WEBVTT

NOTE duration:"00:53:33.4000000"

NOTE language:en-us

NOTE Confidence: 0.940073132514954

00:00:01.010 --> 00:00:01.900 Good morning.

NOTE Confidence: 0.841689229011536

00:00:03.800 --> 00:00:05.300 Good morning.

NOTE Confidence: 0.877529144287109

00:00:05.920 --> 00:00:36.410 Thank you. Thank you so I'm taking the role of John usually does. He's out of town so before we start grand rounds just a moment of housekeeping, so really soul element. And that is to let you to remind everybody about a really exciting grammar oz next week in the Cohen Auditorium over in child psychiatry, which will be 8. Gregory from Duke, who will be talking about bystander intervention addressing harassment and bias at work.

NOTE Confidence: 0.904430985450745

00:00:36.410 --> 00:00:51.880 And I think a really nice element of this too. It's going to be in a town Hall format. I'm sure there's a lot of discussion. I think there's even some role playing involved which will be very interesting and so encourage people to attend there again, Cohen Auditorium, not here next week.

NOTE Confidence: 0.880443632602692

00:00:52.660 --> 00:01:22.670 So for today's grand rounds. I want to start off by thanking Kyle Peterson, who as is his one. I walked into my office, a little while ago and said here's something you should be interested in and as always, he was right. And so I think thank him for starting this process and so this grand rounds is part of the division of public psychiatry and one of our slots to invite people to discuss.

NOTE Confidence: 0.897428035736084

00:01:22.670 --> 00:01:26.690 An issue where issues that we think are important in public psychiatry.

NOTE Confidence: 0.917384326457977

00:01:27.460 --> 00:01:38.850 So take a moment just introduce you to our Speaker Doctor Belkin. He's currently visiting scientist at the Center for climate health in the global environment at the Harvard TH Chan School of Public Health.

NOTE Confidence: 0.906634271144867

1

00:01:39.390 --> 00:01:45.130 And his focuses on building mental health and climate as a clear field of learning awareness and action.

NOTE Confidence: 0.928046047687531

00:01:46.130 --> 00:02:10.700 And so I'll just briefly give a little bit of further background and tell you that he's also the former executive Deputy Commissioner in the New York City Department of Health and Mental Hygiene, where he led the division of Mental Hygiene and its development and implementation of the innovative NYC wide public mental health initiative thrive NYC before that used medical director behavioral health across New York City health and Hospitals Corp.

NOTE Confidence: 0.881932973861694

00:02:11.280 --> 00:02:23.270 And his director of the NYU program in global mental health. He's partnered took globally through partner globally to test and scale community LED models of mental health promotion and access and less resource countries. They are now widely used.

NOTE Confidence: 0.891549289226532

00:02:24.200 --> 00:02:32.200 He's advised at host of governments local and federal institutions and is the editor in chief in global mental health.

NOTE Confidence: 0.866663098335266

00:02:33.110 --> 00:02:50.000 Graduate of Brown both undergraduate medical schools and also completing his MPH and doctor. It insert joke here at Harvard and so with no further ado, I introduce you to Doctor Belkin. Thank you all.

NOTE Confidence: 0.864291548728943

00:02:56.290 --> 00:03:29.200 Hey my sister went to Yale. So so listen, thanks so much for having me uh for existing there aren't many robust islands of excellence, an firm belief in community psychiatry. And this is certainly one of them and so I'm glad that you're here and I am going to be short on slides and data. But big on message and hopefully conversation.

NOTE Confidence: 0.865096747875214

00:03:29.340 --> 00:03:47.950 I going to talk a bit about what I did in New York City and how that and the context of that, really strengthen my resolve to shift my career to work on climate change and how and take home. I think is that?

NOTE Confidence: 0.89502364397049

00:03:48.540 --> 00:03:56.820 All these things that many of us in the room have really, and places like this are really worried about what I'm calling the social climate.

NOTE Confidence: 0.872887372970581

00:03:57.390 --> 00:04:03.500 And the relevance of how mental health plays out in how well communities do.

NOTE Confidence: 0.774003505706787

00:04:04.140 --> 00:04:05.970 Vice a versa.

NOTE Confidence: 0.903927266597748

00:04:06.470 --> 00:04:17.510 Has to be the central paradigm of our profession or we won't be of much value to the future? Which is going to need that kind of strengthening.

NOTE Confidence: 0.872251212596893

00:04:18.190 --> 00:04:25.380 Of our social ties of our resilience, but really operationalizing that in deep weighs more than ever.

NOTE Confidence: 0.67908126115799

00:04:26.410 --> 00:04:29.050 So I can stop there.

NOTE Confidence: 0.872817873954773

00:04:30.000 --> 00:04:36.600 So I'm going to start telling you a little bit about uhm how I came to Unlearn.

NOTE Confidence: 0.864689588546753

00:04:37.400 --> 00:04:47.700 A lot of what I learned in psychiatry residency because I did not come to you. I was actually at Harvard at mass general.

NOTE Confidence: 0.898585855960846

00:04:48.690 --> 00:04:55.340 And so a couple of things and I'm sure many of you are familiar with parts of these but this look familiar with this.

NOTE Confidence: 0.911569178104401

00:04:56.470 --> 00:05:02.560 Image so this is summary data from the last the latest global burden of disease study which.

NOTE Confidence: 0.140142545104027

00:05:03.170 --> 00:05:04.130 Uh.

NOTE Confidence: 0.891433238983154

00:05:04.660 --> 00:05:36.170 Increasingly gets you know aims at capturing the burden of disease globally burden both in terms of mortality, but also more interesting Lee and, importantly in terms of disability? How did different disease groups contribute to impairment and disability in the population and using either measure daleys disability adjusted life years? Which is sort of a mixture of the degree disease group contributes to the population level of.

NOTE Confidence: 0.877098262310028

3

00:05:36.170 --> 00:06:06.960 Premature mortality or of years of life lived with disability. This is a summary chart of results in the last go round focusing on years of life lived with disability measures so that's significant impairment and social or economic role and you know each color is a different grouping of disease musculoskeletal diseases mental illness neurological cardiovascular, etc cancers.

NOTE Confidence: 0.847697377204895

00:06:06.960 --> 00:06:20.240 And the age of the population left to right so infectious diseases or large younger in life and contributing to this so as population ages, an the takeaway is the red or metal is mental illness.

NOTE Confidence: 0.820732772350311

00:06:20.870 --> 00:06:27.950 And so just as a visual we see in particularly if this is a.

NOTE Confidence: 0.295078247785568

00:06:31.180 --> 00:06:31.800 5.

NOTE Confidence: 0.759777069091797

00:06:32.400 --> 00:06:34.360 Particularly in.

NOTE Confidence: 0.0327984765172005

00:06:34.930 --> 00:06:35.640 Um.

NOTE Confidence: 0.871767520904541

00:06:37.530 --> 00:06:59.140 You know as I approached 65 is a different conversation, but in our younger age profile. The population mental illness dominates as a source of disability and so that translates into all sorts of things right whether kids graduate from schools families stay together. People say employed the social fabric of communities.

NOTE Confidence: 0.842674553394318

00:07:00.190 --> 00:07:08.190 Who gets recirculates through the kernel dresses system? Etc and but we don't act like that?

NOTE Confidence: 0.917645335197449

00:07:08.930 --> 00:07:11.180 Uh we don't act like this is the most.

NOTE Confidence: 0.903452694416046

00:07:12.100 --> 00:07:18.600 One of the most pressing public health challenges. I think of the 21st century, so we haven't built things to act that way.

