

WEBVTT

NOTE duration:"01:02:28"

NOTE recognizability:0.909

NOTE language:en-us

NOTE Confidence: 0.945443946

00:00:00.000 --> 00:00:04.250 Great so good afternoon everyone.

NOTE Confidence: 0.945443946

00:00:04.250 --> 00:00:06.204 Welcome to grand rounds

NOTE Confidence: 0.945443946

00:00:06.204 --> 00:00:11.060 and we have a next week.

NOTE Confidence: 0.945443946

00:00:11.060 --> 00:00:12.872 We have a grand rounds talking

NOTE Confidence: 0.945443946

00:00:12.872 --> 00:00:15.000 about the interface between

NOTE Confidence: 0.945443946

00:00:15.000 --> 00:00:17.490 our outpatient work and the law

NOTE Confidence: 0.945443946

00:00:17.490 --> 00:00:19.164 and we have an attorney whose

NOTE Confidence: 0.945443946

00:00:19.164 --> 00:00:20.910 name is escaping me right now.

NOTE Confidence: 0.945443946

00:00:20.910 --> 00:00:23.160 Kathy Mills from our outpatient

NOTE Confidence: 0.95009761875

00:00:23.170 --> 00:00:24.850 program was kind enough to

NOTE Confidence: 0.95009761875

00:00:24.850 --> 00:00:26.930 make this connection, so, huh?

NOTE Confidence: 0.81844955

00:00:30.230 --> 00:00:33.980 Mayor Catherine Meyer, who is an attorney

NOTE Confidence: 0.922376558823529

00:00:33.990 --> 00:00:35.817 who's going to be telling us about

NOTE Confidence: 0.922376558823529

00:00:35.817 --> 00:00:37.460 all sorts of legal interactions
NOTE Confidence: 0.922376558823529

00:00:37.460 --> 00:00:39.450 that can be clinically helpful.
NOTE Confidence: 0.922376558823529

00:00:39.450 --> 00:00:41.385 So that's next week and then in two weeks,
NOTE Confidence: 0.922376558823529

00:00:41.390 --> 00:00:45.186 Dr Cardona is going to be picking the
NOTE Confidence: 0.922376558823529

00:00:45.186 --> 00:00:47.110 lead in our last grand rounds of the year,
NOTE Confidence: 0.922376558823529

00:00:47.110 --> 00:00:48.243 which is going to be a compassionate
NOTE Confidence: 0.922376558823529

00:00:48.243 --> 00:00:50.105 care rounds that at some point I
NOTE Confidence: 0.922376558823529

00:00:50.105 --> 00:00:52.350 would love for Shawshank to see.
NOTE Confidence: 0.922376558823529

00:00:52.350 --> 00:00:55.254 And this case is going to involve our
NOTE Confidence: 0.922376558823529

00:00:55.254 --> 00:00:57.729 outpatient and icaps intensive in home,
NOTE Confidence: 0.922376558823529

00:00:57.730 --> 00:00:58.543 child and listen.
NOTE Confidence: 0.922376558823529

00:00:58.543 --> 00:00:59.356 Like after cases,
NOTE Confidence: 0.922376558823529

00:00:59.360 --> 00:01:01.690 and they're always very emotionally
NOTE Confidence: 0.909472248333333

00:01:01.720 --> 00:01:03.760 laden. Clinical work that we do
NOTE Confidence: 0.81827456

00:01:04.060 --> 00:01:06.048 four times a year.
NOTE Confidence: 0.81827456

00:01:06.050 --> 00:01:10.585 So today I'm just so delighted to

NOTE Confidence: 0.81827456

00:01:10.585 --> 00:01:12.242 welcome from the sister Republic

NOTE Confidence: 0.81827456

00:01:12.242 --> 00:01:15.280 of California from San Francisco,

NOTE Confidence: 0.81827456

00:01:15.280 --> 00:01:17.866 Palo Alto, my dear friend and

NOTE Confidence: 0.81827456

00:01:17.866 --> 00:01:19.590 brother from another mother.

NOTE Confidence: 0.81827456

00:01:19.590 --> 00:01:21.515 Dr Shashank Joshi.

NOTE Confidence: 0.81827456

00:01:21.515 --> 00:01:24.014 Shashank is the training director

NOTE Confidence: 0.81827456

00:01:24.014 --> 00:01:25.944 for child psychiatry at Stanford,

NOTE Confidence: 0.81827456

00:01:25.950 --> 00:01:28.318 and he has been for a long time.

NOTE Confidence: 0.81827456

00:01:28.320 --> 00:01:30.952 And he's a professor of not only child

NOTE Confidence: 0.81827456

00:01:30.952 --> 00:01:32.852 psychiatry and psychiatry at Stanford,

NOTE Confidence: 0.81827456

00:01:32.852 --> 00:01:35.105 but also a professor of in

NOTE Confidence: 0.81827456

00:01:35.105 --> 00:01:36.520 their School of Education.

NOTE Confidence: 0.81827456

00:01:36.520 --> 00:01:37.994 And as you were going to be hearing,

NOTE Confidence: 0.81827456

00:01:38.000 --> 00:01:41.400 Shanks work has been on the one hand,

NOTE Confidence: 0.81827456

00:01:41.400 --> 00:01:43.800 training and childless in psychiatry

NOTE Confidence: 0.81827456

00:01:43.800 --> 00:01:45.550 and another the interface with
NOTE Confidence: 0.81827456

00:01:45.550 --> 00:01:47.594 schools and not just schools,
NOTE Confidence: 0.81827456

00:01:47.594 --> 00:01:49.360 but educational services
NOTE Confidence: 0.81827456

00:01:49.360 --> 00:01:51.534 in systems broadly writ.
NOTE Confidence: 0.81827456

00:01:51.534 --> 00:01:55.019 And also he has had.
NOTE Confidence: 0.81827456

00:01:55.020 --> 00:01:57.585 Painfully and necessarily a interest
NOTE Confidence: 0.81827456

00:01:57.585 --> 00:01:59.650 in suicide and suicide prevention.
NOTE Confidence: 0.81827456

00:01:59.650 --> 00:02:02.087 You may have heard about some
NOTE Confidence: 0.81827456

00:02:02.087 --> 00:02:03.760 clusters of suicides that have
NOTE Confidence: 0.81827456

00:02:03.760 --> 00:02:05.290 occurred in the Palo Alto region
NOTE Confidence: 0.81827456

00:02:05.290 --> 00:02:06.898 over the last couple of years,
NOTE Confidence: 0.81827456

00:02:06.900 --> 00:02:09.336 and Shank has been really critically
NOTE Confidence: 0.81827456

00:02:09.336 --> 00:02:10.960 involved in those efforts.
NOTE Confidence: 0.81827456

00:02:10.960 --> 00:02:14.212 He also designed one of the tools
NOTE Confidence: 0.81827456

00:02:14.212 --> 00:02:16.560 and curriculum for schools in the
NOTE Confidence: 0.81827456

00:02:16.560 --> 00:02:19.200 state of California in the Republic

NOTE Confidence: 0.81827456

00:02:19.200 --> 00:02:21.808 of California to deal with suicide

NOTE Confidence: 0.81827456

00:02:21.810 --> 00:02:23.790 and suicide prevention in the school.

NOTE Confidence: 0.81827456

00:02:23.790 --> 00:02:25.020 And most importantly,

NOTE Confidence: 0.81827456

00:02:25.020 --> 00:02:25.840 he is.

NOTE Confidence: 0.81827456

00:02:25.840 --> 00:02:27.696 A great guy and a dear friend and

NOTE Confidence: 0.81827456

00:02:27.696 --> 00:02:29.606 someone who I love dearly and I'm so

NOTE Confidence: 0.81827456

00:02:29.606 --> 00:02:31.240 delighted to welcome you back to yell.

NOTE Confidence: 0.81827456

00:02:31.240 --> 00:02:32.272 So I'm that later,

NOTE Confidence: 0.81827456

00:02:32.272 --> 00:02:32.530 man.

NOTE Confidence: 0.73491544

00:02:34.190 --> 00:02:34.540 CS.

NOTE Confidence: 0.86898923

00:02:45.500 --> 00:02:46.804 Fantastic thank you, Kyle.

NOTE Confidence: 0.86898923

00:02:46.804 --> 00:02:50.101 Thank you, Andres. Uhm?

NOTE Confidence: 0.86898923

00:02:50.101 --> 00:02:54.356 And thank you audience members.

NOTE Confidence: 0.86898923

00:02:54.360 --> 00:02:58.194 It's just absolutely a thrill to be here in

NOTE Confidence: 0.86898923

00:02:58.194 --> 00:03:01.989 New Haven and at the Child Study Center.

NOTE Confidence: 0.86898923

00:03:01.990 --> 00:03:06.710 It has been a few years and I love what

NOTE Confidence: 0.86898923

00:03:06.710 --> 00:03:09.740 you've done with the place, really.

NOTE Confidence: 0.86898923

00:03:09.740 --> 00:03:12.400 This place and the one next door.

NOTE Confidence: 0.86898923

00:03:12.400 --> 00:03:15.380 So as Andre said, I.

NOTE Confidence: 0.86898923

00:03:15.380 --> 00:03:17.816 Have been doing this work for some

NOTE Confidence: 0.86898923

00:03:17.816 --> 00:03:20.679 time in the program director World.

NOTE Confidence: 0.86898923

00:03:20.680 --> 00:03:23.600 In the last. 15 years or so I've

NOTE Confidence: 0.86898923

00:03:23.600 --> 00:03:26.900 spent a lot of time thinking about,

NOTE Confidence: 0.86898923

00:03:26.900 --> 00:03:29.204 schools, school, mental health,

NOTE Confidence: 0.86898923

00:03:29.204 --> 00:03:32.284 suicide prevention, the interface of culture.

NOTE Confidence: 0.86898923

00:03:32.284 --> 00:03:34.689 The interface of well being

NOTE Confidence: 0.86898923

00:03:34.689 --> 00:03:37.036 in diverse environments with

NOTE Confidence: 0.86898923

00:03:37.036 --> 00:03:40.588 communities from all over the world.

NOTE Confidence: 0.86898923

00:03:40.590 --> 00:03:43.020 And we have had some opportunity

NOTE Confidence: 0.86898923

00:03:43.020 --> 00:03:44.640 to learn some lessons,

NOTE Confidence: 0.86898923

00:03:44.640 --> 00:03:47.133 so I'm going to try to highlight in the

NOTE Confidence: 0.86898923

00:03:47.133 --> 00:03:49.642 next 40 minutes or so some things we've

NOTE Confidence: 0.86898923

00:03:49.642 --> 00:03:52.057 learned in the last ten years. And.

NOTE Confidence: 0.86898923

00:03:52.057 --> 00:03:55.873 When it says wisdom for the next 10,

NOTE Confidence: 0.86898923

00:03:55.880 --> 00:04:00.340 I'm already self disclosing mistakes.

NOTE Confidence: 0.86898923

00:04:00.340 --> 00:04:05.636 Were made and so we are hoping as Doctor

NOTE Confidence: 0.86898923

00:04:05.636 --> 00:04:09.437 Stube has taught me over many years.

NOTE Confidence: 0.86898923

00:04:09.440 --> 00:04:15.316 Never waste a good mistake or a bad mistake.

NOTE Confidence: 0.86898923

00:04:15.316 --> 00:04:19.680 Always an opportunity for learning so.

NOTE Confidence: 0.86898923

00:04:19.680 --> 00:04:23.160 This is our campus in the

NOTE Confidence: 0.86898923

00:04:23.160 --> 00:04:24.900 Republic of California.

NOTE Confidence: 0.86898923

00:04:24.900 --> 00:04:26.704 That is, Stanford University,

NOTE Confidence: 0.86898923

00:04:26.704 --> 00:04:30.240 also known as a stand for Gunnison,

NOTE Confidence: 0.86898923

00:04:30.240 --> 00:04:33.908 to which was the name that Andres

NOTE Confidence: 0.86898923

00:04:33.908 --> 00:04:37.199 gave us when he came to do.

NOTE Confidence: 0.86898923

00:04:37.200 --> 00:04:39.940 Series of mentoring sessions.

NOTE Confidence: 0.86898923

00:04:39.940 --> 00:04:43.006 Almost eight years ago now came
NOTE Confidence: 0.86898923

00:04:43.006 --> 00:04:45.540 to the medical school and.
NOTE Confidence: 0.86898923

00:04:45.540 --> 00:04:48.739 And those workshops still have impact today.
NOTE Confidence: 0.86898923

00:04:48.740 --> 00:04:49.740 I will say my brother,
NOTE Confidence: 0.86898923

00:04:49.740 --> 00:04:51.132 so I'm really,
NOTE Confidence: 0.86898923

00:04:51.132 --> 00:04:54.380 really delighted to be with you all.
NOTE Confidence: 0.86898923

00:04:54.380 --> 00:04:56.905 And I will try not to come.
NOTE Confidence: 0.86898923

00:04:56.905 --> 00:04:58.945 I'll try to look at the zoom while
NOTE Confidence: 0.86898923

00:04:58.945 --> 00:05:01.089 I also engage the audience I am.
NOTE Confidence: 0.86898923

00:05:01.090 --> 00:05:03.694 I am really delighted to be here
NOTE Confidence: 0.86898923

00:05:03.694 --> 00:05:05.660 with a live audience.
NOTE Confidence: 0.86898923

00:05:05.660 --> 00:05:08.196 As I shared over lunch with the trainees,
NOTE Confidence: 0.86898923

00:05:08.200 --> 00:05:10.699 this is the first in person talk
NOTE Confidence: 0.86898923

00:05:10.700 --> 00:05:15.450 in quite some time and just really
NOTE Confidence: 0.86898923

00:05:15.450 --> 00:05:16.950 full of gratitude that it is
NOTE Confidence: 0.86898923

00:05:16.950 --> 00:05:18.698 here in the CHILD Study Center.

NOTE Confidence: 0.86898923

00:05:18.700 --> 00:05:22.003 So my hope is that after our time together.

NOTE Confidence: 0.86898923

00:05:22.010 --> 00:05:24.733 You will be able to list some

NOTE Confidence: 0.86898923

00:05:24.733 --> 00:05:26.620 risk and protective factors.

NOTE Confidence: 0.86898923

00:05:26.620 --> 00:05:28.290 We're going to focus on

NOTE Confidence: 0.86898923

00:05:28.290 --> 00:05:29.960 protective factors because I know.

NOTE Confidence: 0.86898923

00:05:29.960 --> 00:05:31.945 People in the audience are

NOTE Confidence: 0.86898923

00:05:31.945 --> 00:05:33.930 very familiar with the risks.

NOTE Confidence: 0.86898923

00:05:33.930 --> 00:05:35.130 We'll talk a bit about risk,

NOTE Confidence: 0.86898923

00:05:35.130 --> 00:05:37.530 but more about protective factors.

NOTE Confidence: 0.86898923

00:05:37.530 --> 00:05:39.634 Specifically in youth suicide.

NOTE Confidence: 0.86898923

00:05:39.634 --> 00:05:40.686 But also,

NOTE Confidence: 0.86898923

00:05:40.690 --> 00:05:43.770 I hope you'll be able to describe

NOTE Confidence: 0.86898923

00:05:43.770 --> 00:05:45.667 some effective strategies that

NOTE Confidence: 0.86898923

00:05:45.667 --> 00:05:47.655 involve universities as well

NOTE Confidence: 0.86898923

00:05:47.655 --> 00:05:49.643 as communities and cities.

NOTE Confidence: 0.86898923

00:05:49.650 --> 00:05:52.436 I hope you'll be able to describe
NOTE Confidence: 0.86898923

00:05:52.436 --> 00:05:55.123 some lessons learned from the youth
NOTE Confidence: 0.86898923

00:05:55.123 --> 00:05:57.473 rail suicide clusters in California.
NOTE Confidence: 0.86898923

00:05:57.480 --> 00:05:59.902 And that you will be able to
NOTE Confidence: 0.86898923

00:05:59.902 --> 00:06:01.343 identify some opportunities that
NOTE Confidence: 0.86898923

00:06:01.343 --> 00:06:02.679 have a cultural basis,
NOTE Confidence: 0.86898923

00:06:02.680 --> 00:06:04.432 both opportunities and barriers
NOTE Confidence: 0.86898923

00:06:04.432 --> 00:06:06.622 for implementing best practice when
NOTE Confidence: 0.86898923

00:06:06.622 --> 00:06:09.222 it comes to school based suicide
NOTE Confidence: 0.86898923

00:06:09.222 --> 00:06:11.476 prevention and finally to describe
NOTE Confidence: 0.86898923

00:06:11.476 --> 00:06:14.230 strategies to cultivate your own well
NOTE Confidence: 0.86898923

00:06:14.312 --> 00:06:17.098 being as well as those of colleagues.
NOTE Confidence: 0.86898923

00:06:17.100 --> 00:06:19.585 Which is dumb as we think about
NOTE Confidence: 0.86898923

00:06:19.585 --> 00:06:21.492 folks like Doctor Lechman who's
NOTE Confidence: 0.86898923

00:06:21.492 --> 00:06:23.778 been doing this for so long.
NOTE Confidence: 0.86898923

00:06:23.780 --> 00:06:25.916 And who's taught us so much?

NOTE Confidence: 0.86898923

00:06:25.920 --> 00:06:28.380 Just buy.

NOTE Confidence: 0.86898923

00:06:28.380 --> 00:06:30.120 You know when Doctor Lechman

NOTE Confidence: 0.86898923

00:06:30.120 --> 00:06:31.860 comes into a room and

NOTE Confidence: 0.845946581666667

00:06:31.934 --> 00:06:34.770 talks about. A patient or a family,

NOTE Confidence: 0.845946581666667

00:06:34.770 --> 00:06:38.445 he models what we aspire to do,

NOTE Confidence: 0.845946581666667

00:06:38.450 --> 00:06:41.066 which is to just be to just be.

NOTE Confidence: 0.845946581666667

00:06:41.070 --> 00:06:45.640 You don't have to do anything, be yourself.

NOTE Confidence: 0.845946581666667

00:06:45.640 --> 00:06:47.218 Hear their story.

NOTE Confidence: 0.845946581666667

00:06:47.218 --> 00:06:49.848 And then do your work.

NOTE Confidence: 0.845946581666667

00:06:49.850 --> 00:06:52.262 And this is part of what's

NOTE Confidence: 0.845946581666667

00:06:52.262 --> 00:06:54.210 been so important for me.

NOTE Confidence: 0.845946581666667

00:06:54.210 --> 00:06:56.442 In the work that I've been doing in school,

NOTE Confidence: 0.845946581666667

00:06:56.450 --> 00:06:57.900 mental health and suicide prevention,

NOTE Confidence: 0.845946581666667

00:06:57.900 --> 00:07:01.200 so putting this into perspective.

NOTE Confidence: 0.845946581666667

00:07:01.200 --> 00:07:04.560 This slide comes from my colleague Monica

NOTE Confidence: 0.845946581666667

00:07:04.560 --> 00:07:08.007 Nepomuceno who was at the Department of Ed,
NOTE Confidence: 0.845946581666667

00:07:08.010 --> 00:07:10.045 California Department of Ed has
NOTE Confidence: 0.845946581666667

00:07:10.045 --> 00:07:12.080 a school mental health policy
NOTE Confidence: 0.845946581666667

00:07:12.147 --> 00:07:14.265 workgroup and it's 40 folks from
NOTE Confidence: 0.845946581666667

00:07:14.265 --> 00:07:16.361 around the state who gather used
NOTE Confidence: 0.845946581666667

00:07:16.361 --> 00:07:18.049 to be in person will get back to
NOTE Confidence: 0.845946581666667

00:07:18.049 --> 00:07:19.870 you in person starting next month,
NOTE Confidence: 0.845946581666667

00:07:19.870 --> 00:07:23.902 but it really is to talk about policy
NOTE Confidence: 0.845946581666667

00:07:23.902 --> 00:07:27.050 policy initiatives and to propose some
NOTE Confidence: 0.845946581666667

00:07:27.050 --> 00:07:31.360 kinds of things that can help students.
NOTE Confidence: 0.845946581666667

00:07:31.360 --> 00:07:33.808 And help teachers and really highlight
NOTE Confidence: 0.845946581666667

00:07:33.808 --> 00:07:36.655 the idea that mental health is part
NOTE Confidence: 0.845946581666667

00:07:36.655 --> 00:07:38.935 of overall health and that students
NOTE Confidence: 0.845946581666667

00:07:38.935 --> 00:07:41.469 have to be healthy enough to learn.
NOTE Confidence: 0.845946581666667

00:07:41.470 --> 00:07:43.276 When the brain is not healthy,
NOTE Confidence: 0.845946581666667

00:07:43.280 --> 00:07:44.840 when the mind is not healthy

NOTE Confidence: 0.845946581666667
00:07:44.840 --> 00:07:46.649 because of a mental health issue,
NOTE Confidence: 0.845946581666667
00:07:46.650 --> 00:07:48.890 we do need to be thinking about this
NOTE Confidence: 0.845946581666667
00:07:48.890 --> 00:07:50.932 in the school settings and this
NOTE Confidence: 0.845946581666667
00:07:50.932 --> 00:07:53.614 is because schools as part of our
NOTE Confidence: 0.845946581666667
00:07:53.614 --> 00:07:55.598 community are profoundly affected.
NOTE Confidence: 0.845946581666667
00:07:55.600 --> 00:07:59.006 If someone dies by suicide and the
NOTE Confidence: 0.845946581666667
00:07:59.006 --> 00:08:01.771 data had been pretty consistent
NOTE Confidence: 0.845946581666667
00:08:01.771 --> 00:08:05.036 over from 2000 to 2017 eighteen.
NOTE Confidence: 0.845946581666667
00:08:05.036 --> 00:08:08.264 1 to 2% of students in EU.
NOTE Confidence: 0.845946581666667
00:08:08.264 --> 00:08:10.190 S Make a serious suicide attempt
NOTE Confidence: 0.845946581666667
00:08:10.260 --> 00:08:12.090 that lends me emergency room.
NOTE Confidence: 0.845946581666667
00:08:12.090 --> 00:08:13.655 Those numbers have been going
NOTE Confidence: 0.845946581666667
00:08:13.655 --> 00:08:15.125 up steadily since 2010.
NOTE Confidence: 0.845946581666667
00:08:15.125 --> 00:08:17.435 Now it's between 2 and 3%.
NOTE Confidence: 0.845946581666667
00:08:17.440 --> 00:08:19.536 So in a school of 2000 and many
NOTE Confidence: 0.845946581666667

00:08:19.536 --> 00:08:21.994 of our high schools in Northern
NOTE Confidence: 0.845946581666667

00:08:21.994 --> 00:08:24.494 California are between 1500 and 2500,
NOTE Confidence: 0.845946581666667

00:08:24.494 --> 00:08:27.550 that's about 40 to 60 students a year.
NOTE Confidence: 0.845946581666667

00:08:27.550 --> 00:08:29.475 And when you go to a school
NOTE Confidence: 0.845946581666667

00:08:29.475 --> 00:08:31.648 board and you give these numbers.
NOTE Confidence: 0.845946581666667

00:08:31.650 --> 00:08:32.589 People pay attention.
NOTE Confidence: 0.845946581666667

00:08:32.589 --> 00:08:33.528 They sit up.
NOTE Confidence: 0.845946581666667

00:08:33.530 --> 00:08:36.284 They understand that any one of those 40 to
NOTE Confidence: 0.845946581666667

00:08:36.284 --> 00:08:39.395 60 students might have taken their own life,
NOTE Confidence: 0.845946581666667

00:08:39.400 --> 00:08:42.630 but they found a connection.
NOTE Confidence: 0.845946581666667

00:08:42.630 --> 00:08:44.414 There was a fellow,
NOTE Confidence: 0.845946581666667

00:08:44.414 --> 00:08:45.306 for example,
NOTE Confidence: 0.845946581666667

00:08:45.310 --> 00:08:46.846 who was in the emergency room,
NOTE Confidence: 0.845946581666667

