

WEBVTT

NOTE duration:"00:55:07"

NOTE recognizability:0.840

NOTE language:en-us

NOTE Confidence: 0.694824836666667

00:00:00.000 --> 00:00:04.171 Lovely and generous. That was such

NOTE Confidence: 0.694824836666667

00:00:04.171 --> 00:00:05.806 a lovely and generous introduction.

NOTE Confidence: 0.694824836666667

00:00:05.810 --> 00:00:08.390 I'm completely blown away by that.

NOTE Confidence: 0.694824836666667

00:00:08.390 --> 00:00:09.330 Thank you and I'm really

NOTE Confidence: 0.694824836666667

00:00:09.330 --> 00:00:10.270 excited to be here today.

NOTE Confidence: 0.694824836666667

00:00:10.270 --> 00:00:12.916 I'm going to share my screen.

NOTE Confidence: 0.694824836666667

00:00:12.920 --> 00:00:14.252 Start my slide.

NOTE Confidence: 0.694824836666667

00:00:14.252 --> 00:00:18.728 So look, I gotta get that. Click shut.

NOTE Confidence: 0.694824836666667

00:00:18.730 --> 00:00:21.010 Like from start you all could see that,

NOTE Confidence: 0.694824836666667

00:00:21.010 --> 00:00:23.850 right? OK. OK.

NOTE Confidence: 0.694824836666667

00:00:23.850 --> 00:00:26.130 So thank you so much, Michael.

NOTE Confidence: 0.694824836666667

00:00:26.130 --> 00:00:27.330 As I said, this is great,

NOTE Confidence: 0.694824836666667

00:00:27.330 --> 00:00:29.017 and I'm really actually very excited to

NOTE Confidence: 0.694824836666667

00:00:29.017 --> 00:00:31.107 speak to so many of you about this work.

NOTE Confidence: 0.694824836666667

00:00:31.110 --> 00:00:31.776 As Mike said,

NOTE Confidence: 0.694824836666667

00:00:31.776 --> 00:00:33.108 it's it's new work for me.

NOTE Confidence: 0.694824836666667

00:00:33.110 --> 00:00:34.210 I'm bringing something that I've

NOTE Confidence: 0.694824836666667

00:00:34.210 --> 00:00:35.550 studied for a very long time,

NOTE Confidence: 0.694824836666667

00:00:35.550 --> 00:00:36.650 the biweekly logical model,

NOTE Confidence: 0.694824836666667

00:00:36.650 --> 00:00:38.602 which I'll tell you a little bit

NOTE Confidence: 0.694824836666667

00:00:38.602 --> 00:00:39.852 about 2 adolescent suicide from

NOTE Confidence: 0.694824836666667

00:00:39.852 --> 00:00:41.736 work that I had done in early

NOTE Confidence: 0.694824836666667

00:00:41.736 --> 00:00:43.116 childhood and before I started.

NOTE Confidence: 0.694824836666667

00:00:43.120 --> 00:00:44.709 I also want to acknowledge a key

NOTE Confidence: 0.694824836666667

00:00:44.709 --> 00:00:45.900 colleague that has been working

NOTE Confidence: 0.694824836666667

00:00:45.900 --> 00:00:47.524 really close with me in this work,

NOTE Confidence: 0.694824836666667

00:00:47.530 --> 00:00:48.226 Rachel Avoli,

NOTE Confidence: 0.694824836666667

00:00:48.226 --> 00:00:49.618 who's a research assistant

NOTE Confidence: 0.694824836666667

00:00:49.618 --> 00:00:51.010 professor here at NYU.

NOTE Confidence: 0.694824836666667
00:00:51.010 --> 00:00:52.710 She's been an incredible thought
NOTE Confidence: 0.694824836666667
00:00:52.710 --> 00:00:54.920 partner to me in this effort.
NOTE Confidence: 0.694824836666667
00:00:54.920 --> 00:00:57.520 I've noticed closures to report.
NOTE Confidence: 0.694824836666667
00:00:57.520 --> 00:01:01.300 So first let me start by,
NOTE Confidence: 0.694824836666667
00:01:01.300 --> 00:01:02.819 I begin with sort of the grounding
NOTE Confidence: 0.694824836666667
00:01:02.819 --> 00:01:04.029 perspectives I bring to this work.
NOTE Confidence: 0.694824836666667
00:01:04.030 --> 00:01:05.734 So I was trained by this lovely gentleman,
NOTE Confidence: 0.694824836666667
00:01:05.740 --> 00:01:06.788 Yuri Bronfenbrenner,
NOTE Confidence: 0.694824836666667
00:01:06.788 --> 00:01:09.408 who's a luminary in the
NOTE Confidence: 0.694824836666667
00:01:09.408 --> 00:01:10.980 developmental psychology field.
NOTE Confidence: 0.694824836666667
00:01:10.980 --> 00:01:13.038 For those of you who don't know,
NOTE Confidence: 0.694824836666667
00:01:13.040 --> 00:01:14.504 he really taught developmental
NOTE Confidence: 0.694824836666667
00:01:14.504 --> 00:01:16.334 psychologists about how to think
NOTE Confidence: 0.694824836666667
00:01:16.334 --> 00:01:18.113 about human development as occurring
NOTE Confidence: 0.694824836666667
00:01:18.113 --> 00:01:20.147 within a nested set of ecological
NOTE Confidence: 0.694824836666667

00:01:20.209 --> 00:01:22.471 structures that children are embedded in
NOTE Confidence: 0.694824836666667

00:01:22.471 --> 00:01:24.339 families and neighborhoods and communities.
NOTE Confidence: 0.694824836666667

00:01:24.339 --> 00:01:26.134 And it's that influence that
NOTE Confidence: 0.694824836666667

00:01:26.134 --> 00:01:27.570 really influences their own.
NOTE Confidence: 0.694824836666667

00:01:27.570 --> 00:01:29.367 Development, as he used to say, it,
NOTE Confidence: 0.694824836666667

00:01:29.367 --> 00:01:30.729 was a set of nested structures,
NOTE Confidence: 0.694824836666667

00:01:30.730 --> 00:01:31.678 each inside the next,
NOTE Confidence: 0.694824836666667

00:01:31.678 --> 00:01:33.100 like a set of Russian dolls,
NOTE Confidence: 0.694824836666667

00:01:33.100 --> 00:01:34.042 which I loved.
NOTE Confidence: 0.694824836666667

00:01:34.042 --> 00:01:36.839 And together we wrote about a set of work.
NOTE Confidence: 0.694824836666667

00:01:36.840 --> 00:01:38.840 This was back when I was doing my
NOTE Confidence: 0.694824836666667

00:01:38.840 --> 00:01:40.273 doctoral training around the power
NOTE Confidence: 0.694824836666667

00:01:40.273 --> 00:01:42.037 of what we called proximal processes,
NOTE Confidence: 0.694824836666667

00:01:42.040 --> 00:01:43.352 the interactions between individuals
NOTE Confidence: 0.694824836666667

00:01:43.352 --> 00:01:45.693 and those people that were most closely
NOTE Confidence: 0.694824836666667

00:01:45.693 --> 00:01:47.595 with them in their micro environments,

NOTE Confidence: 0.694824836666667

00:01:47.600 --> 00:01:48.494 their parents,

NOTE Confidence: 0.694824836666667

00:01:48.494 --> 00:01:50.729 their teachers for older kids,

NOTE Confidence: 0.694824836666667

00:01:50.730 --> 00:01:51.966 their friends as well.

NOTE Confidence: 0.694824836666667

00:01:51.966 --> 00:01:53.820 And you're going to see that

NOTE Confidence: 0.694824836666667

00:01:53.887 --> 00:01:55.462 weaved through the work that

NOTE Confidence: 0.694824836666667

00:01:55.462 --> 00:01:57.470 I'm going to talk about today.

NOTE Confidence: 0.694824836666667

00:01:57.470 --> 00:01:59.702 The other piece is that we spoke a

NOTE Confidence: 0.694824836666667

00:01:59.702 --> 00:02:01.592 lot about is the responsibility we

NOTE Confidence: 0.694824836666667

00:02:01.592 --> 00:02:04.268 have and this is the sort of science

NOTE Confidence: 0.694824836666667

00:02:04.268 --> 00:02:06.398 that to practice piece that Mike

NOTE Confidence: 0.694824836666667

00:02:06.398 --> 00:02:08.425 mentioned to affect change as as he

NOTE Confidence: 0.694824836666667

00:02:08.425 --> 00:02:10.509 used to say as scientists and citizens.

NOTE Confidence: 0.694824836666667

00:02:10.510 --> 00:02:12.967 This is not to sort of he didn't mean

NOTE Confidence: 0.694824836666667

00:02:12.967 --> 00:02:15.015 citizens in the sort of term that

NOTE Confidence: 0.694824836666667

00:02:15.015 --> 00:02:16.861 non citizens don't have this role

NOTE Confidence: 0.694824836666667

00:02:16.861 --> 00:02:18.787 but it's about the responsibility we
NOTE Confidence: 0.694824836666667

00:02:18.787 --> 00:02:21.020 have as part of this country to make
NOTE Confidence: 0.694824836666667

00:02:21.020 --> 00:02:23.248 a difference to bring science to the table,
NOTE Confidence: 0.694824836666667

00:02:23.250 --> 00:02:23.520 right.
NOTE Confidence: 0.694824836666667

00:02:23.520 --> 00:02:25.140 And so we wrote this back
NOTE Confidence: 0.694824836666667

00:02:25.140 --> 00:02:26.767 in 98 and again in 2006.
NOTE Confidence: 0.694824836666667

00:02:26.767 --> 00:02:28.189 And we said we've arrived at
NOTE Confidence: 0.694824836666667

00:02:28.189 --> 00:02:29.943 a point where the concerns of
NOTE Confidence: 0.694824836666667

00:02:29.943 --> 00:02:31.267 basic developmental science are
NOTE Confidence: 0.694824836666667

00:02:31.267 --> 00:02:32.901 converging with the most critical
NOTE Confidence: 0.694824836666667

00:02:32.901 --> 00:02:34.677 problems we're facing as a nation.
NOTE Confidence: 0.694824836666667

00:02:34.680 --> 00:02:35.728 It's surprising to me.
NOTE Confidence: 0.694824836666667

00:02:35.728 --> 00:02:37.300 We wrote that in the 90s.
NOTE Confidence: 0.694824836666667

00:02:37.300 --> 00:02:38.716 I think it was relevant in the 90s,
NOTE Confidence: 0.9146774

00:02:38.720 --> 00:02:40.935 and then again in 2006. I think it's
NOTE Confidence: 0.9146774

00:02:40.935 --> 00:02:44.690 even more relevant today in 2023.

NOTE Confidence: 0.9146774

00:02:44.690 --> 00:02:47.077 A little less well known than the

NOTE Confidence: 0.9146774

00:02:47.077 --> 00:02:48.868 bioecological model for Yuri's work

NOTE Confidence: 0.9146774

00:02:48.868 --> 00:02:50.986 is an understanding of something that

NOTE Confidence: 0.9146774

00:02:50.986 --> 00:02:53.428 he called the transforming experiment,

NOTE Confidence: 0.9146774

00:02:53.430 --> 00:02:55.104 and this is actually his dissertation

NOTE Confidence: 0.9146774

00:02:55.104 --> 00:02:56.470 advisor said this to him.

NOTE Confidence: 0.9146774

00:02:56.470 --> 00:02:58.759 He said, Yuri, if you wish to

NOTE Confidence: 0.9146774

00:02:58.759 --> 00:03:00.113 understand the relationship between

NOTE Confidence: 0.9146774

00:03:00.113 --> 00:03:01.688 the developing person and some

NOTE Confidence: 0.9146774

00:03:01.688 --> 00:03:03.930 aspect of his or her environment,

NOTE Confidence: 0.9146774

00:03:03.930 --> 00:03:05.436 try to budge one and see

NOTE Confidence: 0.9146774

00:03:05.436 --> 00:03:06.850 what happens to the other.

NOTE Confidence: 0.9146774

00:03:06.850 --> 00:03:09.006 And that's work that I really that

NOTE Confidence: 0.9146774

00:03:09.006 --> 00:03:10.818 sort of perspective I really brought

NOTE Confidence: 0.9146774

00:03:10.818 --> 00:03:12.736 with me as I launched my career

NOTE Confidence: 0.9146774

00:03:12.799 --> 00:03:14.629 first in a Policy Research firm.

NOTE Confidence: 0.9146774

00:03:14.630 --> 00:03:17.022 Uh, where I was doing research on welfare

NOTE Confidence: 0.9146774

00:03:17.022 --> 00:03:19.069 policy and income support policies,

NOTE Confidence: 0.9146774

00:03:19.070 --> 00:03:20.510 this is the bioecological model.

NOTE Confidence: 0.9146774

00:03:20.510 --> 00:03:22.630 Here child in the subsystems,

NOTE Confidence: 0.9146774

00:03:22.630 --> 00:03:24.940 we really tried to change the exosystem

NOTE Confidence: 0.9146774

00:03:24.940 --> 00:03:26.898 and understand the effects of kids.

NOTE Confidence: 0.9146774

00:03:26.900 --> 00:03:28.028 And then more recently,

NOTE Confidence: 0.9146774

00:03:28.028 --> 00:03:28.874 as Mike mentioned,

NOTE Confidence: 0.9146774

00:03:28.880 --> 00:03:30.672 the work that I had been doing

NOTE Confidence: 0.9146774

00:03:30.672 --> 00:03:31.970 in both pre-K quality,

NOTE Confidence: 0.9146774

00:03:31.970 --> 00:03:33.734 really trying to change the way

NOTE Confidence: 0.9146774

00:03:33.734 --> 00:03:35.409 teachers interact with kids in pre-K,

NOTE Confidence: 0.9146774

00:03:35.410 --> 00:03:37.702 but also in parenting and what

NOTE Confidence: 0.9146774

00:03:37.702 --> 00:03:39.790 we call early relational health.

NOTE Confidence: 0.9146774

00:03:39.790 --> 00:03:41.494 In both of these efforts in

NOTE Confidence: 0.9146774

00:03:41.494 --> 00:03:43.030 in the early childhood space,

NOTE Confidence: 0.9146774

00:03:43.030 --> 00:03:44.738 I've really sought hard to think about.

NOTE Confidence: 0.9146774

00:03:44.740 --> 00:03:47.124 So the work that we're doing can make

NOTE Confidence: 0.9146774

00:03:47.124 --> 00:03:49.256 sure to get out there for everyone.

NOTE Confidence: 0.9146774

00:03:49.256 --> 00:03:51.074 I do that partly through partnerships

NOTE Confidence: 0.9146774

00:03:51.074 --> 00:03:52.470 actually that's really I think how

NOTE Confidence: 0.9146774

00:03:52.470 --> 00:03:54.157 Mike and I got to know each other

NOTE Confidence: 0.9146774

00:03:54.157 --> 00:03:55.205 best was through partnerships

NOTE Confidence: 0.9146774

00:03:55.205 --> 00:03:57.235 that we were both doing with pre-K

NOTE Confidence: 0.9146774

00:03:57.235 --> 00:03:59.510 communities and we as as I said

NOTE Confidence: 0.9146774

00:03:59.586 --> 00:04:02.028 through a partnership with New York

NOTE Confidence: 0.9146774

00:04:02.028 --> 00:04:04.117 City's division of Early childhood

NOTE Confidence: 0.9146774

00:04:04.117 --> 00:04:06.457 as they were launching pre-K for

NOTE Confidence: 0.9146774

00:04:06.457 --> 00:04:09.415 all building a system to support

NOTE Confidence: 0.9146774

00:04:09.415 --> 00:04:11.980 kids originally assistant that was

NOTE Confidence: 0.9146774

00:04:12.069 --> 00:04:14.759 supporting 17,000 kids moving to.
NOTE Confidence: 0.9146774

00:04:14.760 --> 00:04:16.307 Some part 70,000 kids in the course
NOTE Confidence: 0.9146774

00:04:16.307 --> 00:04:18.213 of a couple of years and we're trying
NOTE Confidence: 0.9146774

00:04:18.213 --> 00:04:19.991 to embed research in that system and
NOTE Confidence: 0.9146774

00:04:19.991 --> 00:04:21.575 then through what I call platform.
NOTE Confidence: 0.9146774

00:04:21.580 --> 00:04:24.148 So this is a picture of a child
NOTE Confidence: 0.9146774

00:04:24.148 --> 00:04:25.450 and a pediatrician's office,
NOTE Confidence: 0.9146774

00:04:25.450 --> 00:04:28.360 which should be very familiar to many of you.
NOTE Confidence: 0.9146774

00:04:28.360 --> 00:04:30.033 So the parenting work that I do
NOTE Confidence: 0.9146774

00:04:30.033 --> 00:04:31.505 is in pediatric offices because
NOTE Confidence: 0.9146774

00:04:31.505 --> 00:04:32.897 for infants and toddlers,
NOTE Confidence: 0.9146774

00:04:32.900 --> 00:04:34.335 it's one of the places where we
NOTE Confidence: 0.9146774

00:04:34.335 --> 00:04:35.720 know parents and kids are already.
NOTE Confidence: 0.9146774

00:04:35.720 --> 00:04:37.448 They're doing a lot of visits as you
NOTE Confidence: 0.9146774

00:04:37.448 --> 00:04:39.376 well know between zero and two when we
NOTE Confidence: 0.9146774

00:04:39.376 --> 00:04:40.999 really try to leverage those visits.

NOTE Confidence: 0.9146774

00:04:41.000 --> 00:04:42.370 And so it's those perspectives

NOTE Confidence: 0.9146774

00:04:42.370 --> 00:04:44.040 that I'm trying to bring that,

NOTE Confidence: 0.9146774

00:04:44.040 --> 00:04:45.030 that that sort of work.

NOTE Confidence: 0.9146774

00:04:45.030 --> 00:04:47.123 What I've done over the last couple

NOTE Confidence: 0.9146774

00:04:47.123 --> 00:04:49.944 of decades to new work that I'm doing

NOTE Confidence: 0.9146774

00:04:49.944 --> 00:04:51.804 now in adolescent suicide prevention.

NOTE Confidence: 0.9146774

00:04:51.810 --> 00:04:54.030 I'm sure you've heard about rising

NOTE Confidence: 0.9146774

00:04:54.030 --> 00:04:56.653 rates of anxiety and depression and

NOTE Confidence: 0.9146774

00:04:56.653 --> 00:04:58.795 suicidal thinking among our young

NOTE Confidence: 0.9146774

00:04:58.795 --> 00:05:00.925 people as a result of COVID-19.

NOTE Confidence: 0.9146774

00:05:00.930 --> 00:05:02.470 But as you heard from the introduction,

NOTE Confidence: 0.9146774

00:05:02.470 --> 00:05:04.222 it wasn't COVID that actually got

NOTE Confidence: 0.9146774

00:05:04.222 --> 00:05:05.390 me into this work.

NOTE Confidence: 0.9146774

00:05:05.390 --> 00:05:07.343 I was actually drawn into this work

NOTE Confidence: 0.9146774

00:05:07.343 --> 00:05:09.430 from a very personal experience.

NOTE Confidence: 0.9146774

00:05:09.430 --> 00:05:11.082 So as Mike mentioned,
NOTE Confidence: 0.9146774

00:05:11.082 --> 00:05:13.147 I had a personally transforming
NOTE Confidence: 0.9146774

00:05:13.147 --> 00:05:15.304 experience and we lost our daughter
NOTE Confidence: 0.9146774

00:05:15.304 --> 00:05:18.148 Frankie to suicide when she was 17 years old.
NOTE Confidence: 0.896470266666667

00:05:18.150 --> 00:05:20.508 So she died back in 2019,
NOTE Confidence: 0.896470266666667

00:05:20.510 --> 00:05:21.986 about nine months before.
NOTE Confidence: 0.896470266666667

00:05:21.986 --> 00:05:24.869 So bad about 3 1/2 years ago now,
NOTE Confidence: 0.896470266666667

00:05:24.870 --> 00:05:26.375 Frankie was not what you might think
NOTE Confidence: 0.896470266666667

00:05:26.375 --> 00:05:28.188 of when you think of a suicidal teen.
NOTE Confidence: 0.896470266666667

00:05:28.190 --> 00:05:29.474 She was deeply connected,
NOTE Confidence: 0.896470266666667

00:05:29.474 --> 00:05:31.910 deeply engaged in school and in theater,
NOTE Confidence: 0.896470266666667

00:05:31.910 --> 00:05:33.744 and deeply connected to a number of
NOTE Confidence: 0.896470266666667

00:05:33.744 --> 00:05:35.242 other people, including her friends.
NOTE Confidence: 0.896470266666667

00:05:35.242 --> 00:05:37.510 But also this is her walking down
NOTE Confidence: 0.896470266666667

00:05:37.576 --> 00:05:39.490 the street with her twin brother.
NOTE Confidence: 0.896470266666667

00:05:39.490 --> 00:05:40.450 They would walk like this,

NOTE Confidence: 0.896470266666667
00:05:40.450 --> 00:05:42.306 arm and arm, and I would snap pictures
NOTE Confidence: 0.896470266666667
00:05:42.306 --> 00:05:44.149 to of them unbeknownst to them,
NOTE Confidence: 0.896470266666667
00:05:44.150 --> 00:05:45.188 and they would walk like this.
NOTE Confidence: 0.896470266666667
00:05:45.190 --> 00:05:48.943 This is on our block or on college campuses.
NOTE Confidence: 0.896470266666667
00:05:48.950 --> 00:05:50.274 Locked arm and arm.
NOTE Confidence: 0.896470266666667
00:05:50.274 --> 00:05:51.598 She just had this.
NOTE Confidence: 0.896470266666667
00:05:51.600 --> 00:05:52.514 You're right.
NOTE Confidence: 0.896470266666667
00:05:52.514 --> 00:05:55.713 This sort of strength that seemed to
NOTE Confidence: 0.896470266666667
00:05:55.713 --> 00:05:58.620 transcend all of her emotional struggles.
NOTE Confidence: 0.896470266666667
00:05:58.620 --> 00:05:59.780 As a parent, of course,
NOTE Confidence: 0.896470266666667
00:05:59.780 --> 00:06:02.120 I had a million questions after she left us.
NOTE Confidence: 0.896470266666667
00:06:02.120 --> 00:06:03.690 But as a prevention scientist,
NOTE Confidence: 0.896470266666667
00:06:03.690 --> 00:06:05.375 those questions focused on how
NOTE Confidence: 0.896470266666667
00:06:05.375 --> 00:06:07.060 the world could look differently
NOTE Confidence: 0.896470266666667
00:06:07.116 --> 00:06:08.531 so another family wouldn't have
NOTE Confidence: 0.896470266666667

00:06:08.531 --> 00:06:10.220 to go through what we had.
NOTE Confidence: 0.813399696470588

00:06:13.560 --> 00:06:15.485 And so I I started reading everything
NOTE Confidence: 0.813399696470588

00:06:15.485 --> 00:06:17.788 that I could around adolescent suicide
NOTE Confidence: 0.813399696470588

00:06:17.788 --> 00:06:19.676 and adolescent suicide prevention.
NOTE Confidence: 0.813399696470588

00:06:19.680 --> 00:06:20.960 And the more I read,
NOTE Confidence: 0.813399696470588

00:06:20.960 --> 00:06:22.724 the more I realized how much the
NOTE Confidence: 0.813399696470588

00:06:22.724 --> 00:06:24.420 world needed to know in order
NOTE Confidence: 0.813399696470588

00:06:24.420 --> 00:06:25.895 to make progress in prevention.
NOTE Confidence: 0.813399696470588

00:06:25.900 --> 00:06:27.440 And the first thing I realized was
NOTE Confidence: 0.813399696470588

00:06:27.440 --> 00:06:29.083 how much the world this world had
NOTE Confidence: 0.813399696470588

00:06:29.083 --> 00:06:30.775 really a very new language in it
NOTE Confidence: 0.813399696470588

00:06:30.775 --> 00:06:32.215 that I was completely unaware of.
NOTE Confidence: 0.813399696470588

00:06:32.220 --> 00:06:33.949 So I learned that the suicide community
NOTE Confidence: 0.813399696470588

00:06:33.949 --> 00:06:35.768 doesn't use the word committed suicide,
NOTE Confidence: 0.813399696470588

00:06:35.770 --> 00:06:37.342 which of course is really common
NOTE Confidence: 0.813399696470588

00:06:37.342 --> 00:06:38.640 in our lexicon right now.