NOTE Confidence: 0.775748550891876

00:07:19.330 --> 00:07:27.360 And our treatment system. This is National Corbetti Server Application Data Ron Kessler and.

NOTE Confidence: 0.868374764919281

00:07:27.990 --> 00:07:39.390 And their group at Harvard that it turned out this is about about 10 maybe a dozen years or so old, but there have been similar data sense that basically.

NOTE Confidence: 0.898068189620972

00:07:39.940 --> 00:07:57.290 Tells us not a very pretty picture about the region effectiveness of our treatment system in this case that about one in four one in five of people with major depression. Something we should have down by now, maybe 1, four one in 5 Americans have major depression get evidence based care for it.

NOTE Confidence: 0.886581480503082

00:07:58.080 --> 00:08:04.610 I was once in talking to a group of psychiatrists in Ethiopia when there were 7 or 8 of them.

NOTE Confidence: 0.844671785831451

00:08:05.290 --> 00:08:11.900 About how to you know how to ideas that I'm going to get to about how to redesign the whole system and.

NOTE Confidence: 0.856937885284424

00:08:13.360 --> 00:08:24.700 And so you know it's easy for you to say you've got when we have 30,000 psychiatrists 35,000 psychiatrists. We have 8 they now have I think close to 20 or more, but?

NOTE Confidence: 0.897425889968872

00:08:25.260 --> 00:08:41.460 And I said yes that's a good point but it's but yes. We have that, but we also have this and so it's not so much who you have. But how you're using them and and it was work in other countries like Ethiopia.

NOTE Confidence: 0.897554039955139

00:08:42.060 --> 00:08:49.210 Like Haiti this Porter Prince after the earthquake. I also got to work with something called the Millennium Villages Project, which is.

NOTE Confidence: 0.915688633918762

00:08:49.810 --> 00:09:09.860 But it doesn't country sub Saharan country effort led by the Economist Jeffrey Sachs, who developed something called the Millennium Development goals of that rings. Valdez were global measures for development that have been replaced by the sustainable development goals to try to benchmark where the world needs to go to lift up its population.

NOTE Confidence: 0.88416862487793

00:09:11.250 --> 00:09:28.280 But the Millennium Villages Project tried to show how those goals can be met in the poorest places in a big element of meeting

those goals? Is is more access to health care so very community. Health worker and community LED approach is is the.

NOTE Confidence: 0.803480207920074

00:09:28.830 --> 00:09:40.390 The Community Committee of Health Committee of a village in Uganda's I'm sorry in Kenya Salary, Kenya.

NOTE Confidence: 0.833377003669739

00:09:41.010 --> 00:09:47.280 Which was approaching health as does partners in health who I worked with in Haiti?

NOTE Confidence: 0.8906569480896

00:09:47.810 --> 00:10:01.810 Uh in a very social way, so community health workers are the backbones decisions are made communale about what the priorities are what success looks like where the work happens.

NOTE Confidence: 0.879902720451355

00:10:02.490 --> 00:10:26.380 Etc and So what I did with these projects was release. My anger about these 2 facts, which is we have a well resource system. Even though it doesn't always feel that way to us. We have a well resourced system that isn't really designed to meet what the population needs an even what it does, mostly invest in isn't isn't working, so well.

NOTE Confidence: 0.897186756134033

00:10:27.950 --> 00:10:31.870 And so when I went to these other places.

NOTE Confidence: 0.827128887176514

00:10:33.320 --> 00:10:46.440 And you know, I'm learning what you learned what was emerging at the same time that I started that global work was research on something called task shifting art as sharing don't know is that a term that.

NOTE Confidence: 0.771011173725128

00:10:46.980 --> 00:10:47.890 Anyone is sort of.

NOTE Confidence: 0.817440450191498

00:10:48.570 --> 00:10:56.370 Yes, maybe couple nights so it's is this notion that and really started I think in HIV world.

NOTE Confidence: 0.878862857818604

00:10:57.020 --> 00:11:14.270 That a lot of tasks of evidence based care can be shared by other other people than providers. And I'm going to talk about that in a bit, but it was in these other places that I really got my.

NOTE Confidence: 0.903572678565979

00:11:14.940 --> 00:11:22.590 Education but also was really pressed by these folks to really engage in the in the project. I think about OK? What would mental health look like?

NOTE Confidence: 0.859104156494141

00:11:23.150 --> 00:11:34.500 If it was approached in this, this really community based way, and I don't mean putting a clinic in a community, I mean, having community members doing work Co, creating what it looked like identifying.

NOTE Confidence: 0.694621384143829

00:11:35.010 --> 00:11:37.450 Priorities etc.

NOTE Confidence: 0.914937198162079

00:11:38.370 --> 00:11:40.390 Because that also helped address.

NOTE Confidence: 0.793811500072479

00:11:40.890 --> 00:11:43.650 Another failure another thing we

NOTE Confidence: 0.874477863311768

00:11:44.240 --> 00:11:50.840 Should be angry about about our system, which is how it has not dented?

NOTE Confidence: 0.863778471946716

00:11:51.680 --> 00:11:58.500 Uh what are really in during place based disparities right so these are Maps in New York City?

NOTE Confidence: 0.900192439556122

00:11:59.010 --> 00:12:08.680 So psychiatric hospitalizations darker is the more likely are higher rates of psychiatric hospitalization darker higher rates of lifetime depression.

NOTE Confidence: 0.852112352848053

00:12:09.370 --> 00:12:15.460 Darker are lower life expectancy.

NOTE Confidence: 0.173102006316185

00:12:16.120 --> 00:12:17.040 Uh.

NOTE Confidence: 0.77701872587204

00:12:17.570 --> 00:12:18.260 I just

NOTE Confidence: 0.871493697166443

00:12:19.100 --> 00:12:42.670 I have a lot of kids I just had my one year old living in this in this white an also white area, which is you know mile from the lowest life expectancies in New York City. So this is these geographies driving these things and the last slide is rates of people on formally incarcerated.

NOTE Confidence: 0.511032342910767

00:12:43.530 --> 00:12:44.290 So.

NOTE Confidence: 0.877164125442505

00:12:44.900 --> 00:12:56.850 You know in all these Maps, obviously at the same where they were lighting up and you could put any other number of Maps single parent households poverty, obviously immortality.

NOTE Confidence: 0.634687602519989

00:12:58.240 --> 00:13:01.100 Uh and uh.

NOTE Confidence: 0.913632273674011

00:13:02.950 --> 00:13:08.380 This kind of structural distribution of risk and adversity.

NOTE Confidence: 0.889259576797485

00:13:08.990 --> 00:13:31.150 Obviously, if you continue to fuel on itself. But what I used to also show and I just was getting too crowded here, but I would add redlining Maps from the 1930s and they map on the same place is redlining Maps issued by the federal government in the 30s to identify neighborhoods that basically would not be back for federal mortgage.

NOTE Confidence: 0.63610714673996

00:13:31.870 --> 00:13:32.560 Lending.

NOTE Confidence: 0.89753645658493

00:13:33.230 --> 00:13:44.180 And so you had you know you maintain and they're all black neighborhoods and so you maintain these very deep structural differences.

NOTE Confidence: 0.841744422912598

00:13:44.830 --> 00:13:52.640 Uh they go deep they've last long. Those Maps were you know now getting on 200 years old, and we still see these patterns so.

NOTE Confidence: 0.872491478919983

00:13:54.730 --> 00:13:56.310 So how do we?

NOTE Confidence: 0.891586244106293

00:13:56.810 --> 00:14:14.770 Have a treatment system that is much more responsive and proactive in being upset by the fact that we're just reaching one in 5 effectively. How do we operationalize our work so that we're getting to that, red and how it is?

