to replace, but can be utilized for flexibility and accomodation.

A PEEK AT SELECTED COURSES

1/.

Introduction to Mental Safety 2 CEU

Before you begin to pour a foundation while building a structure, you must test the soil, excavate, and prepare the area for the new foundation. Approaching emotional awareness is similar. This course explores strategies all people develop to cope with difficult emotions, learn how to 'listen' to our emotional 'signals', and unlearn unhelpful coping strategies. Important for employees at any level of an organization or family. Available as an interactive eLearning course or as a face-to-face option for groups.
| 2 Credit Hours

3/.

Supervisor's Guide to Mental Safety 4 CEUs

Important for any supervisor, this course is designed to assist supervisors in building and sustaining Mental Safety in the workplace. This course provides valuable information about common mental illness, guidance for company policies, access to resources to support a mentally safe workplace, and access to 'in the moment coaching' for all attendees. Available as an interactive eLearning course or as a face-to-face option for groups.
| 4 Credit Hours |

2/.

Introduction to Addiction in the Workplace 2 CEUs

Most adults struggling with a substance use disorder (SUD) continue to hold down a job. More than 70% of those abusing illicit drugs in America or binge drinking are employed. Since it is a question of 'when' it shows up at work and not a question of 'if' it shows up, this course is designed to provide a comprehensive understanding of addiction, and equip participants to spot signs, support struggling employees, and create helpful and appropriate boundaries. Designed for all employees at all levels, and is valuable for families, too.

4/.

BPM Safety Steward Training 8 CEUs

Just as first aid training helps you assist an individual having a heart attack, Mental Safety Responder Training equips employees to support someone experiencing a mental health or substance use-related crisis. In the Mental Safety Responder course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and immediate access to a support resource catalog and 'in the moment coaching'. Essential course for all supervisors, and all safety personnel.

Additional Courses and Descriptions Found Within This Catalog

1/. BPM Introduction
to Mental Safety



2/. BPM Safety
Steward



3/. Supervisor's Guide
to Mental Safety



4/. Intro to Addiction
in the Workplace



Featured Courses by Level



Assertive Communication

4 CEUs

Consistent behaviors lead to teams and individuals developing high-performance cultures based on trust and respect. This course teaches skills for creating alignment by fostering open dialogue around high-stakes, emotional, or risky topics—at all levels of the organization. By learning how to speak and be heard, employees share ideas, make the highest-quality decisions, and then act on decisions with unity and commitment.



De-escalation and Conflict Resolution

4 CEUs

De-Escalation and Crisis Communications is a training course that teaches how to deal with people in crisis and to be a more effective communicator. The tactics taught are the same tactics used by professional crisis negotiators throughout the world. Through “Active Listening” and other tools, you will be introduced to crisis deescalation in a practical, easy to apply session. The training will also discuss safety concerns and preparation for these interactions.



True North: Finding Your Bearings As A Leader Or Supervisor

6 CEUs

A critical incident is a sudden, unexpected, and overwhelming event, that is out of the range of normal experiences. After such an abnormal event, most people experience reactions that are disturbing and difficult to accept. Managers and colleagues should be aware that initial support is critical. How you support and respond to colleagues who have experienced a critical incident may influence the duration and depth of their symptoms. This course prepares you for the unthinkable, prepares your employees to manage the crisis response logistics, and create a step by step plan for your organization.



M.I and Active Listening

4 CEUs

Addiction treatment is where Motivational Interviewing began, and it remains the area in which scientific evidence for the efficacy of MI is strongest. Even brief MI interventions have been shown to help people turn the corner on longstanding self-destructive habits. This course describes and demonstrates how this approach can be used in changing employees behaviors, where the dynamics of ambivalence are key to change.



Critical Incident Response (CIR) Training

8 CEUs

A critical incident is a sudden, unexpected, and overwhelming event, that is out of the range of normal experiences. After such an abnormal event, most people experience reactions that are disturbing and difficult to accept. Managers and colleagues should be aware that initial support is critical. How you support and respond to colleagues who have experienced a critical incident may influence the duration and depth of their symptoms. This course prepares you for the unthinkable, prepares your employees to manage the crisis response logistics, and create a step by step plan for your organization.



Stress and Change Management

2 CEUs

Stress is an imbalance of the autonomic nervous system (ANS). This course discusses the dangerous effects of stress and how to control stress through a Stress Management and Relaxation Training Program (SMART). This course covers the reasons why stress is a problem and practical tested information and techniques concerning stress, with specific application towards change within a company. These techniques can improve the quality and length of your life.



Leadership Through Story Telling

8 CEUs

Storytelling is an essential part of leadership. Effective leaders communicate to inspire talent to excel; to partner with investors and customers; and to grow their impact in their community. Cultivating an authentic and compelling narrative contributes directly to a leader's success. This course helps leaders find their own story through personal reflection; develop stories for success with all groups; initiate an effective voice for crisis; interact well through social and third party media; and communicate a vision for the future of your company.