NOTE Confidence: 0.813399696470588
00:06:38.640 --> 00:06:39.900 They use died by suicide,
NOTE Confidence: 0.813399696470588
00:06:39.900 --> 00:06:41.700 just like you die by cancer.
NOTE Confidence: 0.813399696470588
00:06:41.700 --> 00:06:43.476 And the reason why is actually.
NOTE Confidence: 0.813399696470588
00:06:43.480 --> 00:06:44.860 Because of this picture,
NOTE Confidence: 0.813399696470588
00:06:44.860 --> 00:06:47.394 which I think sort of exemplifies the
NOTE Confidence: 0.813399696470588
00:06:47.394 --> 00:06:49.788 history of suicide that was largely
NOTE Confidence: 0.813399696470588
00:06:49.788 --> 00:06:51.674 criminalized and considered a sin
NOTE Confidence: 0.813399696470588
00:06:51.674 --> 00:06:53.244 for an exceptionally long time.
NOTE Confidence: 0.813399696470588
00:06:53.250 --> 00:06:55.546 Actually, that history is not that far away.
NOTE Confidence: 0.813399696470588
00:06:55.550 --> 00:06:57.686 So this picture is a church.
NOTE Confidence: 0.813399696470588
00:06:57.690 --> 00:06:59.270 I believe it's in England,
NOTE Confidence: 0.813399696470588
00:06:59.270 --> 00:07:03.064 and the line in the grass here.
NOTE Confidence: 0.813399696470588
00:07:03.070 --> 00:07:04.246 Sorry, I'm going to move here.
NOTE Confidence: 0.813399696470588
00:07:04.250 --> 00:07:06.690 Faces to the other side of my screen.
NOTE Confidence: 0.813399696470588
00:07:06.690 --> 00:07:09.634 The line in the grass here shows the
NOTE Confidence: 0.813399696470588

00:07:09.634 --> 00:07:11.593 demarcation between the Grays of of
NOTE Confidence: 0.813399696470588

00:07:11.593 --> 00:07:14.249 those people who died by all other causes.
NOTE Confidence: 0.813399696470588

00:07:14.250 --> 00:07:16.030 Separating the graves of people
NOTE Confidence: 0.813399696470588

00:07:16.030 --> 00:07:18.270 who died by suicide because often
NOTE Confidence: 0.813399696470588

00:07:18.270 --> 00:07:20.235 these were unmarked graves where
NOTE Confidence: 0.813399696470588

00:07:20.235 --> 00:07:22.230 people didn't receive last rites.
NOTE Confidence: 0.813399696470588

00:07:22.230 --> 00:07:25.353 So in order to move away from that language,
NOTE Confidence: 0.813399696470588

00:07:25.360 --> 00:07:27.376 we now use the word died by suicide.
NOTE Confidence: 0.813399696470588

00:07:27.380 --> 00:07:29.788 So we don't sort of continue to sort
NOTE Confidence: 0.813399696470588

00:07:29.788 --> 00:07:32.376 of reify this, this sort of very,
NOTE Confidence: 0.813399696470588

00:07:32.376 --> 00:07:33.558 very wretched history.
NOTE Confidence: 0.813399696470588

00:07:33.560 --> 00:07:34.242 I also,
NOTE Confidence: 0.813399696470588

00:07:34.242 --> 00:07:36.288 I also learned that people like
NOTE Confidence: 0.813399696470588

00:07:36.288 --> 00:07:38.680 myself who lose somebody's suicide,
NOTE Confidence: 0.813399696470588

00:07:38.680 --> 00:07:40.448 it can be called a suicide lost survivor,
NOTE Confidence: 0.813399696470588

00:07:40.450 --> 00:07:41.850 like a Holocaust survivor.

NOTE Confidence: 0.813399696470588
00:07:41.850 --> 00:07:43.950 Those who attempt suicide can be
NOTE Confidence: 0.813399696470588
00:07:44.018 --> 00:07:45.978 called suicide attempt survivors,
NOTE Confidence: 0.813399696470588
00:07:45.980 --> 00:07:48.577 recognizing the strength that we all have.
NOTE Confidence: 0.813399696470588
00:07:48.580 --> 00:07:49.950 Suicidology is actually the scientific
NOTE Confidence: 0.813399696470588
00:07:49.950 --> 00:07:51.730 field for the study of suicide,
NOTE Confidence: 0.813399696470588
00:07:51.730 --> 00:07:53.382 which I never knew.
NOTE Confidence: 0.813399696470588
00:07:53.382 --> 00:07:55.447 About and and suicidology studies
NOTE Confidence: 0.813399696470588
00:07:55.447 --> 00:07:56.420 three things.
NOTE Confidence: 0.813399696470588
00:07:56.420 --> 00:07:57.708 They study intervention programs
NOTE Confidence: 0.813399696470588
00:07:57.708 --> 00:07:59.640 which I think are really wouldn't
NOTE Confidence: 0.813399696470588
00:07:59.689 --> 00:08:01.249 have dominated the field around.
NOTE Confidence: 0.813399696470588
00:08:01.250 --> 00:08:03.038 These are programs for people who
NOTE Confidence: 0.813399696470588
00:08:03.038 --> 00:08:04.617 have already been deemed suicidal
NOTE Confidence: 0.813399696470588
00:08:04.617 --> 00:08:06.287 prevention efforts right really to
NOTE Confidence: 0.813399696470588
00:08:06.287 --> 00:08:08.355 prevent a suicide and something called
NOTE Confidence: 0.813399696470588

00:08:08.355 --> 00:08:10.389 post Vention which is support for
NOTE Confidence: 0.813399696470588

00:08:10.389 --> 00:08:12.802 individuals and communities after a loss.
NOTE Confidence: 0.813399696470588

00:08:12.802 --> 00:08:15.400 I'm gonna talk today a lot
NOTE Confidence: 0.813399696470588

00:08:15.487 --> 00:08:17.569 about prevention efforts.
NOTE Confidence: 0.813399696470588

00:08:17.570 --> 00:08:19.874 But that was really the tip of the iceberg.
NOTE Confidence: 0.813399696470588

00:08:19.880 --> 00:08:21.470 Iceberg in terms of new language,
NOTE Confidence: 0.813399696470588

00:08:21.470 --> 00:08:23.414 as is only the start of what I learned.
NOTE Confidence: 0.813399696470588

00:08:23.420 --> 00:08:25.400 I also learned about the very,
NOTE Confidence: 0.813399696470588

00:08:25.400 --> 00:08:27.185 very high prevalence of suicidal
NOTE Confidence: 0.813399696470588

00:08:27.185 --> 00:08:28.970 thinking among our teens that
NOTE Confidence: 0.813399696470588

00:08:29.030 --> 00:08:31.004 it turns out that one in five
NOTE Confidence: 0.813399696470588

00:08:31.004 --> 00:08:32.298 teens have reported seriously
NOTE Confidence: 0.813399696470588

00:08:32.298 --> 00:08:34.614 considering suicide in the last year,
NOTE Confidence: 0.813399696470588

00:08:34.620 --> 00:08:36.012 one in 10 teens.
NOTE Confidence: 0.813399696470588

00:08:36.012 --> 00:08:38.670 These are high school kids have report
NOTE Confidence: 0.813399696470588

00:08:38.670 --> 00:08:41.855 having attempted suicide in the last year.

NOTE Confidence: 0.813399696470588
00:08:41.860 --> 00:08:44.308 So this is a a class of 25 kids.
NOTE Confidence: 0.813399696470588
00:08:44.310 --> 00:08:46.716 So that's five kids at a 25 kid
NOTE Confidence: 0.813399696470588
00:08:46.716 --> 00:08:47.580 high school class.
NOTE Confidence: 0.813399696470588
00:08:47.580 --> 00:08:49.530 Two to three kids who've attempted
NOTE Confidence: 0.813399696470588
00:08:49.530 --> 00:08:51.681 suicide and it's just in the last
NOTE Confidence: 0.813399696470588
00:08:51.681 --> 00:08:53.265 year and you might be saying,
NOTE Confidence: 0.813399696470588
00:08:53.270 --> 00:08:55.045 well of course that's because
NOTE Confidence: 0.813399696470588
00:08:55.045 --> 00:08:56.110 COVID just happened,
NOTE Confidence: 0.813399696470588
00:08:56.110 --> 00:08:57.590 these kids are really struggling.
NOTE Confidence: 0.783650098
00:08:57.590 --> 00:08:59.210 These are actually 2019 data.
NOTE Confidence: 0.783650098
00:08:59.210 --> 00:09:01.310 These are pre COVID data.
NOTE Confidence: 0.783650098
00:09:01.310 --> 00:09:04.078 So when we talk about a youth mental
NOTE Confidence: 0.783650098
00:09:04.078 --> 00:09:06.088 health crisis that's amongst us.
NOTE Confidence: 0.783650098
00:09:06.090 --> 00:09:08.538 Frankly that that that mental health
NOTE Confidence: 0.783650098
00:09:08.538 --> 00:09:10.650 crisis existed prior to COVID.
NOTE Confidence: 0.783650098

00:09:10.650 --> 00:09:12.846 I think people just started paying
NOTE Confidence: 0.783650098

00:09:12.846 --> 00:09:14.666 attention to it following COVID
NOTE Confidence: 0.783650098

00:09:14.666 --> 00:09:16.675 and of course things did get a
NOTE Confidence: 0.783650098

00:09:16.675 --> 00:09:18.719 little bit worse as well for kids.
NOTE Confidence: 0.783650098

00:09:18.720 --> 00:09:20.484 And the kids have been struggling
NOTE Confidence: 0.783650098

00:09:20.484 --> 00:09:21.960 for an exceptionally long time.
NOTE Confidence: 0.783650098

00:09:21.960 --> 00:09:23.822 I also learned about how much kids
NOTE Confidence: 0.783650098

00:09:23.822 --> 00:09:25.399 can camouflage their emotional pain.
NOTE Confidence: 0.783650098

00:09:25.400 --> 00:09:27.402 It's not surprising to have a child
NOTE Confidence: 0.783650098

00:09:27.402 --> 00:09:29.309 like Frankie who can really keep
NOTE Confidence: 0.783650098

00:09:29.309 --> 00:09:30.959 their suicidal thinking to themselves
NOTE Confidence: 0.783650098

00:09:30.959 --> 00:09:32.998 for an exceptionally long time.
NOTE Confidence: 0.783650098

00:09:33.000 --> 00:09:35.004 I learned how suicide is not
NOTE Confidence: 0.783650098

00:09:35.004 --> 00:09:36.340 about wanting to die,
NOTE Confidence: 0.783650098

00:09:36.340 --> 00:09:38.559 but often about wanting to end severe,
NOTE Confidence: 0.783650098

00:09:38.560 --> 00:09:39.631 unrelenting emotional pain.

NOTE Confidence: 0.783650098

00:09:39.631 --> 00:09:42.130 So at first I was trying to

NOTE Confidence: 0.783650098

00:09:42.203 --> 00:09:44.219 understand suicide and thought,

NOTE Confidence: 0.783650098

00:09:44.220 --> 00:09:44.704 you know,

NOTE Confidence: 0.783650098

00:09:44.704 --> 00:09:46.398 how do we understand it when there's

NOTE Confidence: 0.783650098

00:09:46.398 --> 00:09:48.113 such a strong will to live as

NOTE Confidence: 0.783650098

00:09:48.113 --> 00:09:49.399 sort of innately embedded in us?

NOTE Confidence: 0.783650098

00:09:49.400 --> 00:09:51.745 But just like when we pull our

NOTE Confidence: 0.783650098

00:09:51.745 --> 00:09:54.050 hands away from a burning stove

NOTE Confidence: 0.783650098

00:09:54.050 --> 00:09:55.674 to avoid physical pain,

NOTE Confidence: 0.783650098

00:09:55.680 --> 00:10:00.412 suicide is really the attempt to move

NOTE Confidence: 0.783650098

00:10:00.412 --> 00:10:04.280 away from unrelenting emotional pain.

NOTE Confidence: 0.783650098

00:10:04.280 --> 00:10:06.919 I learned about how for young kids,

NOTE Confidence: 0.783650098

00:10:06.920 --> 00:10:08.350 for for youth in particular

NOTE Confidence: 0.783650098

00:10:08.350 --> 00:10:09.494 for kids in schools,

NOTE Confidence: 0.783650098

00:10:09.500 --> 00:10:11.648 that the timing of risk actually

NOTE Confidence: 0.783650098

00:10:11.648 --> 00:10:13.080 coincides with school months.
NOTE Confidence: 0.783650098

00:10:13.080 --> 00:10:15.480 So this is a graph that shows you
NOTE Confidence: 0.783650098

00:10:15.480 --> 00:10:17.260 the relative rates of suicide.
NOTE Confidence: 0.783650098

00:10:17.260 --> 00:10:19.720 These are suicide deaths for.
NOTE Confidence: 0.783650098

00:10:19.720 --> 00:10:22.560 The blue lines here show you the relative
NOTE Confidence: 0.783650098

00:10:22.560 --> 00:10:25.497 rates for youth age 8 to 17 for children,
NOTE Confidence: 0.783650098

00:10:25.500 --> 00:10:27.080 the red for adults,
NOTE Confidence: 0.783650098

00:10:27.080 --> 00:10:28.660 there is seasonal variation.
NOTE Confidence: 0.783650098

00:10:28.660 --> 00:10:31.168 These are all relative rates relative
NOTE Confidence: 0.783650098

00:10:31.168 --> 00:10:33.470 to the reference month of July.
NOTE Confidence: 0.783650098

00:10:33.470 --> 00:10:35.258 Of course, rates are much higher
NOTE Confidence: 0.783650098

00:10:35.258 --> 00:10:37.238 for adults than they are for kids,
NOTE Confidence: 0.783650098

00:10:37.240 --> 00:10:39.580 so these are just relative rates.
NOTE Confidence: 0.783650098

00:10:39.580 --> 00:10:41.344 And there is some seasonal variation
NOTE Confidence: 0.783650098

00:10:41.344 --> 00:10:43.117 for both adults and kids, right?
NOTE Confidence: 0.783650098

00:10:43.117 --> 00:10:44.779 Fewer suicides in the summer months,

NOTE Confidence: 0.783650098

00:10:44.780 --> 00:10:45.588 not surprisingly.

NOTE Confidence: 0.783650098

00:10:45.588 --> 00:10:49.020 But for youth, it's really.

NOTE Confidence: 0.783650098

00:10:49.020 --> 00:10:49.440 Emphasize,

NOTE Confidence: 0.783650098

00:10:49.440 --> 00:10:51.960 it's really highlighted these there's about

NOTE Confidence: 0.783650098

00:10:51.960 --> 00:10:55.938 a 40% difference in suicide rates in January,

NOTE Confidence: 0.783650098

00:10:55.940 --> 00:10:58.170 February, March, April and September,

NOTE Confidence: 0.783650098

00:10:58.170 --> 00:11:00.570 October, November relative to July.

NOTE Confidence: 0.783650098

00:11:00.570 --> 00:11:02.838 The reference months so much higher rates.

NOTE Confidence: 0.783650098

00:11:02.840 --> 00:11:04.480 These numbers are very small.

NOTE Confidence: 0.783650098

00:11:04.480 --> 00:11:06.576 So I just want to highlight that very

NOTE Confidence: 0.783650098

00:11:06.576 --> 00:11:08.640 few kids as I said died by suicide.

NOTE Confidence: 0.783650098

00:11:08.640 --> 00:11:10.640 So these different the differences

NOTE Confidence: 0.783650098

00:11:10.640 --> 00:11:12.640 of these numbers are small.

NOTE Confidence: 0.783650098

00:11:12.640 --> 00:11:14.130 However this pattern is repeated

NOTE Confidence: 0.783650098

00:11:14.130 --> 00:11:15.620 year after year after year.

NOTE Confidence: 0.783650098

00:11:15.620 --> 00:11:17.672 So I believe these data they're
NOTE Confidence: 0.783650098

00:11:17.672 --> 00:11:19.040 also demonstrated in data.
NOTE Confidence: 0.783650098

00:11:19.040 --> 00:11:20.420 On suicide attempts for kids who
NOTE Confidence: 0.783650098

00:11:20.420 --> 00:11:22.430 show up in the emergency department,
NOTE Confidence: 0.783650098

00:11:22.430 --> 00:11:25.150 a very, very same pattern.
NOTE Confidence: 0.783650098

00:11:25.150 --> 00:11:25.550 Umm.
NOTE Confidence: 0.783650098

00:11:25.550 --> 00:11:27.550 I learned also how unpredictable
NOTE Confidence: 0.783650098

00:11:27.550 --> 00:11:30.140 suicide is based on risk factors.
NOTE Confidence: 0.783650098

00:11:30.140 --> 00:11:32.384 So there's a wonderful paper that
NOTE Confidence: 0.783650098

00:11:32.384 --> 00:11:34.995 came out in 2017 by Franklin and
NOTE Confidence: 0.783650098

00:11:34.995 --> 00:11:37.403 and as part of Matt Knox Group
NOTE Confidence: 0.783650098

00:11:37.487 --> 00:11:39.779 at Harvard that basically did a
NOTE Confidence: 0.783650098

00:11:39.779 --> 00:11:42.834 meta analysis of of a 50 years of
NOTE Confidence: 0.783650098

00:11:42.834 --> 00:11:44.739 research in suicidal thoughts and
NOTE Confidence: 0.783650098

00:11:44.739 --> 00:11:46.657 behaviors based on risk factors.
NOTE Confidence: 0.783650098

00:11:46.660 --> 00:11:49.240 Essentially finding that a we are

NOTE Confidence: 0.783650098
00:11:49.240 --> 00:11:51.374 prediction of suicidal thoughts and
NOTE Confidence: 0.783650098
00:11:51.374 --> 00:11:54.134 behavior is no better than flipping a coin,
NOTE Confidence: 0.783650098
00:11:54.140 --> 00:11:56.180 no better than chance and.
NOTE Confidence: 0.783650098
00:11:56.180 --> 00:11:57.655 Have not gotten better over
NOTE Confidence: 0.783650098
00:11:57.655 --> 00:11:59.130 the last 50 years of
NOTE Confidence: 0.8958424975
00:11:59.192 --> 00:12:01.897 of research. So one of my plugs I really
NOTE Confidence: 0.8958424975
00:12:01.897 --> 00:12:04.007 try to encourage people to get involved
NOTE Confidence: 0.8958424975
00:12:04.007 --> 00:12:06.769 in this field so that we can do better.
NOTE Confidence: 0.8958424975
00:12:06.770 --> 00:12:08.604 And in part that's because we typically
NOTE Confidence: 0.8958424975
00:12:08.604 --> 00:12:10.847 use single or dual risk factors in
NOTE Confidence: 0.8958424975
00:12:10.847 --> 00:12:12.602 predicting suicidal thoughts and behaviors.
NOTE Confidence: 0.8958424975
00:12:12.610 --> 00:12:14.374 There's some new work that folks are
NOTE Confidence: 0.8958424975
00:12:14.374 --> 00:12:16.252 trying to do about algorithms and using
NOTE Confidence: 0.8958424975
00:12:16.252 --> 00:12:18.530 sort of sort of real time information,
NOTE Confidence: 0.8958424975
00:12:18.530 --> 00:12:20.858 but still we are not very good at
NOTE Confidence: 0.8958424975

00:12:20.858 --> 00:12:22.624 predicting who is likely to attempt
NOTE Confidence: 0.8958424975

00:12:22.624 --> 00:12:24.789 or die by suicide and who is not.
NOTE Confidence: 0.8958424975

00:12:24.790 --> 00:12:26.846 And it was that combination of sort of.
NOTE Confidence: 0.8958424975

00:12:26.850 --> 00:12:28.398 Very, very high prevalence,
NOTE Confidence: 0.8958424975

00:12:28.398 --> 00:12:30.333 especially among young people and
NOTE Confidence: 0.8958424975

00:12:30.333 --> 00:12:32.198 lack of prediction that argue to
NOTE Confidence: 0.8958424975

00:12:32.198 --> 00:12:34.586 me that we needed to not just be
NOTE Confidence: 0.8958424975

00:12:34.586 --> 00:12:36.422 working in the mental health space.
NOTE Confidence: 0.8958424975

00:12:36.430 --> 00:12:37.534 We're really important and
NOTE Confidence: 0.8958424975

00:12:37.534 --> 00:12:38.914 good work is going on.
NOTE Confidence: 0.8958424975

00:12:38.920 --> 00:12:41.594 But we need to complement that work
NOTE Confidence: 0.8958424975

00:12:41.594 --> 00:12:44.307 outside of the mental health system
NOTE Confidence: 0.8958424975

00:12:44.307 --> 00:12:46.504 and programs where for programs
NOTE Confidence: 0.8958424975

00:12:46.504 --> 00:12:48.616 and spaces where kids already were.
NOTE Confidence: 0.8958424975

00:12:48.620 --> 00:12:50.730 So in school buildings and
NOTE Confidence: 0.8958424975

00:12:50.730 --> 00:12:51.574 emergency departments,

NOTE Confidence: 0.8958424975

00:12:51.580 --> 00:12:53.926 in pediatric offices and in homes.

NOTE Confidence: 0.8958424975

00:12:53.930 --> 00:12:56.163 And I'm going to tell you a

NOTE Confidence: 0.8958424975

00:12:56.163 --> 00:12:58.210 little bit about that in a bit.

NOTE Confidence: 0.8958424975

00:12:58.210 --> 00:13:00.286 But first I was really drawn

NOTE Confidence: 0.8958424975

00:13:00.286 --> 00:13:01.670 to other stigmatized fields,

NOTE Confidence: 0.8958424975

00:13:01.670 --> 00:13:04.850 so particularly cancer and AIDS.

NOTE Confidence: 0.8958424975

00:13:04.850 --> 00:13:06.978 So I remember I was walking down

NOTE Confidence: 0.8958424975

00:13:06.978 --> 00:13:08.765 the street one day and I saw

NOTE Confidence: 0.8958424975

00:13:08.765 --> 00:13:09.585 this very large billboard.

NOTE Confidence: 0.8958424975

00:13:09.590 --> 00:13:11.690 It's actually it was on Houston St.

NOTE Confidence: 0.8958424975

00:13:11.690 --> 00:13:13.674 so this is just a few blocks from

NOTE Confidence: 0.8958424975

00:13:13.674 --> 00:13:15.628 where I live in lower Manhattan

NOTE Confidence: 0.8958424975

00:13:15.630 --> 00:13:16.635 proclaiming Ralph Lorenz.

NOTE Confidence: 0.8958424975

00:13:16.635 --> 00:13:19.644 They said join us in our 20 year fight

NOTE Confidence: 0.8958424975

00:13:19.644 --> 00:13:22.470 against cancer and I and it was like COVID.

NOTE Confidence: 0.8958424975

00:13:22.470 --> 00:13:24.036 So like no one was on the street and
NOTE Confidence: 0.8958424975

00:13:24.036 --> 00:13:26.059 I see this huge billboard and I was
NOTE Confidence: 0.8958424975

00:13:26.059 --> 00:13:27.823 remember thinking wow, like you know.
NOTE Confidence: 0.8958424975

00:13:27.823 --> 00:13:29.478 I remember my parents generation,
NOTE Confidence: 0.8958424975

00:13:29.480 --> 00:13:31.300 people would whisper about cancer, right?
NOTE Confidence: 0.8958424975

00:13:31.300 --> 00:13:32.230 Chest cancer, right?
NOTE Confidence: 0.8958424975

00:13:32.230 --> 00:13:34.620 How did it go from a disease
NOTE Confidence: 0.8958424975

00:13:34.620 --> 00:13:36.480 where my parents generation,
NOTE Confidence: 0.8958424975

00:13:36.480 --> 00:13:38.035 we whispered about this disease
NOTE Confidence: 0.8958424975

00:13:38.035 --> 00:13:40.060 to a time where Ralph Lauren,
NOTE Confidence: 0.8958424975

00:13:40.060 --> 00:13:42.430 a private clothing company can
NOTE Confidence: 0.8958424975

00:13:42.430 --> 00:13:44.800 proclaim their investments or 20
NOTE Confidence: 0.8958424975

00:13:44.883 --> 00:13:47.518 year investment in Cancer Research.
NOTE Confidence: 0.8958424975

00:13:47.520 --> 00:13:48.980 So how did that happen?
NOTE Confidence: 0.8958424975

00:13:48.980 --> 00:13:52.940 And I started reading Souderton Murkage's
NOTE Confidence: 0.8958424975

00:13:52.940 --> 00:13:55.640 wonderful biography of of cancer,

NOTE Confidence: 0.8958424975

00:13:55.640 --> 00:13:56.940 the Emperor of All Maladies,

NOTE Confidence: 0.8958424975

00:13:56.940 --> 00:13:58.320 which I highly encourage for

NOTE Confidence: 0.8958424975

00:13:58.320 --> 00:14:00.420 those of you who have not read it.

NOTE Confidence: 0.8958424975

00:14:00.420 --> 00:14:02.607 I spoke about a bunch of things about cancer,

NOTE Confidence: 0.8958424975

00:14:02.610 --> 00:14:05.166 but I'll highlight couple of pieces.

NOTE Confidence: 0.8958424975

00:14:05.170 --> 00:14:07.610 One is Susan Sontag and her role in

NOTE Confidence: 0.8958424975

00:14:07.610 --> 00:14:09.999 changing the language that we were using

NOTE Confidence: 0.8958424975

00:14:09.999 --> 00:14:12.670 around cancer and how much that mattered.