NOTE Confidence: 0.877023875713348

00:14:15.590 --> 00:14:19.550 Changing so many other places that we live in work and how do we?

NOTE Confidence: 0.890164732933044

00:14:20.140 --> 00:14:23.970 Organize our work so that we start undoing.

NOTE Confidence: 0.801324069499969

00:14:24.600 --> 00:14:26.730 These walls.

NOTE Confidence: 0.499464958906174

00:14:27.370 --> 00:14:28.240 So.

NOTE Confidence: 0.887884855270386

00:14:29.640 --> 00:14:34.530 An I found some answers in these really interesting work going on in these other places.

NOTE Confidence: 0.882288098335266

00:14:35.400 --> 00:14:41.660 And 3 key principles I came away with that went into the work.

NOTE Confidence: 0.835145831108093

00:14:42.340 --> 00:14:51.680 Uh that was mentioned was introduced in New York City. When I was deputy health commissioner called thrive NYC really took these.

NOTE Confidence: 0.765535175800323

00:14:52.300 --> 00:14:55.280 Um principles to heart and what we did.

NOTE Confidence: 0.826502025127411

00:14:55.890 --> 00:14:59.710 And that I'm going to walk through each one of them briefly so task sharing which I've.

NOTE Confidence: 0.848468601703644

00:15:00.580 --> 00:15:11.730 Mentioned briefly embedding the work really physically embedding the work in other places outside of the treatment system. An doing it all in a way that is.

NOTE Confidence: 0.892218232154846

00:15:12.230 --> 00:15:36.170 Set up 2 for self learning and I'll explain a little bit about what I mean, the second sub task sharing so test sharing our task shifting as I mentioned is this idea is that you can take any sort of clinical evidence based practice pathway and break it up into what are the actually the specific tasks that need to be done to carry that out and so we did that in Haiti after the earthquake.

NOTE Confidence: 0.83231908082962

9

00:15:36.810 --> 00:16:07.710 And I'm not sure I mean, obviously can't read anything but you get the idea. So this column here is we took The Who treatment guideline for depression and we just broke it out this way. So now we can give somebody a screening tool go over the screening tool give motivational engagement interviews and these are the really the tasks.

NOTE Confidence: 0.886042773723602

00:16:08.460 --> 00:16:13.210 And then we listed up here all the people we had this is in the central plateau of.

NOTE Confidence: 0.865853786468506

00:16:13.810 --> 00:16:25.770 Of Haiti and we had community health workers. We'd clergy. We'd teachers with some social workers if you nurses a couple of Physicians and a psychiatrist.

NOTE Confidence: 0.909278213977814

00:16:26.910 --> 00:16:32.550 And so we basically blocked out where a task could be done by what person.

NOTE Confidence: 0.860283672809601

00:16:33.160 --> 00:16:40.760 So everyone was able to do psychoeducation sounds good. And as you can see we got every box filled with who we had.

NOTE Confidence: 0.920214056968689

00:16:41.260 --> 00:16:50.430 And so In other words, the Tasks were shared literally. We really mapped out so we kind of built our organizational work.

NOTE Confidence: 0.890890777111053

00:16:51.050 --> 00:16:53.020 Based on

NOTE Confidence: 0.913313984870911

00:16:53.640 --> 00:16:59.270 The skills and activities that we needed to disperse not on the people that we had that people sort of lined up.

NOTE Confidence: 0.856894671916962

00:16:59.790 --> 00:17:04.050 Uh and arrange themselves around the tasks to be done.

NOTE Confidence: 0.271722137928009

00:17:04.710 --> 00:17:05.950 Ann.

NOTE Confidence: 0.868016362190247

00:17:06.860 --> 00:17:13.290 And since since we did this, There's really been a mushrooming research literature on.

NOTE Confidence: 0.873641133308411

00:17:13.910 --> 00:17:18.150 On task shifting that again mostly comes out of the global South.

NOTE Confidence: 0.850846827030182

00:17:18.690 --> 00:17:25.470 A very large, randomized trials of this against.

NOTE Confidence: 0.866972625255585

00:17:25.980 --> 00:17:38.730 I'm usual care in India and East Africa, Pakistan that really demonstrates that an effective way of doing things.

NOTE Confidence: 0.85903799533844

00:17:39.260 --> 00:17:52.760 There's a good summary. I don't have the citation here, but there's a woman. Daisy single ASINGLA is not. Miguel has done just recently published a really great meta review of all this stuff.

NOTE Confidence: 0.860018789768219

00:17:53.280 --> 00:18:03.310 And it's very compelling and very convincing. So we wrote up how we did this as the basis for a delivery system in Haiti or about to publish our 10 years out.

NOTE Confidence: 0.859420835971832

00:18:03.810 --> 00:18:30.200 Experience of doing that uh a nothing system to a system that now is 30,000 visits and it's all through attacks shifted kind of a pyramid of care. The Lancet Commission on global mental health really solidified scientific consensus around around this approach and so when I built this thing called thrive NYC this idea of task shifting.

NOTE Confidence: 0.75953471660614

00:18:30.710 --> 00:18:32.770 So let me step back.

NOTE Confidence: 0.803397715091705

00:18:34.490 --> 00:18:40.310 I am a little New York Centric I have to say, I have people heard of thriving YC.

NOTE Confidence: 0.750412166118622

00:18:41.220 --> 00:18:42.890 Little bit OK, so.

NOTE Confidence: 0.698257684707642

00:18:43.570 --> 00:18:46.740 So thrive NYC was an effort.

NOTE Confidence: 0.876526474952698

00:18:47.270 --> 00:18:50.560 That's still very much in its?

NOTE Confidence: 0.857243716716766

00:18:51.510 --> 00:19:06.630 Uh isn't it past tense thing. Yet it still very much under development but this was the result of really commitment by the mayor and his wife, who had spoken.

NOTE Confidence: 0.8863525390625

00:19:07.290 --> 00:19:38.300 Republic Lee about their daughters their parents their families mental health issues. They wanted to do something differently. and I was positioned where I was at the time and I start talking about these sorts of things well. We need to give people other than clinicians skills and partner clinicians with them. We need to get all city government involved in each you know stuff. I talked about in the shower and it resonated I think with their sense.

NOTE Confidence: 0.888584554195404

00:19:38.300 --> 00:19:43.760 Of social progress that they saw the bigness.

NOTE Confidence: 0.876849234104156

00:19:44.800 --> 00:19:47.400 That doing mental health really needs to be.

NOTE Confidence: 0.927519202232361

00:19:48.040 --> 00:20:03.000 That, it's not about just subsidizing the public hospital system to run clinics that is really about changing the way this issue was experienced an worked on across sectors across communities across people.

NOTE Confidence: 0.916599631309509

00:20:03.660 --> 00:20:14.530 And so they gave this supporting green light to a fairly ambitious effort that is now funded about two 250 million dollars a year.

NOTE Confidence: 0.901648163795471

00:20:15.050 --> 00:20:17.230 Of 54 initiatives.

NOTE Confidence: 0.888706386089325

00:20:18.140 --> 00:20:28.440 An A lot of those initiatives are about and I'll talk about one in depth in a bit really brings these lessons home, particularly around test sharing I would say most of them involve some degree.

NOTE Confidence: 0.842048048973084

00:20:29.200 --> 00:20:31.960 Uh actually I think all of them.

NOTE Confidence: 0.914198517799377

00:20:32.570 --> 00:20:33.420 For the most part.

