



# REASON



Resources and Effective programs Addressing Suicides and Opioids Now

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## NABTU Supports White House Leadership to Save Lives

On March 13, 2024, the White House announced the “Challenge to Save Lives from Overdose” -- an initiative aimed at reducing opioid overdoses through increasing access to naloxone, the overdose reversal medication. The Biden-Harris administration is invested in making these medications more accessible and is encouraging all sectors to participate in the effort by signing on and commit to the challenge. The challenge asks employers to commit to training 100% of their employees in overdose reversal medication administration, ensure the medication is available in every first aid kit on work sites, and to purchase and distribute overdose reversal medication to employees and customers.

NABTU affiliates have been training members and distributing naloxone to apprentices, on jobsites and at union halls. For example, SMOHIT was making strides to meet the goals of the White House initiative even before it was announced. Having received a grant from CPWR to develop a tailored naloxone training for sheet metal workers, they have distributed nearly 2,000 kits at over 20 local unions and district councils so far in 2024 and anticipate providing 2,000 more before the year is out. In Connecticut, IOUE Local 478 and the State Building Trades Council have distributed more than 5,000 doses of naloxone and plan to hand out many more. Via a program of the state's Department of Mental Health and Addiction Services (DMHAS), where DMHAS has taken opioid settlement funds and is purchasing naloxone to distribute to the community, Local 478 is training workers in apprenticeship classes, safety refresher classes at the union hall, and on jobsites. The Mass Building Trades Recovery Council is distributing naloxone via the Community Naloxone Program of the Massachusetts Department of Public Health and has handed out more than 6,500 doses in the last 10 months. IUPAT in Maryland includes naloxone training as part of their peer support training. IBEW Local 26 and IUEC Local 10 are working with a program at the University of Maryland, PROSPER (Partnering to Reduce Opioid Stigma and Promote Employment in Recovery), to expand training and distribution. PROSPER is also in talks with other locals to extend the program's reach within the trades.

Your organization can help meet the White House Challenge by [learning more and signing up](#).

## RESOURCE HIGHLIGHT

### New, Free Naloxone Resource

CPWR has created a new naloxone information sheet that summarizes how to administer naloxone, including the signs of an overdose, and the actions to take before and after administering. This resource will help reinforce skills learned in training and can be quickly reviewed or used as a training guide when distributing kits. [The information sheet](#), which is free to download, is posted as part of CPWR's opioid resources. Also, [email CPWR Opioid Project Coordinator Chris Rodman](#) if you are interested in adding your logo to the info sheet for your naloxone distribution projects.

## RESEARCH CORNER

### Article Examines Construction Workers' Pain Management Practices

As part of special issue of the *American Journal of Industrial Medicine* focusing on the construction sector, Dr. Aurora Le and colleagues have described a unique study of construction workers' pain management practices. While opioid prescribing has declined overall, and somewhat less dramatically for injured workers, there is still widespread prescribing of potentially risky opioid pain medications among construction workers. In Le et al.'s small survey of construction workers reporting pain, 72% reported using pharmacological pain management approaches, including 19% using opioids. In fact, one in three workers who had gone to a doctor for pain management received an opioid prescription. However, 30% reported using nonpharmacological pain management approaches, including cold and heat, stretching, and physical activity. Statistical modeling of the factors associated with opioid use found that familiarity with mindful breathing/meditation and music therapy, employers providing unpaid leave and paid disability leave, and training on risks of opioids were associated with not using pharmacological pain management such as opioids. The authors conclude that providing access to paid leave and non-pharmacological pain management approaches, as well as training on opioid hazards, could result in an estimated 23% reduction in pharmacological pain management approaches. The [abstract of the article](#) is available on the AJIM website.

## FOCUS ON PREVENTION

### Stop Stigma Together Summit

Stop Stigma Together is a Grand Challenge dedicated to ending the stigma associated with mental health and substance use disorders by uniting institutions, generating resources and promoting awareness. CPWR has been active in the Stop Stigma Together Workplace Taskforce over the past 6 months

and Chris Rodman was a panelist at the Stop Stigma Together Summit in Salt Lake City, where he discussed the role that the workplace plays in helping those with substance use disorders and mental health needs. His presentation underscored the momentum that has been bolstering the construction industry's efforts to increase awareness, engage workers who need help, create programs and interventions, and how these efforts inherently reduce stigma and create workplace environments where workers are able to ask for help and remain employed through the recovery process.

[Learn more about Stop Stigma Together.](#)

## August 31 Is International Opioid Overdose Awareness Day

[International Overdose Awareness Day](#) is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind. Make it a day to raise awareness and take action to promote overdose prevention.

## New Bullying and Harrassment Survey

CPWR recently published an article describing our new bullying and harassment survey that was created for the building trades. Improving psychological safety on construction worksites is a key strategy for improving construction workers' mental health. This survey allows unions and others to benchmark the impacts of their efforts to improve conditions. The [abstract of the article](#) is now available. If your organization is interested in conducting a baseline survey to gauge the prevalence of harassment, please [email Chris Rodman](#).

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