NOTE Confidence: 0.8958424975

00:14:12.670 --> 00:14:14.275 She herself was diagnosed with

NOTE Confidence: 0.8958424975

00:14:14.275 --> 00:14:15.880 cancer and really struggled with

NOTE Confidence: 0.8958424975

00:14:15.936 --> 00:14:17.441 the sort of stigmatizing language

NOTE Confidence: 0.8958424975

00:14:17.441 --> 00:14:19.150 that we were using around it.

NOTE Confidence: 0.8958424975

00:14:19.150 --> 00:14:19.490 She,

NOTE Confidence: 0.8958424975

00:14:19.490 --> 00:14:21.870 she spoke about that in the late

NOTE Confidence: 0.8958424975

00:14:21.870 --> 00:14:23.956 70s around cancer and then around

NOTE Confidence: 0.8958424975

00:14:23.956 --> 00:14:26.720 AIDS and in the late 80s and early
NOTE Confidence: 0.8958424975

00:14:26.720 --> 00:14:29.149 90s and it it she was demonstrating
NOTE Confidence: 0.8958424975

00:14:29.149 --> 00:14:30.748 the way in which it not only.
NOTE Confidence: 0.8958424975

00:14:30.750 --> 00:14:34.238 Made her feel bad as a cancer patient.
NOTE Confidence: 0.8958424975

00:14:34.240 --> 00:14:35.885 It also reduced the support
NOTE Confidence: 0.8958424975

00:14:35.885 --> 00:14:38.160 she got as a cancer patient,
NOTE Confidence: 0.8958424975

00:14:38.160 --> 00:14:39.546 conversations around it.
NOTE Confidence: 0.8958424975

00:14:39.546 --> 00:14:42.318 But it also affected the research
NOTE Confidence: 0.8958424975

00:14:42.318 --> 00:14:44.500 that we do in this area.
NOTE Confidence: 0.8958424975

00:14:44.500 --> 00:14:46.420 So this quote really struck me,
NOTE Confidence: 0.903687809090909

00:14:46.420 --> 00:14:48.670 she said, supporting the theory
NOTE Confidence: 0.903687809090909

00:14:48.670 --> 00:14:51.520 about the emotional causes of cancer.
NOTE Confidence: 0.903687809090909

00:14:51.520 --> 00:14:52.800 And she does mean causes,
NOTE Confidence: 0.903687809090909

00:14:52.800 --> 00:14:54.456 and I'll tell you why in a second,
NOTE Confidence: 0.903687809090909

00:14:54.460 --> 00:14:56.876 is a growing literature and body of research.
NOTE Confidence: 0.903687809090909

00:14:56.880 --> 00:14:58.640 And scarcely week passes without

NOTE Confidence: 0.903687809090909

00:14:58.640 --> 00:15:00.760 a new article announcing to some.

NOTE Confidence: 0.903687809090909

00:15:00.760 --> 00:15:02.236 General public or other,

NOTE Confidence: 0.903687809090909

00:15:02.236 --> 00:15:03.712 the scientific link between

NOTE Confidence: 0.903687809090909

00:15:03.712 --> 00:15:05.509 cancer and painful feelings.

NOTE Confidence: 0.903687809090909

00:15:05.510 --> 00:15:06.470 And I'm sure you're thinking,

NOTE Confidence: 0.903687809090909

00:15:06.470 --> 00:15:07.930 wow, I can't believe that, right?

NOTE Confidence: 0.903687809090909

00:15:07.930 --> 00:15:09.250 That must have been ages ago.

NOTE Confidence: 0.903687809090909

00:15:09.250 --> 00:15:11.023 Well, it turns out it was in the 70s,

NOTE Confidence: 0.903687809090909

00:15:11.030 --> 00:15:12.282 not that long ago.

NOTE Confidence: 0.903687809090909

00:15:12.282 --> 00:15:14.604 She cites a Johns Hopkins study where

NOTE Confidence: 0.903687809090909

00:15:14.604 --> 00:15:16.860 and another one from somewhere else

NOTE Confidence: 0.903687809090909

00:15:16.860 --> 00:15:19.429 that basically was articulating the ways

NOTE Confidence: 0.903687809090909

00:15:19.429 --> 00:15:22.183 in which personality factors and depression,

NOTE Confidence: 0.903687809090909

00:15:22.190 --> 00:15:23.990 because they were diagnosed

NOTE Confidence: 0.903687809090909

00:15:23.990 --> 00:15:25.790 before the cancer diagnosis,

NOTE Confidence: 0.903687809090909

00:15:25.790 --> 00:15:27.765 they must be causally associated
NOTE Confidence: 0.903687809090909

00:15:27.765 --> 00:15:29.345 with the cancer diagnosis.
NOTE Confidence: 0.903687809090909

00:15:29.350 --> 00:15:30.935 And it was because cancer
NOTE Confidence: 0.903687809090909

00:15:30.935 --> 00:15:32.520 was such a scary disease.
NOTE Confidence: 0.903687809090909

00:15:32.520 --> 00:15:34.634 And it was basically a death sentence.
NOTE Confidence: 0.903687809090909

00:15:34.640 --> 00:15:37.314 And because we didn't understand its causes,
NOTE Confidence: 0.903687809090909

00:15:37.320 --> 00:15:39.245 people were throwing in all of these
NOTE Confidence: 0.903687809090909

00:15:39.245 --> 00:15:40.920 sort of negative attributes to it
NOTE Confidence: 0.903687809090909

00:15:40.920 --> 00:15:42.766 to sort of refresh, stigmatize it,
NOTE Confidence: 0.903687809090909

00:15:42.766 --> 00:15:44.318 really further stigmatize it.
NOTE Confidence: 0.903687809090909

00:15:44.320 --> 00:15:46.864 And it guided much of the research at
NOTE Confidence: 0.903687809090909

00:15:46.864 --> 00:15:49.438 the time in in the causes of cancer.
NOTE Confidence: 0.903687809090909

00:15:49.440 --> 00:15:50.372 I also thought about,
NOTE Confidence: 0.903687809090909

00:15:50.372 --> 00:15:52.053 I understood the ways in which the
NOTE Confidence: 0.903687809090909

00:15:52.053 --> 00:15:53.439 Ralph Lauren came out with that,
NOTE Confidence: 0.903687809090909

00:15:53.440 --> 00:15:55.310 that that huge billboard started

NOTE Confidence: 0.903687809090909
00:15:55.310 --> 00:15:57.540 with something called the Jimmy Fund,
NOTE Confidence: 0.903687809090909
00:15:57.540 --> 00:15:58.702 which those of you who may recall
NOTE Confidence: 0.903687809090909
00:15:58.702 --> 00:15:59.620 and if you have time,
NOTE Confidence: 0.903687809090909
00:15:59.620 --> 00:16:01.433 I won't do it in the interest
NOTE Confidence: 0.903687809090909
00:16:01.433 --> 00:16:02.880 of time we've got today.
NOTE Confidence: 0.903687809090909
00:16:02.880 --> 00:16:06.300 But a it's a wonderful little
NOTE Confidence: 0.903687809090909
00:16:06.300 --> 00:16:09.819 radio program where a boy Jimmy,
NOTE Confidence: 0.903687809090909
00:16:09.820 --> 00:16:12.260 no last name, no prognosis,
NOTE Confidence: 0.903687809090909
00:16:12.260 --> 00:16:14.596 Jimmy could be anybody's kid, right.
NOTE Confidence: 0.903687809090909
00:16:14.596 --> 00:16:16.612 And they play this radio program
NOTE Confidence: 0.903687809090909
00:16:16.612 --> 00:16:18.197 we're actually they don't talk
NOTE Confidence: 0.903687809090909
00:16:18.197 --> 00:16:19.497 about how sick he is.
NOTE Confidence: 0.903687809090909
00:16:19.500 --> 00:16:20.946 Or how much he needs help.
NOTE Confidence: 0.903687809090909
00:16:20.950 --> 00:16:22.485 They actually talked about his
NOTE Confidence: 0.903687809090909
00:16:22.485 --> 00:16:24.760 love for the Boston baseball team,
NOTE Confidence: 0.903687809090909

00:16:24.760 --> 00:16:27.230 the Boston Braves, and like the entire team,
NOTE Confidence: 0.903687809090909

00:16:27.230 --> 00:16:28.510 walks into his hospital room
NOTE Confidence: 0.903687809090909

00:16:28.510 --> 00:16:29.790 while he's on the air.
NOTE Confidence: 0.903687809090909

00:16:29.790 --> 00:16:30.417 They all sing,
NOTE Confidence: 0.903687809090909

00:16:30.417 --> 00:16:32.370 Take Me Out to the ball game together.
NOTE Confidence: 0.903687809090909

00:16:32.370 --> 00:16:34.062 And then they asked for \$20,000 so
NOTE Confidence: 0.903687809090909

00:16:34.062 --> 00:16:35.790 we can watch the baseball game on his
NOTE Confidence: 0.903687809090909

00:16:35.844 --> 00:16:37.470 television set in his hospital room.
NOTE Confidence: 0.903687809090909

00:16:37.470 --> 00:16:39.847 And they end up raising a couple \$100,000.
NOTE Confidence: 0.903687809090909

00:16:39.847 --> 00:16:42.556 And this is what started the the
NOTE Confidence: 0.903687809090909

00:16:42.556 --> 00:16:44.689 Children's Cancer Research Foundation,
NOTE Confidence: 0.903687809090909

00:16:44.690 --> 00:16:46.430 where Sidney Farber started that,
NOTE Confidence: 0.903687809090909

00:16:46.430 --> 00:16:48.668 and the Dana Farber Cancer Institute.
NOTE Confidence: 0.903687809090909

00:16:48.670 --> 00:16:49.729 So really important.
NOTE Confidence: 0.903687809090909

00:16:49.729 --> 00:16:52.200 Sort of ways in which we build
NOTE Confidence: 0.903687809090909

00:16:52.276 --> 00:16:54.226 sort of the both the political

NOTE Confidence: 0.903687809090909
00:16:54.226 --> 00:16:56.829 will for and the scientific effort
NOTE Confidence: 0.903687809090909
00:16:56.829 --> 00:16:59.277 around highly stigmatized diseases.
NOTE Confidence: 0.903687809090909
00:16:59.280 --> 00:17:01.920 I was reminded very briefly about
NOTE Confidence: 0.903687809090909
00:17:01.920 --> 00:17:03.816 the fight that parents of autistic
NOTE Confidence: 0.903687809090909
00:17:03.816 --> 00:17:05.957 kids made when they were being
NOTE Confidence: 0.903687809090909
00:17:05.957 --> 00:17:07.593 called refrigerator mothers before
NOTE Confidence: 0.903687809090909
00:17:07.593 --> 00:17:09.879 we understood the causes of autism.
NOTE Confidence: 0.903687809090909
00:17:09.880 --> 00:17:10.876 And they said, hey,
NOTE Confidence: 0.903687809090909
00:17:10.876 --> 00:17:12.710 this is not our fault that our
NOTE Confidence: 0.903687809090909
00:17:12.710 --> 00:17:14.426 children have autism and how important
NOTE Confidence: 0.903687809090909
00:17:14.426 --> 00:17:16.515 it was for them to articulate the
NOTE Confidence: 0.903687809090909
00:17:16.515 --> 00:17:18.267 ways in which autism was really
NOTE Confidence: 0.903687809090909
00:17:18.270 --> 00:17:20.010 a neurobiological disease.
NOTE Confidence: 0.903687809090909
00:17:20.010 --> 00:17:24.070 These are not caused by parenting behavior.
NOTE Confidence: 0.903687809090909
00:17:24.070 --> 00:17:25.734 Suicide, I think, has come a long way.
NOTE Confidence: 0.903687809090909

00:17:25.740 --> 00:17:27.528 We are talking about it more.
NOTE Confidence: 0.903687809090909

00:17:27.530 --> 00:17:29.070 It's in the paper a lot more,
NOTE Confidence: 0.903687809090909

00:17:29.070 --> 00:17:31.308 and I am encouraged by that.
NOTE Confidence: 0.903687809090909

00:17:31.310 --> 00:17:33.438 But I think it has an enormous
NOTE Confidence: 0.903687809090909

00:17:33.438 --> 00:17:34.350 uphill battle still.
NOTE Confidence: 0.8893889

00:17:34.350 --> 00:17:36.312 And I was struck not that long ago to
NOTE Confidence: 0.8893889

00:17:36.312 --> 00:17:38.448 see this article in the New York Times.
NOTE Confidence: 0.8893889

00:17:38.450 --> 00:17:41.470 It was actually about Insel,
NOTE Confidence: 0.8893889

00:17:41.470 --> 00:17:44.590 who was the former head of the NIH.
NOTE Confidence: 0.8893889

00:17:44.590 --> 00:17:47.285 A book that had just come out
NOTE Confidence: 0.8893889

00:17:47.285 --> 00:17:49.180 about kill called healing,
NOTE Confidence: 0.8893889

00:17:49.180 --> 00:17:50.958 sort of a mayor culpa book for
NOTE Confidence: 0.8893889

00:17:50.958 --> 00:17:52.959 those of you who haven't seen it,
NOTE Confidence: 0.8893889

00:17:52.960 --> 00:17:54.420 where he was basically articulating
NOTE Confidence: 0.8893889

00:17:54.420 --> 00:17:56.817 that the 13 years he spent at the NIH,
NOTE Confidence: 0.8893889

00:17:56.820 --> 00:17:59.160 they may not have made enough

NOTE Confidence: 0.8893889

00:17:59.160 --> 00:18:00.720 progress in mental illness.

NOTE Confidence: 0.8893889

00:18:00.720 --> 00:18:05.000 And so he was sort of taking stock in that.

NOTE Confidence: 0.8893889

00:18:05.000 --> 00:18:07.597 And but this quote really struck me.

NOTE Confidence: 0.8893889

00:18:07.600 --> 00:18:09.800 I'll read it and then we'll reflect, he says.

NOTE Confidence: 0.8893889

00:18:09.800 --> 00:18:11.992 I want to ring the bell to tell people

NOTE Confidence: 0.8893889

00:18:11.992 --> 00:18:14.043 we could do so much better today

NOTE Confidence: 0.8893889

00:18:14.043 --> 00:18:16.147 and there's no excuse for allowing

NOTE Confidence: 0.8893889

00:18:16.147 --> 00:18:17.967 people with these brain disorders.

NOTE Confidence: 0.8893889

00:18:17.970 --> 00:18:20.088 To languish on our streets like

NOTE Confidence: 0.8893889

00:18:20.088 --> 00:18:22.089 this and died at age 55,

NOTE Confidence: 0.8893889

00:18:22.090 --> 00:18:24.970 eating out of trash bits.

NOTE Confidence: 0.8893889

00:18:24.970 --> 00:18:26.642 I just want you to look at the

NOTE Confidence: 0.8893889

00:18:26.642 --> 00:18:28.055 language he's using to describe

NOTE Confidence: 0.8893889

00:18:28.055 --> 00:18:29.307 someone with mental illness.

NOTE Confidence: 0.8893889

00:18:29.310 --> 00:18:30.815 He's not describing his mother

NOTE Confidence: 0.8893889

00:18:30.815 --> 00:18:32.790 or his brother or his sister,
NOTE Confidence: 0.8893889

00:18:32.790 --> 00:18:35.770 his child or grandchild, right?
NOTE Confidence: 0.8893889

00:18:35.770 --> 00:18:39.508 He's describing it as somebody who
NOTE Confidence: 0.8893889

00:18:39.510 --> 00:18:42.144 doesn't actually engender a huge amount
NOTE Confidence: 0.8893889

00:18:42.144 --> 00:18:44.800 of emotional support and empathy for,
NOTE Confidence: 0.8893889

00:18:44.800 --> 00:18:48.210 and perhaps it should, but, but,
NOTE Confidence: 0.8893889

00:18:48.210 --> 00:18:50.010 but unfortunately it does not.
NOTE Confidence: 0.8893889

00:18:50.010 --> 00:18:52.188 But somebody who's languishing on our
NOTE Confidence: 0.8893889

00:18:52.188 --> 00:18:54.810 streets and dying any age 55 and eating.
NOTE Confidence: 0.8893889

00:18:54.810 --> 00:18:55.692 Of trash bins.
NOTE Confidence: 0.8893889

00:18:55.692 --> 00:18:57.456 And until we describe those with
NOTE Confidence: 0.8893889

00:18:57.456 --> 00:18:59.029 mental illness and with suicidal
NOTE Confidence: 0.8893889

00:18:59.029 --> 00:19:00.859 thinking as the jimmies of the
NOTE Confidence: 0.8893889

00:19:00.917 --> 00:19:02.877 world and the frankies of the world,
NOTE Confidence: 0.8893889

00:19:02.880 --> 00:19:05.586 I don't think we can make
NOTE Confidence: 0.8893889

00:19:05.586 --> 00:19:07.624 progress in prevention. Umm, what?

NOTE Confidence: 0.8893889

00:19:07.624 --> 00:19:09.334 I turn to prevention strategies.

NOTE Confidence: 0.8893889

00:19:09.340 --> 00:19:12.000 I look to models from industrial accidents

NOTE Confidence: 0.8893889

00:19:12.000 --> 00:19:14.636 because suicide is of course a rare event.

NOTE Confidence: 0.8893889

00:19:14.640 --> 00:19:16.200 And it struck me that one of the

NOTE Confidence: 0.8893889

00:19:16.200 --> 00:19:17.720 ways in which we addressed it,

NOTE Confidence: 0.8893889

00:19:17.720 --> 00:19:19.424 like I really needed to look to other

NOTE Confidence: 0.8893889

00:19:19.424 --> 00:19:21.368 fields to think about how do we stop

NOTE Confidence: 0.8893889

00:19:21.368 --> 00:19:22.660 relatively rare events from occurring

NOTE Confidence: 0.8893889

00:19:22.660 --> 00:19:24.262 and especially if we're going to

NOTE Confidence: 0.8893889

00:19:24.262 --> 00:19:26.262 think about that at the organizational level.

NOTE Confidence: 0.8893889

00:19:26.262 --> 00:19:28.709 And I was really drawn to James reasons

NOTE Confidence: 0.8893889

00:19:28.709 --> 00:19:31.093 work from the late 90s where he tempted,

NOTE Confidence: 0.8893889

00:19:31.100 --> 00:19:32.068 he was actually working

NOTE Confidence: 0.8893889

00:19:32.068 --> 00:19:33.278 with a lot of companies.

NOTE Confidence: 0.8893889

00:19:33.280 --> 00:19:35.184 This was sort of in the time

NOTE Confidence: 0.8893889

00:19:35.184 --> 00:19:36.848 period in the 80s and 90s.

NOTE Confidence: 0.8893889

00:19:36.850 --> 00:19:39.218 Of a lot of accidents like I Chernobyl,

NOTE Confidence: 0.8893889

00:19:39.220 --> 00:19:40.450 and other kinds of accidents

NOTE Confidence: 0.8893889

00:19:40.450 --> 00:19:41.680 like that that were occurring.

NOTE Confidence: 0.8893889

00:19:41.680 --> 00:19:43.672 He was trying to reconcile different

NOTE Confidence: 0.8893889

00:19:43.672 --> 00:19:45.000 approaches to safety management,

NOTE Confidence: 0.8893889

00:19:45.000 --> 00:19:47.200 working with what he called

NOTE Confidence: 0.8893889

00:19:47.200 --> 00:19:48.520 high reliability organizations.

NOTE Confidence: 0.8893889

00:19:48.520 --> 00:19:50.165 And he came up with this wonderful

NOTE Confidence: 0.8893889

00:19:50.165 --> 00:19:51.798 model called the Swiss cheese model,

NOTE Confidence: 0.8893889

00:19:51.800 --> 00:19:53.020 right, which I I love.

NOTE Confidence: 0.8893889

00:19:53.020 --> 00:19:54.466 The sort of pictures behind reminds

NOTE Confidence: 0.8893889

00:19:54.466 --> 00:19:56.520 me of sort of Yuri's Russian dolls,

NOTE Confidence: 0.8893889

00:19:56.520 --> 00:19:56.828 right?

NOTE Confidence: 0.8893889

00:19:56.828 --> 00:19:58.984 And the ways in which we really

NOTE Confidence: 0.8893889

00:19:58.984 --> 00:20:00.760 needed to layer approaches,

NOTE Confidence: 0.8893889

00:20:00.760 --> 00:20:04.135 layer safety across a system so we can catch

NOTE Confidence: 0.8893889

00:20:04.135 --> 00:20:06.419 relatively rare events from occurring.

NOTE Confidence: 0.8893889

00:20:06.420 --> 00:20:08.198 He said we can't change the conditions

NOTE Confidence: 0.8893889

00:20:08.198 --> 00:20:08.960 under which humans.

NOTE Confidence: 0.8893889

00:20:08.960 --> 00:20:10.470 Don't change the human condition.

NOTE Confidence: 0.8893889

00:20:10.470 --> 00:20:11.910 We can change the conditions under

NOTE Confidence: 0.8893889

00:20:11.910 --> 00:20:12.630 which humans work.

NOTE Confidence: 0.8893889

00:20:12.630 --> 00:20:13.862 We could change organizations.

NOTE Confidence: 0.8893889

00:20:13.862 --> 00:20:16.609 And I won't go into a lot of detail,

NOTE Confidence: 0.8893889

00:20:16.610 --> 00:20:18.675 but this wonderful also book

NOTE Confidence: 0.8893889

00:20:18.675 --> 00:20:20.740 by Diane Vaughan which talks

NOTE Confidence: 0.875317308421052

00:20:20.822 --> 00:20:22.530 about the space Shuttle

NOTE Confidence: 0.875317308421052

00:20:22.530 --> 00:20:24.665 Challenger launch back in 86.

NOTE Confidence: 0.875317308421052

00:20:24.670 --> 00:20:26.504 For those of you who might recall,

NOTE Confidence: 0.875317308421052

00:20:26.510 --> 00:20:28.150 it was when I was in high school,

NOTE Confidence: 0.875317308421052

00:20:28.150 --> 00:20:30.060 exploded in mid air midair
NOTE Confidence: 0.875317308421052

00:20:30.060 --> 00:20:31.588 73 seconds after takeoff,
NOTE Confidence: 0.875317308421052

00:20:31.590 --> 00:20:34.138 killing all 7 crew members on board.
NOTE Confidence: 0.875317308421052

00:20:34.140 --> 00:20:36.336 And she looks at really the
NOTE Confidence: 0.875317308421052

00:20:36.336 --> 00:20:38.366 Nassau environment, which was.
NOTE Confidence: 0.875317308421052

00:20:38.366 --> 00:20:42.254 Developed a culture for normalizing deviance,
NOTE Confidence: 0.875317308421052

00:20:42.260 --> 00:20:45.545 normalizing risk rather than normalizing
NOTE Confidence: 0.875317308421052

00:20:45.545 --> 00:20:49.460 safety that permitting actions to occur.
NOTE Confidence: 0.875317308421052

00:20:49.460 --> 00:20:51.917 But all that guided me to really think about,
NOTE Confidence: 0.875317308421052

00:20:51.920 --> 00:20:52.928 for suicide prevention,
NOTE Confidence: 0.875317308421052

00:20:52.928 --> 00:20:55.280 a layered approach where we expect risks
NOTE Confidence: 0.875317308421052

00:20:55.334 --> 00:20:57.390 to occur and we really think about how
NOTE Confidence: 0.875317308421052

00:20:57.390 --> 00:20:59.220 to address them on a regular basis.
NOTE Confidence: 0.875317308421052

00:20:59.220 --> 00:21:01.389 So I started to write a series of pieces
NOTE Confidence: 0.875317308421052

00:21:01.389 --> 00:21:03.288 that I initially entitled what ifs.
NOTE Confidence: 0.875317308421052

00:21:03.290 --> 00:21:05.444 They were named after the relentless

NOTE Confidence: 0.875317308421052
00:21:05.444 --> 00:21:07.319 thoughts that I had following
NOTE Confidence: 0.875317308421052
00:21:07.319 --> 00:21:09.189 the death of my daughter.
NOTE Confidence: 0.875317308421052
00:21:09.190 --> 00:21:11.325 They invaded much of my waking moments,
NOTE Confidence: 0.875317308421052
00:21:11.330 --> 00:21:13.493 but I decided to recast them as
NOTE Confidence: 0.875317308421052
00:21:13.493 --> 00:21:14.775 really musings about suicide
NOTE Confidence: 0.875317308421052
00:21:14.775 --> 00:21:16.509 and the first one I wrote,
NOTE Confidence: 0.875317308421052
00:21:16.510 --> 00:21:17.950 which appeared in the New York
NOTE Confidence: 0.875317308421052
00:21:17.950 --> 00:21:20.146 Times just about two years ago now,
NOTE Confidence: 0.875317308421052
00:21:20.150 --> 00:21:22.940 March of 21.
NOTE Confidence: 0.875317308421052
00:21:22.940 --> 00:21:25.476 And it was what if we approached suicide
NOTE Confidence: 0.875317308421052
00:21:25.476 --> 00:21:27.559 prevention the way we do car accidents?
NOTE Confidence: 0.875317308421052
00:21:27.560 --> 00:21:29.480 It was renamed by an exceptionally
NOTE Confidence: 0.875317308421052
00:21:29.480 --> 00:21:30.120 wise editor.
NOTE Confidence: 0.875317308421052
00:21:30.120 --> 00:21:31.566 I don't want another family to
NOTE Confidence: 0.875317308421052
00:21:31.566 --> 00:21:33.149 lose a child the way we did.
NOTE Confidence: 0.875317308421052

00:21:33.150 --> 00:21:35.985 I encourage you all to read it,
NOTE Confidence: 0.875317308421052

00:21:35.990 --> 00:21:36.914 not just because I want you
NOTE Confidence: 0.875317308421052

00:21:36.914 --> 00:21:37.530 to read my writing,
NOTE Confidence: 0.875317308421052

00:21:37.530 --> 00:21:38.916 but because I really want you to
NOTE Confidence: 0.875317308421052

00:21:38.916 --> 00:21:39.738 understand more about suicide
NOTE Confidence: 0.875317308421052

00:21:39.738 --> 00:21:41.266 prevention and what we can do about it.
NOTE Confidence: 0.875317308421052

00:21:41.270 --> 00:21:43.304 And I thought about car accidents
NOTE Confidence: 0.875317308421052

00:21:43.304 --> 00:21:44.660 because just like suicide,
NOTE Confidence: 0.875317308421052

00:21:44.660 --> 00:21:46.250 it's one of these things that
NOTE Confidence: 0.875317308421052

00:21:46.250 --> 00:21:47.310 feels kind of unpredictable.
NOTE Confidence: 0.875317308421052

00:21:47.310 --> 00:21:49.353 We don't know when it's going to happen next.
NOTE Confidence: 0.875317308421052

00:21:49.360 --> 00:21:49.924 And in fact,
NOTE Confidence: 0.875317308421052

00:21:49.924 --> 00:21:51.052 when I looked at the history
NOTE Confidence: 0.875317308421052

00:21:51.052 --> 00:21:52.020 of seat belt safety,
NOTE Confidence: 0.875317308421052

00:21:52.020 --> 00:21:53.804 it was really akin to where we are.
NOTE Confidence: 0.875317308421052

00:21:53.810 --> 00:21:55.460 Right now with suicide prevention.