NOTE Confidence: 0.942014396190643

00:20:33.950 --> 00:20:39.260 Involve putting the work outside of the traditional treatment system.

NOTE Confidence: 0.803304672241211

00:20:40.070 --> 00:20:45.870 But partnering that system differently with it to support it to coach it to mentor it to be a partner with.

NOTE Confidence: 0.881619036197662

00:20:46.640 --> 00:20:51.860 One example is this thing called friendship inches, which.

NOTE Confidence: 0.840055525302887

00:20:52.710 --> 00:21:23.140 I was developed in Harare, Zimbabwe, where grandmothers were trained in problem solving therapy and evidence based counseling method per mile to moderate depression outside of primary care practices and they published in JAMA. Randomized trial compared to treatment as usual, which was pretty good treatment an so we, we stole this full bore we had.

NOTE Confidence: 0.856351017951965

00:21:23.640 --> 00:21:46.180 Dixon shavonda psychiatrist who developed this in his team come trained our team, we use their manuals for friendship benches in New York City. We did a pop up version of it. So here's an and spear staffed so we train peers and problem solving therapy and problem solving skills and they sit outside some of our neighborhood.

NOTE Confidence: 0.507235884666443

00:21:46.750 --> 00:21:48.330 Health.

NOTE Confidence: 0.887595653533936

00:21:49.050 --> 00:22:19.800 Part of Health neighborhood clinics, but they also appear in neighborhoods, so if there's been which there was, it kind of cluster of suicides in public housing projects when there's a shooting in a neighborhood if there is a building on fire their neighbor. There's some something that has shaken a community. Display this friendship benches, there in hours and it becomes a obviously a low barrier.

NOTE Confidence: 0.850385129451752

00:22:19.800 --> 00:22:47.890 Resource just for information and services as well As for some initial counseling engagement. So it gives you a flavor of this idea of putting putting the workout there right and so test sharing is a key way to do that, but using test sharing to really get you embedded is the Magic. So here's a map of New York City. These are mental health.

NOTE Confidence: 0.904206454753876

00:22:48.800 --> 00:22:56.300 Professional shortage area neighborhoods and so we tried purposely to concentrate where these thrive initiatives actually did their thing.

NOTE Confidence: 0.826677799224854

00:22:56.960 --> 00:23:02.520 And so you can all see this, but uh I've color coded dots.

NOTE Confidence: 0.854319095611572

00:23:03.230 --> 00:23:17.620 To different populations that different drive initiatives were focused on so children youth new mothers victims of crime elder New Yorkers homeless individuals and so forth so.

NOTE Confidence: 0.883025467395782

00:23:18.120 --> 00:23:25.170 The important thing to thing is just to experience is this visual sense of of.

NOTE Confidence: 0.838203072547913

00:23:26.140 --> 00:23:29.760 Coverage are really a new realestate.

NOTE Confidence: 0.868174195289612

00:23:30.300 --> 00:23:48.700 For mental health so each one of these dots is is where one of these initiatives is doing is or is done, actual contacted work and engagement and so within each one of those dots. There's some for the most part, some flavor of test sharing going on.

NOTE Confidence: 0.896109879016876

00:23:49.380 --> 00:23:55.880 An none of these dots. I think are in a mental health clinical setting.

NOTE Confidence: 0.8720543384552

00:23:57.840 --> 00:24:06.060 So I mean, so they're in schools there on street corners and police precincts their primary care practices.

NOTE Confidence: 0.871669948101044

00:24:06.560 --> 00:24:13.490 And so it's really this idea of putting work elsewhere each one of these dots.

NOTE Confidence: 0.891393303871155

00:24:14.490 --> 00:24:16.390 However involves some partnering.

NOTE Confidence: 0.89632385969162

00:24:17.570 --> 00:24:18.710 With her mental health.

NOTE Confidence: 0.652453422546387

00:24:19.250 --> 00:24:19.860 Provider.

NOTE Confidence: 0.910945951938629

00:24:20.540 --> 00:24:24.160 And that to me is the real exciting future for us.

NOTE Confidence: 0.873822271823883

00:24:24.750 --> 00:24:32.930 To not be the source of care or the primary source of care, but to be the partner in community capacity building to do all sorts of.

NOTE Confidence: 0.896729230880737

00:24:33.760 --> 00:24:38.530 Of things and the other thing we did was not only put more of the workout.

NOTE Confidence: 0.894731402397156

00:24:39.060 --> 00:24:46.720 Side the usual places, but we brought all of government in so the 5th for initiatives they are distributed across.

NOTE Confidence: 0.898090124130249

00:24:47.840 --> 00:24:52.770 A dozen or 2 city agencies, some of which are represented here, so you've got this array of.

NOTE Confidence: 0.841141819953918

00:24:53.320 --> 00:25:17.940 Homeless services don't of Education Aging Youth and community development economic opportunity, etc. Now were Co. Owners of this realestate and before I left a city government recently. We're starting to see talking to commissioners of these agencies how mental health was.

NOTE Confidence: 0.858944892883301

00:25:18.730 --> 00:25:36.150 Being part was being absorbed in their mission, and there are strategic what they do is an agency OK. This initiative was great, but what? How do we keep we keep it part of? What we do now? Which is exactly the provocation. We were hoping to do to bring more folks of the table.

NOTE Confidence: 0.0730421990156174

00:25:36.860 --> 00:25:37.530 Um.

NOTE Confidence: 0.88443660736084

00:25:38.990 --> 00:26:07.340 And within not as much as I would want to have done but within a lot of these initiatives. We were able to also partner or bring into the work people who had skills an implementation so in quality improvement methods. In particular, to coach the partners, particularly neighborhood groups doing the work about how to be good implementers.

NOTE Confidence: 0.809364557266235

00:26:08.020 --> 00:26:10.800 So they could do more of this.

NOTE Confidence: 0.934731125831604

00:26:11.580 --> 00:26:14.910 So one example of where all of that came together.

NOTE Confidence: 0.792443454265594

00:26:15.410 --> 00:26:22.790 A test sharing embedding and learning is one of the thriving issues called connections to care or C2C.

NOTE Confidence: 0.861173450946808

00:26:23.400 --> 00:26:34.120 Where we seed funded partnerships between behavior health providers an community based organizations by community based organizations I mean?

NOTE Confidence: 0.894958972930908

00:26:34.860 --> 00:26:47.440 Not providers of care of any sort but in our usual sense, but so domestic violence shelters job training programs daycare centers.

NOTE Confidence: 0.745207667350769

00:26:47.980 --> 00:26:53.700 Uh use drop in centers often run away.

NOTE Confidence: 0.852675795555115

00:26:55.090 --> 00:27:06.520 And those were the the the CBO zan they identified a behavioral provider that was incredible. To them that they wanted to work with in their neighborhood or they had some relationship with.

NOTE Confidence: 0.880144953727722

00:27:07.270 --> 00:27:16.810 And the role of the behavioral health provider was to get on a learning curve where there would become a coach and mentor to the CBO and learning and using?

NOTE Confidence: 0.923698544502258

00:27:17.510 --> 00:27:25.000 Uh some basic skills like motivational interviewing using mental health screening instruments and things like that.

NOTE Confidence: 0.86229008436203

00:27:25.560 --> 00:27:29.150 And so you see in this map here.

NOTE Confidence: 0.883905351161957

00:27:29.710 --> 00:27:44.380 The distribution so any shade of blue had one of these partnerships of the Denser had more of these partnerships, so they were in 26, Community District, which is about half of the community districts in.

NOTE Confidence: 0.831287682056427

00:27:44.920 --> 00:27:45.720 In New York City.