00:08:46.850 --> 00:08:49.888 or a resident who really helped them.
NOTE Confidence: 0.845946581666667

00:08:49.890 --> 00:08:51.130 In their moment of crisis,
NOTE Confidence: 0.845946581666667

00:08:51.130 --> 00:08:52.682 help that family feel,

NOTE Confidence: 0.845946581666667
00:08:52.682 --> 00:08:54.234 heard and understood hopefully
NOTE Confidence: 0.845946581666667
00:08:54.234 --> 00:08:55.620 facilitated some treatment.
NOTE Confidence: 0.845946581666667
00:08:55.620 --> 00:08:58.322 Maybe to an inpatient unit or an
NOTE Confidence: 0.845946581666667
00:08:58.322 --> 00:08:59.480 intensive outpatient program,
NOTE Confidence: 0.845946581666667
00:08:59.480 --> 00:09:01.485 but putting it into perspective
NOTE Confidence: 0.845946581666667
00:09:01.485 --> 00:09:03.897 is important to start with because
NOTE Confidence: 0.845946581666667
00:09:03.897 --> 00:09:06.546 we have lost a number of young
NOTE Confidence: 0.845946581666667
00:09:06.546 --> 00:09:08.010 people in California,
NOTE Confidence: 0.845946581666667
00:09:08.010 --> 00:09:09.466 in particular since 2010.
NOTE Confidence: 0.845946581666667
00:09:09.466 --> 00:09:12.759 Now I said lessons from the last ten years.
NOTE Confidence: 0.845946581666667
00:09:12.760 --> 00:09:14.566 It's more like 1112 years now
NOTE Confidence: 0.845946581666667
00:09:14.566 --> 00:09:16.517 where this work has become very
NOTE Confidence: 0.845946581666667
00:09:16.517 --> 00:09:18.883 active and my group has become very
NOTE Confidence: 0.845946581666667
00:09:18.883 --> 00:09:20.398 engaged and in particular.
NOTE Confidence: 0.845946581666667
00:09:20.400 --> 00:09:23.180 Our training program has had
NOTE Confidence: 0.845946581666667

00:09:23.180 --> 00:09:25.308 child psychiatry fellows really
NOTE Confidence: 0.845946581666667

00:09:25.308 --> 00:09:28.056 take part in what we do,
NOTE Confidence: 0.845946581666667

00:09:28.060 --> 00:09:31.413 not only in suicide prevention but also
NOTE Confidence: 0.845946581666667

00:09:31.413 --> 00:09:33.910 crisis intervention and health promotion.
NOTE Confidence: 0.880707862

00:09:36.530 --> 00:09:40.022 I am going to hope that my clicker is
NOTE Confidence: 0.880707862

00:09:40.022 --> 00:09:42.288 working, but I think Kyle the clicker
NOTE Confidence: 0.880707862

00:09:42.288 --> 00:09:44.340 may be stuck. It may also be that.
NOTE Confidence: 0.8631082275

00:09:46.790 --> 00:09:50.918 The interface OK so.
NOTE Confidence: 0.8631082275

00:09:50.920 --> 00:09:52.600 I said lessons from the last ten years.
NOTE Confidence: 0.8631082275

00:09:52.600 --> 00:09:54.030 This is actually a slide
NOTE Confidence: 0.8631082275

00:09:54.030 --> 00:09:55.460 that's about 15 years old,
NOTE Confidence: 0.8631082275

00:09:55.460 --> 00:09:58.124 but it's an oldie but a goodie from JAMA.
NOTE Confidence: 0.8631082275

00:09:58.130 --> 00:09:59.246 John Mann published this,
NOTE Confidence: 0.8631082275

00:09:59.246 --> 00:10:01.894 and I think it still is a very important
NOTE Confidence: 0.8631082275

00:10:01.894 --> 00:10:03.718 paradigm for us to think about.
NOTE Confidence: 0.8631082275

00:10:03.720 --> 00:10:04.974 On the left.

NOTE Confidence: 0.8631082275

00:10:04.974 --> 00:10:07.826 You see, you know what we would call

NOTE Confidence: 0.8631082275

00:10:07.826 --> 00:10:09.883 suicidal behavior and no surprise to

NOTE Confidence: 0.8631082275

00:10:09.883 --> 00:10:12.467 those of you who have joined us today.

NOTE Confidence: 0.8631082275

00:10:12.470 --> 00:10:14.480 It's not just about the mood

NOTE Confidence: 0.8631082275

00:10:14.480 --> 00:10:15.820 or other psychiatric disorder.

NOTE Confidence: 0.8631082275

00:10:15.820 --> 00:10:17.610 There was some interpersonal stress

NOTE Confidence: 0.8631082275

00:10:17.610 --> 00:10:19.763 or stressful life event or series

NOTE Confidence: 0.8631082275

00:10:19.763 --> 00:10:21.545 of events that might lead to.

NOTE Confidence: 0.8631082275

00:10:21.550 --> 00:10:23.930 Suicidal ideations and then all

NOTE Confidence: 0.8631082275

00:10:23.930 --> 00:10:26.310 of these other factors involved,

NOTE Confidence: 0.8631082275

00:10:26.310 --> 00:10:28.606 especially as we think about young people,

NOTE Confidence: 0.8631082275

00:10:28.610 --> 00:10:31.678 impulsive ITI, hopelessness, pessimism.

NOTE Confidence: 0.8631082275

00:10:31.678 --> 00:10:35.513 Most importantly for our community

NOTE Confidence: 0.8631082275

00:10:35.513 --> 00:10:37.070 and others.

NOTE Confidence: 0.8631082275

00:10:37.070 --> 00:10:40.260 For teenagers who are very

NOTE Confidence: 0.8631082275

00:10:40.260 --> 00:10:42.174 susceptible to imitation.
NOTE Confidence: 0.8631082275

00:10:42.180 --> 00:10:44.838 Uhm, the access to lethal means
NOTE Confidence: 0.8631082275

00:10:44.838 --> 00:10:47.920 what we think about is downstream.
NOTE Confidence: 0.8631082275

00:10:47.920 --> 00:10:49.592 Suicide prevention is an
NOTE Confidence: 0.8631082275

00:10:49.592 --> 00:10:51.682 important part of this slide.
NOTE Confidence: 0.8631082275

00:10:51.690 --> 00:10:54.560 Imitation as I just mentioned, prevention.
NOTE Confidence: 0.8631082275

00:10:54.560 --> 00:10:57.280 This is what we're doing right here in
NOTE Confidence: 0.8631082275

00:10:57.280 --> 00:10:59.597 this room at the CHILD Study Center,
NOTE Confidence: 0.8631082275

00:10:59.600 --> 00:11:00.812 November 30th, 2021,
NOTE Confidence: 0.8631082275

00:11:00.812 --> 00:11:04.100 and those of you were joining by Zoom,
NOTE Confidence: 0.8631082275

00:11:04.100 --> 00:11:05.393 Education and awareness.
NOTE Confidence: 0.8631082275

00:11:05.393 --> 00:11:07.548 What we're doing right now,
NOTE Confidence: 0.8631082275

00:11:07.550 --> 00:11:11.334 not only for primary care and mental health.
NOTE Confidence: 0.8631082275

00:11:11.340 --> 00:11:13.540 Uhm specialists or specialists
NOTE Confidence: 0.8631082275

00:11:13.540 --> 00:11:16.290 and training the general public.
NOTE Confidence: 0.8631082275

00:11:16.290 --> 00:11:19.013 And gatekeepers so in my world the

NOTE Confidence: 0.8631082275

00:11:19.013 --> 00:11:22.184 teachers and the school staff are really

NOTE Confidence: 0.8631082275

00:11:22.184 --> 00:11:25.070 important gatekeepers that we focus on.

NOTE Confidence: 0.8631082275

00:11:25.070 --> 00:11:27.086 We have treatment and for the purposes

NOTE Confidence: 0.8631082275

00:11:27.086 --> 00:11:29.170 of this talk, I won't go into detail,

NOTE Confidence: 0.8631082275

00:11:29.170 --> 00:11:31.288 but you all know the paradigms,

NOTE Confidence: 0.8631082275

00:11:31.290 --> 00:11:33.584 pharmacotherapy, psychotherapy,

NOTE Confidence: 0.8631082275

00:11:33.584 --> 00:11:36.602 family engagement, follow-up,

NOTE Confidence: 0.8631082275

00:11:36.602 --> 00:11:39.490 care for suicide attempts,

NOTE Confidence: 0.8631082275

00:11:39.490 --> 00:11:40.540 and as I said before,

NOTE Confidence: 0.8631082275

00:11:40.540 --> 00:11:42.226 restriction of access to lethal means,

NOTE Confidence: 0.8631082275

00:11:42.230 --> 00:11:45.566 and in particular you see letter G here,

NOTE Confidence: 0.8631082275

00:11:45.570 --> 00:11:47.420 imitation here on the left,

NOTE Confidence: 0.8631082275

00:11:47.420 --> 00:11:50.410 media reporting guidelines for suicide.

NOTE Confidence: 0.8631082275

00:11:50.410 --> 00:11:52.820 We have media reporting guidelines

NOTE Confidence: 0.8631082275

00:11:52.820 --> 00:11:55.346 and they were written not by.

NOTE Confidence: 0.8631082275

00:11:55.350 --> 00:11:58.190 Doctors Lechman Stubie or Martin.
NOTE Confidence: 0.8631082275

00:11:58.190 --> 00:12:00.122 There were actually written
NOTE Confidence: 0.8631082275

00:12:00.122 --> 00:12:03.020 by the media for the media.
NOTE Confidence: 0.8631082275

00:12:03.020 --> 00:12:03.638 By the media.
NOTE Confidence: 0.8631082275

00:12:03.638 --> 00:12:04.256 For the media.
NOTE Confidence: 0.8631082275

00:12:04.260 --> 00:12:06.456 Now there were mental health consultants,
NOTE Confidence: 0.8631082275

00:12:06.460 --> 00:12:08.010 but these are folks like
NOTE Confidence: 0.8631082275

00:12:08.010 --> 00:12:08.940 the Annenberg School.
NOTE Confidence: 0.8631082275

00:12:08.940 --> 00:12:12.195 These are folks like The Associated Press.
NOTE Confidence: 0.8631082275

00:12:12.200 --> 00:12:13.776 These guidelines have been in place for many,
NOTE Confidence: 0.8631082275

00:12:13.780 --> 00:12:14.526 many years.
NOTE Confidence: 0.8631082275

00:12:14.526 --> 00:12:17.137 They have been highlighted by the American
NOTE Confidence: 0.8631082275

00:12:17.137 --> 00:12:18.829 Foundation for Suicide Prevention and
NOTE Confidence: 0.8631082275

00:12:18.829 --> 00:12:21.070 yet the vast majority of the time.
NOTE Confidence: 0.8631082275

00:12:21.070 --> 00:12:22.258 They're not followed,
NOTE Confidence: 0.8631082275

00:12:22.258 --> 00:12:25.030 and that sets up a very difficult

NOTE Confidence: 0.8631082275

00:12:25.110 --> 00:12:27.350 set of circumstances for our

NOTE Confidence: 0.8631082275

00:12:27.350 --> 00:12:29.142 young people in particular,

NOTE Confidence: 0.8631082275

00:12:29.150 --> 00:12:31.274 teenagers who are very

NOTE Confidence: 0.8631082275

00:12:31.274 --> 00:12:32.867 vulnerable to contagion.

NOTE Confidence: 0.8631082275

00:12:32.870 --> 00:12:34.694 More than 200 teens die in

NOTE Confidence: 0.8631082275

00:12:34.694 --> 00:12:36.409 clusters every year in the US,

NOTE Confidence: 0.8631082275

00:12:36.410 --> 00:12:39.250 up to 5% of all deaths by suicide

NOTE Confidence: 0.8631082275

00:12:39.250 --> 00:12:41.778 among teens are part of a cluster.

NOTE Confidence: 0.8631082275

00:12:41.780 --> 00:12:44.414 The media can be an enormously

NOTE Confidence: 0.8631082275

00:12:44.414 --> 00:12:46.170 important partner for us.

NOTE Confidence: 0.8631082275

00:12:46.170 --> 00:12:48.614 They can provide education,

NOTE Confidence: 0.8631082275

00:12:48.614 --> 00:12:51.058 they can provide connection.

NOTE Confidence: 0.8631082275

00:12:51.060 --> 00:12:51.818 Resources.

NOTE Confidence: 0.8631082275

00:12:51.818 --> 00:12:55.608 Hoping better days to come.

NOTE Confidence: 0.8631082275

00:12:55.610 --> 00:12:58.754 Or they can be a vehicle for contagion.

NOTE Confidence: 0.8631082275

00:12:58.760 --> 00:13:01.808 And this is part of what Europe experienced

NOTE Confidence: 0.8631082275

00:13:01.808 --> 00:13:05.320 in the 80s with the Vienna train suicides.

NOTE Confidence: 0.8631082275

00:13:05.320 --> 00:13:07.618 The media got together on their

NOTE Confidence: 0.8631082275

00:13:07.618 --> 00:13:10.290 own accord and decided to come up

NOTE Confidence: 0.8631082275

00:13:10.290 --> 00:13:12.420 with some guidelines and they just

NOTE Confidence: 0.8631082275

00:13:12.420 --> 00:13:15.500 stopped reporting what was happening

NOTE Confidence: 0.906329897333333

00:13:15.500 --> 00:13:18.644 during the period in the mid 80s and

NOTE Confidence: 0.906329897333333

00:13:18.644 --> 00:13:21.181 the suicides dropped between 80 and

NOTE Confidence: 0.906329897333333

00:13:21.181 --> 00:13:23.280 90% within the course of a few weeks.

NOTE Confidence: 0.906329897333333

00:13:23.280 --> 00:13:26.110 I mean, they were losing people really

NOTE Confidence: 0.906329897333333

00:13:26.110 --> 00:13:28.822 every one to two weeks. And it was.

NOTE Confidence: 0.906329897333333

00:13:28.822 --> 00:13:30.950 All the things you see here to

NOTE Confidence: 0.906329897333333

00:13:31.025 --> 00:13:33.265 not do is what they were doing.

NOTE Confidence: 0.906329897333333

00:13:33.270 --> 00:13:35.650 Front page stories, screaming headlines,

NOTE Confidence: 0.906329897333333

00:13:35.650 --> 00:13:37.876 using particulars of the method used.

NOTE Confidence: 0.906329897333333

00:13:37.880 --> 00:13:39.134 Simplistic explanations of

NOTE Confidence: 0.906329897333333

00:13:39.134 --> 00:13:41.224 why someone took their life.

NOTE Confidence: 0.906329897333333

00:13:41.230 --> 00:13:43.686 Use of their photo.

NOTE Confidence: 0.906329897333333

00:13:43.686 --> 00:13:46.342 I've highlighted the the resource

NOTE Confidence: 0.906329897333333

00:13:46.342 --> 00:13:47.966 is this particular resource.

NOTE Confidence: 0.906329897333333

00:13:47.970 --> 00:13:51.155 You'll get a copy of these slides.

NOTE Confidence: 0.906329897333333

00:13:51.160 --> 00:13:53.176 And in our community of Palo Alto,

NOTE Confidence: 0.906329897333333

00:13:53.180 --> 00:13:55.868 which is where my wife and I

NOTE Confidence: 0.906329897333333

00:13:55.868 --> 00:13:58.069 are raising our three boys.

NOTE Confidence: 0.906329897333333

00:13:58.070 --> 00:13:59.458 It's an exceptional place,

NOTE Confidence: 0.906329897333333

00:13:59.458 --> 00:14:02.073 but we do have in Palo Alto

NOTE Confidence: 0.906329897333333

00:14:02.073 --> 00:14:03.889 and in Northern California.

NOTE Confidence: 0.906329897333333

00:14:03.890 --> 00:14:06.514 Suicide in our family history and

NOTE Confidence: 0.906329897333333

00:14:06.514 --> 00:14:08.818 people who come into our community

NOTE Confidence: 0.906329897333333

00:14:08.818 --> 00:14:11.495 who are not from the community who

NOTE Confidence: 0.906329897333333

00:14:11.495 --> 00:14:13.884 are part of city leadership or

NOTE Confidence: 0.906329897333333

00:14:13.884 --> 00:14:15.929 school board leadership have to
NOTE Confidence: 0.906329897333333

00:14:15.929 --> 00:14:18.530 learn about our history before they
NOTE Confidence: 0.906329897333333

00:14:18.530 --> 00:14:20.750 can really feel truly effective.
NOTE Confidence: 0.906329897333333

00:14:20.750 --> 00:14:23.255 We had two suicide clusters that
NOTE Confidence: 0.906329897333333

00:14:23.255 --> 00:14:24.830 happened at the train tracks.
NOTE Confidence: 0.906329897333333

00:14:24.830 --> 00:14:28.370 We have five train crossings within.
NOTE Confidence: 0.906329897333333

00:14:28.370 --> 00:14:32.060 Four and a half mile span.
NOTE Confidence: 0.906329897333333

00:14:32.060 --> 00:14:34.230 And we saw that that's not only
NOTE Confidence: 0.906329897333333

00:14:34.230 --> 00:14:35.840 of high school students,
NOTE Confidence: 0.906329897333333

00:14:35.840 --> 00:14:37.950 but also of young adults.
NOTE Confidence: 0.906329897333333

00:14:37.950 --> 00:14:40.170 We have a particular interest now
NOTE Confidence: 0.906329897333333

00:14:40.170 --> 00:14:42.390 in the Asian American community.
NOTE Confidence: 0.906329897333333

00:14:42.390 --> 00:14:45.014 Some of you may know that the number
NOTE Confidence: 0.906329897333333

00:14:45.014 --> 00:14:47.600 one cause of death in young people
NOTE Confidence: 0.906329897333333

00:14:47.600 --> 00:14:50.100 of Asian American origin is suicide.
NOTE Confidence: 0.906329897333333

00:14:50.100 --> 00:14:53.660 Between 15 to 24.

NOTE Confidence: 0.906329897333333
00:14:53.660 --> 00:14:56.985 So this was part of our demographic,
NOTE Confidence: 0.906329897333333
00:14:56.990 --> 00:14:58.650 especially in the second cluster,
NOTE Confidence: 0.906329897333333
00:14:58.650 --> 00:15:01.324 and it's become an area of interest
NOTE Confidence: 0.906329897333333
00:15:01.324 --> 00:15:03.299 of ours in terms of.
NOTE Confidence: 0.906329897333333
00:15:03.300 --> 00:15:05.120 Some hope for well-being promotion
NOTE Confidence: 0.906329897333333
00:15:05.120 --> 00:15:06.940 as well as suicide prevention,
NOTE Confidence: 0.906329897333333
00:15:06.940 --> 00:15:10.156 so this was our coalition in 2009.
NOTE Confidence: 0.906329897333333
00:15:10.156 --> 00:15:11.704 Project Safety NET,
NOTE Confidence: 0.906329897333333
00:15:11.704 --> 00:15:14.800 which is very actively engaged in
NOTE Confidence: 0.906329897333333
00:15:14.894 --> 00:15:18.182 work to this day that is our website
NOTE Confidence: 0.906329897333333
00:15:18.182 --> 00:15:21.610 psen Youth org and these this is a
NOTE Confidence: 0.906329897333333
00:15:21.610 --> 00:15:25.030 sampling of the partner groups at the time.
NOTE Confidence: 0.906329897333333
00:15:25.030 --> 00:15:27.858 And you'll see there's there's a number
NOTE Confidence: 0.906329897333333
00:15:27.858 --> 00:15:30.560 of familiar sounding to you organizations.
NOTE Confidence: 0.906329897333333
00:15:30.560 --> 00:15:31.806 Counseling services,
NOTE Confidence: 0.906329897333333

00:15:31.806 --> 00:15:34.298 the hospital, the universities,
NOTE Confidence: 0.906329897333333
00:15:34.300 --> 00:15:35.600 the parks and Rec Commission,
NOTE Confidence: 0.906329897333333
00:15:35.600 --> 00:15:39.200 faith based organizations, grief support.
NOTE Confidence: 0.906329897333333
00:15:39.200 --> 00:15:42.720 Everybody wanted to help.
NOTE Confidence: 0.906329897333333
00:15:42.720 --> 00:15:44.220 Everyone must come into the table,
NOTE Confidence: 0.906329897333333
00:15:44.220 --> 00:15:45.980 but we looked a little bit like this.
NOTE Confidence: 0.906329897333333
00:15:45.980 --> 00:15:48.810 We were in unstructured network
NOTE Confidence: 0.906329897333333
00:15:48.810 --> 00:15:51.074 of well meaning adults,
NOTE Confidence: 0.906329897333333
00:15:51.080 --> 00:15:51.926 mostly adults.
NOTE Confidence: 0.906329897333333
00:15:51.926 --> 00:15:55.310 Not very many young people at the table
NOTE Confidence: 0.906329897333333
00:15:55.395 --> 00:15:58.276 initially and over time we developed
NOTE Confidence: 0.906329897333333
00:15:58.276 --> 00:16:00.966 this more intentional community network,
NOTE Confidence: 0.906329897333333
00:16:00.970 --> 00:16:03.350 fostering youth well being with
NOTE Confidence: 0.906329897333333
00:16:03.350 --> 00:16:05.730 connection to families with mobilized
NOTE Confidence: 0.906329897333333
00:16:05.805 --> 00:16:07.670 young people in the middle.
NOTE Confidence: 0.906329897333333
00:16:07.670 --> 00:16:09.427 An example of that is when we

NOTE Confidence: 0.906329897333333
00:16:09.427 --> 00:16:10.939 would meet as a coalition.
NOTE Confidence: 0.906329897333333
00:16:10.940 --> 00:16:13.200 It was always during.
NOTE Confidence: 0.906329897333333
00:16:13.200 --> 00:16:14.895 The work day.
NOTE Confidence: 0.906329897333333
00:16:14.900 --> 00:16:16.636 You know we were all about the youth,
NOTE Confidence: 0.906329897333333
00:16:16.640 --> 00:16:18.338 but where were the youth were
NOTE Confidence: 0.906329897333333
00:16:18.338 --> 00:16:19.730 meeting during the school day?
NOTE Confidence: 0.906329897333333
00:16:19.730 --> 00:16:21.416 We're not going to have any
NOTE Confidence: 0.906329897333333
00:16:21.416 --> 00:16:22.540 students at the table,
NOTE Confidence: 0.906329897333333
00:16:22.540 --> 00:16:24.675 so simple things like changing
NOTE Confidence: 0.906329897333333
00:16:24.675 --> 00:16:27.355 the meetings to times when young
NOTE Confidence: 0.906329897333333
00:16:27.355 --> 00:16:30.566 people could attend and not only
NOTE Confidence: 0.906329897333333
00:16:30.566 --> 00:16:32.974 engage us as adults,
NOTE Confidence: 0.906329897333333
00:16:32.980 --> 00:16:34.795 but also activating sectors that
NOTE Confidence: 0.906329897333333
00:16:34.795 --> 00:16:37.193 you saw in the previous slide
NOTE Confidence: 0.906329897333333
00:16:37.193 --> 00:16:38.747 with invigorated programs.
NOTE Confidence: 0.906329897333333

00:16:38.750 --> 00:16:40.870 Hopefully those that show evidence
NOTE Confidence: 0.9063298973333333

00:16:40.870 --> 00:16:43.373 to work influencing civic decisions.
NOTE Confidence: 0.9063298973333333

00:16:43.373 --> 00:16:47.230 And so this framework comes from the
NOTE Confidence: 0.9515799533333333

00:16:47.318 --> 00:16:48.760 search institute,
NOTE Confidence: 0.9515799533333333

00:16:48.760 --> 00:16:52.140 the developmental Assets framework.
NOTE Confidence: 0.9515799533333333

00:16:52.140 --> 00:16:55.221 And it's also linked to bronfenbrenner's
NOTE Confidence: 0.9515799533333333