NOTE Confidence: 0.875317308421052
00:21:55.460 --> 00:21:57.315 So it turns out that back in
NOTE Confidence: 0.875317308421052
00:21:57.315 --> 00:21:59.279 the 80s when I was growing up,
NOTE Confidence: 0.875317308421052
00:21:59.280 --> 00:22:00.875 adults were really worried about
NOTE Confidence: 0.875317308421052
00:22:00.875 --> 00:22:02.830 teens dying in car accidents because
NOTE Confidence: 0.875317308421052
00:22:02.830 --> 00:22:04.648 we couldn't predict which kid would
NOTE Confidence: 0.875317308421052
00:22:04.648 --> 00:22:06.557 would die next in a car accident.
NOTE Confidence: 0.875317308421052
00:22:06.560 --> 00:22:08.674 Of course, we understood risk factors right,
NOTE Confidence: 0.875317308421052
00:22:08.680 --> 00:22:10.710 you know?
NOTE Confidence: 0.875317308421052
00:22:10.710 --> 00:22:12.290 You know, ice on the road, bad,
NOTE Confidence: 0.875317308421052
00:22:12.290 --> 00:22:14.840 bad breaks, what have you drinking, right.
NOTE Confidence: 0.875317308421052
00:22:14.840 --> 00:22:16.490 These kinds of things mattered,
NOTE Confidence: 0.875317308421052
00:22:16.490 --> 00:22:17.726 but we couldn't predict what would
NOTE Confidence: 0.875317308421052
00:22:17.726 --> 00:22:19.294 happen to an accident, who it wouldn't.
NOTE Confidence: 0.875317308421052
00:22:19.294 --> 00:22:20.534 And it turned out that,
NOTE Confidence: 0.875317308421052
00:22:20.540 --> 00:22:21.440 you know, at the time,
NOTE Confidence: 0.875317308421052

00:22:21.440 --> 00:22:23.186 the one solution we had seatbelts,
NOTE Confidence: 0.875317308421052

00:22:23.190 --> 00:22:24.688 were you not used by many people.
NOTE Confidence: 0.875317308421052

00:22:24.690 --> 00:22:27.028 My parents are super safety conscious people.
NOTE Confidence: 0.875317308421052

00:22:27.030 --> 00:22:28.478 They let us like float around in the
NOTE Confidence: 0.875317308421052

00:22:28.478 --> 00:22:30.204 back of the car like they would be shot.
NOTE Confidence: 0.875317308421052

00:22:30.210 --> 00:22:30.480 Like,
NOTE Confidence: 0.875317308421052

00:22:30.480 --> 00:22:32.910 we would all be shocked to know this today,
NOTE Confidence: 0.875317308421052

00:22:32.910 --> 00:22:34.683 but in fact, at the time they said no,
NOTE Confidence: 0.875317308421052

00:22:34.690 --> 00:22:35.992 we've got to get people to
NOTE Confidence: 0.875317308421052

00:22:35.992 --> 00:22:36.643 start wearing seatbelts.
NOTE Confidence: 0.875317308421052

00:22:36.650 --> 00:22:38.869 And it was a combination of efforts,
NOTE Confidence: 0.875317308421052

00:22:38.870 --> 00:22:40.948 right, that went to the like, how do we.
NOTE Confidence: 0.875317308421052

00:22:40.948 --> 00:22:42.754 Had them in car doors to now have
NOTE Confidence: 0.875317308421052

00:22:42.754 --> 00:22:44.309 the peeping sounds right that
NOTE Confidence: 0.875317308421052

00:22:44.309 --> 00:22:45.770 you automatically put it on.
NOTE Confidence: 0.875317308421052

00:22:45.770 --> 00:22:48.433 It's embedded in drivers AD and

NOTE Confidence: 0.875317308421052
00:22:48.433 --> 00:22:50.191 we have these clicker ticket signs
NOTE Confidence: 0.875317308421052
00:22:50.191 --> 00:22:51.070 on the highway
NOTE Confidence: 0.772435751578947
00:22:51.134 --> 00:22:52.338 that continue to remind
NOTE Confidence: 0.772435751578947
00:22:52.338 --> 00:22:53.843 us to all wear seatbelts.
NOTE Confidence: 0.772435751578947
00:22:53.850 --> 00:22:55.380 So we all put seatbelts on
NOTE Confidence: 0.772435751578947
00:22:55.380 --> 00:22:56.965 every single day even though the
NOTE Confidence: 0.772435751578947
00:22:56.965 --> 00:22:58.750 likelihood of any of us getting to
NOTE Confidence: 0.772435751578947
00:22:58.750 --> 00:23:00.759 an accident is exceptionally small.
NOTE Confidence: 0.772435751578947
00:23:00.760 --> 00:23:02.461 And I sort of drew that model
NOTE Confidence: 0.772435751578947
00:23:02.461 --> 00:23:04.074 as sort of analogy from that
NOTE Confidence: 0.772435751578947
00:23:04.074 --> 00:23:06.444 to what we might want to do in
NOTE Confidence: 0.772435751578947
00:23:06.444 --> 00:23:08.000 suicide prevention with roles
NOTE Confidence: 0.772435751578947
00:23:08.000 --> 00:23:09.945 for in my article pediatricians
NOTE Confidence: 0.772435751578947
00:23:09.950 --> 00:23:11.322 and orthodontists and school.
NOTE Confidence: 0.772435751578947
00:23:11.322 --> 00:23:13.380 Personal and parents appear sort of
NOTE Confidence: 0.772435751578947

00:23:13.434 --> 00:23:15.438 everybody and kids sort of ecological,
NOTE Confidence: 0.772435751578947

00:23:15.440 --> 00:23:18.788 ecological, universe and speak.
NOTE Confidence: 0.846410353333333

00:23:21.240 --> 00:23:22.716 I was also struck by roses,
NOTE Confidence: 0.846410353333333

00:23:22.720 --> 00:23:25.180 I reminded by Rose's prevention paradox.
NOTE Confidence: 0.846410353333333

00:23:25.180 --> 00:23:26.820 So those of you who know don't know,
NOTE Confidence: 0.846410353333333

00:23:26.820 --> 00:23:31.050 Jeffrey Rose wrote in the early 90s about
NOTE Confidence: 0.846410353333333

00:23:31.050 --> 00:23:33.670 something that he identified as being a
NOTE Confidence: 0.846410353333333

00:23:33.670 --> 00:23:36.715 paradox that we we often forget as we think
NOTE Confidence: 0.846410353333333

00:23:36.715 --> 00:23:39.398 about how to move populations, he said.
NOTE Confidence: 0.846410353333333

00:23:39.398 --> 00:23:41.630 A large number of people at very small
NOTE Confidence: 0.846410353333333

00:23:41.697 --> 00:23:43.734 risk can actually give more eyes to
NOTE Confidence: 0.846410353333333

00:23:43.734 --> 00:23:46.068 more cases of a disease than a small
NOTE Confidence: 0.846410353333333

00:23:46.068 --> 00:23:47.700 number of people at high risk.
NOTE Confidence: 0.846410353333333

00:23:47.700 --> 00:23:49.540 Because when I talk to people about suicide,
NOTE Confidence: 0.846410353333333

00:23:49.540 --> 00:23:50.644 they always say, though.
NOTE Confidence: 0.846410353333333

00:23:50.644 --> 00:23:51.902 That's great, but what can,

NOTE Confidence: 0.8464103533333333

00:23:51.902 --> 00:23:53.948 how can we identify people so we can

NOTE Confidence: 0.8464103533333333

00:23:53.948 --> 00:23:55.728 target our resources most effectively?

NOTE Confidence: 0.8464103533333333

00:23:55.730 --> 00:23:57.362 It's a great question, but I want you

NOTE Confidence: 0.8464103533333333

00:23:57.362 --> 00:23:59.098 to think about the prevention paradox.

NOTE Confidence: 0.8464103533333333

00:23:59.100 --> 00:24:01.053 1st I'm going to show you some

NOTE Confidence: 0.8464103533333333

00:24:01.053 --> 00:24:03.159 pictures to sort of keep moving this

NOTE Confidence: 0.8464103533333333

00:24:03.159 --> 00:24:04.971 along about how this plays out.

NOTE Confidence: 0.8464103533333333

00:24:04.980 --> 00:24:06.792 The reason why the prevention paradox

NOTE Confidence: 0.8464103533333333

00:24:06.792 --> 00:24:09.036 happens is that when we focus only this

NOTE Confidence: 0.8464103533333333

00:24:09.036 --> 00:24:10.820 is for those people who like data.

NOTE Confidence: 0.8464103533333333

00:24:10.820 --> 00:24:12.350 Remember the bell curve, right?

NOTE Confidence: 0.8464103533333333

00:24:12.350 --> 00:24:13.480 Those people who like data,

NOTE Confidence: 0.8464103533333333

00:24:13.480 --> 00:24:15.488 if we focus on the high risk strategy,

NOTE Confidence: 0.8464103533333333

00:24:15.490 --> 00:24:17.219 we focus on the high risk people.

NOTE Confidence: 0.8464103533333333

00:24:17.220 --> 00:24:18.936 We're not going to move that

NOTE Confidence: 0.8464103533333333

00:24:18.936 --> 00:24:20.080 population mean very much.
NOTE Confidence: 0.8464103533333333

00:24:20.080 --> 00:24:21.452 We need a population.
NOTE Confidence: 0.8464103533333333

00:24:21.452 --> 00:24:22.824 Based strategy to move
NOTE Confidence: 0.8464103533333333

00:24:22.824 --> 00:24:24.460 everybody and the reason why,
NOTE Confidence: 0.8464103533333333

00:24:24.460 --> 00:24:26.268 and I'm going to show you an example
NOTE Confidence: 0.8464103533333333

00:24:26.268 --> 00:24:27.768 from medicine and then an education.
NOTE Confidence: 0.8464103533333333

00:24:27.770 --> 00:24:30.154 So those of you who are medically trained,
NOTE Confidence: 0.8464103533333333

00:24:30.160 --> 00:24:32.527 which I'm sure there's lots of you here will,
NOTE Confidence: 0.8464103533333333

00:24:32.530 --> 00:24:34.287 will permit me a little bit of
NOTE Confidence: 0.8464103533333333

00:24:34.287 --> 00:24:36.086 leeway here as I describe a
NOTE Confidence: 0.8464103533333333

00:24:36.086 --> 00:24:37.726 medical example from eye pressure,
NOTE Confidence: 0.8464103533333333

00:24:37.730 --> 00:24:40.301 which I know nothing about as
NOTE Confidence: 0.8464103533333333

00:24:40.301 --> 00:24:41.474 the developmental psychologist,
NOTE Confidence: 0.8464103533333333

00:24:41.474 --> 00:24:43.429 but this is his example.
NOTE Confidence: 0.8464103533333333

00:24:43.430 --> 00:24:45.434 This graph shows you the the
NOTE Confidence: 0.8464103533333333

00:24:45.434 --> 00:24:46.770 percent that black bars,

NOTE Confidence: 0.8464103533333333
00:24:46.770 --> 00:24:48.510 the percent of the population,
NOTE Confidence: 0.8464103533333333
00:24:48.510 --> 00:24:49.644 the Gray bars,
NOTE Confidence: 0.8464103533333333
00:24:49.644 --> 00:24:51.912 that percent of cases of glaucoma.
NOTE Confidence: 0.8464103533333333
00:24:51.920 --> 00:24:55.130 And this is the relative risk
NOTE Confidence: 0.8464103533333333
00:24:55.130 --> 00:24:57.949 of glaucoma due to intraocular,
NOTE Confidence: 0.8464103533333333
00:24:57.949 --> 00:24:59.698 intraocular eye pressure.
NOTE Confidence: 0.8464103533333333
00:24:59.700 --> 00:25:00.339 And of course,
NOTE Confidence: 0.8464103533333333
00:25:00.339 --> 00:25:02.100 we know that the risk increases at very,
NOTE Confidence: 0.8464103533333333
00:25:02.100 --> 00:25:03.420 very high pressure, right?
NOTE Confidence: 0.8464103533333333
00:25:03.420 --> 00:25:06.044 So we imagine that most of the time
NOTE Confidence: 0.8464103533333333
00:25:06.044 --> 00:25:08.074 we focus on that group of people.
NOTE Confidence: 0.8464103533333333
00:25:08.080 --> 00:25:09.312 If we do that,
NOTE Confidence: 0.8464103533333333
00:25:09.312 --> 00:25:11.586 we end up with 30% of the block.
NOTE Confidence: 0.8464103533333333
00:25:11.586 --> 00:25:13.908 We can address 30% of the glaucoma cases.
NOTE Confidence: 0.8464103533333333
00:25:13.908 --> 00:25:16.804 We will miss 70% of glaucoma cases if
NOTE Confidence: 0.8464103533333333

00:25:16.804 --> 00:25:19.120 we only focus on intraocular pressure.
NOTE Confidence: 0.8464103533333333

00:25:19.120 --> 00:25:20.359 I'm sure many of you knew that.
NOTE Confidence: 0.8464103533333333

00:25:20.360 --> 00:25:21.628 Know that, my doctor.
NOTE Confidence: 0.8464103533333333

00:25:21.628 --> 00:25:23.530 Virtually knew that and tested me.
NOTE Confidence: 0.8464103533333333

00:25:23.530 --> 00:25:23.936 I'm actually,
NOTE Confidence: 0.8464103533333333

00:25:23.936 --> 00:25:25.357 I have glaucoma and I'm down here
NOTE Confidence: 0.8464103533333333

00:25:25.357 --> 00:25:26.828 in this part of the distribution.
NOTE Confidence: 0.8464103533333333

00:25:26.830 --> 00:25:28.966 Thank goodness she used other approaches,
NOTE Confidence: 0.8464103533333333

00:25:28.970 --> 00:25:30.950 but a lot of people don't.
NOTE Confidence: 0.8464103533333333

00:25:30.950 --> 00:25:32.550 So more measures matter, right?
NOTE Confidence: 0.8464103533333333

00:25:32.550 --> 00:25:34.910 A good doctor doesn't use a single indicator.
NOTE Confidence: 0.8464103533333333

00:25:34.910 --> 00:25:35.606 And in fact,
NOTE Confidence: 0.8464103533333333

00:25:35.606 --> 00:25:36.766 when we have more measures,
NOTE Confidence: 0.8464103533333333

00:25:36.770 --> 00:25:38.906 we do do a little bit better in
NOTE Confidence: 0.8464103533333333

00:25:38.906 --> 00:25:40.630 reducing that prevention paradox.
NOTE Confidence: 0.8464103533333333

00:25:40.630 --> 00:25:42.790 So this is an example of 36 studies

NOTE Confidence: 0.8464103533333333

00:25:42.790 --> 00:25:44.339 of high school dropout.

NOTE Confidence: 0.8464103533333333

00:25:44.340 --> 00:25:46.587 We actually do really well predicting high

NOTE Confidence: 0.8464103533333333

00:25:46.587 --> 00:25:48.758 school dropouts in my field in education,

NOTE Confidence: 0.8464103533333333

00:25:48.760 --> 00:25:51.346 we we have multiple prediction models,

NOTE Confidence: 0.8464103533333333

00:25:51.350 --> 00:25:51.972 but here,

NOTE Confidence: 0.8464103533333333

00:25:51.972 --> 00:25:53.838 so imagine we have 100 kids.

NOTE Confidence: 0.8464103533333333

00:25:53.840 --> 00:25:54.940 We're predicting who's going

NOTE Confidence: 0.8464103533333333

00:25:54.940 --> 00:25:56.315 to drop out of school.

NOTE Confidence: 0.899315822857143

00:25:56.320 --> 00:25:58.259 We think based on the risk factors,

NOTE Confidence: 0.899315822857143

00:25:58.260 --> 00:26:00.227 20% of them will drop out of

NOTE Confidence: 0.899315822857143

00:26:00.227 --> 00:26:02.139 school and we do really well.

NOTE Confidence: 0.899315822857143

00:26:02.140 --> 00:26:03.884 75% of those kids actually do drop out,

NOTE Confidence: 0.899315822857143

00:26:03.890 --> 00:26:05.142 right. We're never perfect

NOTE Confidence: 0.899315822857143

00:26:05.142 --> 00:26:06.394 about predicting the future.

NOTE Confidence: 0.899315822857143

00:26:06.400 --> 00:26:07.980 In our low risk group,

NOTE Confidence: 0.899315822857143

00:26:07.980 --> 00:26:10.635 only 25% of those kids drop out like great,
NOTE Confidence: 0.899315822857143

00:26:10.640 --> 00:26:13.888 look at that difference, 25 versus 75% of
NOTE Confidence: 0.899315822857143

00:26:13.888 --> 00:26:16.558 kids differentiating these two groups.
NOTE Confidence: 0.899315822857143

00:26:16.560 --> 00:26:17.568 That seems great. Well,
NOTE Confidence: 0.899315822857143

00:26:17.568 --> 00:26:19.919 why don't we put all our resources here?
NOTE Confidence: 0.899315822857143

00:26:19.920 --> 00:26:21.160 We'll look at those numbers.
NOTE Confidence: 0.899315822857143

00:26:21.160 --> 00:26:24.020 If we do that, more than half of the kids.
NOTE Confidence: 0.899315822857143

00:26:24.020 --> 00:26:25.000 The dropout are still
NOTE Confidence: 0.899315822857143

00:26:25.000 --> 00:26:26.225 from this low risk group.
NOTE Confidence: 0.899315822857143

00:26:26.230 --> 00:26:28.354 We will miss more than half the kids if
NOTE Confidence: 0.899315822857143

00:26:28.354 --> 00:26:30.630 we only focus on a high risk strategy.
NOTE Confidence: 0.899315822857143

00:26:30.630 --> 00:26:32.022 So that's what we're doing right
NOTE Confidence: 0.899315822857143

00:26:32.022 --> 00:26:32.950 now in suicide prevention.
NOTE Confidence: 0.899315822857143

00:26:32.950 --> 00:26:35.008 We have a high risk strategy only,
NOTE Confidence: 0.899315822857143

00:26:35.010 --> 00:26:35.979 so we need.
NOTE Confidence: 0.899315822857143

00:26:35.979 --> 00:26:37.594 Better single measure we do

NOTE Confidence: 0.899315822857143
00:26:37.594 --> 00:26:39.199 better with more measures.
NOTE Confidence: 0.899315822857143
00:26:39.200 --> 00:26:40.664 We reduce the paradox.
NOTE Confidence: 0.899315822857143
00:26:40.664 --> 00:26:42.860 But we're still not doing perfectly,
NOTE Confidence: 0.899315822857143
00:26:42.860 --> 00:26:44.564 and so we need something that
NOTE Confidence: 0.899315822857143
00:26:44.564 --> 00:26:46.239 allows for a continual risk so
NOTE Confidence: 0.899315822857143
00:26:46.239 --> 00:26:47.933 we can catch more of these kids,
NOTE Confidence: 0.899315822857143
00:26:47.940 --> 00:26:52.320 or we need universal interventions.
NOTE Confidence: 0.899315822857143
00:26:52.320 --> 00:26:52.612 Unfortunately,
NOTE Confidence: 0.899315822857143
00:26:52.612 --> 00:26:54.656 we actually have that new suicide screening,
NOTE Confidence: 0.899315822857143
00:26:54.660 --> 00:26:55.944 so I'm not gonna again go
NOTE Confidence: 0.899315822857143
00:26:55.944 --> 00:26:56.800 into detail on this,
NOTE Confidence: 0.899315822857143
00:26:56.800 --> 00:26:58.035 but there's a wonderful measure
NOTE Confidence: 0.899315822857143
00:26:58.035 --> 00:26:59.717 called the Cassie I'm using in another
NOTE Confidence: 0.899315822857143
00:26:59.717 --> 00:27:01.117 study I'll show you in a second,
NOTE Confidence: 0.899315822857143
00:27:01.120 --> 00:27:05.150 developed by Cheryl King has 24 clinical
NOTE Confidence: 0.899315822857143

00:27:05.150 --> 00:27:07.280 and psychosocial predictors that are used.
NOTE Confidence: 0.899315822857143

00:27:07.280 --> 00:27:08.390 But because of an adaptive
NOTE Confidence: 0.899315822857143

00:27:08.390 --> 00:27:09.900 test and done on a tablet,
NOTE Confidence: 0.899315822857143

00:27:09.900 --> 00:27:11.226 it only takes a couple minutes
NOTE Confidence: 0.899315822857143

00:27:11.226 --> 00:27:12.778 for a kid to fill it out.
NOTE Confidence: 0.899315822857143

00:27:12.780 --> 00:27:15.636 And you can get really strong sensitivity and
NOTE Confidence: 0.899315822857143

00:27:15.636 --> 00:27:18.020 specificity of of youth suicide screening.
NOTE Confidence: 0.899315822857143

00:27:18.020 --> 00:27:20.540 There's a number of other tools as well,
NOTE Confidence: 0.899315822857143

00:27:20.540 --> 00:27:21.665 but Even so,
NOTE Confidence: 0.899315822857143

00:27:21.665 --> 00:27:22.790 we can't fully.
NOTE Confidence: 0.899315822857143

00:27:22.790 --> 00:27:24.274 Eliminate that prevention paradox.
NOTE Confidence: 0.899315822857143

00:27:24.274 --> 00:27:27.763 So we really do still have to think about
NOTE Confidence: 0.899315822857143

00:27:27.763 --> 00:27:30.157 universal interventions or asking every kid,
NOTE Confidence: 0.899315822857143

00:27:30.160 --> 00:27:32.584 which I'll tell you about in a second.
NOTE Confidence: 0.899315822857143

00:27:32.590 --> 00:27:33.850 But I'm sure you're might be
NOTE Confidence: 0.899315822857143

00:27:33.850 --> 00:27:35.210 asking a question at this point.

