

Fall 2022 On the Level

Pacific Northwest Carpenters
Institute



Supporting Carpenters and Industry Partners

A Message From the Director

*Michael Hawes,
Executive Director,
PNCI*



Click the play button to see a message from the director.



and retention, but the quality of life for our members. A happy workforce is both healthy and productive. If you haven't received this training, ask your supervisor to reach out to me at PNCI to schedule.

As the end of 2022 approaches, I am pleased to announce PNCI has rebounded from most of the constraints of COVID. Our apprenticeship classes and Continuing Education classes are going stronger than ever.

I am very proud of the Question-Persuade-Refer (QPR) work we've been doing with the help of our partners at Lines for Life. They interviewed me in a new podcast called "Boom Goes the Stigma" the interview is linked below in the newsletter. This is work we're passionate about at PNCI. We continue to run the training every 2nd Wednesday of the month from 5-7pm. <https://www.pnci.org/courses.lasso> This short training can save a life.

Our Positive Jobsite Culture (PJC) Training is something we're committed to continuing and improving. We know how important it is to look forward to going to work and know you're supported and included. Together with your help and the help of our industry partners we can make that a reality. A positive jobsite helps not only with recruitment

As we head into winter, I feel it's important to recognize folks are going to be spending more time indoors and at our latitude will be exposed to a lot less sunlight. This situation can set off a depressed state called Seasonal Affective Disorder (SAD). We've provided some information about this in the newsletter.

Even though May is Mental Health Awareness month, I believe it is important to keep the dialog open all year. We want all our apprentices to be healthy both physically and mentally. When people are healthy, they're able to learn and absorb more information, guiding them to successful careers.

Let's all make the time to listen, coach and support one another in ways which build camaraderie and community.



PNCI Cited as Leader by UBC DET

The Department of Education and Training at the UBC in Las Vegas has created a new course: Finding Balance: A Personal Path to Well-Being, “The aim of the self-paced course is to help individual UBC members explore the relationship between physical and mental health; learn about several aspects of well-being; and understand how members can help themselves and others who may be struggling.” The article in Carpenters Magazine announcing the new DET course also cites the work PNCI has been doing with the Question Persuade Refer (QPR) training. [Read the article here.](#)



Boom Goes The Stigma



Boom Goes The Stigma (BGTS) is a joint-production of the Construction Suicide Prevention Partnership (CSPP) and our AmeriCorps members. According to the CDC, the construction industry has the second-highest rate of suicide and has one of the highest rates of death from overdoses. In 2019, the construction industry joined forces with Lines for Life, a statewide non-profit dedicated to substance abuse and suicide prevention, to change this tragic dynamic. Our country now loses more construction workers to suicide than to Jobsite injuries or accidents. **Check out the interview with PNCI Director Michael Hawes [click on the link below left.](#)**

Episode #3 Texas-Sized Joy

We talked with Michael Hawes, the executive director for the Pacific Northwest Carpenters Institute (PNCI). We discussed how he has transformed prevention ideas into action that transcend stigma to create a safer and more positive work environment.



Fall Safety Tips

- Avoid burning leaves
- Change smoke alarm batteries
- Make sure your heater is working
- Be careful with space heaters
- Watch for poor weather conditions while driving
- Watch for children
- Be safe driving in the dark and bright sunshine
- Put together an emergency kit for your car
- Practice good ladder safety at home



Seasonal Affective Disorder (SAD)

According to the MAYO Clinic, Seasonal Affective Disorder is, “A mood disorder characterized by depression that occurs at the same time every year.

Seasonal affective disorder occurs in climates where there is less sunlight at certain times of the year.

Symptoms include fatigue, depression, hopelessness, and social withdrawal.

Treatment includes light therapy (phototherapy), talk therapy, and medications.”

SAD facts:

- Very common
- More than 3 million US cases per year
- Treatable by a medical professional
- Medium-term: resolves within months
- Usually self-diagnosable
- Lab tests or imaging not required



For more information click on the link below

<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

MHCC Recieves Grant Funds; Names PNCI Partner

On July 7, 2022, MHCC was awarded an “Apprenticeship Building America” grant of nearly \$3 million. These Apprenticeship Building America grants have the mission to expand, diversify, modernize registered apprenticeship programs. See official link below.

<https://www.dol.gov/newsroom/releases/eta/eta20220707-0>

“The program, entitled Oregon Equity in Access to Construction Trades – OREACTS, features a contextualized language acquisition course embedded in existing pre-apprenticeship programs and, those transitioning to apprenticeship with PNCI continue to receive language acquisition and academic support over the first year of apprenticeship (Pre-Apprenticeship +1). Guided by President Biden’s Executive Order on Diversity, Equity, Inclusion, as well as labor market information, industry and occupational trends, OREACTS builds a skilled pipeline of diverse trades workers in the construction industry, contributes to greater equity in, and access to, RAPs for those whose first language is not English, improves RAP completion rates for under-represented populations and under-served communities, and nurtures an emergent group of equity advocates into a mature equity partnership. Lastly, the project’s success is documented through a



Check out our video

third-party evaluation that deploys a mixed methods design that includes formative and summative components and examines data for required program elements and performance outcomes of enrolled pre-apprentices to be reported and used to inform ongoing program improvements.”

PNCI will provide UBC curriculum “Career Connections” and partner with MHCC to instruct 2 cohorts a year (12 weeks/cohort). In addition, MHCC will work with PNCI to adapt PNCI’s 1st year curriculum for Carpenters and EIS to follow the best practices for ELL learners. In addition, the grant spells out that the language acquisition and academic support will not be limited to those that participate in the pre-apprentice program but will apply to all 1st year students in our program. We are very excited to begin work on this program with our partners at MHCC.

New Submission Portal for Apprenticeship Training UI Compensation

The Oregon Employment Department has set up a new Unemployment Insurance portal to assist apprentices with filing for unemployment more efficiently when they are laid off or on leave to attend related training.

We are excited to announce a new and improved way to submit:

- Apprenticeship Agreements
- Training Questionnaires
- Question about your claim or compensation during training weeks.

Instead of sending documents and inquiries to the OED_APT@employ.oregon.gov, claimants and union representatives will now submit through our secure Contact Us form (<https://oedcontactus.oregon.gov/hc/en-us/requests/new>). This form allows us to address your needs faster, and to communicate more smoothly about any issue that may come up along the process.



Stay Safe

Stay Healthy



Mantente Seguro(a)

Mantente Saludable

The 42nd Construction Trades Preparation Class (CTP) recent graduates



Michael Hawes participated in a panel discussion at the recent Safe from Hate Summit, Oct. 3. (left to right) Dr. Irvin M Brown, Diversity, Equity, and Inclusion Coordinator, Oregon Bureau of Labor and Industries, Apprenticeship & Training Division; Mike Hawes, Training Director, PNCI; Aida Aranda, Training Director, Laborers; Katrina Cloud, Training Director, Northwest College of Construction; Dominic DePiero, Training Director, UA Local 290