00:16:55.221 --> 00:16:56.514 social ecological model,
NOTE Confidence: 0.9515799533333333

00:16:56.514 --> 00:16:59.100 which some of you have studied.
NOTE Confidence: 0.9515799533333333

00:16:59.100 --> 00:17:00.678 Where it's not just the individual
NOTE Confidence: 0.9515799533333333

00:17:00.678 --> 00:17:02.080 and the family and peers,
NOTE Confidence: 0.9515799533333333

00:17:02.080 --> 00:17:04.465 but there's a nesting within
NOTE Confidence: 0.9515799533333333

00:17:04.465 --> 00:17:06.373 communities and within society.
NOTE Confidence: 0.9515799533333333

00:17:06.380 --> 00:17:08.816 So if you think about our
NOTE Confidence: 0.9515799533333333

00:17:08.816 --> 00:17:10.440 project safety net coalition,
NOTE Confidence: 0.9515799533333333

00:17:10.440 --> 00:17:12.708 we had the larger the commissions,
NOTE Confidence: 0.9515799533333333

00:17:12.710 --> 00:17:14.170 the county, the Caltrain,

NOTE Confidence: 0.9515799533333333
00:17:14.170 --> 00:17:17.696 which is the train that runs in a 77 mile
NOTE Confidence: 0.9515799533333333
00:17:17.696 --> 00:17:20.010 corridor from San Francisco to San Jose.
NOTE Confidence: 0.9515799533333333
00:17:20.010 --> 00:17:22.018 And Palo Alto is kind of right in
NOTE Confidence: 0.9515799533333333
00:17:22.018 --> 00:17:23.667 the middle with our five stops
NOTE Confidence: 0.9515799533333333
00:17:23.670 --> 00:17:25.740 we needed Caltrain at the table.
NOTE Confidence: 0.9515799533333333
00:17:25.740 --> 00:17:27.080 We needed to do.
NOTE Confidence: 0.9515799533333333
00:17:27.080 --> 00:17:29.090 We need to do a technical,
NOTE Confidence: 0.9515799533333333
00:17:29.090 --> 00:17:31.906 so we needed to make sure that all
NOTE Confidence: 0.9515799533333333
00:17:31.906 --> 00:17:34.245 of these interested in impacted
NOTE Confidence: 0.9515799533333333
00:17:34.245 --> 00:17:37.341 parties were working together to try
NOTE Confidence: 0.9515799533333333
00:17:37.341 --> 00:17:40.332 and create an organized system for
NOTE Confidence: 0.9515799533333333
00:17:40.332 --> 00:17:42.412 not only mental health promotion
NOTE Confidence: 0.9515799533333333
00:17:42.412 --> 00:17:44.300 and suicide prevention upstream,
NOTE Confidence: 0.9515799533333333
00:17:44.300 --> 00:17:47.030 but also downstream in terms of means
NOTE Confidence: 0.9515799533333333
00:17:47.030 --> 00:17:51.800 restriction and responsible media coverage.
NOTE Confidence: 0.9515799533333333

00:17:51.800 --> 00:17:52.790 And overtime,
NOTE Confidence: 0.9515799533333333

00:17:52.790 --> 00:17:55.265 the research has been consistent
NOTE Confidence: 0.9515799533333333

00:17:55.265 --> 00:17:58.456 and new research is showing us the
NOTE Confidence: 0.9515799533333333

00:17:58.456 --> 00:17:59.894 importance of family connectedness.
NOTE Confidence: 0.9515799533333333

00:17:59.894 --> 00:18:01.766 Now this is something that doctor
NOTE Confidence: 0.9515799533333333

00:18:01.766 --> 00:18:03.378 Lechman's been teaching us for many,
NOTE Confidence: 0.9515799533333333

00:18:03.380 --> 00:18:04.726 many years.
NOTE Confidence: 0.9515799533333333

00:18:04.726 --> 00:18:08.764 It's cool when some of the
NOTE Confidence: 0.9515799533333333

00:18:08.764 --> 00:18:11.342 recent developments looking at,
NOTE Confidence: 0.9515799533333333

00:18:11.342 --> 00:18:12.610 for example,
NOTE Confidence: 0.9515799533333333

00:18:12.610 --> 00:18:14.380 not only positive parent child
NOTE Confidence: 0.9515799533333333

00:18:14.380 --> 00:18:15.796 relationships and parental involvement,
NOTE Confidence: 0.9515799533333333

00:18:15.800 --> 00:18:17.660 the right amount of parental involvement
NOTE Confidence: 0.9515799533333333

00:18:17.660 --> 00:18:19.843 speaking to you as a helicopter
NOTE Confidence: 0.9515799533333333

00:18:19.843 --> 00:18:21.169 recovering helicopter parent.
NOTE Confidence: 0.9515799533333333

00:18:21.170 --> 00:18:25.070 Uhm, how do you race?

NOTE Confidence: 0.9515799533333333
00:18:25.070 --> 00:18:25.632 You're adults,
NOTE Confidence: 0.9515799533333333
00:18:25.632 --> 00:18:27.599 you know the teenager in your house,
NOTE Confidence: 0.9515799533333333
00:18:27.600 --> 00:18:28.436 in particular,
NOTE Confidence: 0.9515799533333333
00:18:28.436 --> 00:18:31.362 if they have a mental health challenge,
NOTE Confidence: 0.9515799533333333
00:18:31.370 --> 00:18:33.985 it's a delicate balance trying
NOTE Confidence: 0.9515799533333333
00:18:33.985 --> 00:18:36.600 to find that just right.
NOTE Confidence: 0.9515799533333333
00:18:36.600 --> 00:18:39.915 Amount of supervision and intervention
NOTE Confidence: 0.9515799533333333
00:18:39.915 --> 00:18:42.567 and involvement is challenging.
NOTE Confidence: 0.9515799533333333
00:18:42.570 --> 00:18:46.458 Cultural value congruence the idea that.
NOTE Confidence: 0.9515799533333333
00:18:46.460 --> 00:18:47.900 In our community in particular,
NOTE Confidence: 0.9515799533333333
00:18:47.900 --> 00:18:49.596 we have a number.
NOTE Confidence: 0.9515799533333333
00:18:49.596 --> 00:18:50.020 Really,
NOTE Confidence: 0.9515799533333333
00:18:50.020 --> 00:18:51.775 the majority of our students
NOTE Confidence: 0.9515799533333333
00:18:51.775 --> 00:18:53.973 have parents who did not go
NOTE Confidence: 0.9515799533333333
00:18:53.973 --> 00:18:56.706 to high school in the USA.
NOTE Confidence: 0.9515799533333333

00:18:56.706 --> 00:18:58.770 Very large Asian American
NOTE Confidence: 0.9515799533333333

00:18:58.770 --> 00:19:00.318 and Latinx diaspora.
NOTE Confidence: 0.9515799533333333

00:19:00.320 --> 00:19:02.900 So really looking at opportunities
NOTE Confidence: 0.9515799533333333

00:19:02.900 --> 00:19:05.480 to bridge cultural values among
NOTE Confidence: 0.9515799533333333

00:19:05.560 --> 00:19:07.748 parents and their teenagers.
NOTE Confidence: 0.9515799533333333

00:19:07.750 --> 00:19:11.140 We know that religious knus,
NOTE Confidence: 0.9515799533333333

00:19:11.140 --> 00:19:12.646 and that's a very broad term,
NOTE Confidence: 0.9515799533333333

00:19:12.650 --> 00:19:14.690 but it's been called various terms
NOTE Confidence: 0.9515799533333333

00:19:14.690 --> 00:19:17.933 over the years can be protective.
NOTE Confidence: 0.9515799533333333

00:19:17.933 --> 00:19:22.183 Whether that is feeling that taking
NOTE Confidence: 0.9515799533333333

00:19:22.183 --> 00:19:24.898 one's life is morally wrong,
NOTE Confidence: 0.9515799533333333

00:19:24.900 --> 00:19:27.861 or whether it may be seen as
NOTE Confidence: 0.9515799533333333

00:19:27.861 --> 00:19:30.028 something very negative in the
NOTE Confidence: 0.9515799533333333

00:19:30.028 --> 00:19:32.470 eyes of the persons higher power,
NOTE Confidence: 0.9515799533333333

00:19:32.470 --> 00:19:34.458 or whether they belong to a cultural
NOTE Confidence: 0.9515799533333333

00:19:34.458 --> 00:19:36.380 group or religious group that has

NOTE Confidence: 0.9515799533333333
00:19:36.380 --> 00:19:37.736 strong beliefs against suicide.
NOTE Confidence: 0.9515799533333333
00:19:37.740 --> 00:19:40.098 We know these are protective factors
NOTE Confidence: 0.9515799533333333
00:19:40.100 --> 00:19:43.660 and now we know emerging from the pandemic.
NOTE Confidence: 0.9515799533333333
00:19:43.660 --> 00:19:44.414 At school,
NOTE Confidence: 0.9515799533333333
00:19:44.414 --> 00:19:46.299 climate and peer connections that
NOTE Confidence: 0.9515799533333333
00:19:46.299 --> 00:19:48.806 are in person are the kinds of
NOTE Confidence: 0.9515799533333333
00:19:48.806 --> 00:19:50.870 everyday micro doses of well being
NOTE Confidence: 0.9515799533333333
00:19:50.947 --> 00:19:53.024 that we took for granted during.
NOTE Confidence: 0.9515799533333333
00:19:53.024 --> 00:19:53.932 The pandemic,
NOTE Confidence: 0.9515799533333333
00:19:53.932 --> 00:19:56.656 during the zoom years in the
NOTE Confidence: 0.9515799533333333
00:19:56.656 --> 00:19:58.518 last 20 months or so,
NOTE Confidence: 0.9515799533333333
00:19:58.520 --> 00:20:01.200 the perceived availability of trusted
NOTE Confidence: 0.9515799533333333
00:20:01.200 --> 00:20:04.880 adults and a sense of belonging.
NOTE Confidence: 0.9515799533333333
00:20:04.880 --> 00:20:07.071 Those of you who are familiar with
NOTE Confidence: 0.9515799533333333
00:20:07.071 --> 00:20:08.716 the interpersonal theory of suicide
NOTE Confidence: 0.9515799533333333

00:20:08.716 --> 00:20:10.336 that Tom Joyner and colleagues
NOTE Confidence: 0.9515799533333333

00:20:10.336 --> 00:20:12.158 have developed over many years now,
NOTE Confidence: 0.9515799533333333

00:20:12.160 --> 00:20:14.830 this has been adapted for teenagers.
NOTE Confidence: 0.9515799533333333

00:20:14.830 --> 00:20:16.840 A thwarted sense of belonging
NOTE Confidence: 0.9515799533333333

00:20:16.840 --> 00:20:18.448 becomes a risk factor,
NOTE Confidence: 0.9515799533333333

00:20:18.450 --> 00:20:22.657 as is a perceived sense of burdensomeness.
NOTE Confidence: 0.9515799533333333

00:20:22.660 --> 00:20:25.040 So if we can cultivate a sense
NOTE Confidence: 0.9515799533333333

00:20:25.040 --> 00:20:26.060 of belonging and
NOTE Confidence: 0.9464771185

00:20:26.140 --> 00:20:28.982 help the young person feel that it's
NOTE Confidence: 0.9464771185

00:20:28.982 --> 00:20:30.976 quite the opposite, they're not a burden.
NOTE Confidence: 0.9464771185

00:20:30.976 --> 00:20:32.918 If they were to open up to their friends,
NOTE Confidence: 0.9464771185

00:20:32.920 --> 00:20:35.000 if they were to say.
NOTE Confidence: 0.9464771185

00:20:35.000 --> 00:20:36.936 In the words of one of our school
NOTE Confidence: 0.9464771185

00:20:36.936 --> 00:20:38.299 mental health student leaders,
NOTE Confidence: 0.9464771185

00:20:38.300 --> 00:20:40.940 the three magic words.
NOTE Confidence: 0.9464771185

00:20:40.940 --> 00:20:45.104 I'm not OK and this was penned by someone who

NOTE Confidence: 0.9464771185

00:20:45.104 --> 00:20:47.960 was always the source for all their friends.

NOTE Confidence: 0.9464771185

00:20:47.960 --> 00:20:50.003 All of his friends to go to for him

NOTE Confidence: 0.9464771185

00:20:50.003 --> 00:20:52.174 to say those three words and open up

NOTE Confidence: 0.9464771185

00:20:52.174 --> 00:20:55.550 that he was not OK wasn't important.

NOTE Confidence: 0.9464771185

00:20:55.550 --> 00:20:57.482 Piece for him to write about in

NOTE Confidence: 0.9464771185

00:20:57.482 --> 00:20:59.025 the school paper and importantly

NOTE Confidence: 0.9464771185

00:20:59.025 --> 00:21:00.665 how he got that support.

NOTE Confidence: 0.9464771185

00:21:00.670 --> 00:21:02.427 His friends really showed up for him,

NOTE Confidence: 0.9464771185

00:21:02.430 --> 00:21:05.382 as did his teachers and it really helped

NOTE Confidence: 0.9464771185

00:21:05.382 --> 00:21:08.187 his parents understand his story better.

NOTE Confidence: 0.9464771185

00:21:08.190 --> 00:21:09.282 And then finally,

NOTE Confidence: 0.9464771185

00:21:09.282 --> 00:21:11.102 social support and connectedness through

NOTE Confidence: 0.9464771185

00:21:11.102 --> 00:21:13.417 the everyday kinds of in person activities.

NOTE Confidence: 0.9464771185

00:21:13.420 --> 00:21:15.640 Now whether it's a sports team,

NOTE Confidence: 0.9464771185

00:21:15.640 --> 00:21:16.700 a youth group or club,

NOTE Confidence: 0.9464771185

00:21:16.700 --> 00:21:17.732 other activities that are
NOTE Confidence: 0.9464771185

00:21:17.732 --> 00:21:18.506 happening in person,
NOTE Confidence: 0.9464771185

00:21:18.510 --> 00:21:21.494 these are all shown to be protective factors.
NOTE Confidence: 0.9464771185

00:21:21.500 --> 00:21:23.453 So we do this work in schools
NOTE Confidence: 0.9464771185

00:21:23.453 --> 00:21:25.329 because the vast majority of our.
NOTE Confidence: 0.9464771185

00:21:25.330 --> 00:21:28.546 Children and youth are in schools
NOTE Confidence: 0.9464771185

00:21:28.550 --> 00:21:31.035 65 to 68 million every day in
NOTE Confidence: 0.9464771185

00:21:31.035 --> 00:21:33.409 EU S attend public school.
NOTE Confidence: 0.9464771185

00:21:33.410 --> 00:21:36.938 About 20% suffer from a diagnosable
NOTE Confidence: 0.9464771185

00:21:36.938 --> 00:21:38.702 mental health condition.
NOTE Confidence: 0.9464771185

00:21:38.710 --> 00:21:39.145 Uhm,
NOTE Confidence: 0.9464771185

00:21:39.145 --> 00:21:41.755 many of these kids are not
NOTE Confidence: 0.9464771185

00:21:41.755 --> 00:21:43.060 progressing academically academically
NOTE Confidence: 0.9464771185

00:21:43.130 --> 00:21:45.150 because of mental health reasons
NOTE Confidence: 0.9464771185

00:21:45.150 --> 00:21:47.034 and children of immigrants.
NOTE Confidence: 0.9464771185

00:21:47.034 --> 00:21:49.860 And immigrant children make up about

NOTE Confidence: 0.9464771185

00:21:49.860 --> 00:21:52.236 25% of the US school population.

NOTE Confidence: 0.9464771185

00:21:52.240 --> 00:21:54.790 So because these young people

NOTE Confidence: 0.9464771185

00:21:54.790 --> 00:21:56.320 live in schools,

NOTE Confidence: 0.9464771185

00:21:56.320 --> 00:21:59.260 these approaches may be more

NOTE Confidence: 0.9464771185

00:21:59.260 --> 00:22:01.569 accessible and less stigmatising.

NOTE Confidence: 0.86311264

00:22:03.620 --> 00:22:07.456 There are of course still factors that

NOTE Confidence: 0.86311264

00:22:07.460 --> 00:22:10.036 come in the way of students being able

NOTE Confidence: 0.86311264

00:22:10.036 --> 00:22:12.757 to access mental health care in schools,

NOTE Confidence: 0.86311264

00:22:12.760 --> 00:22:14.470 and I'll get more into that.

NOTE Confidence: 0.86311264

00:22:14.470 --> 00:22:16.018 It's the talk progresses,

NOTE Confidence: 0.86311264

00:22:16.018 --> 00:22:19.348 but I just put two examples of programs

NOTE Confidence: 0.86311264

00:22:19.348 --> 00:22:21.683 of therapeutic approaches that have

NOTE Confidence: 0.86311264

00:22:21.683 --> 00:22:24.756 been adapted for school program CBT.

NOTE Confidence: 0.86311264

00:22:24.756 --> 00:22:28.224 I'm thinking specifically of the cognitive

NOTE Confidence: 0.86311264

00:22:28.224 --> 00:22:31.110 behavior intervention for trauma in schools.

NOTE Confidence: 0.86311264

00:22:31.110 --> 00:22:33.230 See bits that Lisa jaycox.
NOTE Confidence: 0.86311264

00:22:33.230 --> 00:22:36.198 And her colleagues at UCLA and Rand
NOTE Confidence: 0.86311264

00:22:36.198 --> 00:22:38.505 developed along with our sister
NOTE Confidence: 0.86311264

00:22:38.505 --> 00:22:40.885 Cheryl Kataoka and Bradley Stein.
NOTE Confidence: 0.86311264

00:22:40.890 --> 00:22:41.592 They've been.
NOTE Confidence: 0.86311264

00:22:41.592 --> 00:22:43.347 This treatment has been out
NOTE Confidence: 0.86311264

00:22:43.347 --> 00:22:45.580 now for a number of years.
NOTE Confidence: 0.86311264

00:22:45.580 --> 00:22:47.703 And it is not only accessible, infeasible,
NOTE Confidence: 0.86311264

00:22:47.703 --> 00:22:49.881 it's very good for school settings
NOTE Confidence: 0.86311264

00:22:49.881 --> 00:22:52.108 because it has a group structure,
NOTE Confidence: 0.86311264

00:22:52.110 --> 00:22:54.998 it's time limited and it focuses on skills,
NOTE Confidence: 0.86311264

00:22:55.000 --> 00:22:57.464 so less about psychotherapy,
NOTE Confidence: 0.86311264

00:22:57.464 --> 00:22:59.286 Purcell, though the interactions
NOTE Confidence: 0.86311264

00:22:59.286 --> 00:23:00.894 can be very therapeutic,
NOTE Confidence: 0.86311264

00:23:00.900 --> 00:23:02.925 it really is about skill
NOTE Confidence: 0.86311264

00:23:02.925 --> 00:23:04.140 building and empowerment.

NOTE Confidence: 0.86311264

00:23:04.140 --> 00:23:07.289 For in the case of Cbit 6 to 8th graders in

NOTE Confidence: 0.86311264

00:23:07.289 --> 00:23:09.998 the case of IPT adolescent skills training,

NOTE Confidence: 0.86311264

00:23:10.000 --> 00:23:11.038 it can be for high school,

NOTE Confidence: 0.86311264

00:23:11.040 --> 00:23:13.518 so this is a group based

NOTE Confidence: 0.86311264

00:23:13.520 --> 00:23:17.549 depression prevention format.

NOTE Confidence: 0.86311264

00:23:17.550 --> 00:23:18.915 And this is a review for you,

NOTE Confidence: 0.86311264

00:23:18.920 --> 00:23:22.266 but just to highlight the idea that

NOTE Confidence: 0.86311264

00:23:22.266 --> 00:23:26.444 20 to 25% of our young people before

NOTE Confidence: 0.86311264

00:23:26.444 --> 00:23:28.476 they walk across the stage to get that

NOTE Confidence: 0.86311264

00:23:28.476 --> 00:23:30.222 diploma from high school will have

NOTE Confidence: 0.86311264

00:23:30.222 --> 00:23:31.950 struggled with depression of some sort.

NOTE Confidence: 0.86311264

00:23:31.950 --> 00:23:33.380 Maybe not a major depressive

NOTE Confidence: 0.86311264

00:23:33.380 --> 00:23:34.810 episode out of the DSM.

NOTE Confidence: 0.86311264

00:23:34.810 --> 00:23:35.576 5 TR,

NOTE Confidence: 0.86311264

00:23:35.576 --> 00:23:37.874 but some kind of severe episode

NOTE Confidence: 0.86311264

00:23:37.874 --> 00:23:40.444 where they lose interest in the
NOTE Confidence: 0.86311264

00:23:40.444 --> 00:23:43.030 things that are important to them
NOTE Confidence: 0.86311264

00:23:43.030 --> 00:23:46.498 and they have a real decrement.
NOTE Confidence: 0.86311264

00:23:46.500 --> 00:23:49.956 In their mood for at least a week.
NOTE Confidence: 0.86311264

00:23:49.960 --> 00:23:51.845 5% having depression at any
NOTE Confidence: 0.86311264

00:23:51.845 --> 00:23:54.590 one time and the average age of
NOTE Confidence: 0.86311264

00:23:54.590 --> 00:23:56.555 onset is around sophomore year.
NOTE Confidence: 0.86311264

00:23:56.560 --> 00:24:00.864 We know that 65 to 80% of teens and humans,
NOTE Confidence: 0.86311264

00:24:00.864 --> 00:24:02.217 not just teenagers,
NOTE Confidence: 0.86311264

00:24:02.220 --> 00:24:04.692 have at least one diagnosable diagnosable
NOTE Confidence: 0.86311264

00:24:04.692 --> 00:24:07.408 disorder at the time of their death.
NOTE Confidence: 0.86311264

00:24:07.410 --> 00:24:08.850 Or a year preceding,
NOTE Confidence: 0.86311264

00:24:08.850 --> 00:24:11.859 but often the symptoms are not as visible.
NOTE Confidence: 0.86311264

00:24:11.860 --> 00:24:13.932 And this is one of the important
NOTE Confidence: 0.86311264

00:24:13.932 --> 00:24:15.699 lessons we've learned as a community,
NOTE Confidence: 0.86311264

00:24:15.700 --> 00:24:18.136 particularly for the males.

NOTE Confidence: 0.86311264

00:24:18.136 --> 00:24:23.030 We have lost the Asian American males wear.

NOTE Confidence: 0.86311264

00:24:23.030 --> 00:24:24.976 They may not be acculturated in the

NOTE Confidence: 0.86311264

00:24:24.976 --> 00:24:27.467 same way to be able to talk about their

NOTE Confidence: 0.86311264

00:24:27.467 --> 00:24:29.538 feelings in a way that feels safe.

NOTE Confidence: 0.86311264

00:24:29.540 --> 00:24:31.092 And yet, they may,

NOTE Confidence: 0.86311264

00:24:31.092 --> 00:24:32.644 they may struggle nonetheless,

NOTE Confidence: 0.86311264

00:24:32.650 --> 00:24:35.352 and their symptoms may not present the

NOTE Confidence: 0.86311264

00:24:35.352 --> 00:24:38.152 same way someone from another ethnic

NOTE Confidence: 0.86311264

00:24:38.152 --> 00:24:40.240 cultural background may present.

NOTE Confidence: 0.86311264

00:24:40.240 --> 00:24:40.972 And as I said,

NOTE Confidence: 0.86311264

00:24:40.972 --> 00:24:41.338 the beginning,

NOTE Confidence: 0.86311264

00:24:41.340 --> 00:24:43.728 the rates have been rising over

NOTE Confidence: 0.86311264

00:24:43.728 --> 00:24:45.320 the past ten years.

NOTE Confidence: 0.86311264

00:24:45.320 --> 00:24:48.248 So we're always thinking about culture.

