



NECA
PHILADELPHIA
SEPT 29-OCT 2, 2023

Breaking The Silence About Mental Health

Dr. Keith Dempsey

TRADE SHOW EDUCATION

This session is eligible for 1 Contact Hour.

For these hours to appear on your certificate, you must:

- Have your badge scanned at the door
- Attend 90% of this presentation
- Fill out the online evaluation for this session



Clap Your Hands Everybody



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NECA Call



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NECA Mania!

- EMWC – Supported by NECA
- Women in NECA
- NECA Future Leadership Conferences
- NECA – Safety Professionals Conference
- NECA Trade Show in Phili



Marvin Gaye



What's Going On?

- 2020
- COVID19
- George Floyd / Brianna Taylor
- Protests
- Houseless /Jobless
- Isolation / Lockdown



Still Going On!

- Delta & Omicron
- Racial/Political Tension
- Job Stress
- Grief / Anxiety / Depression / Trauma
- Discrimination
- Silent Crisis



Silent Crisis

- Your industry has the highest rates of stress, anxiety and depression.
- Most dangerous job, yet accidental death rates on the job pale in comparison to suicide.
- We have to ask 'why'.



Kool Keith Edwards - EMWC

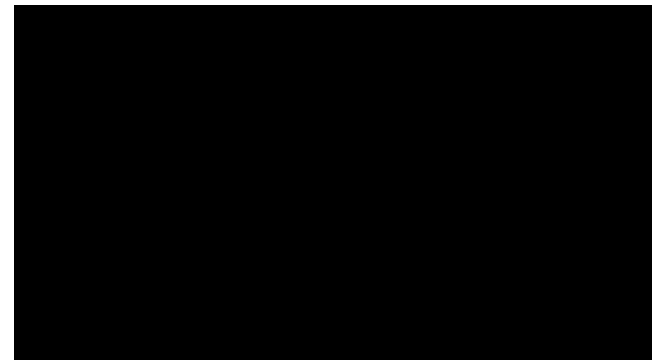
- "Mental health is not something we talk about in our communities and we need to break the silence in order to heal...."
- "We can't ignore the cuts of life and expect the bleeding to stop".
- He took a risk.



It's time to talk!



A Million Little Things



Danger of Silence

- We create narratives (honey crunch)
- Fear of what one might think (Meds; Ben Simmons)
- We don't seek the wisdom in the room (15 minute Q & A)
- It is, what it is



Stigma

- A mark of disgrace associated with a particular circumstance.
- Stigma includes exclusion, labeling / stereo typing & discrimination.



NOT!

- Struggling with mental health is **not** a sign of weakness. It is **not** an indicator you are crazy. It is **not** a sign that God doesn't love you. **It is** a human experience that we should **not** be ashamed of. Most of us are ashamed because of the response we may receive from our community.

Men and Stigma

- Boys don't cry
- Be tough
- Anger is okay
- Daddy said.....



A Million Little Things



Women and Stigma

- Can't be too emotional / unstable
- Not trustworthy
- Dependent on others
- Rigidity
- Strong Black woman

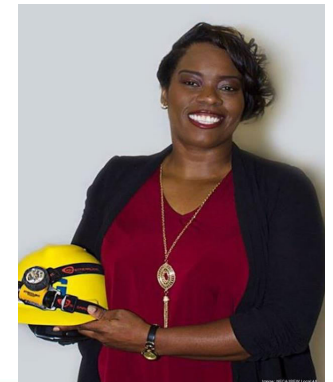


Isis Harris



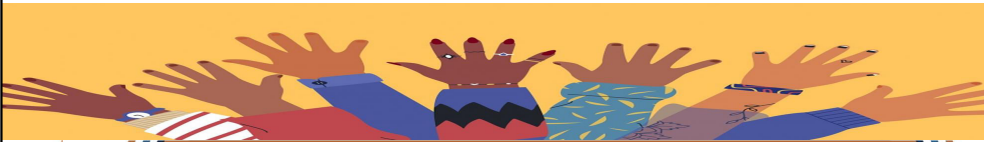
Isis Harris

- Oregon Trade Women's Board of Directors
- Served as VP for EMWC
- Journey Person (2019)
- Isolation / Anxiety / Low Self-Esteem
- No one to talk to



People of Color and Stigma

- Folks of color need to talk
- Where are the counselors of color
- History has compromised safety
- PCC Story



**IT IS
WHAT
IT IS**



Face It To Fix It



A Million Little Things



Perhaps, we don't know

- Inherently we all want to do well.
- Remain curious
- Identified problematic behavior does not tell the story.
- We need to talk, but we also need to listen.



Setting The Table

- Create a supportive environment.
- Make opportunities to discuss issues.
- Providing the resources - 988 Chips.
- Providing leadership and advocacy.



Make The Call



Marvin Said...

- Mother, mother
There's too many of you crying
Brother, brother, brother
There's far too many of you dying
You know we've got to find a way
To bring some lovin' here today.....
- Picket lines and picket signs
Don't punish me with brutality
Talk to me



Complete the Online Evaluation