NOTE Confidence: 0.899315822857143
00:27:35.210 --> 00:27:36.810 I don't know how well this is known
NOTE Confidence: 0.899315822857143
00:27:36.810 --> 00:27:37.946 now because I've been talking
NOTE Confidence: 0.899315822857143
00:27:37.946 --> 00:27:38.870 a lot about suicide,
NOTE Confidence: 0.899315822857143
00:27:38.870 --> 00:27:40.886 but many of you might be thinking,
NOTE Confidence: 0.899315822857143
00:27:40.890 --> 00:27:42.416 is it really OK to screen for
NOTE Confidence: 0.899315822857143
00:27:42.416 --> 00:27:43.530 and ask about suicide?
NOTE Confidence: 0.899315822857143
00:27:43.530 --> 00:27:45.402 When I put the idea in a kids head,
NOTE Confidence: 0.899315822857143
00:27:45.410 --> 00:27:46.978 I think this is one of the
NOTE Confidence: 0.899315822857143
00:27:46.978 --> 00:27:48.089 biggest fears people have is,
NOTE Confidence: 0.899315822857143
00:27:48.090 --> 00:27:49.428 well, if I talk about it,
NOTE Confidence: 0.899315822857143
00:27:49.430 --> 00:27:50.810 I'm going to suggest it,
NOTE Confidence: 0.899315822857143
00:27:50.810 --> 00:27:52.450 especially for young kids are
NOTE Confidence: 0.899315822857143
00:27:52.450 --> 00:27:53.437 very suggestible, right?
NOTE Confidence: 0.899315822857143
00:27:53.437 --> 00:27:55.726 Well it turns out that protested really,
NOTE Confidence: 0.899315822857143
00:27:55.730 --> 00:27:56.458 really carefully.
NOTE Confidence: 0.899315822857143

00:27:56.458 --> 00:27:59.006 So Maddie Gould at Columbia did a
NOTE Confidence: 0.899315822857143

00:27:59.006 --> 00:28:00.771 wonderful randomized trial where
NOTE Confidence: 0.899315822857143

00:28:00.771 --> 00:28:02.547 she evaluated the iatrogenic.
NOTE Confidence: 0.899315822857143

00:28:02.550 --> 00:28:04.770 Risk of youth suicide screening
NOTE Confidence: 0.899315822857143

00:28:04.770 --> 00:28:06.990 programs and found absolutely no
NOTE Confidence: 0.899315822857143

00:28:07.066 --> 00:28:09.218 evidence of iatrogenic effects.
NOTE Confidence: 0.899315822857143

00:28:09.220 --> 00:28:10.204 And in fact,
NOTE Confidence: 0.899315822857143

00:28:10.204 --> 00:28:12.172 for those kids who are struggling
NOTE Confidence: 0.899315822857143

00:28:12.172 --> 00:28:14.626 the most who had some who are
NOTE Confidence: 0.899315822857143

00:28:14.626 --> 00:28:16.736 at some risk for depression,
NOTE Confidence: 0.899315822857143

00:28:16.740 --> 00:28:18.666 those kids actually saw a reduction
NOTE Confidence: 0.899315822857143

00:28:18.666 --> 00:28:20.447 in distress by being asked
NOTE Confidence: 0.899315822857143

00:28:20.447 --> 00:28:21.740 about suicidal thinking.
NOTE Confidence: 0.899315822857143

00:28:21.740 --> 00:28:22.180 OK.
NOTE Confidence: 0.899315822857143

00:28:22.180 --> 00:28:24.380 And that's been confirmed and
NOTE Confidence: 0.899315822857143

00:28:24.380 --> 00:28:26.390 excuse me later in meta analysis

NOTE Confidence: 0.899315822857143
00:28:26.390 --> 00:28:28.430 and this is not new data.
NOTE Confidence: 0.899315822857143
00:28:28.430 --> 00:28:31.355 So this actually study came out in 2005,
NOTE Confidence: 0.899315822857143
00:28:31.355 --> 00:28:33.130 so nearly 20 years ago.
NOTE Confidence: 0.899315822857143
00:28:33.130 --> 00:28:34.780 And it's still not common knowledge.
NOTE Confidence: 0.865475885454545
00:28:37.740 --> 00:28:40.620 Why do you? I think people don't know
NOTE Confidence: 0.865475885454545
00:28:40.620 --> 00:28:42.526 this well enough. Actually, sorry.
NOTE Confidence: 0.865475885454545
00:28:42.526 --> 00:28:44.507 Why do I think actually this works?
NOTE Confidence: 0.865475885454545
00:28:44.510 --> 00:28:47.182 Why do actually I think that people
NOTE Confidence: 0.865475885454545
00:28:47.182 --> 00:28:48.692 that kids actually feel less
NOTE Confidence: 0.865475885454545
00:28:48.692 --> 00:28:50.420 distressed when you ask about it.
NOTE Confidence: 0.865475885454545
00:28:50.420 --> 00:28:51.494 Well, I think it's back to
NOTE Confidence: 0.865475885454545
00:28:51.494 --> 00:28:52.430 like my early childhood work.
NOTE Confidence: 0.865475885454545
00:28:52.430 --> 00:28:54.019 So one of the things I've studied
NOTE Confidence: 0.865475885454545
00:28:54.019 --> 00:28:56.195 for a very long time and early
NOTE Confidence: 0.865475885454545
00:28:56.195 --> 00:28:57.639 childhood is emotions understanding.
NOTE Confidence: 0.865475885454545

00:28:57.640 --> 00:28:59.840 So if you walk into a pre-K classroom
NOTE Confidence: 0.865475885454545

00:28:59.840 --> 00:29:02.097 today and you often hear teachers say,
NOTE Confidence: 0.865475885454545

00:29:02.100 --> 00:29:05.496 Johnny, I see you're really angry,
NOTE Confidence: 0.865475885454545

00:29:05.500 --> 00:29:06.193 you know, right.
NOTE Confidence: 0.865475885454545

00:29:06.193 --> 00:29:07.579 Why do teachers do that and
NOTE Confidence: 0.865475885454545

00:29:07.579 --> 00:29:08.780 why do parents do that?
NOTE Confidence: 0.865475885454545

00:29:08.780 --> 00:29:11.156 We are learning how to label emotions so
NOTE Confidence: 0.865475885454545

00:29:11.156 --> 00:29:13.826 that kids learn how to label their emotions.
NOTE Confidence: 0.865475885454545

00:29:13.830 --> 00:29:16.094 The notion is if you can label it,
NOTE Confidence: 0.865475885454545

00:29:16.100 --> 00:29:17.384 you can regulate it.
NOTE Confidence: 0.865475885454545

00:29:17.384 --> 00:29:20.066 So we use these feeling cards and we
NOTE Confidence: 0.865475885454545

00:29:20.066 --> 00:29:22.488 teach kids the difference between sad and
NOTE Confidence: 0.865475885454545

00:29:22.488 --> 00:29:24.958 angry and happy and jealous and shame,
NOTE Confidence: 0.865475885454545

00:29:24.960 --> 00:29:25.228 right?
NOTE Confidence: 0.865475885454545

00:29:25.228 --> 00:29:27.104 We teach these emotions that are really
NOTE Confidence: 0.865475885454545

00:29:27.104 --> 00:29:28.960 hard for little kids to understand.

NOTE Confidence: 0.865475885454545
00:29:28.960 --> 00:29:30.507 So we know that for little kids,
NOTE Confidence: 0.865475885454545
00:29:30.510 --> 00:29:32.424 but somehow we don't sort of
NOTE Confidence: 0.865475885454545
00:29:32.424 --> 00:29:34.464 translate that to older kids because
NOTE Confidence: 0.865475885454545
00:29:34.464 --> 00:29:36.397 we're so scared of suicide, right?
NOTE Confidence: 0.865475885454545
00:29:36.397 --> 00:29:37.636 But if we talk about it more,
NOTE Confidence: 0.865475885454545
00:29:37.640 --> 00:29:39.313 if kids can label what does it
NOTE Confidence: 0.865475885454545
00:29:39.313 --> 00:29:40.870 feel like to feel suicidal,
NOTE Confidence: 0.865475885454545
00:29:40.870 --> 00:29:43.908 it'll allow them to regulate it more.
NOTE Confidence: 0.865475885454545
00:29:43.910 --> 00:29:44.828 And I think,
NOTE Confidence: 0.865475885454545
00:29:44.828 --> 00:29:46.664 and I wouldn't want to say
NOTE Confidence: 0.865475885454545
00:29:46.664 --> 00:29:48.648 as parents and providers,
NOTE Confidence: 0.865475885454545
00:29:48.650 --> 00:29:50.155 you can ask about it the way
NOTE Confidence: 0.865475885454545
00:29:50.155 --> 00:29:51.629 you ask about other ailments.
NOTE Confidence: 0.865475885454545
00:29:51.630 --> 00:29:53.439 And so I do a lot of parent webinars
NOTE Confidence: 0.865475885454545
00:29:53.439 --> 00:29:54.847 where I talk to parents about,
NOTE Confidence: 0.865475885454545

00:29:54.850 --> 00:29:56.446 you know, listen, you can say,
NOTE Confidence: 0.865475885454545

00:29:56.450 --> 00:29:58.482 and I know this is really scary and
NOTE Confidence: 0.865475885454545

00:29:58.482 --> 00:30:00.030 really hard, but it is OK saying,
NOTE Confidence: 0.865475885454545

00:30:00.030 --> 00:30:02.560 hey, you know, I saw that, you know,
NOTE Confidence: 0.865475885454545

00:30:02.560 --> 00:30:03.985 you've been really down lately,
NOTE Confidence: 0.865475885454545

00:30:03.990 --> 00:30:05.966 you know, and I just have to ask,
NOTE Confidence: 0.865475885454545

00:30:05.970 --> 00:30:07.990 are you thinking about suicide?
NOTE Confidence: 0.865475885454545

00:30:07.990 --> 00:30:09.462 We talk about that now a lot in
NOTE Confidence: 0.865475885454545

00:30:09.462 --> 00:30:10.995 our home and and then you could
NOTE Confidence: 0.865475885454545

00:30:10.995 --> 00:30:12.382 ask a series of questions that's
NOTE Confidence: 0.865475885454545

00:30:12.382 --> 00:30:13.999 much the same way that you would.
NOTE Confidence: 0.865475885454545

00:30:14.000 --> 00:30:15.834 Ask about a headache or stomach ache
NOTE Confidence: 0.865475885454545

00:30:15.834 --> 00:30:18.446 and I can discuss that more in questions.
NOTE Confidence: 0.865475885454545

00:30:18.450 --> 00:30:20.140 I don't think it's understood
NOTE Confidence: 0.865475885454545

00:30:20.140 --> 00:30:22.356 because of the history that we have
NOTE Confidence: 0.865475885454545

00:30:22.356 --> 00:30:24.204 of suicide as a crime or a sin.

NOTE Confidence: 0.865475885454545

00:30:24.210 --> 00:30:25.776 And I also think partly because

NOTE Confidence: 0.865475885454545

00:30:25.776 --> 00:30:27.271 also people are scared about

NOTE Confidence: 0.865475885454545

00:30:27.271 --> 00:30:28.468 something called contagion,

NOTE Confidence: 0.865475885454545

00:30:28.470 --> 00:30:30.526 which I also think is very poorly named.

NOTE Confidence: 0.865475885454545

00:30:30.530 --> 00:30:31.514 Suicide is not contagious.

NOTE Confidence: 0.865475885454545

00:30:31.514 --> 00:30:32.744 If you talk about it,

NOTE Confidence: 0.865475885454545

00:30:32.750 --> 00:30:34.690 you can't catch it, right?

NOTE Confidence: 0.865475885454545

00:30:34.690 --> 00:30:36.654 It's actually a clustering.

NOTE Confidence: 0.865475885454545

00:30:36.654 --> 00:30:38.127 There is a.

NOTE Confidence: 0.865475885454545

00:30:38.130 --> 00:30:38.615 Uh,

NOTE Confidence: 0.865475885454545

00:30:38.615 --> 00:30:42.495 there is some evidence that in some places,

NOTE Confidence: 0.865475885454545

00:30:42.500 --> 00:30:43.934 after suicide deaths,

NOTE Confidence: 0.865475885454545

00:30:43.934 --> 00:30:45.368 sometimes other children,

NOTE Confidence: 0.865475885454545

00:30:45.370 --> 00:30:46.840 other youths take their lives.

NOTE Confidence: 0.865475885454545

00:30:46.840 --> 00:30:48.418 It is a very scary thing.

NOTE Confidence: 0.865475885454545

00:30:48.420 --> 00:30:50.409 It does have to do with the way in
NOTE Confidence: 0.865475885454545

00:30:50.409 --> 00:30:52.078 which we message about suicide.
NOTE Confidence: 0.865475885454545

00:30:52.080 --> 00:30:54.768 That really matters.
NOTE Confidence: 0.865475885454545

00:30:54.770 --> 00:30:56.611 But you can message now about suicide
NOTE Confidence: 0.865475885454545

00:30:56.611 --> 00:30:58.349 in ways that is actually safe.
NOTE Confidence: 0.865475885454545

00:30:58.350 --> 00:31:00.150 Avoid what's called the Werther effect
NOTE Confidence: 0.865475885454545

00:31:00.150 --> 00:31:02.115 from gotta and seek the propaganda
NOTE Confidence: 0.865475885454545

00:31:02.115 --> 00:31:03.890 effect from Mozart's magic flute.
NOTE Confidence: 0.865475885454545

00:31:03.890 --> 00:31:04.760 I won't go into that.
NOTE Confidence: 0.865475885454545

00:31:04.760 --> 00:31:06.230 This is not a literature class.
NOTE Confidence: 0.865475885454545

00:31:06.230 --> 00:31:08.090 But for those of you who
NOTE Confidence: 0.865475885454545

00:31:08.090 --> 00:31:09.330 might know those references,
NOTE Confidence: 0.801110429090909

00:31:09.330 --> 00:31:11.010 the National Excellence Alliance has
NOTE Confidence: 0.801110429090909

00:31:11.010 --> 00:31:13.081 a wonderful set of guidelines about
NOTE Confidence: 0.801110429090909

00:31:13.081 --> 00:31:14.736 suicide language and safe messaging
NOTE Confidence: 0.801110429090909

00:31:14.736 --> 00:31:16.630 that includes not using that word.

NOTE Confidence: 0.801110429090909
00:31:16.630 --> 00:31:18.387 Commit that I mentioned at the beginning.
NOTE Confidence: 0.801110429090909
00:31:18.390 --> 00:31:20.058 Don't report the method of suicide.
NOTE Confidence: 0.801110429090909
00:31:20.060 --> 00:31:21.360 Don't ask about that,
NOTE Confidence: 0.801110429090909
00:31:21.360 --> 00:31:22.985 because I can re traumatize
NOTE Confidence: 0.801110429090909
00:31:22.985 --> 00:31:24.828 people and don't sensationalize.
NOTE Confidence: 0.801110429090909
00:31:24.830 --> 00:31:27.920 Um, around suicide deaths because again,
NOTE Confidence: 0.801110429090909
00:31:27.920 --> 00:31:29.792 it's it's retraumatization, people.
NOTE Confidence: 0.801110429090909
00:31:29.792 --> 00:31:33.077 And we can really turn these messages
NOTE Confidence: 0.801110429090909
00:31:33.077 --> 00:31:34.680 to prevention by adding resources.
NOTE Confidence: 0.801110429090909
00:31:34.680 --> 00:31:37.238 So you'll see at the end of my slides,
NOTE Confidence: 0.801110429090909
00:31:37.240 --> 00:31:39.919 I always include.
NOTE Confidence: 0.801110429090909
00:31:39.920 --> 00:31:42.300 Resources to places so people know where
NOTE Confidence: 0.801110429090909
00:31:42.300 --> 00:31:44.830 to get help if they're struggling.
NOTE Confidence: 0.801110429090909
00:31:44.830 --> 00:31:46.870 And messages about successful coping,
NOTE Confidence: 0.801110429090909
00:31:46.870 --> 00:31:48.920 about people who've struggled with
NOTE Confidence: 0.801110429090909

00:31:48.920 --> 00:31:50.970 suicidal thinking who have actually
NOTE Confidence: 0.801110429090909

00:31:51.035 --> 00:31:53.357 come out on the other side and we pair
NOTE Confidence: 0.801110429090909

00:31:53.357 --> 00:31:55.519 those together and actually have shown
NOTE Confidence: 0.801110429090909

00:31:55.519 --> 00:31:57.694 in some randomized trials near Croton.
NOTE Confidence: 0.801110429090909

00:31:57.694 --> 00:31:59.638 Fowler has shown a wonderful randomized
NOTE Confidence: 0.801110429090909

00:31:59.638 --> 00:32:01.462 trials about the benefits of these
NOTE Confidence: 0.801110429090909

00:32:01.462 --> 00:32:05.509 kinds of coping messages instead.
NOTE Confidence: 0.801110429090909

00:32:05.510 --> 00:32:07.928 So in terms of suicide prevention,
NOTE Confidence: 0.801110429090909

00:32:07.930 --> 00:32:09.742 one of the most universal prevention
NOTE Confidence: 0.801110429090909

00:32:09.742 --> 00:32:11.625 efforts we have out there right
NOTE Confidence: 0.801110429090909

00:32:11.625 --> 00:32:13.165 now is something called 988.
NOTE Confidence: 0.801110429090909

00:32:13.170 --> 00:32:15.465 And I hope you've all heard of that now,
NOTE Confidence: 0.801110429090909

00:32:15.470 --> 00:32:18.647 and if not, I'm telling you about it today.
NOTE Confidence: 0.801110429090909

00:32:18.650 --> 00:32:21.120 So it used to be a 10 digit number that
NOTE Confidence: 0.801110429090909

00:32:21.187 --> 00:32:23.203 was in existence for an exceptionally
NOTE Confidence: 0.801110429090909

00:32:23.203 --> 00:32:25.500 long time and a few years ago.

NOTE Confidence: 0.801110429090909
00:32:25.500 --> 00:32:27.084 The law about changing it to
NOTE Confidence: 0.801110429090909
00:32:27.084 --> 00:32:28.387 a 3 digit number, 988,
NOTE Confidence: 0.801110429090909
00:32:28.387 --> 00:32:29.622 some people would remember it
NOTE Confidence: 0.801110429090909
00:32:29.622 --> 00:32:30.610 would be out there.
NOTE Confidence: 0.801110429090909
00:32:30.610 --> 00:32:32.964 So there is a phone number, it's there 24/7.
NOTE Confidence: 0.801110429090909
00:32:32.964 --> 00:32:34.854 You can call it anytime.
NOTE Confidence: 0.801110429090909
00:32:34.860 --> 00:32:36.720 It's not just for suicidal thinking,
NOTE Confidence: 0.801110429090909
00:32:36.720 --> 00:32:38.592 it's also if you're struggling with
NOTE Confidence: 0.801110429090909
00:32:38.592 --> 00:32:40.390 any kind of emotional distress.
NOTE Confidence: 0.801110429090909
00:32:40.390 --> 00:32:44.667 But these come from this wonderful man,
NOTE Confidence: 0.801110429090909
00:32:44.670 --> 00:32:46.458 Chad Vera,
NOTE Confidence: 0.801110429090909
00:32:46.458 --> 00:32:49.982 who back in 1952 developed
NOTE Confidence: 0.801110429090909
00:32:49.982 --> 00:32:51.666 this after 17 years.
NOTE Confidence: 0.801110429090909
00:32:51.670 --> 00:32:52.037 Earlier.
NOTE Confidence: 0.801110429090909
00:32:52.037 --> 00:32:54.973 He had presided over the funeral of a
NOTE Confidence: 0.801110429090909

00:32:54.973 --> 00:32:57.950 young 13 year old girl who had died by
NOTE Confidence: 0.801110429090909

00:32:57.950 --> 00:33:00.429 suicide when she got her first period.
NOTE Confidence: 0.801110429090909

00:33:00.430 --> 00:33:01.935 And she didn't know what was happening
NOTE Confidence: 0.801110429090909

00:33:01.935 --> 00:33:03.516 to her. And so she took her life.
NOTE Confidence: 0.801110429090909

00:33:03.520 --> 00:33:04.876 This was in 1935.
NOTE Confidence: 0.801110429090909

00:33:04.876 --> 00:33:07.530 He presided over her funeral and he said,
NOTE Confidence: 0.801110429090909

00:33:07.530 --> 00:33:09.308 hey, I didn't know you young girl,
NOTE Confidence: 0.801110429090909

00:33:09.310 --> 00:33:10.534 but I'm going to make sure
NOTE Confidence: 0.801110429090909

00:33:10.534 --> 00:33:11.920 your life made a difference.
NOTE Confidence: 0.801110429090909

00:33:11.920 --> 00:33:14.848 And he eventually opened up a
NOTE Confidence: 0.801110429090909

00:33:14.848 --> 00:33:16.800 suicide helpline for himself.
NOTE Confidence: 0.801110429090909

00:33:16.800 --> 00:33:18.949 He started reaching out to people to
NOTE Confidence: 0.801110429090909

00:33:18.949 --> 00:33:21.439 talk to them if they were struggling,
NOTE Confidence: 0.801110429090909

00:33:21.440 --> 00:33:22.120 they came to him.
NOTE Confidence: 0.801110429090909

00:33:22.120 --> 00:33:23.980 And he was so good at what he was doing,
NOTE Confidence: 0.801110429090909

00:33:23.980 --> 00:33:26.460 he ended up with lines out his door.

NOTE Confidence: 0.801110429090909
00:33:26.460 --> 00:33:27.996 So he hired a bunch of volunteers to,
NOTE Confidence: 0.801110429090909
00:33:28.000 --> 00:33:28.210 like,
NOTE Confidence: 0.801110429090909
00:33:28.210 --> 00:33:29.890 hang out with these people and give them
NOTE Confidence: 0.801110429090909
00:33:29.890 --> 00:33:31.759 like tea or biscuits or something like that.
NOTE Confidence: 0.801110429090909
00:33:31.760 --> 00:33:32.669 I don't know,
NOTE Confidence: 0.801110429090909
00:33:32.669 --> 00:33:33.578 what was England.
NOTE Confidence: 0.801110429090909
00:33:33.580 --> 00:33:33.944 And.
NOTE Confidence: 0.801110429090909
00:33:33.944 --> 00:33:36.856 And one day he opens his door to,
NOTE Confidence: 0.801110429090909
00:33:36.860 --> 00:33:38.540 you know, talk to the next person.
NOTE Confidence: 0.801110429090909
00:33:38.540 --> 00:33:40.718 And the crowd has largely dissipated.
NOTE Confidence: 0.801110429090909
00:33:40.720 --> 00:33:42.164 And he realized that.
NOTE Confidence: 0.801110429090909
00:33:42.164 --> 00:33:44.330 The volunteers that he had hired
NOTE Confidence: 0.801110429090909
00:33:44.401 --> 00:33:46.606 who were untrained because we're,
NOTE Confidence: 0.801110429090909
00:33:46.610 --> 00:33:48.900 we're actually helping these people
NOTE Confidence: 0.801110429090909
00:33:48.900 --> 00:33:50.732 reduce their emotional distress
NOTE Confidence: 0.801110429090909

00:33:50.732 --> 00:33:52.688 because just talking about it
NOTE Confidence: 0.801110429090909

00:33:52.688 --> 00:33:54.483 can actually make a difference.
NOTE Confidence: 0.801110429090909

00:33:54.490 --> 00:33:56.515 And so we started something
NOTE Confidence: 0.801110429090909

00:33:56.515 --> 00:33:57.730 called befrienders worldwide,
NOTE Confidence: 0.801110429090909

00:33:57.730 --> 00:33:59.865 and it was based on active listening.
NOTE Confidence: 0.801110429090909

00:33:59.870 --> 00:34:02.545 So listen to somebody accepting
NOTE Confidence: 0.801110429090909

00:34:02.545 --> 00:34:04.150 understanding and empathizing,
NOTE Confidence: 0.89075955

00:34:04.150 --> 00:34:06.824 but no giving advice and no counseling.
NOTE Confidence: 0.89075955

00:34:06.830 --> 00:34:09.702 And that's what the 988 and other actually
NOTE Confidence: 0.89075955

00:34:09.702 --> 00:34:11.428 international numbers are all based on,
NOTE Confidence: 0.89075955

00:34:11.430 --> 00:34:13.176 is this sort of. Defender program.
NOTE Confidence: 0.89075955

00:34:13.180 --> 00:34:15.136 I wish we called our helpline
NOTE Confidence: 0.89075955

00:34:15.136 --> 00:34:16.114 a befriender program.
NOTE Confidence: 0.89075955

00:34:16.120 --> 00:34:17.597 I think more people would call and
NOTE Confidence: 0.89075955

00:34:17.597 --> 00:34:19.538 not be so scared of the line itself,
NOTE Confidence: 0.89075955

00:34:19.540 --> 00:34:20.480 but it is about that.

NOTE Confidence: 0.89075955

00:34:20.480 --> 00:34:22.720 It's just sitting and listening

NOTE Confidence: 0.89075955

00:34:22.720 --> 00:34:25.423 because letting it out can actually

NOTE Confidence: 0.89075955

00:34:25.423 --> 00:34:27.739 release a lot of the pain.

NOTE Confidence: 0.89075955

00:34:27.740 --> 00:34:29.426 What else do we know works

NOTE Confidence: 0.89075955

00:34:29.426 --> 00:34:30.550 universally in suicide prevention?