NOTE Confidence: 0.78871613740921

00:27:46.400 --> 00:27:53.530 And again, they were mostly traditionally under under served under resourced places.

NOTE Confidence: 0.84904545545578

00:27:54.350 --> 00:28:08.480 And this is old this is old data, I do so. I last update. This maybe 6 months ago. But in some of those those tax shared skills. This train 1500 CBO staff so 1500.

NOTE Confidence: 0.843666672706604

00:28:09.280 --> 00:28:39.810 You know take care workers job training counselors, etc and screened at that time I think it's closer 20,000. Now, New Yorkers and we're finding 30% rates of depression on the on the pH Q9 or PTSD screenings. An mostly people had not been in care before so it was, it was reaching more deeply into a tapping into an unmet need.

NOTE Confidence: 0.871723890304565

00:28:39.830 --> 00:28:48.330 An when it was felt if that person needed more formal care, we had kept rates of like eighty 7080%.

NOTE Confidence: 0.898874044418335

00:28:49.410 --> 00:28:59.320 So this reaching in is both operationally doable and seems to be proving the concept that starting here.

NOTE Confidence: 0.830742061138153

00:29:00.150 --> 00:29:11.470 Um finds more unmet need and is a critical point of entry for people to stick with care if that's what they get but we also paired with this was.

NOTE Confidence: 0.88770055770874

00:29:12.090 --> 00:29:31.410 A small team that worked with these partnerships and particularly the CEOs about how to be better implementers an and for those of you for example, familiar with quality improvement methods. So they would do rapid cycle of change testing and aim setting and really trying to learn how to adjust.

NOTE Confidence: 0.897403478622437

00:29:32.110 --> 00:29:35.380 This new capacity to its best use.

NOTE Confidence: 0.905191600322723

00:29:36.060 --> 00:29:46.000 Becaus each one of these partnerships is different in terms of who they're facing and the organizational maturity and readiness of the organization of the organizations in these partnerships to take on this work.

NOTE Confidence: 0.865834414958954

00:29:46.540 --> 00:30:06.370 And so we need to include in this recipe of this more out for outward dispersed approach to community mental health. We have to include in that recipe real supports to having these frontlines be really smart implementers and adapters and testers.

NOTE Confidence: 0.852146863937378

00:30:08.580 --> 00:30:29.700 So these this flavor of doing things putting more of the work in other peoples hands bring all of government to the table. We

started getting inquiries from other cities, including New Haven, an so we said. Let's have a meeting so we had a meeting we called it cities thrive.

NOTE Confidence: 0.889285802841187

00:30:30.650 --> 00:30:39.240 And we had a lot of people come and so we are continuing at the 3rd such meeting is on Monday actually.

NOTE Confidence: 0.843943476676941

00:30:39.870 --> 00:30:45.200 Um we've got 200 mayors signed up as members of what is now the cities thrive coalition.

NOTE Confidence: 0.894512832164764

00:30:45.760 --> 00:31:17.910 We're expecting over 200 folks to come and it really is a place where we showcase what we see happening in other cities that are doing things this way or examples of doing things this way, and workshops to try to get people around OK? How to do how to do it this way. One of the challenges and the opportunities. Since then, and this was a pleasant surprise to me. I did not expect this and it was not our proselytizing, but drive has been big in Europe.

NOTE Confidence: 0.854816436767578

00:31:17.910 --> 00:31:37.420 Thrive London launched about a year and a half ago and actually static on the London Mayor is going to give a message at our meeting next week. We've got thrive. I can't read which one that is Dr Bristol Dr West Midlands, which includes Birmingham, which the 2nd largest city in the UK.

NOTE Confidence: 0.808327734470367

00:31:38.090 --> 00:31:47.230 Thrive stock home is in the works thrive Amsterdam launched drive Toronto is moving along.

NOTE Confidence: 0.879721701145172

00:31:48.450 --> 00:31:59.970 You know who knew and I think what's gratifying to me is that? What has stuck? What is the thread they're all different but what is a thread through all of them?

NOTE Confidence: 0.899728894233704

00:32:00.500 --> 00:32:11.000 Is this starting point of assumption that more of the work has to be outside of the system and all government has to has to come to the table with real participatory.

NOTE Confidence: 0.831331431865692

00:32:11.550 --> 00:32:18.830 Ground rules from the get go and that's just really exciting to see.

NOTE Confidence: 0.492121130228043

18

00:32:20.410 --> 00:32:21.260 So.

NOTE Confidence: 0.820018470287323

00:32:23.520 --> 00:32:25.160 So I left city government.

NOTE Confidence: 0.875577688217163

00:32:25.860 --> 00:32:38.060 Uh and I left all that, but I haven't left it because I as a parent and as a mental health professional was feeling like if I'm not if I'm not working on climate change.

NOTE Confidence: 0.905522644519806

00:32:38.960 --> 00:32:40.200 Then I'm wasting my time.

NOTE Confidence: 0.721021294593811

00:32:41.730 --> 00:32:42.500 And.

NOTE Confidence: 0.913558065891266

00:32:43.590 --> 00:32:49.780 You know, I think everyone is going to find their own way to that. I think many people have found it before I did, and many people.

NOTE Confidence: 0.778679847717285

00:32:50.420 --> 00:32:53.130 Have yet have yet to find that but I think.

NOTE Confidence: 0.91840797662735

00:32:53.630 --> 00:33:00.720 We're all going to find how that fits into our life because it will be impossible for it not to it's going to change every.

NOTE Confidence: 0.939810156822205

00:33:01.250 --> 00:33:06.280 Field every aspect of our lives and so the question is how is it going to change?

NOTE Confidence: 0.844013333320618

00:33:06.970 --> 00:33:08.490 Mental health or what's it going to.

NOTE Confidence: 0.858252823352814

00:33:09.210 --> 00:33:17.210 Challenge how's it going to challenge my health change. My health work to change and are we up to it? Are we going to be up to answering.

NOTE Confidence: 0.647320866584778

00:33:17.920 --> 00:33:19.370 That.

NOTE Confidence: 0.880912780761719

00:33:20.350 --> 00:33:21.160 That challenge.

NOTE Confidence: 0.0424820333719254

00:33:21.670 --> 00:33:22.350 Um.

NOTE Confidence: 0.842065930366516

00:33:23.220 --> 00:33:41.590 So that's I'm in the basement of baseball cap over there, if you're wondering why I'm there. I'm getting arrested so this was over the summer. This was an action by group that you may have heard of which is getting some more awareness called extinction rebellion also start in the UK.

NOTE Confidence: 0.833666145801544

00:33:42.520 --> 00:33:51.000 An so when I was in jail after this is an interesting group there about 7:00 of us arrested.

NOTE Confidence: 0.853701055049896

00:33:52.000 --> 00:34:22.950 And we're in a big sell they separated by gender. So the men were in this about 40 bus and some people came prepared who done this before, and they had a set of questions. We went into breakout groups. You have no idea how long you're going to be there, so went to breakout groups and there was a list of questions to ask each other and and one of the questions was go round and small circle and you answer.

NOTE Confidence: 0.932631194591522

00:34:22.950 --> 00:34:24.800 What are you hopeful about?

NOTE Confidence: 0.849870264530182

00:34:26.340 --> 00:34:28.440 So just get the context here right like work.

NOTE Confidence: 0.887465119361877

00:34:29.100 --> 00:34:31.190 Or in jail, we think the world is going to end.

NOTE Confidence: 0.824906587600708

00:34:32.320 --> 00:34:38.990 And uhm what are you hopeful about SI heard myself say the following thing an?

