

A SPECIAL CT SUICIDE ADVISORY BOARD MEETING
RECOGNIZING SUICIDE PREVENTION AWARENESS MONTH

WELLNESS AT WORK

SEPTEMBER 14, 2023

9:00-11:00AM

Join Zoom Meeting

[HERE](#)

**1WORD
VOICE
LIFE**

Be the **1** to start
the **conversation**
www.preventsuicide.org
CALL 2-1-1

9:00-10:00AM

Engaging Massachusetts' Working-Age Men in Suicide Prevention

Michael Bonadio Jr, Massmen Project Program Coordinator, Riverside Trauma Center

Mariel Batista, CDC Grant Program Manager, MA DPH

Oscar Torres, CDC Grant Communications Specialist, MA DPH

The MassMen Project presents on how they promote wellness and empower working-age men across MA to take action to feel better emotionally, physically, and spiritually.



10:00-11:00AM

Doing the Work: A Conversation Around Workplace Mental Health

Moderated by Mental Illness Happy Hour podcast host Paul Gilmartin

A panel of local wellness champions discusses the journey towards promoting mental health conversations, wellness, and recovery in the workplace.

**PLEASE RSVP AND SUBMIT YOUR
QUESTIONS FOR PANELISTS [HERE](#).**

Contact Victoria at voneill@ryasap.org with any questions.

Organized by the Regional Suicide Advisory Board Coordinators



Alliance
for Prevention & Wellness
A program of BHcare



Amplify



9/14/2023 Connecticut Suicide Advisory Board Meeting

MassMen Presenters

Mariel Batista

Mariel works for the Massachusetts Department of Public Health in the Suicide Prevention Program, as the CDC Grant Program Manager. She oversees the Comprehensive Suicide Prevention Grant, which was awarded to their program in September of 2020 to deliver suicide prevention strategies to specific priority groups in the state of MA, specifically males of working age. Mariel has nearly a decade in the Health and Human Services Field. She is also a member of the Northern Essex Community College Public Health Program Advisory Board.

Michael Bonadio Jr, LMFT

Michael is the program coordinator for The MassMen Project and First Responders Suicide Prevention Program. The focus of these programs is suicide prevention within higher-risk populations. The Massachusetts Department of Public Health funds these programs and they are services of the Riverside Trauma Center, Riverside Community Care. As program coordinator, Michael develops and implements trainings on stress, trauma, understanding suicide & suicide prevention. Michael also created a peer support program development manual for the workplace and helps various businesses/organizations develop and implement peer support programs both internally and as a network.

Oscar Torres

Oscar is the Communications Coordinator for the Division of Violence and Injury Prevention. He supports the programs within the Division which include Suicide Prevention, Injury Prevention, and Child and Youth Violence Prevention. He is also the Communications Specialist on the Comprehensive Suicide Prevention Grant awarded through the CDC.

Panelists

Emma Hollis

Emma is a Behavioral Health Director with Western CT Coalition. She has a Bachelor's Degree in Psychology and Human Development and has worked in the field for 10 years. She is one of 5 individuals working on the Recovery Friendly Workplace initiative in partnership with DOL, DMHAS, and DPH. Emma assists companies in the process of becoming certified as Recovery Friendly and advocates for opportunities of wellness within the workplace.

Josh Ierna

Josh is a Safety Manager at Tilcon Connecticut, Inc. with a diverse background in mining & materials, infrastructure/vertical /renewable construction, power generation projects, and hydrogen fuel cell manufacturing. He has a BA in occupational safety and health applied science, and started his safety career 8 years ago.

Kyle Zimmer

Kyle is employed at the International Union of Operating Engineers Local 478 as the Director of Health & Safety and Members Assistance Program Director. He started his career as the Health and Safety Instructor for the Operating Engineers training school in Meriden CT, where he would routinely provide safety and health training for nearly 3,000 members. Kyle is certified as an OSHA Safety and Health specialist. Kyle is qualified to train OSHA safety and health related topics, and he was an instructor for the IUOE National Training Fund in West Virginia where he co-instructed training courses for professional development for more than 400 active instructors. Kyle has been the eminence of Local 478's Members Assistance Program (MAP), a peer to peer program, which helps assist union members in their families through lifestyle issues. Kyle serves on the following committees, CClA Safety Committee, The Co-Chair AFL-CIO Safety Committee, the State of Connecticut Emergency Response Commission (SERC), Chairperson committee for the Mine Safety: Health Research Advisory (MSHRAC), an Opioid Task Force Member for the North American Building Trades Union (NABTU), as well as assisting in developing and teaching an International Members Assistance Peer training program for other Operating Engineer locals to adopt.

Moderator

Paul Gilmartin

From 1995 to 2011 Paul Gilmartin co-hosted TBS' Dinner and a Movie and performed his half-hour stand-up special Comedy Central Presents: Paul Gilmartin. He is a frequent guest on the Jimmy Dore Show performing political satire as his rightwing Congressman Richard Martin (R-Ohio). In 2011 he began The Mental Illness Happy Hour, a weekly audio podcast consisting of interviews with artists, friends, listeners and the occasional mental health professional about all the battles in our heads. With a 5/5 Apple Podcasts rating, it is frequently chosen as an Editor's Pick. It was chosen by Esquire as one of the best podcasts of 2016 and featured in the PBS Documentary "A New State of Mind".

A large QR code is centered on the page, featuring a stylized logo in the middle. The logo consists of a circle with a lowercase 'b' inside it. The QR code is black and white, and the logo is also black and white.

QUESTION, PERSAUDE, REFER

Three steps anyone can learn
to help prevent suicide.

In this 1.5 hour training suicide gatekeeper training, you will learn about the scope of suicide, common warning signs of suicide, how to facilitate a conversation with someone who is experiencing an emotional crisis and how to connect them to appropriate levels of care.



Reach out to your respective RSAB
lead to sign up for an individual,
community or workplace training
today!