NOTE Confidence: 0.89075955

00:34:30.550 --> 00:34:31.674 It turns out accepting

NOTE Confidence: 0.89075955

00:34:31.674 --> 00:34:32.517 policies really matter.

NOTE Confidence: 0.89075955

00:34:32.520 --> 00:34:33.944 Same sex marriage laws,

NOTE Confidence: 0.89075955

00:34:33.944 --> 00:34:36.545 wonderful work by Julia Richman and same

NOTE Confidence: 0.89075955

00:34:36.545 --> 00:34:38.565 sex marriage laws reducing suicidal

NOTE Confidence: 0.89075955

00:34:38.565 --> 00:34:40.985 thinking and and behaviors among a

NOTE Confidence: 0.89075955

00:34:40.985 --> 00:34:42.835 particularly among LGBT plus youth.

NOTE Confidence: 0.89075955

00:34:42.840 --> 00:34:44.600 Keeping people safe really matters.

NOTE Confidence: 0.89075955

00:34:44.600 --> 00:34:46.262 So it really matters if we

NOTE Confidence: 0.89075955

00:34:46.262 --> 00:34:47.730 reduce the length of time.

NOTE Confidence: 0.89075955

00:34:47.730 --> 00:34:49.740 We increase the length of time
NOTE Confidence: 0.89075955

00:34:49.740 --> 00:34:51.530 between someone having a thought
NOTE Confidence: 0.89075955

00:34:51.530 --> 00:34:53.864 of taking their life and someone
NOTE Confidence: 0.89075955

00:34:53.864 --> 00:34:55.770 actually attempting and and and
NOTE Confidence: 0.89075955

00:34:55.770 --> 00:34:57.780 keeping people away from from there.
NOTE Confidence: 0.89075955

00:34:57.780 --> 00:35:00.726 Of a primary choice of means
NOTE Confidence: 0.89075955

00:35:00.726 --> 00:35:02.690 can actually do that.
NOTE Confidence: 0.89075955

00:35:02.690 --> 00:35:03.580 We can.
NOTE Confidence: 0.89075955

00:35:03.580 --> 00:35:05.360 There's really wonderful evidence
NOTE Confidence: 0.89075955

00:35:05.360 --> 00:35:07.688 at the population level about
NOTE Confidence: 0.89075955

00:35:07.688 --> 00:35:09.580 firearms somewhere got firearm
NOTE Confidence: 0.89075955

00:35:09.580 --> 00:35:11.945 restrictions and States and some
NOTE Confidence: 0.89075955

00:35:12.013 --> 00:35:13.915 work from other countries on on
NOTE Confidence: 0.89075955

00:35:13.915 --> 00:35:17.230 on on keeping guns more safely,
NOTE Confidence: 0.89075955

00:35:17.230 --> 00:35:18.570 hotspot protection.
NOTE Confidence: 0.89075955

00:35:18.570 --> 00:35:20.004 So in buildings,

NOTE Confidence: 0.89075955

00:35:20.004 --> 00:35:22.394 putting up barriers or netting

NOTE Confidence: 0.89075955

00:35:22.394 --> 00:35:24.480 around buildings that have been

NOTE Confidence: 0.89075955

00:35:24.480 --> 00:35:27.150 where suicide deaths have occurred.

NOTE Confidence: 0.89075955

00:35:27.150 --> 00:35:27.954 Really interesting.

NOTE Confidence: 0.89075955

00:35:27.954 --> 00:35:29.562 They're from pill packaging

NOTE Confidence: 0.89075955

00:35:29.562 --> 00:35:32.070 in the UK where they went to.

NOTE Confidence: 0.81746403125

00:35:34.100 --> 00:35:35.750 One at a time pill packaging

NOTE Confidence: 0.81746403125

00:35:35.750 --> 00:35:37.307 and reduced amounts of analgesic

NOTE Confidence: 0.81746403125

00:35:37.307 --> 00:35:39.287 medications that you can purchase.

NOTE Confidence: 0.81746403125

00:35:39.290 --> 00:35:40.615 And because people could only

NOTE Confidence: 0.81746403125

00:35:40.615 --> 00:35:41.940 purchase it in smaller doses,

NOTE Confidence: 0.81746403125

00:35:41.940 --> 00:35:43.228 smaller amounts of pills,

NOTE Confidence: 0.81746403125

00:35:43.228 --> 00:35:45.910 people are less likely to take their lives.

NOTE Confidence: 0.81746403125

00:35:45.910 --> 00:35:47.370 There's modest substitution with

NOTE Confidence: 0.81746403125

00:35:47.370 --> 00:35:49.736 all of these, so sometimes some

NOTE Confidence: 0.81746403125

00:35:49.736 --> 00:35:51.846 people do substitute other methods,
NOTE Confidence: 0.81746403125

00:35:51.850 --> 00:35:52.720 but it's not.
NOTE Confidence: 0.81746403125

00:35:52.720 --> 00:35:53.590 But it's still.
NOTE Confidence: 0.81746403125

00:35:53.590 --> 00:35:55.440 The net reduction is lower
NOTE Confidence: 0.81746403125

00:35:55.440 --> 00:35:56.550 because most people,
NOTE Confidence: 0.81746403125

00:35:56.550 --> 00:35:58.302 many people who choose a method
NOTE Confidence: 0.81746403125

00:35:58.302 --> 00:35:59.922 typically and if they're restricted
NOTE Confidence: 0.81746403125

00:35:59.922 --> 00:36:01.506 from accessing that method,
NOTE Confidence: 0.81746403125

00:36:01.510 --> 00:36:04.534 won't try that day and then they survive.
NOTE Confidence: 0.81746403125

00:36:04.540 --> 00:36:06.520 Really interesting work on carbon emissions.
NOTE Confidence: 0.81746403125

00:36:06.520 --> 00:36:08.567 So it turns out that the 1970
NOTE Confidence: 0.81746403125

00:36:08.567 --> 00:36:11.969 Clean Air Act which reduced which
NOTE Confidence: 0.81746403125

00:36:11.969 --> 00:36:14.632 required new cars to be produced
NOTE Confidence: 0.81746403125

00:36:14.632 --> 00:36:16.392 with a catalytic converters and
NOTE Confidence: 0.81746403125

00:36:16.392 --> 00:36:18.898 and and reduce the amount of carbon
NOTE Confidence: 0.81746403125

00:36:18.898 --> 00:36:20.613 emissions coming out of cars.

NOTE Confidence: 0.81746403125

00:36:20.620 --> 00:36:22.798 Actually by the time those cars

NOTE Confidence: 0.81746403125

00:36:22.798 --> 00:36:25.286 were majority in the in the streets

NOTE Confidence: 0.81746403125

00:36:25.286 --> 00:36:27.533 which is the 1990s we see lower

NOTE Confidence: 0.81746403125

00:36:27.608 --> 00:36:30.122 rates of suicide deaths due to

NOTE Confidence: 0.81746403125

00:36:30.122 --> 00:36:31.798 carbon monoxide poisoning for

NOTE Confidence: 0.81746403125

00:36:31.800 --> 00:36:33.156 both adults and for youth which

NOTE Confidence: 0.81746403125

00:36:33.156 --> 00:36:34.660 is really sort of interesting.

NOTE Confidence: 0.81746403125

00:36:34.660 --> 00:36:36.565 That's a public health effort

NOTE Confidence: 0.81746403125

00:36:36.565 --> 00:36:38.470 for climate change actually had

NOTE Confidence: 0.81746403125

00:36:38.538 --> 00:36:40.290 a suicide prevention effort,

NOTE Confidence: 0.81746403125

00:36:40.290 --> 00:36:43.910 became a suicide prevention effort.

NOTE Confidence: 0.81746403125

00:36:43.910 --> 00:36:44.994 At the person level,

NOTE Confidence: 0.81746403125

00:36:44.994 --> 00:36:46.620 we can have there's a wonderful

NOTE Confidence: 0.81746403125

00:36:46.676 --> 00:36:48.676 app on a phone that you could all

NOTE Confidence: 0.81746403125

00:36:48.676 --> 00:36:50.338 download today and show people that

NOTE Confidence: 0.81746403125

00:36:50.338 --> 00:36:52.480 you love who might be struggling called
NOTE Confidence: 0.81746403125

00:36:52.480 --> 00:36:55.360 the Stanley Brown Safety Plan app.
NOTE Confidence: 0.81746403125

00:36:55.360 --> 00:36:59.800 But as a as a doctor or as a parent,
NOTE Confidence: 0.81746403125

00:36:59.800 --> 00:37:00.920 you can also remove access
NOTE Confidence: 0.81746403125

00:37:00.920 --> 00:37:02.310 to lethal means in your home.
NOTE Confidence: 0.81746403125

00:37:02.310 --> 00:37:03.941 And one of the things that always
NOTE Confidence: 0.81746403125

00:37:03.941 --> 00:37:05.980 strikes me is that we spend lots of
NOTE Confidence: 0.81746403125

00:37:05.980 --> 00:37:07.726 time protecting our homes for baby,
NOTE Confidence: 0.81746403125

00:37:07.726 --> 00:37:09.475 baby proofing our homes, right?
NOTE Confidence: 0.81746403125

00:37:09.475 --> 00:37:11.820 Those plugs that go in the wall
NOTE Confidence: 0.81746403125

00:37:11.820 --> 00:37:14.277 or we're told for every child to.
NOTE Confidence: 0.81746403125

00:37:14.280 --> 00:37:16.360 Place them on their back to prevent SIDS.
NOTE Confidence: 0.81746403125

00:37:16.360 --> 00:37:17.938 But we didn't understand the what.
NOTE Confidence: 0.81746403125

00:37:17.940 --> 00:37:19.417 We don't understand the cause of SIDS.
NOTE Confidence: 0.81746403125

00:37:19.420 --> 00:37:21.324 We built every child to lie on
NOTE Confidence: 0.81746403125

00:37:21.324 --> 00:37:22.925 their back as a baby, right?

NOTE Confidence: 0.81746403125

00:37:22.925 --> 00:37:25.205 We can remove access to lethal means for

NOTE Confidence: 0.81746403125

00:37:25.205 --> 00:37:27.315 every single kid and every single home,

NOTE Confidence: 0.81746403125

00:37:27.320 --> 00:37:28.655 irrespective of risk.

NOTE Confidence: 0.81746403125

00:37:28.655 --> 00:37:32.478 That means locking up guns and over the

NOTE Confidence: 0.81746403125

00:37:32.478 --> 00:37:34.978 counter and prescription medication.

NOTE Confidence: 0.81746403125

00:37:34.980 --> 00:37:36.924 So I think every family should

NOTE Confidence: 0.81746403125

00:37:36.924 --> 00:37:39.527 have a lock box for things that

NOTE Confidence: 0.81746403125

00:37:39.527 --> 00:37:41.175 kids might struggle with.

NOTE Confidence: 0.81746403125

00:37:41.180 --> 00:37:43.082 We screening also works and it

NOTE Confidence: 0.81746403125

00:37:43.082 --> 00:37:44.840 turns out a pediatric office.

NOTE Confidence: 0.81746403125

00:37:44.840 --> 00:37:47.157 This is a great place to screen

NOTE Confidence: 0.81746403125

00:37:47.157 --> 00:37:48.534 parents appreciate you know

NOTE Confidence: 0.81746403125

00:37:48.534 --> 00:37:50.119 accept it youth accept it.

NOTE Confidence: 0.81746403125

00:37:50.120 --> 00:37:51.960 So high acceptability and feasibility

NOTE Confidence: 0.81746403125

00:37:51.960 --> 00:37:54.728 of doing it in medical settings and

NOTE Confidence: 0.81746403125

00:37:54.728 --> 00:37:56.448 particular and benefits efficacy
NOTE Confidence: 0.81746403125

00:37:56.448 --> 00:37:58.660 evidence around the link between
NOTE Confidence: 0.81746403125

00:37:58.660 --> 00:38:01.726 around the impact of screening and
NOTE Confidence: 0.81746403125

00:38:01.726 --> 00:38:04.844 then connecting to care of course
NOTE Confidence: 0.81746403125

00:38:04.844 --> 00:38:07.299 relative to not doing either.
NOTE Confidence: 0.81746403125

00:38:07.300 --> 00:38:09.106 And it turns out there's really
NOTE Confidence: 0.81746403125

00:38:09.106 --> 00:38:10.310 interesting population level efforts.
NOTE Confidence: 0.81746403125

00:38:10.310 --> 00:38:12.356 There was Garrett Lee Smith Act
NOTE Confidence: 0.81746403125

00:38:12.356 --> 00:38:14.204 that was passed under the
NOTE Confidence: 0.81746403125

00:38:14.204 --> 00:38:17.320 Bush administration in 2004.
NOTE Confidence: 0.81746403125

00:38:17.320 --> 00:38:18.223 Invested in communities.
NOTE Confidence: 0.81746403125

00:38:18.223 --> 00:38:20.330 So this was money that went to
NOTE Confidence: 0.81746403125

00:38:20.393 --> 00:38:22.248 communities for them to invest
NOTE Confidence: 0.81746403125

00:38:22.248 --> 00:38:23.732 in suicide prevention efforts.
NOTE Confidence: 0.81746403125

00:38:23.740 --> 00:38:25.320 Really good evidence of these
NOTE Confidence: 0.81746403125

00:38:25.320 --> 00:38:26.900 sort of community wide efforts.

NOTE Confidence: 0.81746403125

00:38:26.900 --> 00:38:28.516 People use them in lots of different ways.

NOTE Confidence: 0.81746403125

00:38:28.520 --> 00:38:29.816 Built a lot of different kinds

NOTE Confidence: 0.81746403125

00:38:29.816 --> 00:38:30.680 of programs with them.

NOTE Confidence: 0.826568812222222

00:38:30.680 --> 00:38:33.776 It's now a new version called the Stand Up.

NOTE Confidence: 0.826568812222222

00:38:33.780 --> 00:38:34.974 I'm sorry that I don't remember

NOTE Confidence: 0.826568812222222

00:38:34.974 --> 00:38:36.010 the full acronym of that.

NOTE Confidence: 0.826568812222222

00:38:36.010 --> 00:38:38.032 It's like suicide training and awareness

NOTE Confidence: 0.826568812222222

00:38:38.032 --> 00:38:40.287 and something out there that Biden just

NOTE Confidence: 0.826568812222222

00:38:40.287 --> 00:38:42.275 signed but there's no money behind it.

NOTE Confidence: 0.826568812222222

00:38:42.280 --> 00:38:44.023 So even though it's been passed in

NOTE Confidence: 0.826568812222222

00:38:44.023 --> 00:38:45.888 Congress and signed into law, it needs

NOTE Confidence: 0.826568812222222

00:38:45.888 --> 00:38:47.508 money and investments for communities.

NOTE Confidence: 0.826568812222222

00:38:47.510 --> 00:38:50.580 Little invest in suicide prevention.

NOTE Confidence: 0.826568812222222

00:38:50.580 --> 00:38:53.530 At some of this work.

NOTE Confidence: 0.826568812222222

00:38:53.530 --> 00:38:55.582 We are testing right now just

NOTE Confidence: 0.826568812222222

00:38:55.582 --> 00:38:57.370 keeping eye on time here.
NOTE Confidence: 0.8265688122222222

00:38:57.370 --> 00:38:59.986 So we are testing some of this work
NOTE Confidence: 0.8265688122222222

00:38:59.986 --> 00:39:03.050 through a randomized trial called we care.
NOTE Confidence: 0.8265688122222222

00:39:03.050 --> 00:39:04.300 This is work that's being
NOTE Confidence: 0.8265688122222222

00:39:04.300 --> 00:39:05.550 funded right now by NIMH.
NOTE Confidence: 0.8265688122222222

00:39:05.550 --> 00:39:07.615 We just launched it with Michael Lindsay
NOTE Confidence: 0.8265688122222222

00:39:07.615 --> 00:39:09.657 and Cheryl King that I'm doing where
NOTE Confidence: 0.8265688122222222

00:39:09.657 --> 00:39:12.054 we are taking youth who present to the
NOTE Confidence: 0.8265688122222222

00:39:12.054 --> 00:39:13.789 emergency department for any condition.
NOTE Confidence: 0.8265688122222222

00:39:13.790 --> 00:39:16.070 So a broken knee or asthma,
NOTE Confidence: 0.8265688122222222

00:39:16.070 --> 00:39:17.210 they walk in the door.
NOTE Confidence: 0.8265688122222222

00:39:17.210 --> 00:39:19.464 We are doing a small eligibility survey
NOTE Confidence: 0.8265688122222222

00:39:19.464 --> 00:39:21.654 with them and then randomizing them
NOTE Confidence: 0.8265688122222222

00:39:21.654 --> 00:39:23.964 to a combination of that screening.
NOTE Confidence: 0.8265688122222222

00:39:23.970 --> 00:39:26.026 That I mentioned the cafe and then have
NOTE Confidence: 0.8265688122222222

00:39:26.026 --> 00:39:27.929 a positive screen connecting to care.

NOTE Confidence: 0.826568812222222

00:39:27.930 --> 00:39:30.121 This is actually for black youth using

NOTE Confidence: 0.826568812222222

00:39:30.121 --> 00:39:31.921 an intervention that Michael Lindsay

NOTE Confidence: 0.826568812222222

00:39:31.921 --> 00:39:33.533 developed those particularly about

NOTE Confidence: 0.826568812222222

00:39:33.533 --> 00:39:35.881 reducing the barriers and in promoting

NOTE Confidence: 0.826568812222222

00:39:35.881 --> 00:39:37.915 facilitators for black youth and their

NOTE Confidence: 0.826568812222222

00:39:37.915 --> 00:39:40.180 families and encouraging engagement and care.

NOTE Confidence: 0.826568812222222

00:39:40.180 --> 00:39:42.550 So we are doing follow-ups in

NOTE Confidence: 0.826568812222222

00:39:42.615 --> 00:39:44.397 awhile and a bunch of years.

NOTE Confidence: 0.826568812222222

00:39:44.400 --> 00:39:46.904 I'll be happy to come back and chat

NOTE Confidence: 0.826568812222222

00:39:46.904 --> 00:39:49.299 about what we find with this effort,

NOTE Confidence: 0.826568812222222

00:39:49.300 --> 00:39:52.246 but it's really about moving interventions

NOTE Confidence: 0.826568812222222

00:39:52.246 --> 00:39:54.979 into the places where kids are.

NOTE Confidence: 0.826568812222222

00:39:54.980 --> 00:39:55.852 But school based prevention

NOTE Confidence: 0.826568812222222

00:39:55.852 --> 00:39:57.160 is where my heart is right.

NOTE Confidence: 0.826568812222222

00:39:57.160 --> 00:39:58.588 I'm an I'm a developmental psychologist,

NOTE Confidence: 0.826568812222222

00:39:58.590 --> 00:40:00.250 but I do a lot in schools and I just
NOTE Confidence: 0.826568812222222

00:40:00.296 --> 00:40:01.768 come out of doing a whole set of
NOTE Confidence: 0.826568812222222

00:40:01.768 --> 00:40:03.337 work in pre-K as we started with.
NOTE Confidence: 0.826568812222222

00:40:03.340 --> 00:40:05.380 It turns out it's a really nascent field.
NOTE Confidence: 0.826568812222222

00:40:05.380 --> 00:40:07.522 So even though this is where kids are there,
NOTE Confidence: 0.826568812222222

00:40:07.530 --> 00:40:10.034 there's a whole set of adult focus programs.
NOTE Confidence: 0.826568812222222

00:40:10.040 --> 00:40:11.948 They're called gatekeeper programs.
NOTE Confidence: 0.826568812222222

00:40:11.948 --> 00:40:14.333 They train adults to recognize
NOTE Confidence: 0.826568812222222

00:40:14.333 --> 00:40:16.039 the signs of suicide,
NOTE Confidence: 0.826568812222222

00:40:16.040 --> 00:40:17.505 but they and they typically
NOTE Confidence: 0.826568812222222

00:40:17.505 --> 00:40:18.970 increase adult knowledge but not
NOTE Confidence: 0.826568812222222

00:40:19.025 --> 00:40:20.637 necessarily student help seeking.
NOTE Confidence: 0.826568812222222

00:40:20.640 --> 00:40:22.194 It works out best when teachers
NOTE Confidence: 0.826568812222222

00:40:22.194 --> 00:40:23.586 already know something or already
NOTE Confidence: 0.826568812222222

00:40:23.586 --> 00:40:24.790 have connections to kids.
NOTE Confidence: 0.826568812222222

00:40:24.790 --> 00:40:26.545 But otherwise not,

NOTE Confidence: 0.826568812222222

00:40:26.545 --> 00:40:28.885 it's not enough frankly.

NOTE Confidence: 0.826568812222222

00:40:28.890 --> 00:40:30.878 It turns out there's some peer focused

NOTE Confidence: 0.826568812222222

00:40:30.878 --> 00:40:32.527 programs that actually do seem to work.

NOTE Confidence: 0.826568812222222

00:40:32.530 --> 00:40:34.170 The pure awareness programs did,

NOTE Confidence: 0.826568812222222

00:40:34.170 --> 00:40:35.899 the old style ones didn't work that

NOTE Confidence: 0.826568812222222

00:40:35.899 --> 00:40:37.476 well because they basically just said

NOTE Confidence: 0.826568812222222

00:40:37.476 --> 00:40:39.303 kids like here's what it looks like.

NOTE Confidence: 0.826568812222222

00:40:39.310 --> 00:40:41.314 And in fact sometimes they re

NOTE Confidence: 0.826568812222222

00:40:41.314 --> 00:40:43.470 stigmatized it a little bit the the,

NOTE Confidence: 0.826568812222222

00:40:43.470 --> 00:40:46.800 the it's resting unitized suicide.

NOTE Confidence: 0.826568812222222

00:40:46.800 --> 00:40:49.098 But these new programs are really

NOTE Confidence: 0.826568812222222

00:40:49.098 --> 00:40:51.337 trying to work directly with friends

NOTE Confidence: 0.826568812222222

00:40:51.337 --> 00:40:53.865 and I'll show you why in a second.

NOTE Confidence: 0.826568812222222

00:40:53.870 --> 00:40:55.764 So there are a few programs, there's three.

NOTE Confidence: 0.826568812222222

00:40:55.764 --> 00:40:57.396 And when I think about like

NOTE Confidence: 0.826568812222222

00:40:57.396 --> 00:40:59.047 other areas and my nose is right,
NOTE Confidence: 0.826568812222222

00:40:59.050 --> 00:41:01.374 other areas of where we know about
NOTE Confidence: 0.826568812222222

00:41:01.374 --> 00:41:02.889 school based prevention like in,
NOTE Confidence: 0.826568812222222

00:41:02.890 --> 00:41:03.961 I don't know,
NOTE Confidence: 0.826568812222222

00:41:03.961 --> 00:41:05.389 social emotional learning interventions
NOTE Confidence: 0.826568812222222

00:41:05.389 --> 00:41:07.622 or reading or math even right there's
NOTE Confidence: 0.826568812222222

00:41:07.622 --> 00:41:09.893 there's 10's and 20s and 30s and 40s
NOTE Confidence: 0.826568812222222

00:41:09.893 --> 00:41:12.109 right programs that are out there that work.
NOTE Confidence: 0.8035878325

00:41:12.110 --> 00:41:14.182 And the fact that we only have three
NOTE Confidence: 0.8035878325

00:41:14.182 --> 00:41:15.963 programs that show any evidence of
NOTE Confidence: 0.8035878325

00:41:15.963 --> 00:41:18.034 efficacy feels frighteningly small to me.
NOTE Confidence: 0.8035878325

00:41:18.034 --> 00:41:19.864 And none have reported evidence
NOTE Confidence: 0.8035878325

00:41:19.864 --> 00:41:21.458 separately for marginalized case.
NOTE Confidence: 0.8035878325

00:41:21.460 --> 00:41:23.104 So these are studies that were
NOTE Confidence: 0.8035878325

00:41:23.104 --> 00:41:24.547 largely done on white students
NOTE Confidence: 0.8035878325

00:41:24.547 --> 00:41:26.305 or at least not separated out.

NOTE Confidence: 0.8035878325

00:41:26.310 --> 00:41:28.291 We also don't know the effects on

NOTE Confidence: 0.8035878325

00:41:28.291 --> 00:41:30.315 LGBT class kids, who are one of the

NOTE Confidence: 0.8035878325

00:41:30.315 --> 00:41:33.970 kids that are most at risk. Umm.

NOTE Confidence: 0.8035878325

00:41:33.970 --> 00:41:36.226 Let's see, what am I doing on time?

NOTE Confidence: 0.8035878325

00:41:36.230 --> 00:41:38.036 OK, so the programs that work

NOTE Confidence: 0.8035878325

00:41:38.036 --> 00:41:40.455 do build on what we know about

NOTE Confidence: 0.8035878325

00:41:40.455 --> 00:41:41.987 what works for adolescents.