NOTE Confidence: 0.889488160610199

00:34:40.350 --> 00:34:45.890 And as I was, I was, I was hearing myself say it in a way that was almost like observing.

NOTE Confidence: 0.885215640068054

00:34:46.430 --> 00:34:50.850 And I've since returned to it, and wonder do you really think that way is that we really thinking? Yeah, it is?

NOTE Confidence: 0.881717026233673

00:34:51.380 --> 00:34:52.310 This is what I really think.

NOTE Confidence: 0.849766254425049

00:34:53.290 --> 00:34:54.290 So I said, You know.

NOTE Confidence: 0.817482888698578

00:34:55.290 --> 00:35:00.540 I we are not going to mitigate we're just not on a path to really dent this thing.

NOTE Confidence: 0.827844858169556

00:35:01.040 --> 00:35:07.930 A large parts in York City will be underwater in New Haven, so forth. This is not going to go well.

NOTE Confidence: 0.933068871498108

00:35:09.390 --> 00:35:11.500 But what we can do now.

NOTE Confidence: 0.910188913345337

00:35:12.360 --> 00:35:19.580 Is try to build new models of? What excellent human community looks like?

NOTE Confidence: 0.922403633594513

00:35:20.450 --> 00:35:21.950 That may be at the other end.

NOTE Confidence: 0.837452113628387

00:35:22.790 --> 00:35:24.050 People will use.

NOTE Confidence: 0.881041288375854

00:35:25.330 --> 00:35:31.510 Better ways of Participatory Democracy, better ways of sustainable.

NOTE Confidence: 0.626029074192047

00:35:32.260 --> 00:35:34.260 Economy.

NOTE Confidence: 0.765093982219696

00:35:34.940 --> 00:35:36.390 And better ways of mental health is.

NOTE Confidence: 0.869206607341766

00:35:37.940 --> 00:35:42.090 I know something about so since then, I've been trying to

NOTE Confidence: 0.934613347053528

00:35:42.650 --> 00:35:44.210 Connect those dots.

NOTE Confidence: 0.0554905831813812

00:35:45.050 --> 00:35:45.860 Um.

NOTE Confidence: 0.920292735099792

00:35:46.530 --> 00:35:50.740 And so this experience of.

NOTE Confidence: 0.885628044605255

00:35:51.370 --> 00:35:52.520 This long.

NOTE Confidence: 0.895451545715332

00:35:53.230 --> 00:35:56.250 Allegiance to cities and their mental health.

NOTE Confidence: 0.900592863559723

00:35:56.750 --> 00:36:05.990 And getting deeper and deeper into ways to operationalize this idea that cities can be places. How are cities places that are metal promoting?

NOTE Confidence: 0.87329238653183

00:36:06.940 --> 00:36:12.190 What do we really think Tangibly Operationally about this idea of community resilience and?

NOTE Confidence: 0.517431974411011

00:36:12.690 --> 00:36:13.530 And.

NOTE Confidence: 0.868372619152069

00:36:14.160 --> 00:36:18.370 Collective Efficacy and social ties, I mean, we know they all correlate with.

NOTE Confidence: 0.863826334476471

00:36:19.090 --> 00:36:36.560 Little Morbidity, but how do we actually act on those connections and invest in them and so those seem increasing to me really important. Parts of the equation of the survival of our cities in the next century's.

NOTE Confidence: 0.891146957874298

00:36:37.070 --> 00:36:42.360 An increasingly from the climate perspective from the climate science perspective climate policy perspective.

NOTE Confidence: 0.0312537550926209

00:36:42.950 --> 00:36:43.630 Um.

NOTE Confidence: 0.872692406177521

00:36:44.290 --> 00:37:04.480 There's also been this real attention to cities. Obviously, the largest consumers of energy so how cities profile. Their energy sources will be the leverage to change how NRG markets work its purchasing power cities as governments. I mean, New York City as a purchaser.

NOTE Confidence: 0.887160837650299

00:37:05.230 --> 00:37:21.420 His employer or 300,000 people, which touches about one point 1,000,000 people and in terms of you include their families just

huge purchaser. The ways that cities in city government could really shapes of the things that need to be shaped food markets electric markets, etc.

NOTE Confidence: 0.822355806827545

00:37:22.090 --> 00:37:24.870 Am I really crucial and they're also you know where.

NOTE Confidence: 0.866664409637451

00:37:25.500 --> 00:37:30.720 Most of the people are with the density that it's really possible.

NOTE Confidence: 0.880602955818176

00:37:31.230 --> 00:37:40.530 To try to capitalize and build on the power of social ties? what I call that I've increasingly calling the social climate.

NOTE Confidence: 0.179169178009033

00:37:41.170 --> 00:37:41.890 Uh.

NOTE Confidence: 0.922472596168518

00:37:43.030 --> 00:37:47.930 And there's a social climate crisis that's part of the environmental crisis climate crisis.

NOTE Confidence: 0.896594226360321

00:37:48.450 --> 00:37:52.360 Which is how are we going to?

NOTE Confidence: 0.923318803310394

00:37:55.090 --> 00:37:56.280 Maintain.

NOTE Confidence: 0.827106356620789

00:37:57.490 --> 00:38:10.670 If not deep in those things that ever mentioning our communal resilience our ability to act socially and lean on each other that way.

NOTE Confidence: 0.918617248535156

00:38:12.990 --> 00:38:17.200 And that social climate is probably our most important.

NOTE Confidence: 0.597493946552277

00:38:17.800 --> 00:38:18.520 Asset.

NOTE Confidence: 0.865589499473572

00:38:19.620 --> 00:38:35.820 Solar energies are pretty good asset, but our social climate is going to be one of our most important assets. And so we have to really take good care of it and I think mental health folks, particularly community. Mental health folks have a lot to say, and to do about about that.

NOTE Confidence: 0.131963983178139

00:38:36.530 --> 00:38:37.080 Uh.

NOTE Confidence: 0.939244627952576

00:38:37.710 --> 00:38:39.760 And one thing that's starting to happen.

NOTE Confidence: 0.756016731262207

00:38:40.790 --> 00:38:44.750 Um from and I think it can.

NOTE Confidence: 0.879303872585297

00:38:45.270 --> 00:38:48.720 I hope it can in terms of my wish that we can create.

NOTE Confidence: 0.86349481344223

00:38:49.500 --> 00:38:53.590 Better things that then become models or some future time.

NOTE Confidence: 0.87296062707901

00:38:54.260 --> 00:38:59.460 Is that by doing so we as a mental health community?

NOTE Confidence: 0.906373202800751

00:39:00.030 --> 00:39:06.860 To finally face up, too long needed change in some of our fundamental paradigms about our work.

NOTE Confidence: 0.892525792121887

00:39:08.150 --> 00:39:13.670 That we start taking social economic social ecological models.

NOTE Confidence: 0.924855411052704

00:39:14.390 --> 00:39:17.240 Mental illness in mental health much more seriously.

NOTE Confidence: 0.041499424725771

00:39:18.880 --> 00:39:19.620 Um.

NOTE Confidence: 0.901220679283142

00:39:20.380 --> 00:39:29.630 And I don't know the mix of this audience, but that we start to get real about the dead end path of this focus on the synapse.

NOTE Confidence: 0.920191466808319

00:39:30.620 --> 00:39:34.230 And really start getting more realistic.

NOTE Confidence: 0.906356334686279

00:39:35.100 --> 00:39:38.110 About what strengthens people and supports them.

NOTE Confidence: 0.859142422676086

00:39:39.340 --> 00:39:40.510 And how we know that.