NOTE Confidence: 0.86311264

00:24:48.250 --> 00:24:51.358 From the culture of my walking into

NOTE Confidence: 0.86311264

00:24:51.358 --> 00:24:53.461 this beautiful auditorium for the
NOTE Confidence: 0.86311264

00:24:53.461 --> 00:24:58.534 first time since 2006 to a patient who
NOTE Confidence: 0.86311264

00:24:58.534 --> 00:25:01.522 comes into Yale Child Study Center,
NOTE Confidence: 0.86311264

00:25:01.530 --> 00:25:03.702 you know what is the culture
NOTE Confidence: 0.86311264

00:25:03.702 --> 00:25:05.590 of the institution to them?
NOTE Confidence: 0.86311264

00:25:05.590 --> 00:25:06.918 What cultural background do
NOTE Confidence: 0.86311264

00:25:06.918 --> 00:25:08.578 they bring into the room?
NOTE Confidence: 0.86311264

00:25:08.580 --> 00:25:10.444 What does the clinician bring into the room?
NOTE Confidence: 0.86311264

00:25:10.450 --> 00:25:13.210 Every interaction is cross cultural.
NOTE Confidence: 0.86311264

00:25:13.210 --> 00:25:17.738 We touched a bit on the biological basis.
NOTE Confidence: 0.86311264

00:25:17.740 --> 00:25:21.177 We think a lot now about the
NOTE Confidence: 0.86311264

00:25:21.177 --> 00:25:22.706 psychological influences our
NOTE Confidence: 0.86311264

00:25:22.706 --> 00:25:25.436 young people generally can be.
NOTE Confidence: 0.86311264

00:25:25.440 --> 00:25:26.154 Very resilient.
NOTE Confidence: 0.86311264

00:25:26.154 --> 00:25:29.010 They have a lot of coping skills they've
NOTE Confidence: 0.870073907272727

00:25:29.081 --> 00:25:30.930 developed, but in the pandemic their

NOTE Confidence: 0.870073907272727

00:25:30.930 --> 00:25:32.370 self-esteem may have taken a hit.

NOTE Confidence: 0.870073907272727

00:25:32.370 --> 00:25:34.694 They may have lost their sense of

NOTE Confidence: 0.870073907272727

00:25:34.694 --> 00:25:36.278 belonging when they come back into school.

NOTE Confidence: 0.870073907272727

00:25:36.280 --> 00:25:37.876 That best friend,

NOTE Confidence: 0.870073907272727

00:25:37.876 --> 00:25:41.068 they might be estranged from now.

NOTE Confidence: 0.870073907272727

00:25:41.070 --> 00:25:43.450 The social piece here can be a

NOTE Confidence: 0.870073907272727

00:25:43.450 --> 00:25:45.330 very important source of strength,

NOTE Confidence: 0.870073907272727

00:25:45.330 --> 00:25:47.400 but can also be a stressor.

NOTE Confidence: 0.870073907272727

00:25:47.400 --> 00:25:51.810 So as Doctor Cohen taught us many years ago,

NOTE Confidence: 0.870073907272727

00:25:51.810 --> 00:25:53.722 child psychiatry is family

NOTE Confidence: 0.870073907272727

00:25:53.722 --> 00:25:56.365 psychiatry and we really try to

NOTE Confidence: 0.870073907272727

00:25:56.365 --> 00:25:59.269 engage families as much as we can.

NOTE Confidence: 0.870073907272727

00:25:59.270 --> 00:26:00.810 Even in the limited time we have,

NOTE Confidence: 0.870073907272727

00:26:00.810 --> 00:26:02.784 we're really our work is incomplete

NOTE Confidence: 0.870073907272727

00:26:02.784 --> 00:26:04.767 if we can't understand the family

NOTE Confidence: 0.870073907272727

00:26:04.767 --> 00:26:06.390 story and and then finally,
NOTE Confidence: 0.870073907272727

00:26:06.390 --> 00:26:08.370 when we think about cross cultural
NOTE Confidence: 0.870073907272727

00:26:08.434 --> 00:26:10.378 work and I would present to
NOTE Confidence: 0.870073907272727

00:26:10.378 --> 00:26:11.674 you that every interaction.
NOTE Confidence: 0.870073907272727

00:26:11.680 --> 00:26:14.181 Is a cross cultural 1 tapping
NOTE Confidence: 0.870073907272727

00:26:14.181 --> 00:26:16.947 into what brings that young person
NOTE Confidence: 0.870073907272727

00:26:16.947 --> 00:26:20.078 a sense of belonging and what?
NOTE Confidence: 0.870073907272727

00:26:20.080 --> 00:26:22.276 They describe as who they are,
NOTE Confidence: 0.870073907272727

00:26:22.280 --> 00:26:23.464 who their people are,
NOTE Confidence: 0.870073907272727

00:26:23.464 --> 00:26:25.702 where they come from is a very
NOTE Confidence: 0.870073907272727

00:26:25.702 --> 00:26:28.440 important part of the work for us
NOTE Confidence: 0.870073907272727

00:26:28.440 --> 00:26:30.380 in child lesaint mental health,
NOTE Confidence: 0.870073907272727

00:26:30.380 --> 00:26:32.060 particularly if we're thinking
NOTE Confidence: 0.870073907272727

00:26:32.060 --> 00:26:32.900 about depression,
NOTE Confidence: 0.870073907272727

00:26:32.900 --> 00:26:35.287 which can put a young person at
NOTE Confidence: 0.870073907272727

00:26:35.287 --> 00:26:37.689 risk for making a suicide attempt.

NOTE Confidence: 0.870073907272727
00:26:37.690 --> 00:26:38.406 So I I might,
NOTE Confidence: 0.870073907272727
00:26:38.406 --> 00:26:39.771 if I'm going to the school board
NOTE Confidence: 0.870073907272727
00:26:39.771 --> 00:26:40.966 pull out this brain slide.
NOTE Confidence: 0.870073907272727
00:26:40.970 --> 00:26:42.265 I was talking to the trainees earlier.
NOTE Confidence: 0.870073907272727
00:26:42.270 --> 00:26:44.503 This is just open source from the
NOTE Confidence: 0.870073907272727
00:26:44.503 --> 00:26:46.660 Internet from Naida and I very
NOTE Confidence: 0.870073907272727
00:26:46.660 --> 00:26:48.660 briefly might tell them about,
NOTE Confidence: 0.870073907272727
00:26:48.660 --> 00:26:49.080 you know,
NOTE Confidence: 0.870073907272727
00:26:49.080 --> 00:26:51.020 in the days now we're meeting in person here,
NOTE Confidence: 0.870073907272727
00:26:51.020 --> 00:26:52.068 but when we would,
NOTE Confidence: 0.870073907272727
00:26:52.068 --> 00:26:54.147 do you know in person classes or I
NOTE Confidence: 0.870073907272727
00:26:54.147 --> 00:26:55.715 would give a talk and there would
NOTE Confidence: 0.870073907272727
00:26:55.715 --> 00:26:57.579 be food or there be good coffee.
NOTE Confidence: 0.870073907272727
00:26:57.580 --> 00:26:59.540 It was early in the morning and say
NOTE Confidence: 0.870073907272727
00:26:59.540 --> 00:27:02.050 you know this blue area your frontal cortex.
NOTE Confidence: 0.870073907272727

00:27:02.050 --> 00:27:03.442 This is your reward,
NOTE Confidence: 0.870073907272727

00:27:03.442 --> 00:27:04.138 your motivation.
NOTE Confidence: 0.870073907272727

00:27:04.140 --> 00:27:05.310 You knew that if you arrived
NOTE Confidence: 0.870073907272727

00:27:05.310 --> 00:27:06.688 here you were going to get the
NOTE Confidence: 0.870073907272727

00:27:06.688 --> 00:27:07.798 good coffee and you would get.
NOTE Confidence: 0.870073907272727

00:27:07.800 --> 00:27:11.664 The good pastries, but we focus on serotonin.
NOTE Confidence: 0.870073907272727

00:27:11.670 --> 00:27:12.498 A lot of parents,
NOTE Confidence: 0.870073907272727

00:27:12.498 --> 00:27:13.740 a lot of school board members,
NOTE Confidence: 0.870073907272727

00:27:13.740 --> 00:27:16.162 a lot of a lot of superintendents
NOTE Confidence: 0.870073907272727

00:27:16.162 --> 00:27:17.200 know about serotonin.
NOTE Confidence: 0.870073907272727

00:27:17.200 --> 00:27:19.300 They made themselves have taken an SSRI,
NOTE Confidence: 0.870073907272727

00:27:19.300 --> 00:27:21.540 but we just highlight the idea that
NOTE Confidence: 0.870073907272727

00:27:21.540 --> 00:27:23.920 serotonin is not only important for mood,
NOTE Confidence: 0.870073907272727

00:27:23.920 --> 00:27:25.540 it's important for memory
NOTE Confidence: 0.870073907272727

00:27:25.540 --> 00:27:27.734 processing for sleep, for cognition.
NOTE Confidence: 0.870073907272727

00:27:27.734 --> 00:27:30.169 All of the things students

NOTE Confidence: 0.870073907272727

00:27:30.169 --> 00:27:31.936 need to engage the curriculum,

NOTE Confidence: 0.870073907272727

00:27:31.936 --> 00:27:33.850 and if our students are not

NOTE Confidence: 0.870073907272727

00:27:33.914 --> 00:27:35.358 healthy enough to learn,

NOTE Confidence: 0.870073907272727

00:27:35.360 --> 00:27:37.880 then no matter how good our curriculum is.

NOTE Confidence: 0.870073907272727

00:27:37.880 --> 00:27:39.148 At the school board,

NOTE Confidence: 0.870073907272727

00:27:39.148 --> 00:27:40.940 we would say they're not engaging

NOTE Confidence: 0.870073907272727

00:27:40.940 --> 00:27:42.620 if their brains and minds are

NOTE Confidence: 0.870073907272727

00:27:42.620 --> 00:27:44.198 not healthy enough to learn,

NOTE Confidence: 0.870073907272727

00:27:44.200 --> 00:27:45.405 they're not going to engage

NOTE Confidence: 0.870073907272727

00:27:45.405 --> 00:27:46.810 with what we want them to,

NOTE Confidence: 0.870073907272727

00:27:46.810 --> 00:27:49.560 so that is why we do this work in schools

NOTE Confidence: 0.870073907272727

00:27:49.560 --> 00:27:52.215 and that is why we always talk about culture,

NOTE Confidence: 0.870073907272727

00:27:52.220 --> 00:27:55.680 because what might appeal to.

NOTE Confidence: 0.870073907272727

00:27:55.680 --> 00:27:57.367 One community might not appeal to another

NOTE Confidence: 0.870073907272727

00:27:57.367 --> 00:27:59.527 when we talk about mental health in schools.

NOTE Confidence: 0.870073907272727

00:27:59.530 --> 00:28:02.490 So like I'm doing with you here now,
NOTE Confidence: 0.870073907272727

00:28:02.490 --> 00:28:05.260 I invite colleagues to consider
NOTE Confidence: 0.870073907272727

00:28:05.260 --> 00:28:07.476 culture in every patient.
NOTE Confidence: 0.870073907272727

00:28:07.480 --> 00:28:09.580 In particular Francis Luhu I
NOTE Confidence: 0.870073907272727

00:28:09.580 --> 00:28:11.680 reference here in the bottom,
NOTE Confidence: 0.870073907272727

00:28:11.680 --> 00:28:12.670 and I did a talk.
NOTE Confidence: 0.870073907272727

00:28:12.670 --> 00:28:14.596 This is again 10 years ago,
NOTE Confidence: 0.870073907272727

00:28:14.600 --> 00:28:16.289 appreciating the complexities
NOTE Confidence: 0.870073907272727

00:28:16.289 --> 00:28:17.978 of cultural assessment
NOTE Confidence: 0.957821386363636

00:28:17.980 --> 00:28:20.176 requires. Some thoughtfulness we
NOTE Confidence: 0.957821386363636

00:28:20.176 --> 00:28:24.030 have to know when we don't know,
NOTE Confidence: 0.957821386363636

00:28:24.030 --> 00:28:25.434 rather than making assumptions,
NOTE Confidence: 0.957821386363636

00:28:25.434 --> 00:28:27.540 we have to know about our
NOTE Confidence: 0.957821386363636

00:28:27.604 --> 00:28:28.960 biases and prejudices,
NOTE Confidence: 0.957821386363636

00:28:28.960 --> 00:28:30.857 and we have to know when to
NOTE Confidence: 0.957821386363636

00:28:30.857 --> 00:28:32.580 get a cultural consultation.

NOTE Confidence: 0.957821386363636

00:28:32.580 --> 00:28:34.120 This might involve young people.

NOTE Confidence: 0.957821386363636

00:28:34.120 --> 00:28:35.490 Specifically, we don't want the

NOTE Confidence: 0.957821386363636

00:28:35.490 --> 00:28:37.213 sun to be the interpreter when

NOTE Confidence: 0.957821386363636

00:28:37.213 --> 00:28:38.698 we're speaking with the parents,

NOTE Confidence: 0.957821386363636

00:28:38.700 --> 00:28:41.036 but we might need to if we understand

NOTE Confidence: 0.957821386363636

00:28:41.036 --> 00:28:44.020 a little bit about what's going on in

NOTE Confidence: 0.957821386363636

00:28:44.020 --> 00:28:46.020 the students world interpersonal world,

NOTE Confidence: 0.957821386363636

00:28:46.020 --> 00:28:47.442 we might have a better understanding

NOTE Confidence: 0.957821386363636

00:28:47.442 --> 00:28:48.919 of how we can help them.

NOTE Confidence: 0.957821386363636

00:28:48.920 --> 00:28:52.307 We might have to ask a friend to

NOTE Confidence: 0.957821386363636

00:28:52.307 --> 00:28:54.442 help us understand better what's

NOTE Confidence: 0.957821386363636

00:28:54.442 --> 00:28:57.494 going on with the patient that we're

NOTE Confidence: 0.957821386363636

00:28:57.494 --> 00:29:00.140 consulting on in a school setting.

NOTE Confidence: 0.957821386363636

00:29:00.140 --> 00:29:02.316 So the next few slides are just a

NOTE Confidence: 0.957821386363636

00:29:02.316 --> 00:29:04.735 reminder to us because we are right now

NOTE Confidence: 0.957821386363636

00:29:04.735 --> 00:29:07.920 living. This is a parallel process.
NOTE Confidence: 0.957821386363636

00:29:07.920 --> 00:29:09.635 We're having the hybrid version
NOTE Confidence: 0.957821386363636

00:29:09.635 --> 00:29:10.664 of grand Rounds.
NOTE Confidence: 0.957821386363636

00:29:10.670 --> 00:29:12.469 Right now there's an in person and
NOTE Confidence: 0.957821386363636

00:29:12.469 --> 00:29:14.609 there's a Tele health component to this.
NOTE Confidence: 0.957821386363636

00:29:14.610 --> 00:29:16.920 Or a Tele education component.
NOTE Confidence: 0.957821386363636

00:29:16.920 --> 00:29:17.464 And I,
NOTE Confidence: 0.957821386363636

00:29:17.464 --> 00:29:19.640 I guess that many of you who are
NOTE Confidence: 0.957821386363636

00:29:19.713 --> 00:29:21.884 fellows who I met over the new now
NOTE Confidence: 0.957821386363636

00:29:21.884 --> 00:29:23.643 we're going to continue to have a
NOTE Confidence: 0.957821386363636

00:29:23.643 --> 00:29:25.253 Tele health aspect to what you do.
NOTE Confidence: 0.957821386363636

00:29:25.260 --> 00:29:27.726 And so Barbara Stanley from Columbia,
NOTE Confidence: 0.957821386363636

00:29:27.730 --> 00:29:29.963 who's done a lot of work in
NOTE Confidence: 0.957821386363636

00:29:29.963 --> 00:29:31.769 suicide prevention and the Brown
NOTE Confidence: 0.957821386363636

00:29:31.769 --> 00:29:33.729 and Stanley safety planning tool,
NOTE Confidence: 0.957821386363636

00:29:33.730 --> 00:29:35.410 is something you've probably all seen.

NOTE Confidence: 0.957821386363636
00:29:35.410 --> 00:29:37.290 I'm going to show it in a minute,
NOTE Confidence: 0.957821386363636
00:29:37.290 --> 00:29:39.411 but at beginning of the pandemic we
NOTE Confidence: 0.957821386363636
00:29:39.411 --> 00:29:41.699 did a really nice summary of some
NOTE Confidence: 0.957821386363636
00:29:41.699 --> 00:29:43.667 of the approaches to be adapted
NOTE Confidence: 0.957821386363636
00:29:43.737 --> 00:29:45.885 for schools and Tele health during
NOTE Confidence: 0.957821386363636
00:29:45.885 --> 00:29:46.959 COVID and after,
NOTE Confidence: 0.957821386363636
00:29:46.960 --> 00:29:49.460 and I won't be able to get into all of it,
NOTE Confidence: 0.957821386363636
00:29:49.460 --> 00:29:51.900 but I'm going to focus on two aspects.
NOTE Confidence: 0.957821386363636
00:29:51.900 --> 00:29:54.708 In particular having to do with
NOTE Confidence: 0.957821386363636
00:29:54.708 --> 00:29:55.644 safety planning.
NOTE Confidence: 0.957821386363636
00:29:55.650 --> 00:29:58.482 And having to do with support
NOTE Confidence: 0.957821386363636
00:29:58.482 --> 00:30:00.980 for yourself as clinicians so.
NOTE Confidence: 0.9230839975
00:30:02.990 --> 00:30:04.631 Under ordinary circumstances
NOTE Confidence: 0.9230839975
00:30:04.631 --> 00:30:07.366 it is very anxiety provoking,
NOTE Confidence: 0.9230839975
00:30:07.370 --> 00:30:09.631 especially if you're a trainee and
NOTE Confidence: 0.9230839975

00:30:09.631 --> 00:30:11.677 you're anointed with the term expert.
NOTE Confidence: 0.9230839975

00:30:11.680 --> 00:30:13.129 When you go into a school setting,
NOTE Confidence: 0.9230839975

00:30:13.130 --> 00:30:15.220 they they breathe a collective
NOTE Confidence: 0.9230839975

00:30:15.220 --> 00:30:16.815 sigh of relief when.
NOTE Confidence: 0.9230839975

00:30:16.815 --> 00:30:19.495 Say Marie, I'm in one of your fellows
NOTE Confidence: 0.9230839975

00:30:19.495 --> 00:30:22.037 were to walk onto a school campus
NOTE Confidence: 0.9230839975

00:30:22.037 --> 00:30:24.343 because they feel like OK, my arms here.
NOTE Confidence: 0.9230839975

00:30:24.343 --> 00:30:28.280 It's going to be OK, right? But?
NOTE Confidence: 0.9230839975

00:30:28.280 --> 00:30:29.645 Maryam's heart rate might be going up
NOTE Confidence: 0.9230839975

00:30:29.645 --> 00:30:30.917 because you know what is she doing?
NOTE Confidence: 0.9230839975

00:30:30.920 --> 00:30:32.999 Well, she's just walked onto a campus.
NOTE Confidence: 0.9230839975

00:30:33.000 --> 00:30:35.928 She has pulled the collective anxiety.
NOTE Confidence: 0.9230839975

00:30:35.930 --> 00:30:37.646 But when you're doing Tele health,
NOTE Confidence: 0.9230839975

00:30:37.650 --> 00:30:40.074 you don't actually see the student in person.
NOTE Confidence: 0.9230839975

00:30:40.080 --> 00:30:41.568 You're doing this across the screen,
NOTE Confidence: 0.9230839975

00:30:41.570 --> 00:30:45.830 so there are some unique challenges.

NOTE Confidence: 0.9230839975

00:30:45.830 --> 00:30:49.078 Making sure that you have taken some of

NOTE Confidence: 0.9230839975

00:30:49.078 --> 00:30:53.040 the basic preparation kinds of moves are

NOTE Confidence: 0.9230839975

00:30:53.040 --> 00:30:56.076 going to help to bring your heart rate down.

NOTE Confidence: 0.9230839975

00:30:56.080 --> 00:30:56.971 So for example,

NOTE Confidence: 0.9230839975

00:30:56.971 --> 00:30:58.456 knowing where the student is,

NOTE Confidence: 0.9230839975

00:30:58.460 --> 00:30:59.765 knowing their location,

NOTE Confidence: 0.9230839975

00:30:59.765 --> 00:31:01.940 making sure you have emergency

NOTE Confidence: 0.9230839975

00:31:01.940 --> 00:31:04.649 contact information, what if you're?

NOTE Confidence: 0.9230839975

00:31:04.650 --> 00:31:05.842 Phone call gets interrupted.

NOTE Confidence: 0.9230839975

00:31:05.842 --> 00:31:07.630 What if it gets cut off?

NOTE Confidence: 0.9230839975

00:31:07.630 --> 00:31:09.322 I mean similar to what we do in interviews.

NOTE Confidence: 0.9230839975

00:31:09.330 --> 00:31:11.444 You have another way to reach the

NOTE Confidence: 0.9230839975

00:31:11.444 --> 00:31:13.532 person you want to make sure you

NOTE Confidence: 0.9230839975

00:31:13.532 --> 00:31:15.448 can secure the students privacy and

NOTE Confidence: 0.9230839975

00:31:15.448 --> 00:31:17.352 you want to make sure that you can

NOTE Confidence: 0.9230839975

00:31:17.352 --> 00:31:19.090 develop a plan to stay on the phone.
NOTE Confidence: 0.9230839975

00:31:19.090 --> 00:31:21.729 If the zoom the video cuts out.
NOTE Confidence: 0.9230839975

00:31:21.730 --> 00:31:23.998 And then went to bring parents into
NOTE Confidence: 0.9230839975

00:31:23.998 --> 00:31:25.778 the conversation. When and how?
NOTE Confidence: 0.9230839975

00:31:25.778 --> 00:31:26.154 Now,
NOTE Confidence: 0.9230839975

00:31:26.154 --> 00:31:28.034 for some of our communities
NOTE Confidence: 0.9230839975

00:31:28.034 --> 00:31:29.450 that we work with.
NOTE Confidence: 0.9230839975

00:31:29.450 --> 00:31:32.123 It may be very hard to find a private
NOTE Confidence: 0.9230839975

00:31:32.123 --> 00:31:34.979 place to be able to talk for that student,
NOTE Confidence: 0.9230839975

00:31:34.980 --> 00:31:36.884 so that involves sometimes
NOTE Confidence: 0.9230839975

00:31:36.884 --> 00:31:39.264 connecting with them on zoom,
NOTE Confidence: 0.9230839975

00:31:39.270 --> 00:31:41.106 when they may be in school,
NOTE Confidence: 0.9230839975

00:31:41.110 --> 00:31:42.489 and you may also be in school,
NOTE Confidence: 0.9230839975

00:31:42.490 --> 00:31:43.810 but you're in another location.
NOTE Confidence: 0.9230839975

00:31:43.810 --> 00:31:46.370 Sometimes they like that setting.
NOTE Confidence: 0.9230839975

00:31:46.370 --> 00:31:47.785 It also allows them at

NOTE Confidence: 0.9230839975

00:31:47.785 --> 00:31:49.200 times to mute their video,

NOTE Confidence: 0.9230839975

00:31:49.200 --> 00:31:50.868 but you know they're OK 'cause

NOTE Confidence: 0.9230839975

00:31:50.868 --> 00:31:51.980 they're on campus somewhere.

NOTE Confidence: 0.9230839975

00:31:51.980 --> 00:31:54.612 We also have fellows who for medical

NOTE Confidence: 0.9230839975

00:31:54.612 --> 00:31:57.556 reasons could not come to a school setting,

NOTE Confidence: 0.9230839975

00:31:57.560 --> 00:32:00.071 so the student might be in school on zoom

NOTE Confidence: 0.9230839975

00:32:00.071 --> 00:32:02.628 and the fellow is at a remote location

NOTE Confidence: 0.9230839975

00:32:02.628 --> 00:32:04.697 either in clinic or in their home,

NOTE Confidence: 0.9230839975

00:32:04.700 --> 00:32:06.100 so this might look familiar.

