

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe

February 2023

### In Orbit Apollo S.P.A.C.E. Year 3 Program Update

In 2021 Apollo launched our S.P.A.C.E. program! S.P.A.C.E. stands for Suicide Prevention and Community Engagement. In 2022 it was the continued focus of our Home Healthy-Home Safe program last year. The SPACE program emphasizes overall health by touching on the 6 Pillars of Wellness and how those can help suicide prevention. The 6 Pillars were Physical Health, Nutritional Awareness, Finance Wellness, Community and Relationships, Mental Wellness and Suicide Awareness/Prevention.

Apollo successfully help raise suicide prevention awareness by training over 735 employees in QPR (Question Persuade Refer) while continued efforts by speaking to the construction community at conferences and sharing some of the success and challenges Apollo has found along the Launch of our S.P.A.C.E. program. In 2022 alone, Apollo has had close to 30 interventions to help with personal distress by providing resources and tools that lead to mental wellness intervention.

#### The Apollo SPACE program has 4 primary objectives for 2023:

1. Continue the training of our labor leaders in QPR and the community as well.
2. Continue to include Safety Meetings that address all aspects of health and safety, not just worksite safety.
3. Continue the awareness and utilization of Employee Assistance Plan (EAP) resources.
4. Recognize those who go above and beyond and exemplify the S.P.A.C.E. program with the “MoonWalker” award.

By focusing on these objectives, we hope to build a stronger, healthier Apollo workforce for our families and communities. Ultimately, we hope to prevent another suicide.

**HEALTH REMINDER:** Did you know in 2022, Apollo was able to be a part of 27 interventions that brought people help in a time of crisis or mental wellness need? This is why it is our goal to continue our QPR journey and expanding the knowledge to our surrounding community. Sometimes, all it takes is someone to ask, “Hey, are you OK?”

#### Discussion Points/Quiz Questions:

1. Did you know about the Apollo SPACE program before today?
2. What are some ways you think would help our community talk about and bring total worker health awareness?

*Please share any insights from your team with Apollo Safety and call or email your safety representative.*