BPM WELLNESS

MENTAL SAFETY PLANNING

BUILD A MENTAL SAFETY PLAN

Creating and implementing a plan into your company workforce and culture will pay off with safer and healthier employees – which will decrease your companies costs substantially in the long term and create lifelong employees that will walk through walls for you and for your organization. Just like learning anything new, it Takes practice. It takes repetition. And it takes Reinforcement. BPM Wellness is your partner in creating a Mental Safety Plan (MSP) for your organization. Ask us to put together a custom bundle of recommended services and training.

ELEMENTS OF A MENTAL SAFETY PLAN INCLUDE:

- Assessment of the Company Culture
- 'Iron Clad' Policy regarding Behavioral Health
- Frequent Team Building
- Continuous Training and Education
- 1 on 1 Leadership Coaching During Roll Out
- 1 on 1 Supervisor Coaching (Ongoing)
- Deliberate Planning for Each Project
- Critical Incident Response (CIR) Training for the Following Positions:
 - HR Managers/Office Staff
 - Supervisors and Foreman
 - Safety Directors and Coordinators

Trainee

First Steps For Most

Want something for entry level employees or would you like to dip your toe into Mental Safety training for your team? The BPM Trainee path is designed for all employees and their families at any level. This path is designed to orient an employee to their emotional awareness, become aware of unresolved mental "wounds" that need attention, and learn skills and strategies to be a support for their crew-mates mental safety and their own.

Apprentice

Proven Model

The BPM Apprenticeship path is an entrance to Mental Safety that includes a targeted focus for your teams. All tracks include the Level 1 Introduction to Mental Safety Course and this learning path includes a choice of one additional Level 1 course chosen by the employees manager, your safety team, or by your company leadership. An example of this would be the choice of the Introduction to Addiction in the Workplace course.

Steward

Skilled Mentor

The BPM Steward path is designed for leadership and supervisors, foreman, and for the development of new or future leaders. This path is designed to build on the foundation set by the BPM Apprenticeship Path and hone the skills to protect their teams, streamline communication, deescalate emotionally charged instances, benefiting overall safety, morale, and the bottom line.

Master

Train the Trainer

The BPM Master path is built to equip a training manager from your team to train your future employees. in key elements of the curriculum, including the Mental Safety First Responder Training. This learning path is recommended for anyone in a Safety or Human Resources Position. Prerequisites and candidate qualifications must be met to pursue this path.

Find out more on page 26-27

SUICIDE IN CONSTRUCTION IS AN EPIDEMIC

More than 5,500 construction workers die by suicide every year in the United States. That's 15 workers dying by suicide every day. The suicide rate in the construction industry is more than 3 times greater than the national average, and a construction worker has a 500% greater chance of dying by suicide than from an accident leading to a fatality on a job site.

WHAT CAN WE DO ABOUT IT?

In Construction safety, there is something called the focus which refers to the most dangerous accidents on the job. These include falling, caught between, struck by, and electrocution. Looking at the suicide numbers, we need to add the 5th element to make it the focus five. This would make it falling, caught between, struck by, electrocution, and suicide.

CRITICAL INCIDENT RESPONSE TRAINING

| CONTINUED EDUCATION UNITS (CEU) = 4 |

WHO IS IN CHARGE OF ORGANIZING THE CRISIS RESPONSE ON EACH JOB?

WHO WILL CALL THE EMPLOYEES FAMILY?

WHO WILL PACK UP THE DECEASED EMPLOYEE'S BELONGINGS AND WHEN?

WHEN WILL MY TEAM FEEL SAFE AGAIN?

IT'S DIFFICULT TO IMAGINE AN INCIDENT. BUT DON'T LET A BAD EVENT TURN CATASTROPHIC TO YOUR TEAM AND BUSINESS.

"I didn't think about it at the time, they just asked someone to grab his truck and I said I'd do it. I drove for 5 hours in my best friend's truck after watching him die one day before and that's all I saw in my head the whole drive back. I wanted to drive into traffic it got so bad."

-Critical Incident Survivor

"I'm trying so hard to give the guys some space and give them time to grieve. F**k I'm grieving too. But it's been three weeks and I'm struggling with things I never thought I'd have to think about. So I'm calling to ask you when and how it would be appropriate to remove his name from the scheduling board and give his driving shift to someone else. Where do you draw the line between giving space to grieve and running a business so they can take care of their families."

- Supervisor at a Subcontracting Firm (Post Incident)



YOU
GOT
THIS.



WHY IS THIS TRAINING SO IMPORTANT FOR YOUR TEAM?