NOTE Confidence: 0.9230839975

00:32:06.100 --> 00:32:07.748 This is the CSRS,

NOTE Confidence: 0.9230839975

00:32:07.748 --> 00:32:10.220 the Columbia Suicide Severity Rating scale.

NOTE Confidence: 0.9230839975

00:32:10.220 --> 00:32:13.358 There are actually adaptations now for

NOTE Confidence: 0.9230839975

00:32:13.358 --> 00:32:16.210 community settings like school settings,

NOTE Confidence: 0.9230839975

00:32:16.210 --> 00:32:18.200 and they put the community

NOTE Confidence: 0.9230839975

00:32:18.200 --> 00:32:19.792 card for teachers here.

NOTE Confidence: 0.9230839975

00:32:19.800 --> 00:32:21.984 Just put it here to highlight its.
NOTE Confidence: 0.9230839975

00:32:21.990 --> 00:32:22.910 Pretty simple,
NOTE Confidence: 0.9230839975

00:32:22.910 --> 00:32:24.750 it's six questions and
NOTE Confidence: 0.9230839975

00:32:24.750 --> 00:32:26.590 teachers can be trained,
NOTE Confidence: 0.9230839975

00:32:26.590 --> 00:32:27.118 not teachers.
NOTE Confidence: 0.9230839975

00:32:27.118 --> 00:32:28.702 As much I'd say counselors tend
NOTE Confidence: 0.9230839975

00:32:28.702 --> 00:32:29.790 to use this more,
NOTE Confidence: 0.9230839975

00:32:29.790 --> 00:32:32.762 but teachers can be trained as they can.
NOTE Confidence: 0.9230839975

00:32:32.762 --> 00:32:35.614 Also with the ASK which is the ask
NOTE Confidence: 0.9230839975

00:32:35.614 --> 00:32:38.129 suicide screening questions the ASK.
NOTE Confidence: 0.9230839975

00:32:38.130 --> 00:32:40.300 I want to highlight something that one
NOTE Confidence: 0.9230839975

00:32:40.300 --> 00:32:42.690 of your very own psychology fellows,
NOTE Confidence: 0.9230839975

00:32:42.690 --> 00:32:45.224 Andrea Tab Wanka at the time she
NOTE Confidence: 0.9230839975

00:32:45.224 --> 00:32:47.640 was not noticed that one 'cause
NOTE Confidence: 0.9230839975

00:32:47.640 --> 00:32:51.032 she was Llewellyn but she is
NOTE Confidence: 0.9230839975

00:32:51.032 --> 00:32:52.999 now with us at Stanford and she

NOTE Confidence: 0.9230839975

00:32:52.999 --> 00:32:55.168 did a beautiful adaptation of

NOTE Confidence: 0.9230839975

00:32:55.168 --> 00:32:56.980 the suicide risk assessment.

NOTE Confidence: 0.9230839975

00:32:56.980 --> 00:32:58.565 Worked here actually on one

NOTE Confidence: 0.9230839975

00:32:58.565 --> 00:33:00.302 of your inpatient units and

NOTE Confidence: 0.9230839975

00:33:00.302 --> 00:33:02.150 developed these ideas with

NOTE Confidence: 0.916683264

00:33:02.150 --> 00:33:04.180 Marie Gibson who came out and was

NOTE Confidence: 0.916683264

00:33:04.180 --> 00:33:06.670 with us for a short time from Boston

NOTE Confidence: 0.916683264

00:33:06.670 --> 00:33:08.206 Children's and the two of them.

NOTE Confidence: 0.916683264

00:33:08.210 --> 00:33:12.319 Together worked on an adapted safety plan,

NOTE Confidence: 0.916683264

00:33:12.320 --> 00:33:13.420 so on inpatient units,

NOTE Confidence: 0.916683264

00:33:13.420 --> 00:33:15.070 as is true in emergency rooms,

NOTE Confidence: 0.916683264

00:33:15.070 --> 00:33:16.948 as is true in real life.

NOTE Confidence: 0.916683264

00:33:16.950 --> 00:33:20.550 You have this slide, which you may have seen,

NOTE Confidence: 0.916683264

00:33:20.550 --> 00:33:24.638 or you may know the concept which is.

NOTE Confidence: 0.916683264

00:33:24.640 --> 00:33:27.394 There is a danger that goes up very acutely.

NOTE Confidence: 0.916683264

00:33:27.400 --> 00:33:29.744 The risk overtime happens.
NOTE Confidence: 0.916683264

00:33:29.744 --> 00:33:32.435 It peaks the danger of acting on
NOTE Confidence: 0.916683264

00:33:32.435 --> 00:33:34.300 suicidal feelings is at this peak,
NOTE Confidence: 0.916683264

00:33:34.300 --> 00:33:37.963 and if we can get them through that period.
NOTE Confidence: 0.916683264

00:33:37.970 --> 00:33:41.498 Think about it as an extinction burst.
NOTE Confidence: 0.916683264

00:33:41.500 --> 00:33:44.052 Overtime their risk will come down, but.
NOTE Confidence: 0.916683264

00:33:44.052 --> 00:33:46.012 These curves may happen at
NOTE Confidence: 0.916683264

00:33:46.012 --> 00:33:47.188 different points during,
NOTE Confidence: 0.916683264

00:33:47.190 --> 00:33:48.610 for example, the school year.
NOTE Confidence: 0.916683264

00:33:48.610 --> 00:33:50.430 Like now, for example,
NOTE Confidence: 0.916683264

00:33:50.430 --> 00:33:53.160 as we are facing some some
NOTE Confidence: 0.916683264

00:33:53.254 --> 00:33:55.390 stressors for students,
NOTE Confidence: 0.916683264

00:33:55.390 --> 00:33:57.350 many of which you'll be able to name.
NOTE Confidence: 0.916683264

00:33:57.350 --> 00:33:58.860 They're not just academic ones,
NOTE Confidence: 0.916683264

00:33:58.860 --> 00:34:00.130 we're headed into the holidays,
NOTE Confidence: 0.916683264

00:34:00.130 --> 00:34:01.656 we just got out of a holiday.

NOTE Confidence: 0.916683264

00:34:01.660 --> 00:34:02.876 Sometimes that's really good,

NOTE Confidence: 0.916683264

00:34:02.876 --> 00:34:04.700 but for others it may be

NOTE Confidence: 0.916683264

00:34:04.700 --> 00:34:06.040 all the more stressful.

NOTE Confidence: 0.916683264

00:34:06.040 --> 00:34:08.050 And when you have the interaction

NOTE Confidence: 0.916683264

00:34:08.115 --> 00:34:09.915 with a mental health condition and

NOTE Confidence: 0.916683264

00:34:09.915 --> 00:34:12.001 they may not see their therapist

NOTE Confidence: 0.916683264

00:34:12.001 --> 00:34:13.649 during the holiday period,

NOTE Confidence: 0.916683264

00:34:13.650 --> 00:34:15.540 especially if they have school

NOTE Confidence: 0.916683264

00:34:15.540 --> 00:34:16.674 mental health clinicians.

NOTE Confidence: 0.916683264

00:34:16.680 --> 00:34:19.907 The suicide risk may again go up.

NOTE Confidence: 0.916683264

00:34:19.910 --> 00:34:22.255 So this is the safety planning intervention.

NOTE Confidence: 0.916683264

00:34:22.260 --> 00:34:23.737 There are a number of apps here.

NOTE Confidence: 0.916683264

00:34:23.740 --> 00:34:26.170 This is the most established verse

NOTE Confidence: 0.916683264

00:34:26.170 --> 00:34:28.848 published in the 20 teens I have.

NOTE Confidence: 0.916683264

00:34:28.850 --> 00:34:33.337 The reference here from Stanley and Brown.

NOTE Confidence: 0.916683264

00:34:33.340 --> 00:34:34.795 It's basically seven steps and
NOTE Confidence: 0.916683264

00:34:34.795 --> 00:34:36.679 it's all familiar to all of you,
NOTE Confidence: 0.916683264

00:34:36.680 --> 00:34:38.269 so I won't go into the detail.
NOTE Confidence: 0.916683264

00:34:38.270 --> 00:34:39.926 It's available on apps.
NOTE Confidence: 0.916683264

00:34:39.926 --> 00:34:42.410 There's an app called safety plan,
NOTE Confidence: 0.916683264

00:34:42.410 --> 00:34:43.680 and this one appears there.
NOTE Confidence: 0.916683264

00:34:43.680 --> 00:34:48.290 There's one called my 3M Y and the number 3.
NOTE Confidence: 0.916683264

00:34:48.290 --> 00:34:49.755 These are very useful because
NOTE Confidence: 0.916683264

00:34:49.755 --> 00:34:51.930 you can have them in your phone.
NOTE Confidence: 0.916683264

00:34:51.930 --> 00:34:54.210 You can create the plan with the young
NOTE Confidence: 0.916683264

00:34:54.210 --> 00:34:56.168 person in the room and then there are
NOTE Confidence: 0.916683264

00:34:56.168 --> 00:34:57.610 the usual things that you're aware of.
NOTE Confidence: 0.916683264

00:34:57.610 --> 00:34:59.590 The warning signs the internal coping
NOTE Confidence: 0.916683264

00:34:59.590 --> 00:35:02.149 strategies of a young person by themselves,
NOTE Confidence: 0.916683264

00:35:02.150 --> 00:35:04.226 whether their distraction techniques,
NOTE Confidence: 0.916683264

00:35:04.226 --> 00:35:06.821 whether their social supports for

NOTE Confidence: 0.916683264

00:35:06.821 --> 00:35:08.966 distraction and for help in a crisis,

NOTE Confidence: 0.916683264

00:35:08.970 --> 00:35:12.267 the number of their therapists there Dr.

NOTE Confidence: 0.916683264

00:35:12.270 --> 00:35:14.279 What are some ways that they can

NOTE Confidence: 0.916683264

00:35:14.279 --> 00:35:15.864 make the environment safe and

NOTE Confidence: 0.916683264

00:35:15.864 --> 00:35:17.529 last and perhaps most importantly,

NOTE Confidence: 0.916683264

00:35:17.530 --> 00:35:18.754 what are the things?

NOTE Confidence: 0.916683264

00:35:18.754 --> 00:35:20.850 To live for and look forward to.

NOTE Confidence: 0.916683264

00:35:20.850 --> 00:35:22.236 So when you do the safety plan,

NOTE Confidence: 0.916683264

00:35:22.240 --> 00:35:24.940 the thing you're ending with is.

NOTE Confidence: 0.916683264

00:35:24.940 --> 00:35:27.764 What is the single thing or what are

NOTE Confidence: 0.916683264

00:35:27.764 --> 00:35:30.361 a couple of things that are most

NOTE Confidence: 0.916683264

00:35:30.361 --> 00:35:33.348 important to you to go on living for?

NOTE Confidence: 0.916683264

00:35:33.350 --> 00:35:35.660 So it starts from within self strategies,

NOTE Confidence: 0.916683264

00:35:35.660 --> 00:35:36.592 and it builds outward.

NOTE Confidence: 0.916683264

00:35:36.592 --> 00:35:38.297 It's a little bit like the broth

NOTE Confidence: 0.916683264

00:35:38.297 --> 00:35:39.809 and Brenner model I showed you,
NOTE Confidence: 0.916683264

00:35:39.810 --> 00:35:42.090 and so you really want to make sure
NOTE Confidence: 0.916683264

00:35:42.090 --> 00:35:44.288 that you develop the safety plan.
NOTE Confidence: 0.916683264

00:35:44.290 --> 00:35:46.516 Whether you're in person or virtually,
NOTE Confidence: 0.916683264

00:35:46.520 --> 00:35:48.386 and that we're creating this plan
NOTE Confidence: 0.916683264

00:35:48.386 --> 00:35:50.704 so that they can stay out of
NOTE Confidence: 0.916683264

00:35:50.704 --> 00:35:52.379 the emergency room if possible,
NOTE Confidence: 0.916683264

00:35:52.380 --> 00:35:55.830 reminding them that hospitals are great.
NOTE Confidence: 0.916683264

00:35:55.830 --> 00:35:58.206 If we absolutely absolutely need to go there.
NOTE Confidence: 0.958291860909091

00:35:58.210 --> 00:36:00.640 But let's see what we can do to keep
NOTE Confidence: 0.958291860909091

00:36:00.640 --> 00:36:03.578 you safe in your home environment.
NOTE Confidence: 0.958291860909091

00:36:03.580 --> 00:36:04.852 So here's the adaptation
NOTE Confidence: 0.958291860909091

00:36:04.852 --> 00:36:06.442 that Andy came up with,
NOTE Confidence: 0.958291860909091

00:36:06.450 --> 00:36:09.116 so this might look familiar to you, right?
NOTE Confidence: 0.958291860909091

00:36:09.116 --> 00:36:10.740 It's a feelings thermometer.
NOTE Confidence: 0.958291860909091

00:36:10.740 --> 00:36:12.720 Subjective units of distress on a

NOTE Confidence: 0.958291860909091

00:36:12.720 --> 00:36:15.660 scale of 1 to 10 you have a Green

NOTE Confidence: 0.958291860909091

00:36:15.660 --> 00:36:18.017 Zone yellow zone and red zone and

NOTE Confidence: 0.958291860909091

00:36:18.017 --> 00:36:21.216 one of the things she did was.

NOTE Confidence: 0.958291860909091

00:36:21.220 --> 00:36:23.632 Talked about this idea of the

NOTE Confidence: 0.958291860909091

00:36:23.632 --> 00:36:26.140 temperature as related to a stoplight,

NOTE Confidence: 0.958291860909091

00:36:26.140 --> 00:36:27.720 so they actually call it

NOTE Confidence: 0.958291860909091

00:36:27.720 --> 00:36:28.984 the stoplight safety plan.

NOTE Confidence: 0.958291860909091

00:36:28.990 --> 00:36:30.800 So this is the adaptation.

NOTE Confidence: 0.958291860909091

00:36:30.800 --> 00:36:32.396 Again, if you think about the thermometer,

NOTE Confidence: 0.958291860909091

00:36:32.400 --> 00:36:35.262 you have a Green Zone yellow zone red zone,

NOTE Confidence: 0.958291860909091

00:36:35.270 --> 00:36:38.426 and they adapted using some basic

NOTE Confidence: 0.958291860909091

00:36:38.426 --> 00:36:40.004 cognitive behavioral terms,

NOTE Confidence: 0.958291860909091

00:36:40.010 --> 00:36:41.802 thoughts, feelings and actions,

NOTE Confidence: 0.958291860909091

00:36:41.802 --> 00:36:43.555 and green, yellow red zone.

NOTE Confidence: 0.958291860909091

00:36:43.555 --> 00:36:44.980 So in the Green Zone,

NOTE Confidence: 0.958291860909091

00:36:44.980 --> 00:36:47.180 what does that look like to your parents?

NOTE Confidence: 0.958291860909091

00:36:47.180 --> 00:36:48.368 What does that look like to

NOTE Confidence: 0.958291860909091

00:36:48.368 --> 00:36:49.160 others where you're chilling?

NOTE Confidence: 0.958291860909091

00:36:49.160 --> 00:36:50.736 Things are going well.

NOTE Confidence: 0.958291860909091

00:36:50.736 --> 00:36:52.706 What might you be thinking?

NOTE Confidence: 0.958291860909091

00:36:52.710 --> 00:36:53.878 What might be feeling?

NOTE Confidence: 0.958291860909091

00:36:53.878 --> 00:36:56.110 What would it look like to others,

NOTE Confidence: 0.958291860909091

00:36:56.110 --> 00:36:58.334 and what can you do to stay in

NOTE Confidence: 0.958291860909091

00:36:58.334 --> 00:37:00.826 that zone in the yellow zone?

NOTE Confidence: 0.958291860909091

00:37:00.826 --> 00:37:03.050 Again, what might should be thinking?

NOTE Confidence: 0.958291860909091

00:37:03.050 --> 00:37:04.150 What might you be feeling?

NOTE Confidence: 0.958291860909091

00:37:04.150 --> 00:37:05.010 What would it look like,

NOTE Confidence: 0.958291860909091

00:37:05.010 --> 00:37:07.019 and how can you communicate to others

NOTE Confidence: 0.958291860909091

00:37:07.019 --> 00:37:09.546 that you are starting to get to stressed?

NOTE Confidence: 0.958291860909091

00:37:09.550 --> 00:37:11.334 And what can they say and do to

NOTE Confidence: 0.958291860909091

00:37:11.334 --> 00:37:13.206 help you not get any higher and

NOTE Confidence: 0.958291860909091
00:37:13.206 --> 00:37:15.249 hopefully come down to the Green Zone?
NOTE Confidence: 0.958291860909091
00:37:15.250 --> 00:37:16.648 And what should they avoid doing
NOTE Confidence: 0.958291860909091
00:37:16.648 --> 00:37:18.220 in order not to trigger you?
NOTE Confidence: 0.958291860909091
00:37:18.220 --> 00:37:19.700 Similarly for the red zone.
NOTE Confidence: 0.829455254166667
00:37:21.850 --> 00:37:24.094 This is actually the the book
NOTE Confidence: 0.829455254166667
00:37:24.094 --> 00:37:26.630 that Andres and I have edited,
NOTE Confidence: 0.829455254166667
00:37:26.630 --> 00:37:28.646 which is coming out in January.
NOTE Confidence: 0.829455254166667
00:37:28.650 --> 00:37:30.870 It's in a chapter that they've
NOTE Confidence: 0.829455254166667
00:37:30.870 --> 00:37:33.243 written called when time is tight
NOTE Confidence: 0.829455254166667
00:37:33.243 --> 00:37:35.293 and stakes are high pharmacotherapy
NOTE Confidence: 0.829455254166667
00:37:35.293 --> 00:37:37.609 alliances in the inpatient unit.
NOTE Confidence: 0.829455254166667
00:37:37.610 --> 00:37:40.564 So here are some examples of Green
NOTE Confidence: 0.829455254166667
00:37:40.564 --> 00:37:43.108 Zone thoughts that they might put.
NOTE Confidence: 0.829455254166667
00:37:43.110 --> 00:37:44.822 Life is going better.
NOTE Confidence: 0.829455254166667
00:37:44.822 --> 00:37:46.106 I'm doing better.
NOTE Confidence: 0.829455254166667

00:37:46.110 --> 00:37:47.790 My feelings are hopeful and motivated
NOTE Confidence: 0.829455254166667

00:37:47.790 --> 00:37:49.697 and I'll be doing more activities
NOTE Confidence: 0.829455254166667

00:37:49.697 --> 00:37:51.157 talking more with everyone.
NOTE Confidence: 0.829455254166667

00:37:51.160 --> 00:37:52.534 Instead of isolating,
NOTE Confidence: 0.829455254166667

00:37:52.534 --> 00:37:53.908 including my parents.
NOTE Confidence: 0.829455254166667

00:37:53.910 --> 00:37:55.590 And then there are some specifics
NOTE Confidence: 0.829455254166667

00:37:55.590 --> 00:37:57.020 here around the coping plan.
NOTE Confidence: 0.889458414

00:37:59.130 --> 00:38:01.650 In the yellow zone, similarly,
NOTE Confidence: 0.889458414

00:38:01.650 --> 00:38:04.690 you see specifics as you see in the red zone.
NOTE Confidence: 0.889458414

00:38:04.690 --> 00:38:07.706 So it's the idea that you place some
NOTE Confidence: 0.889458414

00:38:07.706 --> 00:38:09.541 behavioral anchors for the young
NOTE Confidence: 0.889458414

00:38:09.541 --> 00:38:11.557 person that they create with you
NOTE Confidence: 0.889458414

00:38:11.557 --> 00:38:14.159 on the inpatient unit as therapist,
NOTE Confidence: 0.889458414

00:38:14.160 --> 00:38:16.547 and then the young person presents this
NOTE Confidence: 0.889458414

00:38:16.547 --> 00:38:19.429 safety plan to their parents and a family
NOTE Confidence: 0.889458414

00:38:19.429 --> 00:38:21.652 meeting so that everyone can be on the

NOTE Confidence: 0.889458414

00:38:21.652 --> 00:38:23.832 same page more or less about green,

NOTE Confidence: 0.889458414

00:38:23.832 --> 00:38:26.000 yellow and red zone.

NOTE Confidence: 0.889458414

00:38:26.000 --> 00:38:28.352 One of the things we notice when

NOTE Confidence: 0.889458414

00:38:28.352 --> 00:38:30.883 things are going well when should we

NOTE Confidence: 0.889458414

00:38:30.883 --> 00:38:33.488 start getting worried and when do we

NOTE Confidence: 0.889458414

00:38:33.488 --> 00:38:35.945 employ the strategies in the red zone?

NOTE Confidence: 0.889458414

00:38:35.950 --> 00:38:37.078 The coping plan.

NOTE Confidence: 0.889458414

00:38:37.078 --> 00:38:39.334 The supervision plan that triggers it

NOTE Confidence: 0.889458414

00:38:39.334 --> 00:38:41.766 can be avoided and the coping skills

NOTE Confidence: 0.889458414

00:38:41.766 --> 00:38:44.196 a young person can use to hopefully

NOTE Confidence: 0.889458414

00:38:44.196 --> 00:38:47.157 stay safe and out of the hospital.

NOTE Confidence: 0.889458414

00:38:47.160 --> 00:38:48.672 Again, step seven.

NOTE Confidence: 0.889458414

00:38:48.672 --> 00:38:50.688 Last but not least.

NOTE Confidence: 0.889458414

00:38:50.690 --> 00:38:53.287 The most important things for me to

NOTE Confidence: 0.889458414

00:38:53.287 --> 00:38:55.099 go on living for are.

NOTE Confidence: 0.889458414

00:38:55.100 --> 00:38:57.774 And I think it's so important to
NOTE Confidence: 0.889458414

00:38:57.780 --> 00:38:59.430 when you are safety planning to
NOTE Confidence: 0.889458414

00:38:59.430 --> 00:39:01.340 end with this in that session,
NOTE Confidence: 0.889458414

00:39:01.340 --> 00:39:03.362 because you are conveying this sense
NOTE Confidence: 0.889458414

00:39:03.362 --> 00:39:05.638 of hope from their point of view,
NOTE Confidence: 0.889458414

00:39:05.640 --> 00:39:07.360 their perspective, and on an
NOTE Confidence: 0.889458414

00:39:07.360 --> 00:39:09.430 inpatient state three to seven days.
NOTE Confidence: 0.889458414

00:39:09.430 --> 00:39:11.329 I don't know what it's like here for you
NOTE Confidence: 0.889458414

00:39:11.329 --> 00:39:14.738 all three to seven days, a little higher.
NOTE Confidence: 0.889458414

00:39:14.740 --> 00:39:15.970 By the time they get here,
NOTE Confidence: 0.889458414

00:39:15.970 --> 00:39:18.610 it needs to be longer,
NOTE Confidence: 0.889458414

00:39:18.610 --> 00:39:21.165 but in you know in our locale,
NOTE Confidence: 0.889458414

00:39:21.170 --> 00:39:23.710 for the vast majority,
NOTE Confidence: 0.889458414

00:39:23.710 --> 00:39:25.670 things happen very, very fast,
NOTE Confidence: 0.889458414

00:39:25.670 --> 00:39:27.847 which is why they named this chapter.
NOTE Confidence: 0.889458414

00:39:27.850 --> 00:39:30.226 When time is tight and stakes are high.

NOTE Confidence: 0.889458414

00:39:30.230 --> 00:39:32.554 So every time you leave the room

NOTE Confidence: 0.889458414

00:39:32.554 --> 00:39:34.455 after you've done safety, planning,

NOTE Confidence: 0.889458414

00:39:34.455 --> 00:39:36.645 tweaking and you revisit step seven,

NOTE Confidence: 0.889458414

00:39:36.650 --> 00:39:39.782 it could be a very powerful message of hope.