NOTE Confidence: 0.8035878325

00:41:41.990 --> 00:41:43.320 One of the most important things for

NOTE Confidence: 0.8035878325

00:41:43.320 --> 00:41:44.769 adolescents is to work with their friends,

NOTE Confidence: 0.8035878325

00:41:44.770 --> 00:41:46.690 right? When we all know this,

NOTE Confidence: 0.8035878325

00:41:46.690 --> 00:41:49.210 adolescents are really influenced

NOTE Confidence: 0.8035878325

00:41:49.210 --> 00:41:51.730 by friends we know.

NOTE Confidence: 0.8035878325

00:41:51.730 --> 00:41:53.368 We've studied for a long time.

NOTE Confidence: 0.8035878325

00:41:53.370 --> 00:41:54.418 The negative role appears

NOTE Confidence: 0.8035878325

00:41:54.418 --> 00:41:55.466 play on their friends,

NOTE Confidence: 0.8035878325

00:41:55.470 --> 00:41:57.422 but it turns out there's lots of evidence

NOTE Confidence: 0.8035878325

00:41:57.422 --> 00:41:59.327 that peers play a positive role as well.

NOTE Confidence: 0.8035878325

00:41:59.330 --> 00:42:01.166 Really interesting work on safe driving.

NOTE Confidence: 0.8035878325

00:42:01.170 --> 00:42:02.006 Like if you drive,

NOTE Confidence: 0.8035878325

00:42:02.006 --> 00:42:03.650 if your friend is a safe driver,

NOTE Confidence: 0.8035878325

00:42:03.650 --> 00:42:05.010 you're more likely to be

NOTE Confidence: 0.8035878325

00:42:05.010 --> 00:42:06.098 a safe driver yourself.

NOTE Confidence: 0.8035878325

00:42:06.100 --> 00:42:06.435 Right.

NOTE Confidence: 0.8035878325

00:42:06.435 --> 00:42:08.780 And other kinds of efforts that have

NOTE Confidence: 0.8035878325

00:42:08.780 --> 00:42:10.620 really demonstrated the ways in which

NOTE Confidence: 0.8035878325

00:42:10.620 --> 00:42:12.282 kids positive behavior can be norm

NOTE Confidence: 0.8035878325

00:42:12.337 --> 00:42:14.149 setting as well for their friends.

NOTE Confidence: 0.8035878325

00:42:14.150 --> 00:42:15.230 And so in this case,

NOTE Confidence: 0.8035878325

00:42:15.230 --> 00:42:17.757 we really want to change norms around

NOTE Confidence: 0.8035878325

00:42:17.757 --> 00:42:19.890 help seeking and around talking

NOTE Confidence: 0.8035878325

00:42:19.890 --> 00:42:22.330 about mental illness coming forward,

NOTE Confidence: 0.8035878325

00:42:22.330 --> 00:42:23.542 being honest about it.

NOTE Confidence: 0.8035878325

00:42:23.542 --> 00:42:25.800 I won't do a lot of this,

NOTE Confidence: 0.8035878325

00:42:25.800 --> 00:42:26.808 but I'll do this very quickly.

NOTE Confidence: 0.8035878325

00:42:26.810 --> 00:42:28.340 So there's really interesting work in,

NOTE Confidence: 0.8035878325

00:42:28.340 --> 00:42:30.680 in the neurobiology of adolescence

NOTE Confidence: 0.8035878325

00:42:30.680 --> 00:42:33.020 of the adolescent brain that

NOTE Confidence: 0.8035878325

00:42:33.020 --> 00:42:34.990 this is Eva Telzer's work.

NOTE Confidence: 0.8035878325

00:42:34.990 --> 00:42:36.600 We used to think about the adolescent.

NOTE Confidence: 0.8035878325

00:42:36.600 --> 00:42:38.476 Data is being basically two parts a,

NOTE Confidence: 0.8035878325

00:42:38.480 --> 00:42:40.045 a small cognitive control system

NOTE Confidence: 0.8035878325

00:42:40.045 --> 00:42:42.283 that was just being outweighed by the

NOTE Confidence: 0.8035878325

00:42:42.283 --> 00:42:43.918 social emotional system, the amygdala.

NOTE Confidence: 0.8035878325

00:42:43.918 --> 00:42:46.012 And basically the idea was, OK,

NOTE Confidence: 0.8035878325

00:42:46.012 --> 00:42:48.266 well, we've got to dampen down this,

NOTE Confidence: 0.8035878325

00:42:48.270 --> 00:42:49.998 these emotions to give the air

NOTE Confidence: 0.8035878325

00:42:49.998 --> 00:42:51.518 traffic control a little bit
NOTE Confidence: 0.8035878325

00:42:51.518 --> 00:42:53.048 more power for the adolescents.
NOTE Confidence: 0.8035878325

00:42:53.050 --> 00:42:56.026 This is why they're doing like risky things.
NOTE Confidence: 0.8035878325

00:42:56.030 --> 00:42:57.815 And Ava tells her is really showing
NOTE Confidence: 0.8035878325

00:42:57.815 --> 00:42:59.656 the ways in which it's actually
NOTE Confidence: 0.8035878325

00:42:59.656 --> 00:43:01.684 three parts to the adolescent brain,
NOTE Confidence: 0.8035878325

00:43:01.690 --> 00:43:03.886 that it is the prefrontal cortex,
NOTE Confidence: 0.8035878325

00:43:03.890 --> 00:43:06.284 but that the, the, the that's being,
NOTE Confidence: 0.8035878325

00:43:06.290 --> 00:43:07.532 that's the cognitive.
NOTE Confidence: 0.8035878325

00:43:07.532 --> 00:43:08.360 General system,
NOTE Confidence: 0.8035878325

00:43:08.360 --> 00:43:09.944 but it's being outweighed by two
NOTE Confidence: 0.8035878325

00:43:09.944 --> 00:43:11.320 systems in the adolescent brain,
NOTE Confidence: 0.8035878325

00:43:11.320 --> 00:43:12.050 the amygdala,
NOTE Confidence: 0.8035878325

00:43:12.050 --> 00:43:14.240 which is the social emotional system,
NOTE Confidence: 0.8035878325

00:43:14.240 --> 00:43:16.648 but also the ventral stray Adam which
NOTE Confidence: 0.8035878325

00:43:16.648 --> 00:43:18.580 is actually approach reward system.

NOTE Confidence: 0.8035878325

00:43:18.580 --> 00:43:21.954 So basically the notion is is that

NOTE Confidence: 0.8035878325

00:43:21.960 --> 00:43:24.585 kids are being sort of activated by

NOTE Confidence: 0.8035878325

00:43:24.585 --> 00:43:26.960 their needs for new experiences.

NOTE Confidence: 0.8035878325

00:43:26.960 --> 00:43:29.210 And so it argues that we need to give

NOTE Confidence: 0.8035878325

00:43:29.210 --> 00:43:31.105 kids new experiences so that they

NOTE Confidence: 0.8035878325

00:43:31.105 --> 00:43:33.760 don't get involved in in the riskier ones,

NOTE Confidence: 0.8035878325

00:43:33.760 --> 00:43:35.734 in the in the more detrimental ones.

NOTE Confidence: 0.8035878325

00:43:35.740 --> 00:43:37.456 And it turns out social rewards

NOTE Confidence: 0.8035878325

00:43:37.456 --> 00:43:38.314 carry particular weight.

NOTE Confidence: 0.8035878325

00:43:38.320 --> 00:43:40.606 If we help kids do things,

NOTE Confidence: 0.8035878325

00:43:40.610 --> 00:43:42.938 that is risky, risky,

NOTE Confidence: 0.8035878325

00:43:42.938 --> 00:43:45.848 but sort of positive risky.

NOTE Confidence: 0.8035878325

00:43:45.850 --> 00:43:47.962 There's a wonderful piece by Eva

NOTE Confidence: 0.8035878325

00:43:47.962 --> 00:43:50.062 Telzer and her colleagues that talks

NOTE Confidence: 0.8035878325

00:43:50.062 --> 00:43:51.952 about how pro social risk taking

NOTE Confidence: 0.8035878325

00:43:51.952 --> 00:43:54.057 that she talks about helping others
NOTE Confidence: 0.8035878325

00:43:54.057 --> 00:43:56.169 with a social cost to yourself.
NOTE Confidence: 0.881838621538462

00:43:56.170 --> 00:43:57.786 And so I think a lot about that
NOTE Confidence: 0.881838621538462

00:43:57.786 --> 00:43:59.269 with regard to suicide prevention.
NOTE Confidence: 0.881838621538462

00:43:59.270 --> 00:44:01.126 Imagine if you have to take your friend
NOTE Confidence: 0.881838621538462

00:44:01.126 --> 00:44:03.190 to go get help and sort of come out,
NOTE Confidence: 0.881838621538462

00:44:03.190 --> 00:44:04.732 help them come out about their
NOTE Confidence: 0.881838621538462

00:44:04.732 --> 00:44:06.000 mental illness, so to speak.
NOTE Confidence: 0.881838621538462

00:44:06.000 --> 00:44:08.589 That's a risky thing for an I lesson to do.
NOTE Confidence: 0.881838621538462

00:44:08.590 --> 00:44:09.616 Risk their friendship,
NOTE Confidence: 0.881838621538462

00:44:09.616 --> 00:44:10.984 but also really powerful.
NOTE Confidence: 0.881838621538462

00:44:10.990 --> 00:44:13.937 That could be really salient for them.
NOTE Confidence: 0.881838621538462

00:44:13.940 --> 00:44:15.634 And of course, I was really inspired
NOTE Confidence: 0.881838621538462

00:44:15.634 --> 00:44:16.840 by Frankie's friend community.
NOTE Confidence: 0.881838621538462

00:44:16.840 --> 00:44:18.740 So as an artsy kid,
NOTE Confidence: 0.881838621538462

00:44:18.740 --> 00:44:20.070 Frankie said tons of time

NOTE Confidence: 0.881838621538462
00:44:20.070 --> 00:44:21.134 in the theater office.
NOTE Confidence: 0.881838621538462
00:44:21.140 --> 00:44:23.012 It was tucked behind the 6th floor of a
NOTE Confidence: 0.881838621538462
00:44:23.012 --> 00:44:25.078 large and bustling New York City High School.
NOTE Confidence: 0.881838621538462
00:44:25.080 --> 00:44:26.844 That's where she dropped her backpack
NOTE Confidence: 0.881838621538462
00:44:26.844 --> 00:44:29.225 and had her lunch and all those kinds
NOTE Confidence: 0.881838621538462
00:44:29.225 --> 00:44:30.953 of things and snuggled with teens.
NOTE Confidence: 0.881838621538462
00:44:30.960 --> 00:44:31.896 And it was there.
NOTE Confidence: 0.881838621538462
00:44:31.896 --> 00:44:33.300 There was also this little corner
NOTE Confidence: 0.881838621538462
00:44:33.346 --> 00:44:34.666 of the office where kids could
NOTE Confidence: 0.881838621538462
00:44:34.666 --> 00:44:36.100 go when they were struggling.
NOTE Confidence: 0.881838621538462
00:44:36.100 --> 00:44:37.175 And Frankie went there when
NOTE Confidence: 0.881838621538462
00:44:37.175 --> 00:44:37.820 she was struggling,
NOTE Confidence: 0.881838621538462
00:44:37.820 --> 00:44:40.076 outside of sort of the prying eyes of
NOTE Confidence: 0.881838621538462
00:44:40.076 --> 00:44:42.080 adults in her school and a friend of
NOTE Confidence: 0.881838621538462
00:44:42.080 --> 00:44:43.940 hers who is about a year younger than.
NOTE Confidence: 0.881838621538462

00:44:43.940 --> 00:44:46.050 Frankie was there once, struggling.
NOTE Confidence: 0.881838621538462

00:44:46.050 --> 00:44:48.226 A lot of kids went to that space
NOTE Confidence: 0.881838621538462

00:44:48.226 --> 00:44:50.130 to kind of hide was crying.
NOTE Confidence: 0.881838621538462

00:44:50.130 --> 00:44:53.070 She was overwhelmed with school or something,
NOTE Confidence: 0.881838621538462

00:44:53.070 --> 00:44:54.894 and she told us how Frankie
NOTE Confidence: 0.881838621538462

00:44:54.894 --> 00:44:56.110 just went in there,
NOTE Confidence: 0.881838621538462

00:44:56.110 --> 00:44:57.750 found her there and just sat with her.
NOTE Confidence: 0.881838621538462

00:44:57.750 --> 00:45:00.207 And it helped her feel better just
NOTE Confidence: 0.881838621538462

00:45:00.207 --> 00:45:02.619 having someone to sit with her there.
NOTE Confidence: 0.881838621538462

00:45:02.620 --> 00:45:04.560 And so after Frankie died,
NOTE Confidence: 0.881838621538462

00:45:04.560 --> 00:45:06.025 this girl Rebecca decided to
NOTE Confidence: 0.881838621538462

00:45:06.025 --> 00:45:07.836 remake the corner of that office
NOTE Confidence: 0.881838621538462

00:45:07.836 --> 00:45:09.558 with a whole group of friends.
NOTE Confidence: 0.881838621538462

00:45:09.560 --> 00:45:11.960 And they put Post-its on the wall with
NOTE Confidence: 0.881838621538462

00:45:11.960 --> 00:45:14.465 words like it gets better and you matter,
NOTE Confidence: 0.881838621538462

00:45:14.470 --> 00:45:15.574 and phone numbers to

NOTE Confidence: 0.881838621538462

00:45:15.574 --> 00:45:16.954 call each other for help.

NOTE Confidence: 0.881838621538462

00:45:16.960 --> 00:45:19.272 And they built this kind of space with

NOTE Confidence: 0.881838621538462

00:45:19.272 --> 00:45:21.300 support and affirmation and healing.

NOTE Confidence: 0.881838621538462

00:45:21.300 --> 00:45:22.992 And so when I was looking

NOTE Confidence: 0.881838621538462

00:45:22.992 --> 00:45:23.838 for prevention programs,

NOTE Confidence: 0.881838621538462

00:45:23.840 --> 00:45:25.856 I thought those that would mirror what I

NOTE Confidence: 0.881838621538462

00:45:25.856 --> 00:45:27.959 saw here in Frankie's friend community,

NOTE Confidence: 0.881838621538462

00:45:27.960 --> 00:45:29.300 a kids with who,

NOTE Confidence: 0.881838621538462

00:45:29.300 --> 00:45:30.640 after a profound loss,

NOTE Confidence: 0.881838621538462

00:45:30.640 --> 00:45:33.125 could really build a space like this.

NOTE Confidence: 0.881838621538462

00:45:33.130 --> 00:45:34.510 And that brought me to a

NOTE Confidence: 0.881838621538462

00:45:34.510 --> 00:45:35.430 program called Directing Change.

NOTE Confidence: 0.881838621538462

00:45:35.430 --> 00:45:37.662 I'm going to say that last a little bit

NOTE Confidence: 0.881838621538462

00:45:37.662 --> 00:45:39.994 of time showing you what this program

NOTE Confidence: 0.881838621538462

00:45:39.994 --> 00:45:42.109 is that we're starting to evaluate.

NOTE Confidence: 0.881838621538462

00:45:42.110 --> 00:45:43.762 It was developed by a set of
NOTE Confidence: 0.881838621538462

00:45:43.762 --> 00:45:45.090 colleagues out in California.
NOTE Confidence: 0.881838621538462

00:45:45.090 --> 00:45:47.690 It's been out in California for a while.
NOTE Confidence: 0.881838621538462

00:45:47.690 --> 00:45:49.375 They basically what happens is
NOTE Confidence: 0.881838621538462

00:45:49.375 --> 00:45:51.547 kids makes 30 and 62nd films
NOTE Confidence: 0.881838621538462

00:45:51.547 --> 00:45:53.647 in mental health awareness and
NOTE Confidence: 0.881838621538462

00:45:53.647 --> 00:45:55.710 suicide prevention and submit them.
NOTE Confidence: 0.881838621538462

00:45:55.710 --> 00:45:57.719 They make them by themselves and they
NOTE Confidence: 0.881838621538462

00:45:57.719 --> 00:45:59.564 submit them to a statewide contacts
NOTE Confidence: 0.881838621538462

00:45:59.564 --> 00:46:01.727 contest on March 1st of every year.
NOTE Confidence: 0.881838621538462

00:46:01.730 --> 00:46:03.670 Very clear rubrics and disqualifying.
NOTE Confidence: 0.881838621538462

00:46:03.670 --> 00:46:05.040 Rules for that safe messaging,
NOTE Confidence: 0.881838621538462

00:46:05.040 --> 00:46:07.266 I told you was so important.
NOTE Confidence: 0.881838621538462

00:46:07.270 --> 00:46:09.646 A few years ago they packaged it for school,
NOTE Confidence: 0.881838621538462

00:46:09.650 --> 00:46:11.890 so they get they used to get a few 100 films.
NOTE Confidence: 0.881838621538462

00:46:11.890 --> 00:46:12.740 They actually thought they only

NOTE Confidence: 0.881838621538462
00:46:12.740 --> 00:46:13.790 get 50 in the first year.
NOTE Confidence: 0.881838621538462
00:46:13.790 --> 00:46:14.946 They got several hundred.
NOTE Confidence: 0.881838621538462
00:46:14.946 --> 00:46:16.680 They get about 1000 films a
NOTE Confidence: 0.881838621538462
00:46:16.735 --> 00:46:17.987 year even during COVID,
NOTE Confidence: 0.881838621538462
00:46:17.990 --> 00:46:20.006 but they packaged it and that's what these
NOTE Confidence: 0.881838621538462
00:46:20.006 --> 00:46:21.969 great these that light green bars are for.
NOTE Confidence: 0.826919802222222
00:46:21.970 --> 00:46:24.067 They get a few 100 films from the school
NOTE Confidence: 0.826919802222222
00:46:24.067 --> 00:46:25.495 based program where school leader
NOTE Confidence: 0.826919802222222
00:46:25.495 --> 00:46:27.547 like a teacher leads a whole group
NOTE Confidence: 0.826919802222222
00:46:27.547 --> 00:46:29.287 of students in making these films.
NOTE Confidence: 0.826919802222222
00:46:29.290 --> 00:46:30.982 I'm going to show you them in a second.
NOTE Confidence: 0.826919802222222
00:46:30.990 --> 00:46:32.976 They have resources and TA and
NOTE Confidence: 0.826919802222222
00:46:32.976 --> 00:46:35.343 they submit the the films to the
NOTE Confidence: 0.826919802222222
00:46:35.343 --> 00:46:37.611 contest and then they plan an event.
NOTE Confidence: 0.826919802222222
00:46:37.620 --> 00:46:40.154 To share them with the school community.
NOTE Confidence: 0.826919802222222

00:46:40.160 --> 00:46:41.726 I'm gonna show you a film.
NOTE Confidence: 0.826919802222222
00:46:41.730 --> 00:46:42.280 Let's watch.
NOTE Confidence: 0.797168676666667
00:46:50.620 --> 00:46:56.110 Alex, you know what to do. Hey bro.
NOTE Confidence: 0.797168676666667
00:46:56.110 --> 00:46:58.018 Look, I'm just going to be
NOTE Confidence: 0.797168676666667
00:46:58.018 --> 00:47:00.000 totally honest with you right now.
NOTE Confidence: 0.797168676666667
00:47:00.000 --> 00:47:01.284 You know, I've noticed that you've
NOTE Confidence: 0.797168676666667
00:47:01.284 --> 00:47:02.790 been acting weird for a few weeks now,
NOTE Confidence: 0.797168676666667
00:47:02.790 --> 00:47:06.372 and then you didn't show up to school today.
NOTE Confidence: 0.797168676666667
00:47:06.380 --> 00:47:07.990 And and I'm just starting to get
NOTE Confidence: 0.797168676666667
00:47:07.990 --> 00:47:10.211 really worried about you. I gotta ask.
NOTE Confidence: 0.797168676666667
00:47:10.211 --> 00:47:12.932 Are you thinking about suicide at all?
NOTE Confidence: 0.797168676666667
00:47:12.932 --> 00:47:15.060 I mean, I I realize you can't answer
NOTE Confidence: 0.797168676666667
00:47:15.128 --> 00:47:19.320 that question because on the phone, but.
NOTE Confidence: 0.797168676666667
00:47:19.320 --> 00:47:21.376 Look, if you're listening to this right now,
NOTE Confidence: 0.797168676666667
00:47:21.380 --> 00:47:23.160 just please give a number.
NOTE Confidence: 0.797168676666667
00:47:23.160 --> 00:47:24.890 Just call that number before

NOTE Confidence: 0.797168676666667
00:47:24.890 --> 00:47:26.274 you make a decision.
NOTE Confidence: 0.797168676666667
00:47:26.280 --> 00:47:27.512 But, you know, there are people here
NOTE Confidence: 0.797168676666667
00:47:27.512 --> 00:47:29.654 to help you go through this, you know.
NOTE Confidence: 0.797168676666667
00:47:29.654 --> 00:47:32.114 Absolutely not in this alone.
NOTE Confidence: 0.797168676666667
00:47:32.120 --> 00:47:34.910 Yeah, I'm here for you too.
NOTE Confidence: 0.797168676666667
00:47:34.910 --> 00:47:36.404 I'm gonna. I'm gonna try your
NOTE Confidence: 0.797168676666667
00:47:36.404 --> 00:47:38.170 house and see if you're there.
NOTE Confidence: 0.797168676666667
00:47:38.170 --> 00:47:39.030 OK.
NOTE Confidence: 0.797168676666667
00:47:39.030 --> 00:47:39.890 Bye.
NOTE Confidence: 0.886921613
00:47:42.580 --> 00:47:43.524 Orange County mental health
NOTE Confidence: 0.886921613
00:47:43.524 --> 00:47:44.940 crisis line my name is Chris.
NOTE Confidence: 0.886921613
00:47:44.940 --> 00:47:48.120 How can I help you today? Hi.
NOTE Confidence: 0.776049617142857
00:47:52.930 --> 00:47:55.177 Really powerful films that these kids make.
NOTE Confidence: 0.930152451666667
00:47:57.590 --> 00:47:59.360 So these kids are trying to
NOTE Confidence: 0.930152451666667
00:47:59.360 --> 00:48:01.190 share three things and that's it.
NOTE Confidence: 0.930152451666667

00:48:01.190 --> 00:48:03.626 How to recognize the signs of suicide,
NOTE Confidence: 0.930152451666667

00:48:03.630 --> 00:48:05.094 how to find the words to
NOTE Confidence: 0.930152451666667

00:48:05.094 --> 00:48:06.070 ask that question directly,
NOTE Confidence: 0.930152451666667

00:48:06.070 --> 00:48:08.046 which is a really scary question to ask
NOTE Confidence: 0.930152451666667

00:48:08.046 --> 00:48:10.177 and how to connect your funds to care.
NOTE Confidence: 0.930152451666667

00:48:10.180 --> 00:48:11.656 In this case, they would connect
NOTE Confidence: 0.930152451666667

00:48:11.656 --> 00:48:13.199 them to the that helpline that
NOTE Confidence: 0.930152451666667

00:48:13.199 --> 00:48:14.705 I just told you about 988.
NOTE Confidence: 0.930152451666667

00:48:14.710 --> 00:48:16.086 And they are safe,
NOTE Confidence: 0.930152451666667

00:48:16.086 --> 00:48:17.806 positive and action oriented messages.
NOTE Confidence: 0.930152451666667

00:48:17.810 --> 00:48:18.902 They amplify youth voice.
NOTE Confidence: 0.930152451666667

00:48:18.902 --> 00:48:20.855 So kids are telling them the way
NOTE Confidence: 0.930152451666667

00:48:20.855 --> 00:48:22.170 kids tell stories and they're
NOTE Confidence: 0.930152451666667

00:48:22.170 --> 00:48:23.867 by youth for youth and they're
NOTE Confidence: 0.930152451666667

00:48:23.867 --> 00:48:25.649 betting their own identity in them.
NOTE Confidence: 0.930152451666667

00:48:25.650 --> 00:48:26.570 So the kids, you know,

NOTE Confidence: 0.930152451666667
00:48:26.570 --> 00:48:28.019 you saw the poster in the back.
NOTE Confidence: 0.930152451666667
00:48:28.020 --> 00:48:30.318 They look like these kids spaces.
NOTE Confidence: 0.930152451666667
00:48:30.320 --> 00:48:32.280 They are building them out that way.
NOTE Confidence: 0.930152451666667
00:48:32.280 --> 00:48:33.640 They're speaking to each other.
NOTE Confidence: 0.930152451666667
00:48:33.640 --> 00:48:35.236 They were organically tailoring
NOTE Confidence: 0.930152451666667
00:48:35.236 --> 00:48:37.231 them to their their communities
NOTE Confidence: 0.930152451666667
00:48:37.231 --> 00:48:38.880 and to their identities.
NOTE Confidence: 0.842699048125
00:48:41.230 --> 00:48:42.581 We spoke to a bunch of advisors
NOTE Confidence: 0.842699048125
00:48:42.581 --> 00:48:43.728 to understand how this was
NOTE Confidence: 0.842699048125
00:48:43.728 --> 00:48:44.780 getting implemented in schools.
NOTE Confidence: 0.842699048125
00:48:44.780 --> 00:48:46.208 There's a huge amount of flexibility,
NOTE Confidence: 0.842699048125
00:48:46.210 --> 00:48:47.820 which you know, as Mike knows this
NOTE Confidence: 0.842699048125
00:48:47.820 --> 00:48:49.709 isn't easy to do in a school building.
NOTE Confidence: 0.842699048125
00:48:49.710 --> 00:48:52.076 So kids teachers can do this in
NOTE Confidence: 0.842699048125
00:48:52.076 --> 00:48:53.689 any classrooms they want to,
NOTE Confidence: 0.842699048125

00:48:53.690 --> 00:48:54.810 they can do it in.
NOTE Confidence: 0.842699048125

00:48:54.810 --> 00:48:56.042 We spoke to some that we're doing
NOTE Confidence: 0.842699048125

00:48:56.042 --> 00:48:57.299 in a video production class,
NOTE Confidence: 0.842699048125

00:48:57.300 --> 00:48:59.176 a film class and other school did
NOTE Confidence: 0.842699048125

00:48:59.176 --> 00:49:01.398 it in the first year seminar for
NOTE Confidence: 0.842699048125

00:49:01.398 --> 00:49:03.550 all freshmen and 1/3 school did a
NOTE Confidence: 0.842699048125

00:49:03.550 --> 00:49:05.461 Co led by the English teacher and
NOTE Confidence: 0.842699048125

00:49:05.461 --> 00:49:07.383 then linked it to other English
NOTE Confidence: 0.842699048125

00:49:07.383 --> 00:49:09.118 classes so schools can actually
NOTE Confidence: 0.842699048125

00:49:09.118 --> 00:49:10.730 decide where this best fits,
NOTE Confidence: 0.842699048125

00:49:10.730 --> 00:49:12.020 which is the teacher that early.
NOTE Confidence: 0.842699048125

00:49:12.020 --> 00:49:13.550 Handle this and do this kind
NOTE Confidence: 0.842699048125

00:49:13.550 --> 00:49:14.880 of activity with their kids.
NOTE Confidence: 0.842699048125

00:49:14.880 --> 00:49:16.280 Is it the film teacher?
NOTE Confidence: 0.842699048125

00:49:16.280 --> 00:49:18.485 Is it the seminar, the guidance counselors?
NOTE Confidence: 0.842699048125

00:49:18.490 --> 00:49:19.700 Is it the English teachers?

