

2024 AGC CSHC | January 10 – 12, 2024
Mental Health & Suicide Prevention Forum
Hyatt Regency Newport Beach
Thursday, January 11, 4:00 PM – 5:00 PM (PST)
Room: Patio Room



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ASSOCIATION

Co-Chair: Mandi Kime, Director of Safety, AGC of Washington
Co-Chair: Brandon Anderson, VP of Safety, AGC of Missouri

Agenda

1. Welcome & Introductions [Mandi & Brandon]
2. Ground Rules [Mandi]
3. Special Presentation

Title: Turning Pain into Purpose -- From Leadership Burnout to Mental Health Advocate

Understanding the risks associated with burn out and mental fatigue in the construction industry. Justin highlights how taking on additional opportunities to further your career or maintaining additional long work hours to earn beneficial financial gains can impact your Mental Health and Wellness. Through sharing his story, Justin elaborates how his experiences reflect on real world scenarios as a leader; hoping to bring light on the term masking and the importance of Peer-to-Peer communications. Justin presents on the importance of having a proactive vs reactive approach in maintaining your Mental Wellness and understanding how Self Care and setting emotional boundaries are the key to surviving the everyday challenges we face in the construction industry. His approach is to remind others that we are all humans; and it's ok to not be ok.

Speaker: Justin Azbill, Director - National EHS at Milwaukee Tool

4. [Alliance for Naloxone Safety in the Workplace \(ANSW\)](#) [Mandi]
5. [The National Forum for Health and Wellbeing at Work](#) [Mandi & Brandon]
6. Open Discussion
 - a. Upcoming events
 - b. Successes, struggles and/or challenges
7. Adjourn

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Speaker Bio

Justin Azbill, Director - National EHS at Milwaukee Tool

Mr. Azbill has been in the Safety Profession for nearly 30 years. He has a diverse background in safety management processes and has a reputation of being a Leader that cares for those he works with. He shares a common interest as a Mental Health Advocate for in the Construction Industry as he is currently a sitting member of the Board of Trustees for the Construction Industry Alliance of Suicide Prevention as a Director at Large. Justin is also a founding member of the Peer-to-Peer groups; Psychological Safety - Safety for Safety Professionals and Vets in Safety. Justin is recognized for sharing his story focusing on Leadership Burnout and the importance of an Proactive Approach for Mental Wellness.