NOTE Confidence: 0.889458414

00:39:39.790 --> 00:39:42.037 So those of you who speak Mandarin

NOTE Confidence: 0.889458414

00:39:42.040 --> 00:39:44.404 will recognize this character.

NOTE Confidence: 0.889458414

00:39:44.404 --> 00:39:46.768 It's got two parts.

NOTE Confidence: 0.889458414

00:39:46.770 --> 00:39:49.030 It's a symbol for crisis.

NOTE Confidence: 0.889458414

00:39:49.030 --> 00:39:52.628 There is danger and there is opportunity.

NOTE Confidence: 0.889458414

00:39:52.630 --> 00:39:54.290 So.

NOTE Confidence: 0.889458414

00:39:54.290 --> 00:39:56.264 To be captain obvious for a moment,

NOTE Confidence: 0.889458414

00:39:56.270 --> 00:39:58.635 this pandemic we've been through

NOTE Confidence: 0.889458414

00:39:58.635 --> 00:40:01.000 the largest disruption of education

NOTE Confidence: 0.889458414

00:40:01.073 --> 00:40:02.713 in history affecting children

NOTE Confidence: 0.889458414

00:40:02.713 --> 00:40:05.173 and youth all over the world.

NOTE Confidence: 0.889458414

00:40:05.180 --> 00:40:09.457 But out of crisis comes opportunity so.
NOTE Confidence: 0.889458414

00:40:09.460 --> 00:40:11.450 Without Kyle and the technology
NOTE Confidence: 0.889458414

00:40:11.450 --> 00:40:13.440 here without Rosemary to set
NOTE Confidence: 0.889458414

00:40:13.507 --> 00:40:15.625 this ground rounds up in person.
NOTE Confidence: 0.889458414

00:40:15.630 --> 00:40:18.766 Without the audience, there would be no me.
NOTE Confidence: 0.889458414

00:40:18.770 --> 00:40:20.810 There would be no talk today
NOTE Confidence: 0.889458414

00:40:20.810 --> 00:40:22.826 we need two hands to clap.
NOTE Confidence: 0.889458414

00:40:22.830 --> 00:40:25.357 We need both a speaker and a
NOTE Confidence: 0.889458414

00:40:25.357 --> 00:40:26.440 group of participants.
NOTE Confidence: 0.889458414

00:40:26.440 --> 00:40:29.176 So similarly where there's a lot.
NOTE Confidence: 0.889458414

00:40:29.180 --> 00:40:32.380 Of upheaval crisis pain loss.
NOTE Confidence: 0.889458414

00:40:32.380 --> 00:40:33.236 Out of the pandemic,
NOTE Confidence: 0.889458414

00:40:33.236 --> 00:40:35.032 I think all of you could think of
NOTE Confidence: 0.889458414

00:40:35.032 --> 00:40:36.656 at least one or two Silver Linings.
NOTE Confidence: 0.889458414

00:40:36.660 --> 00:40:38.340 So in school settings we we need
NOTE Confidence: 0.889458414

00:40:38.340 --> 00:40:39.778 to think about that as well.

NOTE Confidence: 0.889458414

00:40:39.780 --> 00:40:42.510 Not all distance learning is bad.

NOTE Confidence: 0.889458414

00:40:42.510 --> 00:40:44.810 Some research suggests that more

NOTE Confidence: 0.889458414

00:40:44.810 --> 00:40:47.635 material might be learned online might

NOTE Confidence: 0.889458414

00:40:47.635 --> 00:40:50.305 be retained compared to the classroom.

NOTE Confidence: 0.889458414

00:40:50.310 --> 00:40:52.890 E learning can take less time.

NOTE Confidence: 0.889458414

00:40:52.890 --> 00:40:55.098 Some students have felt empowered by

NOTE Confidence: 0.889458414

00:40:55.098 --> 00:40:58.195 this when we went in 2020 and into

NOTE Confidence: 0.889458414

00:40:58.195 --> 00:41:00.130 hybrid and into asynchronous zoom.

NOTE Confidence: 0.889458414

00:41:00.130 --> 00:41:02.240 Students will get their assignments

NOTE Confidence: 0.889458414

00:41:02.240 --> 00:41:03.084 on Mondays.

NOTE Confidence: 0.889458414

00:41:03.090 --> 00:41:04.122 They'd be in class,

NOTE Confidence: 0.889458414

00:41:04.122 --> 00:41:05.670 maybe Tuesday for a few hours,

NOTE Confidence: 0.889458414

00:41:05.670 --> 00:41:07.497 Thursdays for a few hours on zoom,

NOTE Confidence: 0.958221534347826

00:41:07.500 --> 00:41:09.633 but then they would have the rest of the

NOTE Confidence: 0.958221534347826

00:41:09.633 --> 00:41:11.790 time to devise their own strategies for

NOTE Confidence: 0.958221534347826

00:41:11.790 --> 00:41:13.930 getting through the work during the week.

NOTE Confidence: 0.958221534347826

00:41:13.930 --> 00:41:16.279 So I think there there is going to be

NOTE Confidence: 0.958221534347826

00:41:16.279 --> 00:41:18.386 online learning and some hybrid version

NOTE Confidence: 0.958221534347826

00:41:18.386 --> 00:41:20.710 of what we've learned going forward,

NOTE Confidence: 0.958221534347826

00:41:20.710 --> 00:41:22.618 and that can be really useful.

NOTE Confidence: 0.958221534347826

00:41:22.620 --> 00:41:24.966 We've also learned to cultivate some

NOTE Confidence: 0.958221534347826

00:41:24.966 --> 00:41:27.539 strategies to enhance our own well being,

NOTE Confidence: 0.958221534347826

00:41:27.540 --> 00:41:30.210 so this comes from California's first

NOTE Confidence: 0.958221534347826

00:41:30.210 --> 00:41:31.925 surgeon General, Nadine Burke Harris.

NOTE Confidence: 0.958221534347826

00:41:31.925 --> 00:41:33.575 Some of you may have seen.

NOTE Confidence: 0.958221534347826

00:41:33.580 --> 00:41:36.814 Her Ted talk on Aces and Trauma

NOTE Confidence: 0.958221534347826

00:41:36.814 --> 00:41:38.640 informed work. She's a pediatrician.

NOTE Confidence: 0.958221534347826

00:41:38.640 --> 00:41:41.204 She was a Stanford resident and she is now

NOTE Confidence: 0.958221534347826

00:41:41.204 --> 00:41:42.800 our first surgeon general in California.

NOTE Confidence: 0.958221534347826

00:41:42.800 --> 00:41:45.836 She has a wonderful playbook for

NOTE Confidence: 0.958221534347826

00:41:45.836 --> 00:41:47.860 managing stress during COVID-19.

NOTE Confidence: 0.958221534347826
00:41:47.860 --> 00:41:50.590 I think it's even more relevant now
NOTE Confidence: 0.958221534347826
00:41:50.590 --> 00:41:53.118 that we emerge and hopefully not
NOTE Confidence: 0.958221534347826
00:41:53.118 --> 00:41:55.668 have to deal with new variants.
NOTE Confidence: 0.958221534347826
00:41:55.670 --> 00:41:58.478 But these things might be obvious to you.
NOTE Confidence: 0.958221534347826
00:41:58.480 --> 00:42:01.624 I I like how she focuses on safe,
NOTE Confidence: 0.958221534347826
00:42:01.630 --> 00:42:03.294 stable and nurturing relationships.
NOTE Confidence: 0.958221534347826
00:42:03.294 --> 00:42:05.790 It might just be one relationship.
NOTE Confidence: 0.958221534347826
00:42:05.790 --> 00:42:07.536 For some of our young people,
NOTE Confidence: 0.958221534347826
00:42:07.540 --> 00:42:09.059 it's a parent or a young or
NOTE Confidence: 0.958221534347826
00:42:09.059 --> 00:42:10.269 a person in the home,
NOTE Confidence: 0.958221534347826
00:42:10.270 --> 00:42:11.260 or it might be a teacher.
NOTE Confidence: 0.958221534347826
00:42:11.260 --> 00:42:14.515 It might be someone in the community.
NOTE Confidence: 0.958221534347826
00:42:14.520 --> 00:42:17.544 So this is very nice because it's very
NOTE Confidence: 0.958221534347826
00:42:17.544 --> 00:42:21.034 simple to do and she has a nice website
NOTE Confidence: 0.958221534347826
00:42:21.034 --> 00:42:24.226 which really helps you devise your own plan.
NOTE Confidence: 0.958221534347826

00:42:24.230 --> 00:42:24.602 Second,
NOTE Confidence: 0.958221534347826

00:42:24.602 --> 00:42:26.834 the six daily questions for quarantine.
NOTE Confidence: 0.958221534347826

00:42:26.840 --> 00:42:29.213 Even though we're not in quarantine and
NOTE Confidence: 0.958221534347826

00:42:29.213 --> 00:42:31.428 hopefully we don't enter a new quarantine
NOTE Confidence: 0.958221534347826

00:42:31.428 --> 00:42:34.447 with a Micron or with micro hello Oma
NOTE Confidence: 0.958221534347826

00:42:34.447 --> 00:42:38.150 Cron or whatever comes next after that.
NOTE Confidence: 0.958221534347826

00:42:38.150 --> 00:42:41.276 These are written by Brooke Anderson.
NOTE Confidence: 0.958221534347826

00:42:41.280 --> 00:42:42.368 She is a writer,
NOTE Confidence: 0.958221534347826

00:42:42.368 --> 00:42:44.825 Bay Area writer and this was posted on
NOTE Confidence: 0.958221534347826

00:42:44.825 --> 00:42:47.093 the greater Good Science Center website.
NOTE Confidence: 0.958221534347826

00:42:47.100 --> 00:42:48.516 Even though I'm from Stanford up,
NOTE Confidence: 0.958221534347826

00:42:48.520 --> 00:42:50.907 I'm not too proud to highlight what
NOTE Confidence: 0.958221534347826

00:42:50.907 --> 00:42:53.448 Berkeley is doing and and greater
NOTE Confidence: 0.958221534347826

00:42:53.448 --> 00:42:55.978 good Science Center is really
NOTE Confidence: 0.958221534347826

00:42:55.978 --> 00:42:59.288 a trove of wonderful resources.
NOTE Confidence: 0.958221534347826

00:42:59.290 --> 00:43:01.090 What am I grateful for today?

NOTE Confidence: 0.958221534347826
00:43:01.090 --> 00:43:02.994 Yes, this was important during the pandemic,
NOTE Confidence: 0.958221534347826
00:43:03.000 --> 00:43:05.065 but it's important for you to cultivate.
NOTE Confidence: 0.958221534347826
00:43:05.070 --> 00:43:07.518 Now all of you is mental health practitioners
NOTE Confidence: 0.958221534347826
00:43:07.518 --> 00:43:10.059 ought to think about a gratitude practice.
NOTE Confidence: 0.958221534347826
00:43:10.060 --> 00:43:11.110 More on that in a moment.
NOTE Confidence: 0.958221534347826
00:43:11.110 --> 00:43:13.749 Who am I checking in on or
NOTE Confidence: 0.958221534347826
00:43:13.749 --> 00:43:14.880 connecting with today?
NOTE Confidence: 0.958221534347826
00:43:14.880 --> 00:43:17.715 I happen to have four relatives and
NOTE Confidence: 0.958221534347826
00:43:17.715 --> 00:43:19.989 close friends over the age of 90
NOTE Confidence: 0.958221534347826
00:43:19.990 --> 00:43:22.608 and my parents are in their 80s.
NOTE Confidence: 0.958221534347826
00:43:22.610 --> 00:43:25.258 So if I'm calling them regularly if I
NOTE Confidence: 0.958221534347826
00:43:25.258 --> 00:43:28.347 call my parents every day now I call my.
NOTE Confidence: 0.958221534347826
00:43:28.350 --> 00:43:30.990 Nonagenarian friends once a month,
NOTE Confidence: 0.958221534347826
00:43:30.990 --> 00:43:32.593 but that means they call each of
NOTE Confidence: 0.958221534347826
00:43:32.593 --> 00:43:34.347 you know one of them once a week,
NOTE Confidence: 0.958221534347826

00:43:34.350 --> 00:43:36.964 and it's great for me and I.
NOTE Confidence: 0.958221534347826

00:43:36.964 --> 00:43:39.046 I just love hearing their story.
NOTE Confidence: 0.958221534347826

00:43:39.050 --> 00:43:41.190 It might be 5 minutes.
NOTE Confidence: 0.958221534347826

00:43:41.190 --> 00:43:42.965 What expectations of normal am
NOTE Confidence: 0.958221534347826

00:43:42.965 --> 00:43:44.740 I letting go of today?
NOTE Confidence: 0.958221534347826

00:43:44.740 --> 00:43:46.644 All the more important as we raised
NOTE Confidence: 0.958221534347826

00:43:46.644 --> 00:43:48.927 three boys and have had to let go of
NOTE Confidence: 0.958221534347826

00:43:48.927 --> 00:43:51.339 some things we really want to do around
NOTE Confidence: 0.958221534347826

00:43:51.339 --> 00:43:53.109 media restrictions while also still
NOTE Confidence: 0.958221534347826

00:43:53.109 --> 00:43:55.150 maintaining some sense of semblance
NOTE Confidence: 0.958221534347826

00:43:55.150 --> 00:43:58.190 of control around time limits and sleep,
NOTE Confidence: 0.958221534347826

00:43:58.190 --> 00:43:58.986 for example.
NOTE Confidence: 0.958221534347826

00:43:58.986 --> 00:44:00.976 How am I getting outside?
NOTE Confidence: 0.958221534347826

00:44:00.980 --> 00:44:03.200 How am I moving my body?
NOTE Confidence: 0.958221534347826

00:44:03.200 --> 00:44:04.550 We're on the West Coast.
NOTE Confidence: 0.919273146363636

00:44:04.550 --> 00:44:06.246 We're still mostly unzoom,

NOTE Confidence: 0.919273146363636

00:44:06.246 --> 00:44:09.690 and so this is still very important.

NOTE Confidence: 0.919273146363636

00:44:09.690 --> 00:44:12.294 Really getting to to go outside

NOTE Confidence: 0.919273146363636

00:44:12.294 --> 00:44:14.380 feel the grass, see the skies,

NOTE Confidence: 0.919273146363636

00:44:14.380 --> 00:44:15.680 and I love this one.

NOTE Confidence: 0.919273146363636

00:44:15.680 --> 00:44:17.198 What beauty am I either creating,

NOTE Confidence: 0.919273146363636

00:44:17.200 --> 00:44:19.120 cultivating or inviting in today?

NOTE Confidence: 0.919273146363636

00:44:19.120 --> 00:44:21.376 So I think these questions are

NOTE Confidence: 0.919273146363636

00:44:21.376 --> 00:44:24.362 important even as we emerge out of

NOTE Confidence: 0.919273146363636

00:44:24.362 --> 00:44:28.243 the last 18 months that comes from

NOTE Confidence: 0.919273146363636

00:44:28.243 --> 00:44:31.406 this particular link guides well being

NOTE Confidence: 0.919273146363636

00:44:31.406 --> 00:44:33.818 during coronavirus and this comes from.

NOTE Confidence: 0.919273146363636

00:44:33.820 --> 00:44:36.958 Another Yale graduate Grace Jean Gu,

NOTE Confidence: 0.919273146363636

00:44:36.960 --> 00:44:38.770 who published this book on

NOTE Confidence: 0.919273146363636

00:44:38.770 --> 00:44:41.990 professional well being last year.

NOTE Confidence: 0.919273146363636

00:44:41.990 --> 00:44:42.890 And it's a great.

NOTE Confidence: 0.919273146363636

00:44:42.890 --> 00:44:44.015 It's a very simple slide,
NOTE Confidence: 0.919273146363636

00:44:44.020 --> 00:44:46.708 but you know what you're doing right now.
NOTE Confidence: 0.919273146363636

00:44:46.710 --> 00:44:48.820 With connection in person you
NOTE Confidence: 0.919273146363636

00:44:48.820 --> 00:44:51.689 had the choice to be on zoom.
NOTE Confidence: 0.919273146363636

00:44:51.690 --> 00:44:55.614 You made the trip here to be in person.
NOTE Confidence: 0.919273146363636

00:44:55.620 --> 00:44:58.150 This is a social activity.
NOTE Confidence: 0.919273146363636

00:44:58.150 --> 00:45:00.470 This is something that has helped to engage
NOTE Confidence: 0.919273146363636

00:45:00.470 --> 00:45:03.039 you and cultivate your work in this field.
NOTE Confidence: 0.919273146363636

00:45:03.040 --> 00:45:04.219 There is mentorship,
NOTE Confidence: 0.919273146363636

00:45:04.219 --> 00:45:05.398 there's intellectual stimulation.
NOTE Confidence: 0.919273146363636

00:45:05.400 --> 00:45:06.612 There's psychosocial support,
NOTE Confidence: 0.919273146363636

00:45:06.612 --> 00:45:09.840 and this is in order to buffer the
NOTE Confidence: 0.919273146363636

00:45:09.840 --> 00:45:12.150 system that you live in with all
NOTE Confidence: 0.919273146363636

00:45:12.150 --> 00:45:14.416 the negative inputs, the stress.
NOTE Confidence: 0.919273146363636

00:45:14.416 --> 00:45:16.548 The the the very,
NOTE Confidence: 0.919273146363636

00:45:16.550 --> 00:45:17.630 very challenged family.

NOTE Confidence: 0.919273146363636
00:45:17.630 --> 00:45:20.150 You're going to work with this afternoon.
NOTE Confidence: 0.919273146363636
00:45:20.150 --> 00:45:22.270 The time and energy demands.
NOTE Confidence: 0.919273146363636
00:45:22.270 --> 00:45:24.422 So trying to avoid this part of the
NOTE Confidence: 0.919273146363636
00:45:24.422 --> 00:45:26.512 battery or your low Batt or you're
NOTE Confidence: 0.919273146363636
00:45:26.512 --> 00:45:28.710 burned out or you're having compassion,
NOTE Confidence: 0.919273146363636
00:45:28.710 --> 00:45:30.685 fatigue and building your capacity
NOTE Confidence: 0.919273146363636
00:45:30.685 --> 00:45:32.660 with these positive inputs to
NOTE Confidence: 0.919273146363636
00:45:32.728 --> 00:45:34.458 really try and recharge your
NOTE Confidence: 0.919273146363636
00:45:34.458 --> 00:45:36.560 batteries for your own self care.
NOTE Confidence: 0.938480596666667
00:45:38.790 --> 00:45:41.139 And then a couple of things we teach in
NOTE Confidence: 0.938480596666667
00:45:41.139 --> 00:45:43.588 our undergraduate course on well being.
NOTE Confidence: 0.938480596666667
00:45:43.590 --> 00:45:44.994 I mentioned gratitude.
NOTE Confidence: 0.938480596666667
00:45:44.994 --> 00:45:47.802 You might know the three good
NOTE Confidence: 0.938480596666667
00:45:47.802 --> 00:45:50.580 things or three blessings practice.
NOTE Confidence: 0.938480596666667
00:45:50.580 --> 00:45:53.397 And this was one study that was
NOTE Confidence: 0.938480596666667

00:45:53.397 --> 00:45:54.879 published in the British Medical Journal.
NOTE Confidence: 0.938480596666667

00:45:54.880 --> 00:45:57.400 They looked at more than 200 health care
NOTE Confidence: 0.938480596666667

00:45:57.400 --> 00:46:00.029 workers who did this practice for two weeks.
NOTE Confidence: 0.938480596666667

00:46:00.030 --> 00:46:02.550 And it's essentially for 10 minutes
NOTE Confidence: 0.938480596666667

00:46:02.550 --> 00:46:05.409 every night they were asked to write.
NOTE Confidence: 0.938480596666667

00:46:05.410 --> 00:46:07.489 Or type if it with our students.
NOTE Confidence: 0.938480596666667

00:46:07.490 --> 00:46:09.596 We asked them to write and keep a journal.
NOTE Confidence: 0.938480596666667

00:46:09.600 --> 00:46:11.552 Three things that happened
NOTE Confidence: 0.938480596666667

00:46:11.552 --> 00:46:13.992 that went well that day.
NOTE Confidence: 0.938480596666667

00:46:14.000 --> 00:46:15.380 My team would take 5 minutes,
NOTE Confidence: 0.938480596666667

00:46:15.380 --> 00:46:17.459 but they can be very simple things,
NOTE Confidence: 0.938480596666667

00:46:17.460 --> 00:46:18.726 but the most important piece is
NOTE Confidence: 0.938480596666667

00:46:18.726 --> 00:46:20.774 not only what went well, but why.
NOTE Confidence: 0.938480596666667

00:46:20.774 --> 00:46:23.134 What went well and why?
NOTE Confidence: 0.938480596666667

00:46:23.140 --> 00:46:24.118 So I'll give you an example.
NOTE Confidence: 0.938480596666667

00:46:24.120 --> 00:46:26.070 This morning,

NOTE Confidence: 0.938480596666667

00:46:26.070 --> 00:46:27.841 my 83 year old mother I'm staying

NOTE Confidence: 0.938480596666667

00:46:27.841 --> 00:46:29.539 with my parents in New Hampshire.

NOTE Confidence: 0.938480596666667

00:46:29.540 --> 00:46:31.948 My 83 year old mother who doesn't

NOTE Confidence: 0.938480596666667

00:46:31.948 --> 00:46:33.802 sleep really well and she also

NOTE Confidence: 0.938480596666667

00:46:33.802 --> 00:46:35.939 takes care of my 85 year old Father.

NOTE Confidence: 0.938480596666667

00:46:35.940 --> 00:46:38.575 So she's up during the night

NOTE Confidence: 0.938480596666667

00:46:38.575 --> 00:46:39.387 making sure he's OK,

NOTE Confidence: 0.938480596666667

00:46:39.390 --> 00:46:41.734 but she woke up early and you know,

NOTE Confidence: 0.938480596666667

00:46:41.740 --> 00:46:44.017 of course I'm back in my house so she

NOTE Confidence: 0.938480596666667

00:46:44.017 --> 00:46:46.019 made my favorite breakfast and it

NOTE Confidence: 0.938480596666667

00:46:46.019 --> 00:46:48.327 was not only amazing 'cause you know

NOTE Confidence: 0.938480596666667

00:46:48.327 --> 00:46:51.910 mom cooked it, but I was so aware.

NOTE Confidence: 0.938480596666667

00:46:51.910 --> 00:46:55.038 That I have this time with my mom.

NOTE Confidence: 0.938480596666667

00:46:55.040 --> 00:46:56.993 And she got her health and she's

NOTE Confidence: 0.938480596666667

00:46:56.993 --> 00:46:58.639 able to make this for me.