NOTE Confidence: 0.0428280271589756

00:39:41.360 --> 00:39:42.140 Um.

NOTE Confidence: 0.928185284137726

00:39:43.660 --> 00:39:46.510 Including all those factors that led to those Maps.

NOTE Confidence: 0.754999160766602

00:39:48.250 --> 00:39:50.590 So it's

NOTE Confidence: 0.88869845867157

00:39:51.320 --> 00:39:57.470 We have in our hands, the possibility not only to help the world, but to have an exciting.

NOTE Confidence: 0.841895341873169

00:39:58.220 --> 00:40:02.070 Renaissance of our work in profession.

NOTE Confidence: 0.844406008720398

00:40:02.580 --> 00:40:26.440 And so that's sort of starting to have been creeping into the literature things and this is a nature climate is work by Helen Berry, who's in I think based in Sydney, a mental health researcher who developed this. You can't read anything an it's a mess. But that's the point, which she tried to do is take a lot of these literatures, she took the use case I think of.

NOTE Confidence: 0.839882433414459

00:40:28.020 --> 00:40:28.820 I don't know if it was.

NOTE Confidence: 0.831644892692566

00:40:29.970 --> 00:40:31.230 Flooding or heat.

NOTE Confidence: 0.868577599525452

00:40:33.600 --> 00:41:03.550 May have been rising temperature scenario and just to see all the factors that that sets in motion. All the interacting factors that that sets in motion and the degree that they end up in this is Pression. Depressive symptoms or some other suicide how they end up into outcomes that we that we work on and each one of these has a parentheses in each one of these linkages has parentheses which.

NOTE Confidence: 0.879846692085266

00:41:04.420 --> 00:41:27.570 Indicates the number of studies that show that that link so this is somewhat of a you know, an effort to condemn to bring

together what we've been studying in sort of isolation. These correlations between between certain social community factors and ultimately mental health outcomes.

NOTE Confidence: 0.861660063266754

00:41:28.310 --> 00:41:41.330 So this is a really this is this is new again anew realestate. I mean, this shows us very different places employment and financial constraints.

NOTE Confidence: 0.145238667726517

00:41:42.070 --> 00:41:42.800 Uh.

NOTE Confidence: 0.916104853153229

00:41:43.330 --> 00:41:49.420 Decrease community resources and support systems migration and separation of families and so these are.

NOTE Confidence: 0.842879593372345

00:41:50.060 --> 00:42:04.810 This is part of this remapping of the things that we, as a field work on, but what I was struck by it. While it's heading in the right direction. It's mostly looking at this direction, Watt.

NOTE Confidence: 0.860766172409058

00:42:05.320 --> 00:42:13.860 Features of climate ultimately might give us more work to do right they'll be more depression. They'll be more drama OK.

NOTE Confidence: 0.918564558029175

00:42:14.740 --> 00:42:17.510 I'm also interested in this direction.

NOTE Confidence: 0.807641506195068

00:42:18.170 --> 00:42:20.660 Um what can we do.

NOTE Confidence: 0.876327097415924

00:42:21.220 --> 00:42:37.030 By having a really tight effective safety net for mental illness really effective tool kit for my whole promotion an prevention and resilience building? How does that help us?

NOTE Confidence: 0.866925179958344

00:42:37.690 --> 00:42:43.760 Act collectively to get to get through this an and perhaps even bend, the curve.

NOTE Confidence: 0.56835800409317

00:42:44.820 --> 00:42:46.120 Uh this.

NOTE Confidence: 0.752330482006073

00:42:47.700 --> 00:42:48.540 And.

NOTE Confidence: 0.899228155612946

00:42:49.560 --> 00:42:55.390 What I left my job to try to work on is to actually get a little more complicated?

NOTE Confidence: 0.890291154384613

00:42:56.050 --> 00:43:11.000 And see mental health as forming new partnerships people, the way we design what we do, and who is doing. The work partner with people actually working on these things from different points of view.

NOTE Confidence: 0.843568682670593

00:43:12.210 --> 00:43:19.530 In civic action building and Collective Efficacy and so forth as a way to.

NOTE Confidence: 0.849449038505554

00:43:20.040 --> 00:43:23.080 To meet this challenge so.

NOTE Confidence: 0.903777241706848

00:43:24.440 --> 00:43:42.610 New partners have to include the people who have been at the front lines of this, who are the front lines. If we're going to, if the way we contribute to strengthening communities or through these thrive like approach is putting more of the work out there, etc.

NOTE Confidence: 0.155292332172394

00:43:43.160 --> 00:43:43.860 Uh.

NOTE Confidence: 0.919914484024048

00:43:44.440 --> 00:43:51.960 We should put the work out there to groups that are really working on these issues.

NOTE Confidence: 0.866348206996918

00:43:52.680 --> 00:44:10.970 Up Roses, one example that I'm getting to know better in New York City and Brooklyn my circle. Hurricane Sandy hit community. So this is an environmental justice group that is on its way if not already.

NOTE Confidence: 0.915794968605042

00:44:11.570 --> 00:44:14.570 Down the path of becoming an implementing organization.

NOTE Confidence: 0.912366628646851

00:44:15.400 --> 00:44:19.940 I think the entire environmental justice world is a huge.

NOTE Confidence: 0.905746877193451

00:44:20.440 --> 00:44:27.230 Human resource to do this kind of Community Slash Resilience building work, many of them.

NOTE Confidence: 0.87632691860199

00:44:27.820 --> 00:44:59.360 And there are probably thousands across the country that are doing out working on one specific thing or another whether it's the exposure of communities of color to excess air pollution and thus higher pediatric. ER visits whether it's the similar often racial distribution of exposure to fracking or to you know, whatever it is these environmental justice groups are becoming implementers. They're starting to broker the implementing of new.

NOTE Confidence: 0.874751389026642

00:44:59.360 --> 00:45:16.520 Solutions so up rose for example, did block by block analysis of where their opportunities for climate mitigation of organizing a neighborhood to get do an off grid off grid solar power purchasing and so forth.

NOTE Confidence: 0.934423565864563

00:45:17.320 --> 00:45:19.840 And we could pass the Green, New Deal tomorrow.

NOTE Confidence: 0.898373663425446

00:45:21.330 --> 00:45:24.870 We're not going to do it tomorrow, but we could pass it if we pass it tomorrow.

NOTE Confidence: 0.0473639592528343

00:45:25.370 --> 00:45:26.050 Um.

NOTE Confidence: 0.908359944820404

00:45:27.130 --> 00:45:54.400 There is it will work when combined with this ground level block by block neighbor by neighborhood culture change economic transition food market adaptation. All that needs massive granular hand holding and brokering of interests and implementation and so this notion that came to thrive putting more of the skills more than people.

NOTE Confidence: 0.884445011615753

00:45:54.900 --> 00:46:05.920 And make them learners and testers and implementers is a parallel process that needs to happen to realize the sorts of change. We need to do the work.

NOTE Confidence: 0.85868889093399

00:46:06.760 --> 00:46:09.040 That the climate is pressing us to do.

NOTE Confidence: 0.858603179454803

00:46:09.600 --> 00:46:20.240 And what what I see as a future for community mental health work is to see that Civic Army's also a mental health army.

NOTE Confidence: 0.885617971420288

00:46:20.750 --> 00:46:28.230 As one of the key platforms for putting more of the work and more of the hands and as I talk to these groups.

NOTE Confidence: 0.920196413993835

00:46:28.920 --> 00:46:30.570 They're the ones saying that.

