ABC Keystone

OCTOBER 22, 2026

TOTAL HUMAN HEALTH SYMPOSIUM

Presented by: ABC Associated Builders and Contractors Insurance Trust

8:00 AM	**Welcome & Remarks** Melissa Turano, Plumbing Instructor, ABC Keystone Guy Kingree, Project Executive, Benchmark Construction Co., Inc.	**Rooms DE**
8:15 AM	**Keynote Presentation** **Mental Health in the Workplace** Richard Maggio, Program Manager, Mental Health America of Lancaster County	**Rooms DE**
9:15 AM	**SESSION 1A** **VitalCog: Suicide Prevention in the Workplace** Scott Snyder, Director of Consulting Samaritan Consulting Group	**Room M**
	SESSION 1B **Physical Wellness: Life's Essential 8** Tamara Ramer, Senior Community Impact Director American Heart Association	**Room U**
	SESSION 1C **For the Trades Financial Wellness** Carl Rowits, CPA, Founder & CEO For the Trades Financial Wellness, LLC	**Room BC**
10:00 AM	**SESSION 1A (cont.)** **VitalCog: Suicide Prevention in the Workplace** Scott Snyder, Director of Consulting Samaritan Consulting Group	**Room M**
	SESSION 2B **Physical Wellness: Life's Essential 8** Tamara Ramer, Senior Community Impact Director American Heart Association	**Room U**
	SESSION 2C **For the Trades Financial Wellness** Carl Rowits, CPA, Founder & CEO For the Trades Financial Wellness, LLC	**Room BC**

10:45 AM	**SESSION 3A** **VitalCog: Understanding and Addressing Substance use Disorders in the Workplace (Mental Health)** Scott Snyder, Director of Consulting, Samaritan Consulting Group	**Room M**
10:45 AM	**SESSION 3B** **Taking Care of the People Who Take Care of Us** Bill Henson, Executive Vice President Insurance Services, ABC Insurance Trust	**Room U**
	SESSION 3C **Mental Health in the Workplace** Deanna Riccardelli, Mental Health America of Lancaster County	**Room BC**
11:30 AM	**SESSION 3A (cont.)** **VitalCog: Understanding and Addressing Substance use Disorders in the Workplace (Mental Health)** Scott Snyder, Director of Consulting Samaritan Consulting Group	**Room M**
	SESSION 4B **Taking Care of the People Who Take Care of Us** Bill Henson, Executive Vice President Insurance Services, ABC Insurance Trust	**Room U**
	SESSION 4C **Supporting Our Own: Trading Substance Use Conditions for Recovery** Nikki Weir, AAS, PCPRSS, CRS, PRO-A WORKS Program Coordinator PA Recovery Organizations Alliance	**Room BC**