NOTE Confidence: 0.938480596666667

00:46:58.640 --> 00:46:59.882 And we had like 20 minutes
NOTE Confidence: 0.938480596666667

00:46:59.882 --> 00:47:00.960 together before I drove down.
NOTE Confidence: 0.938480596666667

00:47:00.960 --> 00:47:02.268 But it was gold,
NOTE Confidence: 0.938480596666667

00:47:02.268 --> 00:47:04.780 so for me that's one good thing.
NOTE Confidence: 0.938480596666667

00:47:04.780 --> 00:47:07.500 And why it went well, I feel very fortunate.
NOTE Confidence: 0.938480596666667

00:47:07.500 --> 00:47:08.600 I have that relationship with
NOTE Confidence: 0.938480596666667

00:47:08.600 --> 00:47:09.940 my mom and she's still living.
NOTE Confidence: 0.938480596666667

00:47:09.940 --> 00:47:12.622 So that's an example of one good thing that.
NOTE Confidence: 0.938480596666667

00:47:12.630 --> 00:47:14.877 I may not normally be aware of,
NOTE Confidence: 0.938480596666667

00:47:14.880 --> 00:47:16.504 UM, but you know,
NOTE Confidence: 0.938480596666667

00:47:16.504 --> 00:47:18.534 I'm thankful for kaylin and
NOTE Confidence: 0.938480596666667

00:47:18.534 --> 00:47:20.761 Rosemary for connecting us today
NOTE Confidence: 0.938480596666667

00:47:20.761 --> 00:47:23.377 and creating this on short notice.
NOTE Confidence: 0.938480596666667

00:47:23.380 --> 00:47:24.890 Why did it go well?
NOTE Confidence: 0.938480596666667

00:47:24.890 --> 00:47:25.431 Well,
NOTE Confidence: 0.938480596666667

00:47:25.431 --> 00:47:29.251 'cause you all know how to have

NOTE Confidence: 0.938480596666667
00:47:29.251 --> 00:47:32.677 respect and keep great colleagues who?
NOTE Confidence: 0.938480596666667
00:47:32.680 --> 00:47:35.206 Bring lectures in and sharing the
NOTE Confidence: 0.938480596666667
00:47:35.206 --> 00:47:36.048 learning process.
NOTE Confidence: 0.938480596666667
00:47:36.050 --> 00:47:37.214 That's a simple thing,
NOTE Confidence: 0.938480596666667
00:47:37.214 --> 00:47:38.960 but it's important that these are
NOTE Confidence: 0.938480596666667
00:47:39.014 --> 00:47:40.988 examples and it forces us every night.
NOTE Confidence: 0.938480596666667
00:47:40.990 --> 00:47:42.026 And in this study,
NOTE Confidence: 0.938480596666667
00:47:42.026 --> 00:47:44.213 the idea is you focus on the things
NOTE Confidence: 0.938480596666667
00:47:44.213 --> 00:47:46.477 that went well in order to not dwell
NOTE Confidence: 0.938480596666667
00:47:46.547 --> 00:47:48.598 on the things that didn't go well.
NOTE Confidence: 0.938480596666667
00:47:48.600 --> 00:47:50.232 So it's very simple,
NOTE Confidence: 0.938480596666667
00:47:50.232 --> 00:47:52.576 but after two weeks there was
NOTE Confidence: 0.938480596666667
00:47:52.576 --> 00:47:53.988 not only improved happiness,
NOTE Confidence: 0.938480596666667
00:47:53.990 --> 00:47:55.085 work, life balance,
NOTE Confidence: 0.938480596666667
00:47:55.085 --> 00:47:56.180 and reduce burnout.
NOTE Confidence: 0.938480596666667

00:47:56.180 --> 00:47:58.504 When you look at them six weeks
NOTE Confidence: 0.938480596666667

00:47:58.504 --> 00:48:00.949 and six months and one year later,
NOTE Confidence: 0.938480596666667

00:48:00.950 --> 00:48:03.170 their indices are are much higher.
NOTE Confidence: 0.938480596666667

00:48:03.170 --> 00:48:05.882 In these domains compared to those who did
NOTE Confidence: 0.938480596666667

00:48:05.882 --> 00:48:08.989 not do gratitude practice just two weeks.
NOTE Confidence: 0.938480596666667

00:48:08.990 --> 00:48:11.084 Self valuation this is work that
NOTE Confidence: 0.938480596666667

00:48:11.084 --> 00:48:12.908 Mickey Trockel and some other
NOTE Confidence: 0.938480596666667

00:48:12.908 --> 00:48:15.050 folks in our department are doing.
NOTE Confidence: 0.938480596666667

00:48:15.050 --> 00:48:17.305 And they published this work
NOTE Confidence: 0.938480596666667

00:48:17.305 --> 00:48:19.109 in Mayo Clinic proceedings,
NOTE Confidence: 0.938480596666667

00:48:19.110 --> 00:48:21.678 focusing again on personal well being
NOTE Confidence: 0.938480596666667

00:48:21.678 --> 00:48:24.518 and growth mindset that called out my
NOTE Confidence: 0.938480596666667

00:48:24.518 --> 00:48:26.070 sister Dorothy's to be before out.
NOTE Confidence: 0.938480596666667

00:48:26.070 --> 00:48:28.134 Like if you make a mistake as a
NOTE Confidence: 0.938480596666667

00:48:28.134 --> 00:48:29.850 program director, just just own it,
NOTE Confidence: 0.938480596666667

00:48:29.850 --> 00:48:30.750 learn from it,

NOTE Confidence: 0.956991567142857
00:48:30.750 --> 00:48:34.194 move on and embrace the growth mindset.
NOTE Confidence: 0.956991567142857
00:48:34.200 --> 00:48:36.972 Never waste the mistake to really learn
NOTE Confidence: 0.956991567142857
00:48:36.972 --> 00:48:39.799 something about it and that will help you.
NOTE Confidence: 0.956991567142857
00:48:39.800 --> 00:48:42.901 To improve and increase your self valuation
NOTE Confidence: 0.956991567142857
00:48:42.901 --> 00:48:45.515 so you're prioritizing your personal well
NOTE Confidence: 0.956991567142857
00:48:45.515 --> 00:48:47.908 being as opposed to lower self valuation when
NOTE Confidence: 0.956991567142857
00:48:47.908 --> 00:48:50.231 you really dwell on the mistakes and that's
NOTE Confidence: 0.956991567142857
00:48:50.231 --> 00:48:52.309 associated with a higher risk for burnout.
NOTE Confidence: 0.956991567142857
00:48:52.310 --> 00:48:54.566 So it's something that we tend to forget.
NOTE Confidence: 0.956991567142857
00:48:54.570 --> 00:48:56.508 This is a picture of brief
NOTE Confidence: 0.956991567142857
00:48:56.508 --> 00:48:57.800 picture of our toolkit.
NOTE Confidence: 0.956991567142857
00:48:57.800 --> 00:48:59.636 The K12 toolkit for mental health
NOTE Confidence: 0.956991567142857
00:48:59.636 --> 00:49:00.860 promotion and suicide prevention.
NOTE Confidence: 0.956991567142857
00:49:00.860 --> 00:49:03.532 Maybe that was a silver lining out of
NOTE Confidence: 0.956991567142857
00:49:03.532 --> 00:49:06.441 some of our losses in 2009 and 2014.
NOTE Confidence: 0.956991567142857

00:49:06.441 --> 00:49:08.029 We've compiled this toolkit
NOTE Confidence: 0.956991567142857

00:49:08.029 --> 00:49:10.370 that is a collaboration.
NOTE Confidence: 0.956991567142857

00:49:10.370 --> 00:49:13.030 Among mental health primary care.
NOTE Confidence: 0.956991567142857

00:49:13.030 --> 00:49:14.170 And school professionals.
NOTE Confidence: 0.956991567142857

00:49:14.170 --> 00:49:16.070 If you're looking for it,
NOTE Confidence: 0.956991567142857

00:49:16.070 --> 00:49:17.465 it's open source.
NOTE Confidence: 0.956991567142857

00:49:17.465 --> 00:49:20.720 Just reference heard K12 toolkit and it
NOTE Confidence: 0.956991567142857

00:49:20.803 --> 00:49:23.502 will be the first link that you see.
NOTE Confidence: 0.956991567142857

00:49:23.502 --> 00:49:25.862 I've highlighted some work that happens at
NOTE Confidence: 0.956991567142857

00:49:25.862 --> 00:49:28.186 the National Center on School Mental Health.
NOTE Confidence: 0.956991567142857

00:49:28.190 --> 00:49:28.678 Sharon Hoover.
NOTE Confidence: 0.956991567142857

00:49:28.678 --> 00:49:30.386 Some of you may know her at
NOTE Confidence: 0.956991567142857

00:49:30.386 --> 00:49:31.909 the University of Maryland.
NOTE Confidence: 0.956991567142857

00:49:31.910 --> 00:49:34.724 Nancy Levy really just an amazing
NOTE Confidence: 0.956991567142857

00:49:34.724 --> 00:49:36.600 trove of resources there,
NOTE Confidence: 0.956991567142857

00:49:36.600 --> 00:49:39.700 including those resources that focus

NOTE Confidence: 0.956991567142857
00:49:39.700 --> 00:49:42.800 on cultural responsiveness and equity.
NOTE Confidence: 0.956991567142857
00:49:42.800 --> 00:49:45.901 A bunch of other toolkits that we
NOTE Confidence: 0.956991567142857
00:49:45.901 --> 00:49:48.085 have come into contact with and that
NOTE Confidence: 0.956991567142857
00:49:48.085 --> 00:49:49.850 we have convened in our toolkit,
NOTE Confidence: 0.956991567142857
00:49:49.850 --> 00:49:52.280 but also highlighting some important
NOTE Confidence: 0.956991567142857
00:49:52.280 --> 00:49:54.224 websites like transition year.org,
NOTE Confidence: 0.956991567142857
00:49:54.230 --> 00:49:55.880 the Stanford Center for Youth
NOTE Confidence: 0.956991567142857
00:49:55.880 --> 00:49:57.530 Mental Health and well being.
NOTE Confidence: 0.956991567142857
00:49:57.530 --> 00:49:59.870 Here's a group that arose from
NOTE Confidence: 0.956991567142857
00:49:59.870 --> 00:50:02.020 the students who lived through
NOTE Confidence: 0.956991567142857
00:50:02.020 --> 00:50:04.366 those tragic years in Palo Alto.
NOTE Confidence: 0.956991567142857
00:50:04.370 --> 00:50:06.729 They they put together a group called
NOTE Confidence: 0.956991567142857
00:50:06.729 --> 00:50:09.133 Youth United for responsible media
NOTE Confidence: 0.956991567142857
00:50:09.133 --> 00:50:11.300 representation where they highlight best
NOTE Confidence: 0.956991567142857
00:50:11.300 --> 00:50:13.550 practice where they share their narratives.
NOTE Confidence: 0.956991567142857

00:50:13.550 --> 00:50:15.867 About the things that have really helped
NOTE Confidence: 0.956991567142857

00:50:15.867 --> 00:50:18.108 them in terms of responsible media
NOTE Confidence: 0.956991567142857

00:50:18.108 --> 00:50:20.859 reporting and what things were not helpful.
NOTE Confidence: 0.956991567142857

00:50:20.860 --> 00:50:22.045 Sources of strength.
NOTE Confidence: 0.956991567142857

00:50:22.045 --> 00:50:24.791 One of the only evidence based peer
NOTE Confidence: 0.956991567142857

00:50:24.791 --> 00:50:26.726 LED programs for suicide prevention
NOTE Confidence: 0.956991567142857

00:50:26.726 --> 00:50:29.062 and well being promotion on high
NOTE Confidence: 0.956991567142857

00:50:29.062 --> 00:50:31.312 school campuses now being adapted from
NOTE Confidence: 0.956991567142857

00:50:31.372 --> 00:50:33.547 middle school and elementary school.
NOTE Confidence: 0.956991567142857

00:50:33.550 --> 00:50:35.950 Uhm, and that is the end.
NOTE Confidence: 0.956991567142857

00:50:35.950 --> 00:50:38.239 We have almost 10 minutes for some
NOTE Confidence: 0.956991567142857

00:50:38.239 --> 00:50:39.718 discussion. Thank you so much.
NOTE Confidence: 0.856131548181818

00:50:53.570 --> 00:50:54.580 Zoom crowds getting warmed up
NOTE Confidence: 0.856131548181818

00:50:54.580 --> 00:50:55.950 and we have a question already.
NOTE Confidence: 0.900544907272727

00:51:09.710 --> 00:51:11.216 Thank you so much for the
NOTE Confidence: 0.900544907272727

00:51:11.216 --> 00:51:12.550 shout out for Grayson Andy.

NOTE Confidence: 0.900544907272727

00:51:12.550 --> 00:51:13.860 There are psychology fellows.

NOTE Confidence: 0.900544907272727

00:51:13.860 --> 00:51:15.256 I trained the mother here

NOTE Confidence: 0.900544907272727

00:51:15.256 --> 00:51:16.716 so thank you so much.

NOTE Confidence: 0.900544907272727

00:51:16.720 --> 00:51:21.456 I have a question about how you create.

NOTE Confidence: 0.900544907272727

00:51:21.460 --> 00:51:23.868 Paraprofessional champions within the

NOTE Confidence: 0.900544907272727

00:51:23.868 --> 00:51:25.920 schools, in other words, so often,

NOTE Confidence: 0.900544907272727

00:51:25.920 --> 00:51:27.805 the burden of dissemination falls

NOTE Confidence: 0.900544907272727

00:51:27.805 --> 00:51:29.313 on mental health professionals,

NOTE Confidence: 0.900544907272727

00:51:29.320 --> 00:51:30.502 IE social workers,

NOTE Confidence: 0.900544907272727

00:51:30.502 --> 00:51:32.440 school psychologists, psychiatrists.

NOTE Confidence: 0.900544907272727

00:51:32.440 --> 00:51:33.674 But how do you create,

NOTE Confidence: 0.900544907272727

00:51:33.674 --> 00:51:35.126 let's say, teacher champions,

NOTE Confidence: 0.900544907272727

00:51:35.126 --> 00:51:37.694 who will use the tool kits?

NOTE Confidence: 0.900544907272727

00:51:37.700 --> 00:51:40.076 Use the materials so in terms of this

NOTE Confidence: 0.900544907272727

00:51:40.076 --> 00:51:42.023 idea of dissemination science moving

NOTE Confidence: 0.900544907272727

00:51:42.023 --> 00:51:45.026 it beyond us because there's too few
NOTE Confidence: 0.900544907272727

00:51:45.092 --> 00:51:47.420 of us in any given public school.
NOTE Confidence: 0.900544907272727

00:51:47.420 --> 00:51:51.930 And so the natural folks to disseminate.
NOTE Confidence: 0.900544907272727

00:51:51.930 --> 00:51:55.092 These guidelines would be the educational
NOTE Confidence: 0.900544907272727

00:51:55.092 --> 00:51:58.720 staff or staff or other paraprofessionals.
NOTE Confidence: 0.900544907272727

00:51:58.720 --> 00:52:01.704 So what strategies do you use to make
NOTE Confidence: 0.900544907272727

00:52:01.704 --> 00:52:04.519 sure that kind of train the trainer
NOTE Confidence: 0.900544907272727

00:52:04.520 --> 00:52:06.873 philosophy gets embedded in schools,
NOTE Confidence: 0.900544907272727

00:52:06.873 --> 00:52:08.557 but a great question,
NOTE Confidence: 0.900544907272727

00:52:08.560 --> 00:52:11.134 so I I would say there are a couple
NOTE Confidence: 0.900544907272727

00:52:11.134 --> 00:52:13.755 of ways we've learned to do that.
NOTE Confidence: 0.900544907272727

00:52:13.760 --> 00:52:16.046 Before you get into any school
NOTE Confidence: 0.900544907272727

00:52:16.046 --> 00:52:17.990 district and certainly doctor Comedy
NOTE Confidence: 0.900544907272727

00:52:17.990 --> 00:52:20.433 wrote about this years and years ago,
NOTE Confidence: 0.900544907272727

00:52:20.440 --> 00:52:22.616 it is about the relationship you have and
NOTE Confidence: 0.900544907272727

00:52:22.616 --> 00:52:24.710 the trust you have with the community.

NOTE Confidence: 0.900544907272727

00:52:24.710 --> 00:52:28.126 It takes at least a year and in

NOTE Confidence: 0.900544907272727

00:52:28.126 --> 00:52:30.738 that year your understanding.

NOTE Confidence: 0.900544907272727

00:52:30.740 --> 00:52:32.540 Who are the interested parties?

NOTE Confidence: 0.900544907272727

00:52:32.540 --> 00:52:34.486 Who are the impacted parties we used

NOTE Confidence: 0.900544907272727

00:52:34.486 --> 00:52:36.499 to call these people stakeholders?

NOTE Confidence: 0.900544907272727

00:52:36.500 --> 00:52:38.887 I'm kind of moved away from that

NOTE Confidence: 0.900544907272727

00:52:38.887 --> 00:52:40.900 term because of its colonial roots,

NOTE Confidence: 0.900544907272727

00:52:40.900 --> 00:52:42.852 but the idea that there are a number

NOTE Confidence: 0.900544907272727

00:52:42.852 --> 00:52:44.436 of really important people to have

NOTE Confidence: 0.900544907272727

00:52:44.436 --> 00:52:46.910 at the table so that you as a school

NOTE Confidence: 0.900544907272727

00:52:46.910 --> 00:52:48.340 mental health consultant or advisor

NOTE Confidence: 0.900544907272727

00:52:48.340 --> 00:52:51.120 if you will use that term loosely.

NOTE Confidence: 0.900544907272727

00:52:51.120 --> 00:52:53.064 'cause I I feel like as much the learner

NOTE Confidence: 0.900544907272727

00:52:53.064 --> 00:52:54.850 as I am an advisor or consultant.

NOTE Confidence: 0.900544907272727

00:52:54.850 --> 00:52:56.270 You understand from them what

NOTE Confidence: 0.900544907272727

00:52:56.270 --> 00:52:57.690 they're seeing on the ground.

NOTE Confidence: 0.900544907272727

00:52:57.690 --> 00:53:00.784 So for example, in California we have.

NOTE Confidence: 0.900544907272727

00:53:00.790 --> 00:53:03.970 Past help to pass A,

NOTE Confidence: 0.900544907272727

00:53:03.970 --> 00:53:04.459 B,

NOTE Confidence: 0.900544907272727

00:53:04.459 --> 00:53:07.882 2246 and 1767 which is the people

NOTE Confidence: 0.900544907272727

00:53:07.882 --> 00:53:10.029 suicide prevention policies and

NOTE Confidence: 0.900544907272727

00:53:10.029 --> 00:53:12.542 this requires that every one of the

NOTE Confidence: 0.900544907272727

00:53:12.542 --> 00:53:14.745 school districts in the 58 counties

NOTE Confidence: 0.900544907272727

00:53:14.745 --> 00:53:16.863 has a suicide prevention policy with

NOTE Confidence: 0.900544907272727

00:53:16.932 --> 00:53:18.600 administered regulations and that

NOTE Confidence: 0.900544907272727

00:53:18.600 --> 00:53:21.102 now a recent bill requires that

NOTE Confidence: 0.900544907272727

00:53:21.110 --> 00:53:22.190 if they have a health curriculum,

NOTE Confidence: 0.900544907272727

00:53:22.190 --> 00:53:22.976 they have to have mental health

NOTE Confidence: 0.900544907272727

00:53:22.976 --> 00:53:23.670 as part of that well,

NOTE Confidence: 0.900544907272727

00:53:23.670 --> 00:53:24.750 who's going to deliver that?

NOTE Confidence: 0.900544907272727

00:53:24.750 --> 00:53:27.750 The teachers, right?

NOTE Confidence: 0.900544907272727

00:53:27.750 --> 00:53:30.249 How do you get the teachers feeling

NOTE Confidence: 0.900544907272727

00:53:30.249 --> 00:53:33.322 comfortable to use the language?

NOTE Confidence: 0.900544907272727

00:53:33.322 --> 00:53:34.000 Well,

NOTE Confidence: 0.900544907272727

00:53:34.000 --> 00:53:36.800 there are new programs now like cognito.

NOTE Confidence: 0.900544907272727

00:53:36.800 --> 00:53:38.300 For example cognito with a K.

NOTE Confidence: 0.900544907272727

00:53:38.300 --> 00:53:39.530 They're out of New York.

NOTE Confidence: 0.900544907272727

00:53:39.530 --> 00:53:41.530 I have their reference in my slides and

NOTE Confidence: 0.900544907272727

00:53:41.530 --> 00:53:43.335 you'll all get a copy of the slides,

NOTE Confidence: 0.900544907272727

00:53:43.340 --> 00:53:45.565 but they have developed virtual

NOTE Confidence: 0.900544907272727

00:53:45.565 --> 00:53:48.572 world play software where teachers

NOTE Confidence: 0.900544907272727

00:53:48.572 --> 00:53:51.396 can play themselves and there are

NOTE Confidence: 0.900544907272727

00:53:51.396 --> 00:53:53.166 three vignettes and it's about

NOTE Confidence: 0.900544907272727

00:53:53.166 --> 00:53:54.960 1 1/2 to two hours long.

NOTE Confidence: 0.900544907272727

00:53:54.960 --> 00:53:58.856 But you learn the language of how to

NOTE Confidence: 0.900544907272727

00:53:58.860 --> 00:54:00.883 have a conversation with a student you

NOTE Confidence: 0.900544907272727

00:54:00.883 --> 00:54:03.948 might be concerned about how to have a.
NOTE Confidence: 0.900544907272727

00:54:03.948 --> 00:54:06.308 Conversation in your class about
NOTE Confidence: 0.900544907272727

00:54:06.308 --> 00:54:08.834 something related to sexual and gender,
NOTE Confidence: 0.900544907272727

00:54:08.834 --> 00:54:11.246 minority youth, and what their risk might be.
NOTE Confidence: 0.900544907272727

00:54:11.250 --> 00:54:12.960 There are also platforms designed
NOTE Confidence: 0.900544907272727

00:54:12.960 --> 00:54:15.259 for students to be allies and to
NOTE Confidence: 0.900544907272727

00:54:15.259 --> 00:54:17.107 speak up on behalf of their peers.
NOTE Confidence: 0.952503735

00:54:17.110 --> 00:54:18.851 So this is an example of, well,
NOTE Confidence: 0.952503735

00:54:18.851 --> 00:54:20.456 that's a really good strategy.
NOTE Confidence: 0.952503735

00:54:20.460 --> 00:54:23.016 But will the teachers use them?
NOTE Confidence: 0.952503735

00:54:23.020 --> 00:54:24.860 Or will it be just seen as one
NOTE Confidence: 0.952503735

00:54:24.860 --> 00:54:26.952 more thing they have to do so some
NOTE Confidence: 0.952503735

00:54:26.952 --> 00:54:28.416 districts have gotten creative?
NOTE Confidence: 0.952503735

00:54:28.420 --> 00:54:30.464 They've used some of the Biden money
NOTE Confidence: 0.952503735

00:54:30.464 --> 00:54:32.899 and some of the new some money that
NOTE Confidence: 0.952503735

00:54:32.899 --> 00:54:35.081 in California and the and the prop

NOTE Confidence: 0.952503735

00:54:35.081 --> 00:54:36.947 63 the mental Health Services Act

NOTE Confidence: 0.952503735

00:54:36.947 --> 00:54:38.942 money to actually pay their teachers

NOTE Confidence: 0.952503735

00:54:38.942 --> 00:54:40.657 to do this professional development,

NOTE Confidence: 0.952503735

00:54:40.660 --> 00:54:42.170 and so you can do this on your own time.

NOTE Confidence: 0.952503735

00:54:42.170 --> 00:54:43.885 You've got to have so many hours

NOTE Confidence: 0.952503735

00:54:43.885 --> 00:54:46.009 of PD like we have to have so many

NOTE Confidence: 0.952503735

00:54:46.009 --> 00:54:47.764 hours of CES or CME's and that's

NOTE Confidence: 0.952503735

00:54:47.764 --> 00:54:49.492 the way they've used their money.

NOTE Confidence: 0.952503735

00:54:49.500 --> 00:54:51.105 So rather than requiring it

NOTE Confidence: 0.952503735

00:54:51.105 --> 00:54:52.562 for their teachers, say, well,

NOTE Confidence: 0.952503735

00:54:52.562 --> 00:54:54.284 you can get paid to do this.