When there is a potential for trauma, it is crucial to immediately provide support for the affected employee(s) before, during, and after the OSHA interview process. Your team can begin the support within minutes of an incident occurrence, and apply psychological first aid (PSA).

Psychological first aid can slow or often prevent the mental AND Physical symptoms of trauma that can cause severe

overall health decline. A person with untreated trauma has an 800% increased risk of substance abuse and addiction, which is the go to means to cope with the trauma symptoms for a high rate of employees in the construction industry. We can teach you how to provide mental "bandages" and apply PSA to quickly act to restore an umbrella of mental safety to your teams. Highway Heavy Construction has one of the highest rates of critical incidents in Construction, and which produce the highest occurrences of trauma due to the severity and graphic nature in many of the accidents.



DETAILED PLAN
CREATED



COMPANY CHECK
LISTS



1-ON-1
COACHING



ROLE PLAY AND
DISCUSSION



STORIES FROM
SURVIVORS



BPM Foundations: Learning Path Overview



Learning Paths at a Glance

	BPM Trainee	BPM Apprentice	BPM Steward	BPM Master *
	4 CEUs	10 CEUs	30 CEUs	50 CEUs
Bpm Safety: Introduction To Mental Safety (eLearning) 2 CEUs				
Stress and Change Management (eLearning) 2 CEUs				
Addiction in the Workplace (eLearning) 2 CEUs				
Bpm Safety Advocate Training (Apprentice) or Supervisor's Guide to Mental Safety (Steward) (4 CEUs)				
Bpm Safety Steward Certification (W/ Field Guide) (8 CEUs)				
12 Credits Training Electives Chosen By Company				
1 On 1 Shadowing, Co-Training, Observation, And Coaching With Trent (Bpm)				
10 Hour Stipend To Use Towards Ongoing Coaching For 1 Year Post Training				

Minimum group size per class: Trainee = 10 Apprentice = 10 Steward = 5 Master = no minimum
Discounts available for bulk purchases greater than 50 employees and/or bundled with support kit

*All Prerequisites must be met and Candidate Interviewed and approved by BPM

2

PSYCHOLOGY OF
CONSTRUCTION SAFETY:
PROBLEM AND SOLUTIONS

REGISTER FOR FREE TODAY

WE HAVE LOST TOO MANY WORKERS TO FATALITIES BOTH ON AND OFF OF THE JOB. DURING THIS WEBINAR, WE WILL EXPLORE THE ROLE OF MENTAL HEALTH SAFETY AND THE SOLUTIONS AVAILABLE TO ADDRESS THIS REAL AND GROWING ISSUE IN CONSTRUCTION. REGISTER FOR FREE AND JOIN US FOR THE EVENT. YOUR VOICE ON THIS ISSUE IS IMPORTANT.

WHEN:
THURSDAY APRIL
28TH 12-1PM

WHERE: ZOOM: SIGN UP ON OUR WEBSITE.

WHAT: A WEBINAR TO HONOR FALLEN WORKERS BY DISCUSSING SOLUTIONS OF PREVENTION.

OSHA CONSTRUCTION
SAFETY SEMINAR

Construction Safety Seminar

Pouring the foundation:
Introduction to mental health safety

Free online discussion • 7 to 9 a.m. • May 17, 2022

About this Construction Seminar

Good mental health is as important as good physical health in keeping workers safe on the job. According to the Centers for Disease Control and Prevention, poor mental health and stress can negatively affect employees:

- job performance and productivity;
- engagement with one's work;
- communication with coworkers; and
- physical capability and daily functioning.

Before you begin to pour a foundation when building a structure, you must test the soil, evaluate and prepare the area for the new foundation. When looking at the emotional intelligence of a human being, the approach is the same. We must look at how a person develops the ability to recognize and identify emotions in difficult circumstances to prepare the "soil" for a new approach to mental health safety.

The Construction Seminar series is a great opportunity to get answers directly from Minnesota OSHA Compliance. The seminars are designed to help those who work in the construction industry to re-evaluate their company's safety and health practices. Attendees have the opportunity to ask questions and offer input during the discussion.

Presenter:

- Trent Williams, president and CEO, Bearing Point Wellness



Trent Williams, president and CEO, Bearing Point Wellness

An online presentation

- View by streaming device at <https://www.osha-safety.com/construction-safety-seminar/2022/05/17/051722022>
- View by phone at 815-655-0003 or 815-282-6130 and enter access code 2497 317 2528.

OSHA

[VIEW EVENT INFO HERE](#)

WHEN: TUESDAY MAY,
17TH, 2022 7-9 AM

WHERE: WEBEX OR PHONE (SEE
OSHA SITE FOR DETAILS)

WHAT: FREE ONLINE DISCUSSION AROUND
THE TOPIC OF MENTAL SAFETY



BPM WELLNESS

mark your straight line.