NOTE Confidence: 0.884503304958344

00:46:31.150 --> 00:46:47.890 You know, we're trying to mobilize our community to X, but we have you know this history of layered community trauma in our community substance abuse. It's hard for us to get off the dime. If we're not also bringing other things that are building our communities back.

NOTE Confidence: 0.171771913766861

00:46:48.660 --> 00:46:49.370 Uh.

NOTE Confidence: 0.808897793292999

00:46:49.990 --> 00:47:10.820 Marshall Gans and heard Marshall Gans one. One running back Marshall Gans community organizer. I think he was. He was very formative in organizing snek civil rights movement. The farm Workers Union, he's here with Cesar Chavez.

NOTE Confidence: 0.907575011253357

00:47:11.450 --> 00:47:22.850 He was his thinking about how you do social movements or was really the blueprint for the Obama campaign in 2008 and a lot of his students were the field.

NOTE Confidence: 0.89522784948349

00:47:23.600 --> 00:47:38.470 Captains of the Obama campaign and what the kernel of his idea about social movements is they have to be social they have to bring people around in a way that they feel like they're part of a shared social connectivity and narrative.

NOTE Confidence: 0.882385313510895

00:47:39.170 --> 00:47:43.900 That describes the way that they want to live and connect and that they were supported by that.

NOTE Confidence: 0.862559974193573

00:47:44.460 --> 00:47:47.880 I think this is fertile ground.

NOTE Confidence: 0.875660538673401

00:47:48.800 --> 00:48:02.270 There is a virtuous cycle that's possible between bringing civic muscle to work on climate and bring civic muscle to help communities heal themselves through a more thrive like approach to community.

NOTE Confidence: 0.776478826999664

00:48:03.310 --> 00:48:04.100 Give me your mental health.

NOTE Confidence: 0.715611934661865

00:48:04.720 --> 00:48:06.730 Um and similarly.

NOTE Confidence: 0.652465224266052

00:48:07.960 --> 00:48:09.730 To bring

NOTE Confidence: 0.885132730007172

00:48:10.350 --> 00:48:44.460 To that ground level work real proliferation of ways that neighborhoods become innovators and implementers whole field of social innovation and social innovation hubs. I mentioned quality improvement work. the Institute for health care improvement, which really brought quite a health care. They're not quite so much yet to Mel Healthcare, Unfortunately, but has really now started to use these same methods. Learning Collaboratives and so forth for other community projects, so they have one learning collaborative around poverty reduction.

NOTE Confidence: 0.849910855293274

00:48:44.590 --> 00:48:58.530 Of Seabios in um it's in Minnesota. We use that model learning clever model to bring community organizations in New York City to work on what they wanted to work on which is to reduce parental stress.

NOTE Confidence: 0.908053755760193

00:48:59.110 --> 00:49:15.330 So we use this QIPDS cycle learning collaborative method to help them identify and test solutions that their tacit knowledge and lived experience through some tools logic models and stuff like that brought them to want to try.

NOTE Confidence: 0.890362560749054

00:49:16.590 --> 00:49:21.750 So this combination of a renewed.

NOTE Confidence: 0.90989762544632

00:49:22.590 --> 00:49:39.580 Of making new friends with people who want to work on this stuff at ground level of bringing tools to bear to that and then bringing what we know about how this work is a fertile ground for better community mental health work is one of those potential.

NOTE Confidence: 0.875751554965973

00:49:40.370 --> 00:49:45.620 Better way of doing things that we can that we can leave behind for the future and perhaps make the present.

NOTE Confidence: 0.821771323680878

00:49:46.240 --> 00:49:47.460 More livable.

NOTE Confidence: 0.920238494873047

00:49:48.860 --> 00:49:50.800 It's going to mean?

NOTE Confidence: 0.871625661849976

00:49:51.470 --> 00:49:56.160 It could potentially mean a real revival in.

NOTE Confidence: 0.875417172908783

00:49:56.900 --> 00:50:25.200 I just like the title of this paper, the roll of community mental health care and it's also really good review article talking about how these strategies. I mentioned at the outset that really these tax sharing strategies that gave that kind of found their their footing in low and middle income countries are really changing the way that the global N is at least some people in global N are starting to think about the role of community and mental health.

NOTE Confidence: 0.902920305728912

00:50:25.820 --> 00:50:31.190 The realities of climate I think force us to think that way. If we want to be relevant to our communities.

NOTE Confidence: 0.84774249792099

00:50:31.760 --> 00:50:37.650 Uh and was also coming out of the sustainability and climate literature.

NOTE Confidence: 0.895470857620239

00:50:38.290 --> 00:50:45.220 Not specific to mental health, but generally how all the Sciences need to change.

NOTE Confidence: 0.901342034339905

00:50:46.110 --> 00:50:59.320 Is to take transformative transformative learning approaches that is really learned teaching and learning in ways that are far more pragmatic and experiential.

NOTE Confidence: 0.849957704544067

00:50:59.940 --> 00:51:18.480 An really have the aim to change things rather than a receptive and and sort of incorporating a body of knowledge. It's really learning that is beating up a body for college as the needed.

NOTE Confidence: 0.723489761352539

00:51:20.360 --> 00:51:22.860 Needed path for the future.

NOTE Confidence: 0.896442174911499

00:51:23.400 --> 00:51:32.610 And there are many reasons, I agree with that which I don't know. Maybe all time in questions to talk more about but I think mental health would benefit from being a more.

NOTE Confidence: 0.852553904056549

00:51:33.250 --> 00:51:38.650 Beating up experiential knowledge base, then what is very much a kind of?

NOTE Confidence: 0.872716963291168

00:51:40.930 --> 00:51:42.450 Incremental.

NOTE Confidence: 0.622201263904572

00:51:43.040 --> 00:51:44.740 Plotting.

NOTE Confidence: 0.779429376125336

00:51:45.520 --> 00:51:48.910 RCT worshipping model knowledge base.

NOTE Confidence: 0.0560481771826744

00:51:49.770 --> 00:51:50.440 Um.

NOTE Confidence: 0.853488922119141

00:51:50.970 --> 00:51:58.300 So I uh started a nonprofit about a month or so ago, so I'm.

NOTE Confidence: 0.86784303188324

00:51:59.360 --> 00:52:29.370 Currently, unemployed called the billion minus Institute to really think about scale about the social climate and working on a bunch of things that I think are consistent with everything I just I just said trying to form a consortium of environmental justice groups that really see mental health is ascential in their community work in their community survival to try to create a toolkit for them to be able to do that.

NOTE Confidence: 0.88080233335495

00:52:29.370 --> 00:53:00.360 So a lot of ground ground level, substance building and Prototyping on the one hand and on the other hand, trying to bring leaderships to get their head around that mental health. The future needs to look this way, and the social climate is really important. If we all want to get through the next century, so for example, convening a meeting of leaderships of most of the mainstream national mental Health Organization, including both APS DC to try to start to have a discussion.

NOTE Confidence: 0.91246098279953

00:53:00.360 --> 00:53:01.680 What do we think?

NOTE Confidence: 0.884791374206543

00:53:02.920 --> 00:53:08.860 Climate drives us to have to think about and actually hasn't been a discussion that's happened collectively yet.

NOTE Confidence: 0.815612733364105

00:53:09.390 --> 00:53:12.580 For field so I'm looking forward to that here's some.

NOTE Confidence: 0.830081582069397

00:53:13.210 --> 00:53:22.160 Pieces and medium, I've just discovered medium. It's kind of cool if you want to learn more about what I'm up to and.

NOTE Confidence: 0.923577189445496

00:53:23.410 --> 00:53:26.490 And I'm happy to start a conversation thank you.