NOTE Confidence: 0.952503735

00:54:54.290 --> 00:54:57.265 So thinking about ways to like well,

NOTE Confidence: 0.952503735

00:54:57.270 --> 00:54:59.202 what's going to motivate either the

NOTE Confidence: 0.952503735

00:54:59.202 --> 00:55:00.490 paraprofessionals or the teachers,

NOTE Confidence: 0.952503735

00:55:00.490 --> 00:55:02.614 or the people who are asked

NOTE Confidence: 0.952503735

00:55:02.614 --> 00:55:04.030 to lead this work,
NOTE Confidence: 0.952503735

00:55:04.030 --> 00:55:06.830 and then the other part for us is
NOTE Confidence: 0.952503735

00:55:06.830 --> 00:55:08.783 checking in on the teachers and seeing
NOTE Confidence: 0.952503735

00:55:08.783 --> 00:55:10.470 how they're doing with this stuff.
NOTE Confidence: 0.952503735

00:55:10.470 --> 00:55:14.509 So last year I was privileged to
NOTE Confidence: 0.952503735

00:55:14.509 --> 00:55:18.370 run a pilot of a curriculum that was
NOTE Confidence: 0.952503735

00:55:18.370 --> 00:55:20.446 developed by our colleague Jeff Bostic,
NOTE Confidence: 0.952503735

00:55:20.450 --> 00:55:22.280 who was formerly at mass general
NOTE Confidence: 0.952503735

00:55:22.280 --> 00:55:23.195 now at Georgetown,
NOTE Confidence: 0.952503735

00:55:23.200 --> 00:55:25.488 and they have a whole teacher well being.
NOTE Confidence: 0.952503735

00:55:25.490 --> 00:55:28.568 In school environments or wise WIC,
NOTE Confidence: 0.952503735

00:55:28.570 --> 00:55:30.980 if you look that up.
NOTE Confidence: 0.952503735

00:55:30.980 --> 00:55:31.338 Well,
NOTE Confidence: 0.952503735

00:55:31.338 --> 00:55:33.486 being in school environments is a
NOTE Confidence: 0.952503735

00:55:33.486 --> 00:55:35.397 curriculum that they developed that
NOTE Confidence: 0.952503735

00:55:35.397 --> 00:55:37.725 he developed with teachers that uses

NOTE Confidence: 0.952503735

00:55:37.725 --> 00:55:43.220 principles of CBT and it uses principles of.

NOTE Confidence: 0.952503735

00:55:43.220 --> 00:55:44.002 Of connection,

NOTE Confidence: 0.952503735

00:55:44.002 --> 00:55:45.566 but also builds in.

NOTE Confidence: 0.952503735

00:55:45.570 --> 00:55:47.873 You know it's sort of taps into

NOTE Confidence: 0.952503735

00:55:47.873 --> 00:55:50.440 where are they on the burnout scale?

NOTE Confidence: 0.952503735

00:55:50.440 --> 00:55:52.547 And so for me the important piece

NOTE Confidence: 0.952503735

00:55:52.547 --> 00:55:54.461 was checking in with this group

NOTE Confidence: 0.952503735

00:55:54.461 --> 00:55:56.345 of staff that were piloting this

NOTE Confidence: 0.952503735

00:55:56.345 --> 00:55:58.197 to see how they were doing.

NOTE Confidence: 0.952503735

00:55:58.200 --> 00:55:59.916 Not just in implementation,

NOTE Confidence: 0.952503735

00:55:59.916 --> 00:56:02.490 but how were they doing themselves?

NOTE Confidence: 0.952503735

00:56:02.490 --> 00:56:04.218 How were they able to do this work?

NOTE Confidence: 0.952503735

00:56:04.220 --> 00:56:06.158 Are they getting enough release time?

NOTE Confidence: 0.952503735

00:56:06.160 --> 00:56:08.736 Sometimes you need what we call a Tosa,

NOTE Confidence: 0.952503735

00:56:08.740 --> 00:56:10.518 which is a teacher on special assignment.

NOTE Confidence: 0.952503735

00:56:10.520 --> 00:56:11.864 If you're going to bring a
NOTE Confidence: 0.952503735

00:56:11.864 --> 00:56:13.210 program like sources of strength.
NOTE Confidence: 0.952503735

00:56:13.210 --> 00:56:14.350 Into a school community.
NOTE Confidence: 0.952503735

00:56:14.350 --> 00:56:16.388 Who is that teacher leader who's actually
NOTE Confidence: 0.952503735

00:56:16.388 --> 00:56:18.278 going to get some release time and
NOTE Confidence: 0.952503735

00:56:18.278 --> 00:56:20.525 extra prep time to meet with their students?
NOTE Confidence: 0.952503735

00:56:20.530 --> 00:56:22.996 And it might only be one hour a month,
NOTE Confidence: 0.952503735

00:56:23.000 --> 00:56:25.272 but that can be gold for anyone who's
NOTE Confidence: 0.952503735

00:56:25.272 --> 00:56:27.570 fought for FTE for any of your faculty.
NOTE Confidence: 0.952503735

00:56:27.570 --> 00:56:30.090 If you can protect some part of the week,
NOTE Confidence: 0.952503735

00:56:30.090 --> 00:56:31.250 even an hour a week,
NOTE Confidence: 0.952503735

00:56:31.250 --> 00:56:32.334 that can be enormous.
NOTE Confidence: 0.952503735

00:56:32.334 --> 00:56:34.635 So if you can get some time for
NOTE Confidence: 0.952503735

00:56:34.635 --> 00:56:36.749 that teacher to make sure that they
NOTE Confidence: 0.952503735

00:56:36.749 --> 00:56:38.807 have the time and the space to be
NOTE Confidence: 0.952503735

00:56:38.807 --> 00:56:41.162 able to be with their students

NOTE Confidence: 0.952503735
00:56:41.162 --> 00:56:43.222 to to propagate these messages.
NOTE Confidence: 0.952503735
00:56:43.222 --> 00:56:43.870 Of hope,
NOTE Confidence: 0.952503735
00:56:43.870 --> 00:56:44.845 help and strength.
NOTE Confidence: 0.952503735
00:56:44.845 --> 00:56:47.390 You're most likely to do it so for
NOTE Confidence: 0.952503735
00:56:47.390 --> 00:56:48.930 us as the as the clinician,
NOTE Confidence: 0.952503735
00:56:48.930 --> 00:56:50.550 the consultant it's important
NOTE Confidence: 0.952503735
00:56:50.550 --> 00:56:52.980 to really help those folks who
NOTE Confidence: 0.952503735
00:56:53.055 --> 00:56:55.463 are doing the work on the ground
NOTE Confidence: 0.952503735
00:56:55.463 --> 00:56:56.910 feel supported and hurt.
NOTE Confidence: 0.952503735
00:56:56.910 --> 00:56:57.566 Shashank,
NOTE Confidence: 0.952503735
00:56:57.566 --> 00:56:58.878 there's lots
NOTE Confidence: 0.956866905
00:56:58.890 --> 00:57:03.050 of comments on zoom
NOTE Confidence: 0.794258821666667
00:57:01.230 --> 00:57:03.040 when I get to please them, but
NOTE Confidence: 0.850658530833333
00:57:03.050 --> 00:57:04.454 we're going to get to two
NOTE Confidence: 0.850658530833333
00:57:04.454 --> 00:57:06.009 comments here in the live crowd.
NOTE Confidence: 0.850658530833333

00:57:06.010 --> 00:57:07.974 And then we're going to close and gotcha.

NOTE Confidence: 0.850658530833333

00:57:07.974 --> 00:57:09.630 So the first one comes

NOTE Confidence: 0.850658530833333

00:57:09.630 --> 00:57:11.250 from someone you tapped on.

NOTE Confidence: 0.850658530833333

00:57:11.250 --> 00:57:12.156 So that's Dr.

NOTE Confidence: 0.850658530833333

00:57:12.156 --> 00:57:13.666 Lechman and then the second

NOTE Confidence: 0.850658530833333

00:57:13.666 --> 00:57:15.259 one and the closing one

NOTE Confidence: 0.77111414

00:57:15.380 --> 00:57:18.338 appropriately will be by a teacher

NOTE Confidence: 0.77111414

00:57:18.340 --> 00:57:21.028 who does the work. OK, so good.

NOTE Confidence: 0.946044306111111

00:57:23.800 --> 00:57:25.725 Well, I know what I'm going to

NOTE Confidence: 0.946044306111111

00:57:25.725 --> 00:57:27.668 say in terms of what positive

NOTE Confidence: 0.946044306111111

00:57:27.668 --> 00:57:29.423 thing happened to me today.

NOTE Confidence: 0.946044306111111

00:57:29.430 --> 00:57:30.957 Thank you so much for being here

NOTE Confidence: 0.946044306111111

00:57:30.957 --> 00:57:32.630 and thank you from being from

NOTE Confidence: 0.946044306111111

00:57:32.630 --> 00:57:34.948 New Hampshire and it's such an

NOTE Confidence: 0.946044306111111

00:57:34.948 --> 00:57:36.670 inspiration to see you in action,

NOTE Confidence: 0.946044306111111

00:57:36.670 --> 00:57:37.960 and I guess I really wanted

NOTE Confidence: 0.946044306111111
00:57:37.960 --> 00:57:39.166 to stand up and clap,
NOTE Confidence: 0.946044306111111
00:57:39.166 --> 00:57:41.182 but you're leading the way and we
NOTE Confidence: 0.946044306111111
00:57:41.182 --> 00:57:43.498 are so grateful for your efforts and
NOTE Confidence: 0.93615454375
00:57:43.510 --> 00:57:46.118 time and it's making a real difference and
NOTE Confidence: 0.953916457142857
00:57:46.130 --> 00:57:48.265 we need to do more in Connecticut
NOTE Confidence: 0.953916457142857
00:57:48.270 --> 00:57:49.178 and around the world.
NOTE Confidence: 0.945823515555556
00:57:49.190 --> 00:57:50.480 And I am looking forward
NOTE Confidence: 0.945823515555556
00:57:50.480 --> 00:57:51.512 to spending some time
NOTE Confidence: 0.9395254
00:57:51.530 --> 00:57:54.368 with my grandchildren.
NOTE Confidence: 0.9395254
00:57:54.370 --> 00:57:55.970 Thank you doctor Lechman.
NOTE Confidence: 0.9395254
00:57:55.970 --> 00:57:57.294 Well, thank you.
NOTE Confidence: 0.9395254
00:57:57.294 --> 00:58:00.088 So the final word and I have to thank
NOTE Confidence: 0.9395254
00:58:00.088 --> 00:58:01.559 you for saying all those wonderful,
NOTE Confidence: 0.9395254
00:58:01.559 --> 00:58:03.120 important things about teachers.
NOTE Confidence: 0.9395254
00:58:03.120 --> 00:58:05.790 We are very blessed with teachers
NOTE Confidence: 0.9395254

00:58:05.790 --> 00:58:07.722 and I'm blessed to work with
NOTE Confidence: 0.9395254

00:58:07.722 --> 00:58:09.280 the teacher every single day.
NOTE Confidence: 0.9395254

00:58:09.280 --> 00:58:10.430 She's not just a teacher,
NOTE Confidence: 0.9395254

00:58:10.430 --> 00:58:12.300 she's a principal. Yes, so
NOTE Confidence: 0.870122715714286

00:58:12.310 --> 00:58:13.730 on behalf of the Republic
NOTE Confidence: 0.870122715714286

00:58:13.730 --> 00:58:15.560 of Teachers. Mary gunsalus.
NOTE Confidence: 0.960414347

00:58:16.610 --> 00:58:17.930 Thank you so much,
NOTE Confidence: 0.960414347

00:58:17.930 --> 00:58:19.910 no pressure there from Doctor Martin,
NOTE Confidence: 0.960414347

00:58:19.910 --> 00:58:21.920 so thank you so much.
NOTE Confidence: 0.960414347

00:58:21.920 --> 00:58:24.300 That was a wonderful presentation.
NOTE Confidence: 0.960414347

00:58:24.300 --> 00:58:27.950 I learned so much. I am a teacher.
NOTE Confidence: 0.960414347

00:58:27.950 --> 00:58:31.160 I have worked on the inpatient unit for
NOTE Confidence: 0.960414347

00:58:31.160 --> 00:58:34.110 many many years and I wish our teacher,
NOTE Confidence: 0.960414347

00:58:34.110 --> 00:58:35.826 Tammy good master, were able to be here.
NOTE Confidence: 0.960414347

00:58:35.826 --> 00:58:38.180 She's just wonderful.
NOTE Confidence: 0.960414347

00:58:38.180 --> 00:58:41.836 I've and also Connecticut is back in person,

NOTE Confidence: 0.960414347

00:58:41.840 --> 00:58:45.332 full time learning and so all of our schools,

NOTE Confidence: 0.960414347

00:58:45.340 --> 00:58:46.765 that is the expectation that

NOTE Confidence: 0.960414347

00:58:46.765 --> 00:58:48.726 children will now be in full day

NOTE Confidence: 0.932774842

00:58:49.040 --> 00:58:50.670 five days a week and.

NOTE Confidence: 0.93155596

00:58:51.390 --> 00:58:53.882 We know the importance on the inpatient

NOTE Confidence: 0.93155596

00:58:53.882 --> 00:58:56.379 unit of having good transition plans

NOTE Confidence: 0.93155596

00:58:56.379 --> 00:58:58.644 when children leave the hospital,

NOTE Confidence: 0.93155596

00:58:58.650 --> 00:59:01.730 it is really overwhelming for middle school.

NOTE Confidence: 0.93155596

00:59:01.730 --> 00:59:03.440 Middle school children is the

NOTE Confidence: 0.93155596

00:59:03.440 --> 00:59:05.390 primary age that we work with.

NOTE Confidence: 0.93155596

00:59:05.390 --> 00:59:07.875 And those gatekeepers are

NOTE Confidence: 0.93155596

00:59:07.875 --> 00:59:10.450 so essential in the schools.

NOTE Confidence: 0.93155596

00:59:10.450 --> 00:59:13.760 And there are too few of them.

NOTE Confidence: 0.93155596

00:59:13.760 --> 00:59:17.144 To you know, to be managing

NOTE Confidence: 0.93155596

00:59:17.144 --> 00:59:18.866 things as as you know,

NOTE Confidence: 0.93155596

00:59:18.866 --> 00:59:20.600 to manage things with all of
NOTE Confidence: 0.93155596

00:59:20.667 --> 00:59:22.767 the children with so many needs.
NOTE Confidence: 0.93155596

00:59:22.770 --> 00:59:27.166 But I think if we can connect a child
NOTE Confidence: 0.93155596

00:59:27.166 --> 00:59:30.634 with one adult within that school
NOTE Confidence: 0.93155596

00:59:30.640 --> 00:59:33.038 doesn't have to be social worker.
NOTE Confidence: 0.93155596

00:59:33.038 --> 00:59:36.108 Psychologist could be a teacher.
NOTE Confidence: 0.93155596

00:59:36.110 --> 00:59:38.190 Could be the assistant principal.
NOTE Confidence: 0.93155596

00:59:38.190 --> 00:59:40.003 I think that is just so important
NOTE Confidence: 0.93155596

00:59:40.003 --> 00:59:42.400 in the life of the child as they
NOTE Confidence: 0.93155596

00:59:42.400 --> 00:59:44.250 transition back from an inpatient unit
NOTE Confidence: 0.93155596

00:59:44.250 --> 00:59:47.735 and just to have that go to person
NOTE Confidence: 0.93155596

00:59:47.735 --> 00:59:51.490 and someone who can welcome them and.
NOTE Confidence: 0.93155596

00:59:51.490 --> 00:59:54.766 Have the ability to just go in and process,
NOTE Confidence: 0.93155596

00:59:54.770 --> 00:59:56.825 particularly on those first few
NOTE Confidence: 0.93155596

00:59:56.825 --> 00:59:58.560 days from the hospital transition.
NOTE Confidence: 0.93155596

00:59:58.560 --> 00:59:59.180 In fact,

NOTE Confidence: 0.93155596

00:59:59.180 --> 01:00:01.780 they're pretty critical times

NOTE Confidence: 0.93155596

01:00:01.780 --> 01:00:03.730 for for children.

NOTE Confidence: 0.93155596

01:00:03.730 --> 01:00:05.278 That is such a crucial piece

NOTE Confidence: 0.93155596

01:00:05.278 --> 01:00:06.310 Mary that you mentioned.

NOTE Confidence: 0.93155596

01:00:06.310 --> 01:00:07.096 First of all,

NOTE Confidence: 0.93155596

01:00:07.096 --> 01:00:09.281 thank you for the work you do and

NOTE Confidence: 0.93155596

01:00:09.281 --> 01:00:11.036 for being that connection when

NOTE Confidence: 0.93155596

01:00:11.036 --> 01:00:12.800 they're on the inpatient unit,

NOTE Confidence: 0.93155596

01:00:12.800 --> 01:00:15.523 but a big part of the toolkit

NOTE Confidence: 0.93155596

01:00:15.523 --> 01:00:17.771 initially was around creating some

NOTE Confidence: 0.93155596

01:00:17.771 --> 01:00:21.110 forms that one can use to sign off on.

NOTE Confidence: 0.93155596

01:00:21.110 --> 01:00:23.090 That's one of the greatest barriers

NOTE Confidence: 0.93155596

01:00:23.090 --> 01:00:24.410 is what's my liability?

NOTE Confidence: 0.93155596

01:00:24.410 --> 01:00:26.489 What's my risk as a teacher if

NOTE Confidence: 0.93155596

01:00:26.489 --> 01:00:28.330 I'm having these conversations,

NOTE Confidence: 0.93155596

01:00:28.330 --> 01:00:30.486 but part of the training we do
NOTE Confidence: 0.93155596

01:00:30.486 --> 01:00:31.410 in the toolkit?
NOTE Confidence: 0.93155596

01:00:31.410 --> 01:00:33.696 Is is how to utilize this
NOTE Confidence: 0.93155596

01:00:33.696 --> 01:00:34.839 kind of documentation?
NOTE Confidence: 0.93155596

01:00:34.840 --> 01:00:36.892 So that OK, we've taken care of that part.
NOTE Confidence: 0.93155596

01:00:36.900 --> 01:00:38.951 Now let's just have a human conversation
NOTE Confidence: 0.93155596

01:00:38.951 --> 01:00:41.217 because I know I'm covered on that side,
NOTE Confidence: 0.93155596

01:00:41.220 --> 01:00:42.060 so I can really,
NOTE Confidence: 0.93155596

01:00:42.060 --> 01:00:42.480 you know,
NOTE Confidence: 0.93155596

01:00:42.480 --> 01:00:45.184 be the human and this work has been
NOTE Confidence: 0.93155596

01:00:45.184 --> 01:00:47.437 out there for many many years.
NOTE Confidence: 0.93155596

01:00:47.440 --> 01:00:49.384 Gary Ladd and his colleagues were
NOTE Confidence: 0.93155596

01:00:49.384 --> 01:00:51.353 publishing about this in the early
NOTE Confidence: 0.93155596

01:00:51.353 --> 01:00:53.195 2000s about the the single adults,
NOTE Confidence: 0.93155596

01:00:53.200 --> 01:00:54.232 the trusted adult,
NOTE Confidence: 0.93155596

01:00:54.232 --> 01:00:56.296 maybe from their community at home.

NOTE Confidence: 0.93155596
01:00:56.300 --> 01:00:57.320 But it may be in school.
NOTE Confidence: 0.93155596
01:00:57.320 --> 01:00:58.240 It may be someone else,
NOTE Confidence: 0.93155596
01:00:58.240 --> 01:01:00.585 but really, if you have that one,
NOTE Confidence: 0.93155596
01:01:00.590 --> 01:01:02.996 it can make such a difference.
NOTE Confidence: 0.93155596
01:01:03.000 --> 01:01:05.020 So that feels less daunting.
NOTE Confidence: 0.93155596
01:01:05.020 --> 01:01:06.365 And have to create having
NOTE Confidence: 0.93155596
01:01:06.365 --> 01:01:07.710 to create a whole village.
NOTE Confidence: 0.93155596
01:01:07.710 --> 01:01:09.558 But if we can have that one in
NOTE Confidence: 0.93155596
01:01:09.558 --> 01:01:10.800 particular around the transition,
NOTE Confidence: 0.93155596
01:01:10.800 --> 01:01:12.738 so we ask our fellows to
NOTE Confidence: 0.93155596
01:01:12.738 --> 01:01:14.420 actually in the emergency room,
NOTE Confidence: 0.93155596
01:01:14.420 --> 01:01:17.104 ask parents to sign off on the
NOTE Confidence: 0.93155596
01:01:17.104 --> 01:01:18.616 form that allows us to communicate
NOTE Confidence: 0.93155596
01:01:18.616 --> 01:01:20.436 with at least one person in school
NOTE Confidence: 0.93155596
01:01:20.436 --> 01:01:22.538 so that they are aware we have a
NOTE Confidence: 0.93155596

01:01:22.538 --> 01:01:24.110 student who's in the hospital who's
NOTE Confidence: 0.93155596

01:01:24.110 --> 01:01:25.812 going to be transitioning out.
NOTE Confidence: 0.93155596

01:01:25.812 --> 01:01:27.602 They're going to be calling
NOTE Confidence: 0.93155596

01:01:27.602 --> 01:01:29.367 you and really trying to.
NOTE Confidence: 0.93155596

01:01:29.370 --> 01:01:32.290 Advocate for the relationship
NOTE Confidence: 0.93155596

01:01:32.290 --> 01:01:34.480 across the different.
NOTE Confidence: 0.93155596

01:01:34.480 --> 01:01:39.202 Partners and in some ways and
NOTE Confidence: 0.93155596

01:01:39.202 --> 01:01:41.526 I have been that parent in the
NOTE Confidence: 0.93155596

01:01:41.526 --> 01:01:43.616 emergency room with my own teenager
NOTE Confidence: 0.93155596

01:01:43.616 --> 01:01:45.650 are my wife and I's teenager.
NOTE Confidence: 0.93155596

01:01:45.650 --> 01:01:47.618 When he was vulnerable and needed
NOTE Confidence: 0.93155596

01:01:47.618 --> 01:01:49.969 a hospital and so in that moment.
NOTE Confidence: 0.93155596

01:01:49.970 --> 01:01:50.256 Yes,
NOTE Confidence: 0.93155596

01:01:50.256 --> 01:01:51.972 I'm probably going to sign anything
NOTE Confidence: 0.93155596

01:01:51.972 --> 01:01:53.890 that fellow puts in front of me said,
NOTE Confidence: 0.854825568571429

01:01:53.890 --> 01:01:54.968 will you sign this so we can?

NOTE Confidence: 0.854825568571429
01:01:54.970 --> 01:01:56.538 Let's say yeah I'll sign this but
NOTE Confidence: 0.854825568571429
01:01:56.538 --> 01:01:58.679 I really I want you to talk to this
NOTE Confidence: 0.854825568571429
01:01:58.679 --> 01:02:00.514 person in this person 'cause they know
NOTE Confidence: 0.854825568571429
01:02:00.514 --> 01:02:02.610 what's up and other parents say no way.
NOTE Confidence: 0.854825568571429
01:02:02.610 --> 01:02:03.987 I don't want you to talk to the school.
NOTE Confidence: 0.854825568571429
01:02:03.990 --> 01:02:04.878 I don't want anyone to build.
NOTE Confidence: 0.854825568571429
01:02:04.880 --> 01:02:05.840 That's an opportunity.
NOTE Confidence: 0.854825568571429
01:02:05.840 --> 01:02:07.760 Maybe they don't sign it now,
NOTE Confidence: 0.854825568571429
01:02:07.760 --> 01:02:09.380 but maybe they do sign it when they come
NOTE Confidence: 0.854825568571429
01:02:09.380 --> 01:02:10.783 to the inpatient unit 'cause they've
NOTE Confidence: 0.854825568571429
01:02:10.783 --> 01:02:12.617 had some time to think about it and
NOTE Confidence: 0.854825568571429
01:02:12.617 --> 01:02:14.052 they've met Someone Like You who can
NOTE Confidence: 0.854825568571429
01:02:14.060 --> 01:02:16.510 be the bridge back to the community.
NOTE Confidence: 0.854825568571429
01:02:16.510 --> 01:02:20.392 Miller so thank you for your
NOTE Confidence: 0.854825568571429
01:02:20.392 --> 01:02:22.980 wonderful and thoughtful work.
NOTE Confidence: 0.854825568571429

01:02:22.980 --> 01:02:23.490 Thank you.