NOTE Confidence: 0.842699048125

00:49:19.700 --> 00:49:21.040 Is it the health teachers?

NOTE Confidence: 0.842699048125

00:49:21.040 --> 00:49:22.342 And they have a lot of flexibility

NOTE Confidence: 0.842699048125

00:49:22.342 --> 00:49:23.280 in how to do that,

NOTE Confidence: 0.842699048125

00:49:23.280 --> 00:49:26.040 which really matters for implementation.

NOTE Confidence: 0.842699048125

00:49:26.040 --> 00:49:27.660 I started with the ecological model,

NOTE Confidence: 0.842699048125

00:49:27.660 --> 00:49:29.631 so I'm going to show you that we feel

NOTE Confidence: 0.842699048125

00:49:29.631 --> 00:49:31.519 this is really ecologically infused.

NOTE Confidence: 0.842699048125

00:49:31.520 --> 00:49:33.028 Kids learn about suicide

NOTE Confidence: 0.842699048125

00:49:33.028 --> 00:49:34.159 prevention through filmmaking.

NOTE Confidence: 0.842699048125

00:49:34.160 --> 00:49:35.669 Their friends learn,

NOTE Confidence: 0.842699048125

00:49:35.669 --> 00:49:37.178 the advisors learn,

NOTE Confidence: 0.842699048125

00:49:37.180 --> 00:49:38.536 but their families also learn as

NOTE Confidence: 0.842699048125

00:49:38.536 --> 00:49:39.981 the kids talk about their school

NOTE Confidence: 0.842699048125

00:49:39.981 --> 00:49:41.201 projects and then they share

NOTE Confidence: 0.842699048125

00:49:41.201 --> 00:49:42.460 the films with the school.

NOTE Confidence: 0.842699048125

00:49:42.460 --> 00:49:43.912 Community and sometimes even
NOTE Confidence: 0.842699048125

00:49:43.912 --> 00:49:45.364 in local movie theaters.
NOTE Confidence: 0.842699048125

00:49:45.370 --> 00:49:48.370 And then the other piece is that the,
NOTE Confidence: 0.842699048125

00:49:48.370 --> 00:49:50.005 the the people could created
NOTE Confidence: 0.842699048125

00:49:50.005 --> 00:49:52.079 this program really do mentor the
NOTE Confidence: 0.842699048125

00:49:52.079 --> 00:49:54.377 students who are winners to become
NOTE Confidence: 0.842699048125

00:49:54.377 --> 00:49:55.526 suicide prevention advocates.
NOTE Confidence: 0.842699048125

00:49:55.530 --> 00:49:57.470 And I'll show you some of that in a second.
NOTE Confidence: 0.842699048125

00:49:57.470 --> 00:49:59.794 I'm going to kind of keep moving
NOTE Confidence: 0.842699048125

00:49:59.794 --> 00:50:01.795 this forward because I am nervous
NOTE Confidence: 0.842699048125

00:50:01.795 --> 00:50:03.047 about our timing here.
NOTE Confidence: 0.842699048125

00:50:03.050 --> 00:50:04.746 I just want to show you quickly couple
NOTE Confidence: 0.842699048125

00:50:04.746 --> 00:50:06.328 of these quotes from kids that we
NOTE Confidence: 0.842699048125

00:50:06.328 --> 00:50:08.029 got when we talked about the program.
NOTE Confidence: 0.842699048125

00:50:08.030 --> 00:50:09.955 So you might be thinking, well,
NOTE Confidence: 0.842699048125

00:50:09.955 --> 00:50:11.380 it's involving kids that must

NOTE Confidence: 0.842699048125

00:50:11.380 --> 00:50:12.520 know a lot already.

NOTE Confidence: 0.842699048125

00:50:12.520 --> 00:50:13.536 This kid said, yeah,

NOTE Confidence: 0.842699048125

00:50:13.536 --> 00:50:16.099 I used to think there were such narrow signs.

NOTE Confidence: 0.842699048125

00:50:16.100 --> 00:50:17.796 And then I was doing more research and

NOTE Confidence: 0.842699048125

00:50:17.796 --> 00:50:19.180 putting more science into our film.

NOTE Confidence: 0.842699048125

00:50:19.180 --> 00:50:20.692 And there was a long list that I found.

NOTE Confidence: 0.842699048125

00:50:20.700 --> 00:50:21.460 And I was like, wow,

NOTE Confidence: 0.842699048125

00:50:21.460 --> 00:50:23.215 it's a lot more than I thought it was.

NOTE Confidence: 0.842699048125

00:50:23.220 --> 00:50:24.634 So just knowing all these things off

NOTE Confidence: 0.842699048125

00:50:24.634 --> 00:50:26.158 the list and just making me aware,

NOTE Confidence: 0.842699048125

00:50:26.160 --> 00:50:26.944 more aware,

NOTE Confidence: 0.842699048125

00:50:26.944 --> 00:50:29.688 and I'm checking on my friends more.

NOTE Confidence: 0.842699048125

00:50:29.690 --> 00:50:32.348 So really building out knowledge at

NOTE Confidence: 0.842699048125

00:50:32.348 --> 00:50:35.249 a much more nuanced way for kids.

NOTE Confidence: 0.842699048125

00:50:35.250 --> 00:50:38.214 This one I'm gonna actually Fast

NOTE Confidence: 0.842699048125

00:50:38.214 --> 00:50:40.778 forward because it's about a kid
NOTE Confidence: 0.842699048125

00:50:40.778 --> 00:50:43.754 who came to a teacher and really
NOTE Confidence: 0.842699048125

00:50:43.754 --> 00:50:46.449 got support for helping a friend.
NOTE Confidence: 0.842699048125

00:50:46.450 --> 00:50:47.997 But it also the other piece of
NOTE Confidence: 0.842699048125

00:50:47.997 --> 00:50:49.565 the program that we were really
NOTE Confidence: 0.842699048125

00:50:49.565 --> 00:50:50.980 surprised by is the connectedness
NOTE Confidence: 0.842699048125

00:50:50.980 --> 00:50:52.729 that really built out and belonging.
NOTE Confidence: 0.842699048125

00:50:52.730 --> 00:50:54.011 And I'm going to show you a
NOTE Confidence: 0.842699048125

00:50:54.011 --> 00:50:55.070 couple of quotes about that.
NOTE Confidence: 0.842699048125

00:50:55.070 --> 00:50:56.494 So Umm,
NOTE Confidence: 0.842699048125

00:50:56.494 --> 00:50:59.338 this kid said it's a learning
NOTE Confidence: 0.842699048125

00:50:59.338 --> 00:51:00.518 experience about what we all
NOTE Confidence: 0.842699048125

00:51:00.518 --> 00:51:01.808 experience while we're all different,
NOTE Confidence: 0.842699048125

00:51:01.810 --> 00:51:03.553 while we all of our distinct differences
NOTE Confidence: 0.842699048125

00:51:03.553 --> 00:51:05.197 that make us who we are unique.
NOTE Confidence: 0.802149955

00:51:05.200 --> 00:51:07.936 Right here, all humans at the base level,

NOTE Confidence: 0.802149955

00:51:07.940 --> 00:51:09.184 that's what connects us.

NOTE Confidence: 0.802149955

00:51:09.184 --> 00:51:11.050 So by talking about mental illness

NOTE Confidence: 0.802149955

00:51:11.107 --> 00:51:12.479 and talking about suicide,

NOTE Confidence: 0.802149955

00:51:12.480 --> 00:51:14.230 they started realizing that everybody

NOTE Confidence: 0.802149955

00:51:14.230 --> 00:51:16.661 struggles in different kinds of ways and

NOTE Confidence: 0.802149955

00:51:16.661 --> 00:51:18.527 was a really important connecting piece.

NOTE Confidence: 0.802149955

00:51:18.530 --> 00:51:20.314 And then this one kid talked about how

NOTE Confidence: 0.802149955

00:51:20.314 --> 00:51:22.013 would she shared her films should be

NOTE Confidence: 0.802149955

00:51:22.013 --> 00:51:23.969 kept to become really raw and vulnerable,

NOTE Confidence: 0.802149955

00:51:23.970 --> 00:51:25.986 she said, and people would come to her.

NOTE Confidence: 0.802149955

00:51:25.990 --> 00:51:27.826 So part of this was kids were reaching out,

NOTE Confidence: 0.802149955

00:51:27.830 --> 00:51:28.698 checking on each other,

NOTE Confidence: 0.802149955

00:51:28.698 --> 00:51:30.283 but part of it also was kids

NOTE Confidence: 0.802149955

00:51:30.283 --> 00:51:31.746 were coming to them, she said.

NOTE Confidence: 0.802149955

00:51:31.746 --> 00:51:33.622 It's sort of like other people feel

NOTE Confidence: 0.802149955

00:51:33.622 --> 00:51:35.632 like they know me in that way so
NOTE Confidence: 0.802149955

00:51:35.632 --> 00:51:37.426 they can approach me and do the same.
NOTE Confidence: 0.802149955

00:51:37.430 --> 00:51:39.388 She said some people will be like, hey,
NOTE Confidence: 0.802149955

00:51:39.388 --> 00:51:40.678 I remember you mentioned something
NOTE Confidence: 0.802149955

00:51:40.678 --> 00:51:42.117 about this resource that's been helpful
NOTE Confidence: 0.802149955

00:51:42.117 --> 00:51:43.581 and you can you give me that name?
NOTE Confidence: 0.802149955

00:51:43.590 --> 00:51:45.734 And then she talks about how having someone
NOTE Confidence: 0.802149955

00:51:45.734 --> 00:51:48.130 your age who's like you is really important.
NOTE Confidence: 0.802149955

00:51:48.130 --> 00:51:49.456 It's less daunting.
NOTE Confidence: 0.802149955

00:51:49.456 --> 00:51:51.224 And then the last.
NOTE Confidence: 0.802149955

00:51:51.230 --> 00:51:52.868 Oh, and then kids also really emerged
NOTE Confidence: 0.802149955

00:51:52.868 --> 00:51:54.440 as these suicide prevention leaders.
NOTE Confidence: 0.802149955

00:51:54.440 --> 00:51:55.664 This kid was like, I had never thought
NOTE Confidence: 0.802149955

00:51:55.664 --> 00:51:57.308 I'd be doing any of this when I made my film.
NOTE Confidence: 0.802149955

00:51:57.310 --> 00:51:59.806 She's actually talking in panels now.
NOTE Confidence: 0.802149955

00:51:59.810 --> 00:52:00.910 And we think that actually,

NOTE Confidence: 0.802149955

00:52:00.910 --> 00:52:02.539 it starts with the kids who make the film,

NOTE Confidence: 0.802149955

00:52:02.540 --> 00:52:03.998 but it really spreads to the

NOTE Confidence: 0.802149955

00:52:03.998 --> 00:52:05.870 other kids in the school building.

NOTE Confidence: 0.802149955

00:52:05.870 --> 00:52:07.148 And the result is it really.

NOTE Confidence: 0.802149955

00:52:07.150 --> 00:52:08.962 Changes conversations in schools.

NOTE Confidence: 0.802149955

00:52:08.962 --> 00:52:11.227 So this kid said before,

NOTE Confidence: 0.802149955

00:52:11.230 --> 00:52:12.582 it was kind of like one of those

NOTE Confidence: 0.802149955

00:52:12.582 --> 00:52:13.939 things where no one talks about it but,

NOTE Confidence: 0.802149955

00:52:13.940 --> 00:52:15.540 you know, like just go to the counselor,

NOTE Confidence: 0.802149955

00:52:15.540 --> 00:52:17.878 you know, and no one actively says,

NOTE Confidence: 0.802149955

00:52:17.880 --> 00:52:19.630 hey, if you need me, I'm here.

NOTE Confidence: 0.802149955

00:52:19.630 --> 00:52:21.250 But after directing change,

NOTE Confidence: 0.802149955

00:52:21.250 --> 00:52:22.860 we end up going through advisory periods

NOTE Confidence: 0.802149955

00:52:22.860 --> 00:52:24.657 and showing the film and talking about it,

NOTE Confidence: 0.802149955

00:52:24.660 --> 00:52:26.438 and everyone talked about a different way.

NOTE Confidence: 0.802149955

00:52:26.440 --> 00:52:27.560 It wasn't just like a,
NOTE Confidence: 0.802149955

00:52:27.560 --> 00:52:29.100 you know, quiet, hush thing.
NOTE Confidence: 0.802149955

00:52:29.100 --> 00:52:30.528 No one was really scared to
NOTE Confidence: 0.802149955

00:52:30.528 --> 00:52:32.468 talk about it or like say big
NOTE Confidence: 0.802149955

00:52:32.468 --> 00:52:33.704 words like suicide anymore.
NOTE Confidence: 0.751064688333333

00:52:35.940 --> 00:52:37.285 We're building the efficacy evidence
NOTE Confidence: 0.751064688333333

00:52:37.285 --> 00:52:39.244 behind it in a wait list control
NOTE Confidence: 0.751064688333333

00:52:39.244 --> 00:52:40.936 trial in 40 schools in California.
NOTE Confidence: 0.751064688333333

00:52:40.940 --> 00:52:42.718 We are in the middle of, we've done that,
NOTE Confidence: 0.751064688333333

00:52:42.718 --> 00:52:44.580 recruited a first cohort of 14 schools.
NOTE Confidence: 0.751064688333333

00:52:44.580 --> 00:52:46.582 This is funded by the William T
NOTE Confidence: 0.751064688333333

00:52:46.582 --> 00:52:48.037 Grant Foundation and we're focusing
NOTE Confidence: 0.751064688333333

00:52:48.037 --> 00:52:50.189 on Latin X kids and LGBT plus kids
NOTE Confidence: 0.751064688333333

00:52:50.253 --> 00:52:51.957 because these are kids at risk.
NOTE Confidence: 0.751064688333333

00:52:51.960 --> 00:52:53.370 And all of this work,
NOTE Confidence: 0.751064688333333

00:52:53.370 --> 00:52:54.840 both the weak care study that's

NOTE Confidence: 0.751064688333333
00:52:54.840 --> 00:52:56.785 funded by NIH and directing change are
NOTE Confidence: 0.751064688333333
00:52:56.785 --> 00:52:58.615 part of the Center called Arcadia.
NOTE Confidence: 0.751064688333333
00:52:58.620 --> 00:53:00.864 And I'll just end with this
NOTE Confidence: 0.751064688333333
00:53:00.864 --> 00:53:02.360 and one last point,
NOTE Confidence: 0.751064688333333
00:53:02.360 --> 00:53:04.340 so it's called a Research Center
NOTE Confidence: 0.751064688333333
00:53:04.340 --> 00:53:05.330 for adolescent interconnected
NOTE Confidence: 0.751064688333333
00:53:05.330 --> 00:53:06.575 approaches for suicide prevention
NOTE Confidence: 0.751064688333333
00:53:06.575 --> 00:53:08.015 is named after Tom Stoppard.
NOTE Confidence: 0.751064688333333
00:53:08.020 --> 00:53:09.693 Play is one of the plays my
NOTE Confidence: 0.751064688333333
00:53:09.693 --> 00:53:11.119 daughter read in high school,
NOTE Confidence: 0.751064688333333
00:53:11.120 --> 00:53:12.956 which for those of you might know not know,
NOTE Confidence: 0.751064688333333
00:53:12.960 --> 00:53:17.540 it's a story about a girl who sort of.
NOTE Confidence: 0.751064688333333
00:53:17.540 --> 00:53:19.568 Makes progress in actually math by
NOTE Confidence: 0.751064688333333
00:53:19.568 --> 00:53:21.241 bringing together math and nature
NOTE Confidence: 0.751064688333333
00:53:21.241 --> 00:53:23.353 sort of a century ahead of her time.
NOTE Confidence: 0.751064688333333

00:53:23.360 --> 00:53:25.208 But it's also about the juxtaposition
NOTE Confidence: 0.7510646883333333

00:53:25.208 --> 00:53:26.440 of past and present,
NOTE Confidence: 0.7510646883333333

00:53:26.440 --> 00:53:28.092 where we're trying to learn what happened
NOTE Confidence: 0.7510646883333333

00:53:28.092 --> 00:53:29.842 to this girl in the past through
NOTE Confidence: 0.7510646883333333

00:53:29.842 --> 00:53:31.336 looking what happened in the present.
NOTE Confidence: 0.7510646883333333

00:53:31.340 --> 00:53:33.153 And there's a number of really important
NOTE Confidence: 0.7510646883333333

00:53:33.153 --> 00:53:34.460 themes for suicide prevention.
NOTE Confidence: 0.7510646883333333

00:53:34.460 --> 00:53:36.640 It's about integrating across disciplines,
NOTE Confidence: 0.7510646883333333

00:53:36.640 --> 00:53:38.560 it's about looking back for answers,
NOTE Confidence: 0.7510646883333333

00:53:38.560 --> 00:53:40.295 and finally it's about acknowledging
NOTE Confidence: 0.7510646883333333

00:53:40.295 --> 00:53:41.336 tragedy and death.
NOTE Confidence: 0.7510646883333333

00:53:41.340 --> 00:53:43.734 So the title of the play Arcadia
NOTE Confidence: 0.7510646883333333

00:53:43.734 --> 00:53:46.074 comes from this painting in Arcadia
NOTE Confidence: 0.7510646883333333

00:53:46.074 --> 00:53:48.546 Ego which which is referring to.
NOTE Confidence: 0.7510646883333333

00:53:48.550 --> 00:53:49.902 Which means in Arcadia,
NOTE Confidence: 0.7510646883333333

00:53:49.902 --> 00:53:53.708 I am the I refers to the presence of death,

NOTE Confidence: 0.751064688333333

00:53:53.710 --> 00:53:55.362 which is a tombstone in the middle

NOTE Confidence: 0.751064688333333

00:53:55.362 --> 00:53:56.723 of a country scene. Arcadia.

NOTE Confidence: 0.751064688333333

00:53:56.723 --> 00:53:59.360 And the notion is is that we have to

NOTE Confidence: 0.751064688333333

00:53:59.426 --> 00:54:01.118 acknowledge tragedy and knowledge

NOTE Confidence: 0.751064688333333

00:54:01.118 --> 00:54:04.050 hard things in order to address them.

NOTE Confidence: 0.751064688333333

00:54:04.050 --> 00:54:06.300 And I think that's really critical

NOTE Confidence: 0.751064688333333

00:54:06.300 --> 00:54:07.425 in suicide prevention.

NOTE Confidence: 0.751064688333333

00:54:07.430 --> 00:54:08.970 So that's all this work that I'm

NOTE Confidence: 0.751064688333333

00:54:08.970 --> 00:54:10.799 trying to do is layer approaches to

NOTE Confidence: 0.751064688333333

00:54:10.799 --> 00:54:12.473 this this cheese model and because

NOTE Confidence: 0.751064688333333

00:54:12.523 --> 00:54:14.047 you're at the beginning taught me

NOTE Confidence: 0.751064688333333

00:54:14.047 --> 00:54:15.838 about the value of being a scientist

NOTE Confidence: 0.751064688333333

00:54:15.838 --> 00:54:17.945 and the size and doing a lot of

NOTE Confidence: 0.751064688333333

00:54:17.945 --> 00:54:18.969 public work as well.

NOTE Confidence: 0.751064688333333

00:54:18.970 --> 00:54:20.350 And I'll end with this picture.

NOTE Confidence: 0.751064688333333

00:54:20.350 --> 00:54:22.681 So that little post it wall that
NOTE Confidence: 0.751064688333333

00:54:22.681 --> 00:54:25.466 you saw a few screens ago when
NOTE Confidence: 0.751064688333333

00:54:25.466 --> 00:54:27.530 kids return post COVID,
NOTE Confidence: 0.751064688333333

00:54:27.530 --> 00:54:29.070 they a kid who is a freshman
NOTE Confidence: 0.751064688333333

00:54:29.070 --> 00:54:30.230 when Frankie was a senior,
NOTE Confidence: 0.751064688333333

00:54:30.230 --> 00:54:31.265 decided to permanently remake it
NOTE Confidence: 0.751064688333333

00:54:31.265 --> 00:54:32.829 and made it into a love saloon,
NOTE Confidence: 0.751064688333333

00:54:32.830 --> 00:54:34.510 which I think every place should have
NOTE Confidence: 0.751064688333333

00:54:34.510 --> 00:54:36.405 a love saloon and every school with
NOTE Confidence: 0.751064688333333

00:54:36.405 --> 00:54:38.097 an affirmation station where they can.
NOTE Confidence: 0.751064688333333

00:54:38.100 --> 00:54:39.969 Make new post-its and talk about their
NOTE Confidence: 0.751064688333333

00:54:39.969 --> 00:54:41.714 own mental health and then with a
NOTE Confidence: 0.751064688333333

00:54:41.714 --> 00:54:43.678 love picture that has all their faces on it.
NOTE Confidence: 0.751064688333333

00:54:43.680 --> 00:54:45.372 So I just wanted to share
NOTE Confidence: 0.751064688333333

00:54:45.372 --> 00:54:46.910 that with you as well.
NOTE Confidence: 0.751064688333333

00:54:46.910 --> 00:54:49.750 So with that, taking all of my colleagues,

NOTE Confidence: 0.751064688333333
00:54:49.750 --> 00:54:51.334 Rachel Navali, Yashas Potoski,
NOTE Confidence: 0.751064688333333
00:54:51.334 --> 00:54:52.732 Stan Collins, David Zaragoza,
NOTE Confidence: 0.751064688333333
00:54:52.732 --> 00:54:54.839 Harris on the we care as well,
NOTE Confidence: 0.751064688333333
00:54:54.840 --> 00:54:55.456 Michael Lindsey,
NOTE Confidence: 0.751064688333333
00:54:55.456 --> 00:54:56.072 Child King,
NOTE Confidence: 0.751064688333333
00:54:56.072 --> 00:54:58.370 an amazing team that I have at NYU,
NOTE Confidence: 0.751064688333333
00:54:58.370 --> 00:55:00.582 and of course funders William T Grant
NOTE Confidence: 0.751064688333333
00:55:00.582 --> 00:55:01.924 Foundation and National Institute
NOTE Confidence: 0.751064688333333
00:55:01.924 --> 00:55:03.609 of Mental Health for funding.
NOTE Confidence: 0.751064688333333
00:55:03.610 --> 00:55:06.420 So thank you very much.
NOTE Confidence: 0.751064688333333
00:55:06.420 --> 00:55:07.000 Umm.