

WEBVTT

NOTE duration:"00:52:27"

NOTE recognizability:0.861

NOTE language:en-us

NOTE Confidence: 0.858750158181818

00:00:00.000 --> 00:00:02.555 Next we're going to be talking about

NOTE Confidence: 0.858750158181818

00:00:02.555 --> 00:00:04.180 adolescent depression and suicide,

NOTE Confidence: 0.858750158181818

00:00:04.180 --> 00:00:05.670 and I think I've already,

NOTE Confidence: 0.696154114

00:00:08.110 --> 00:00:10.990 I already introduced myself before,

NOTE Confidence: 0.696154114

00:00:10.990 --> 00:00:14.574 but I'm delighted to do this

NOTE Confidence: 0.696154114

00:00:14.574 --> 00:00:17.350 presentation with Youngsun Cho,

NOTE Confidence: 0.696154114

00:00:17.350 --> 00:00:19.294 who's a wonderful child,

NOTE Confidence: 0.696154114

00:00:19.294 --> 00:00:22.210 child psychiatrist and expert in depression.

NOTE Confidence: 0.696154114

00:00:22.210 --> 00:00:24.688 She's also modest enough to put her

NOTE Confidence: 0.696154114

00:00:24.688 --> 00:00:26.641 name after mine, even though she

NOTE Confidence: 0.696154114

00:00:26.641 --> 00:00:28.423 put together like the whole talk.

NOTE Confidence: 0.696154114

00:00:28.430 --> 00:00:30.292 So she should probably be listed first

NOTE Confidence: 0.696154114

00:00:30.292 --> 00:00:32.569 on this and she should get the credit.

NOTE Confidence: 0.696154114

00:00:32.570 --> 00:00:35.730 But anyway, we're really lucky  
NOTE Confidence: 0.696154114

00:00:35.730 --> 00:00:37.605 to have her talking today.  
NOTE Confidence: 0.696154114

00:00:37.610 --> 00:00:39.842 And I think this is a really  
NOTE Confidence: 0.696154114

00:00:39.842 --> 00:00:41.327 important topic and you can  
NOTE Confidence: 0.696154114

00:00:41.327 --> 00:00:42.767 advance to the next slide.  
NOTE Confidence: 0.822574484444444

00:00:45.190 --> 00:00:48.500 We have a bunch of  
NOTE Confidence: 0.822574484444444

00:00:48.500 --> 00:00:51.148 disclosures I certainly get  
NOTE Confidence: 0.822574484444444

00:00:51.150 --> 00:00:54.055 funds from various pharmaceutical  
NOTE Confidence: 0.822574484444444

00:00:54.055 --> 00:00:56.379 companies looking at experimental  
NOTE Confidence: 0.822574484444444

00:00:56.379 --> 00:00:59.008 treatments for depression, Tourettes,  
NOTE Confidence: 0.822574484444444

00:00:59.008 --> 00:01:02.600 other conditions including OCD.  
NOTE Confidence: 0.822574484444444

00:01:02.600 --> 00:01:04.730 Also, we get funding from the  
NOTE Confidence: 0.822574484444444

00:01:04.730 --> 00:01:06.150 National Institute of Health.  
NOTE Confidence: 0.822574484444444

00:01:06.150 --> 00:01:08.450 I don't think it's particularly  
NOTE Confidence: 0.822574484444444

00:01:08.450 --> 00:01:10.290 germane to this presentation,  
NOTE Confidence: 0.822574484444444

00:01:10.290 --> 00:01:14.070 but just wanted to make you aware of that.

NOTE Confidence: 0.8225744844444444  
00:01:14.070 --> 00:01:15.338 Next slide.  
NOTE Confidence: 0.8225744844444444  
00:01:15.338 --> 00:01:19.142 So adolescent depression is a significant  
NOTE Confidence: 0.8225744844444444  
00:01:19.142 --> 00:01:21.698 public health problem and it,  
NOTE Confidence: 0.8225744844444444  
00:01:21.698 --> 00:01:24.676 and I think for a lot of you are probably  
NOTE Confidence: 0.8225744844444444  
00:01:24.676 --> 00:01:27.448 where it's at a borderline crisis at  
NOTE Confidence: 0.8225744844444444  
00:01:27.448 --> 00:01:30.115 this point. That nearly one in five  
NOTE Confidence: 0.8225744844444444  
00:01:30.120 --> 00:01:32.784 people will experience a major depressive  
NOTE Confidence: 0.8225744844444444  
00:01:32.784 --> 00:01:34.980 disorder during their adolescent years,  
NOTE Confidence: 0.8225744844444444  
00:01:34.980 --> 00:01:37.740 and it's probably closer to one  
NOTE Confidence: 0.8225744844444444  
00:01:37.740 --> 00:01:40.400 in four since COVID started.  
NOTE Confidence: 0.8225744844444444  
00:01:40.400 --> 00:01:44.432 Suicide is the 2nd leading cause of death  
NOTE Confidence: 0.8225744844444444  
00:01:44.432 --> 00:01:47.418 in adolescents in the United States.  
NOTE Confidence: 0.8225744844444444  
00:01:47.420 --> 00:01:49.660 Not only is depression  
NOTE Confidence: 0.8225744844444444  
00:01:49.660 --> 00:01:51.004 associated, teen depression associated  
NOTE Confidence: 0.8225744844444444  
00:01:51.004 --> 00:01:52.540 with significant mortality,  
NOTE Confidence: 0.8225744844444444

00:01:52.540 --> 00:01:54.620 it's also associated with  
NOTE Confidence: 0.8225744844444444

00:01:54.620 --> 00:01:55.660 significant morbidity.  
NOTE Confidence: 0.8225744844444444

00:01:55.660 --> 00:01:59.095 There's an increased, teens who are  
NOTE Confidence: 0.8225744844444444

00:01:59.095 --> 00:02:01.020 depressed have increased social problems,  
NOTE Confidence: 0.8225744844444444

00:02:01.020 --> 00:02:03.000 they have problems in terms of  
NOTE Confidence: 0.8225744844444444

00:02:03.000 --> 00:02:04.320 their functioning in school,  
NOTE Confidence: 0.8225744844444444

00:02:04.320 --> 00:02:07.428 and it's associated with a variety  
NOTE Confidence: 0.8225744844444444

00:02:07.428 --> 00:02:11.540 of other things that affect behavior.  
NOTE Confidence: 0.8225744844444444

00:02:11.540 --> 00:02:12.920 So  
NOTE Confidence: 0.8225744844444444

00:02:12.920 --> 00:02:15.656 in terms of increased risk of substance use,  
NOTE Confidence: 0.8225744844444444

00:02:15.660 --> 00:02:20.440 pregnancy and so it's and then  
NOTE Confidence: 0.8225744844444444

00:02:20.440 --> 00:02:23.034 the other thing is that people,  
NOTE Confidence: 0.8225744844444444

00:02:23.034 --> 00:02:26.370 people who experience depression  
NOTE Confidence: 0.8225744844444444

00:02:26.370 --> 00:02:28.038 as teenagers  
NOTE Confidence: 0.8225744844444444

00:02:28.040 --> 00:02:31.008 are very likely to have another episode later on,  
NOTE Confidence: 0.8225744844444444

00:02:31.010 --> 00:02:33.110 and then there also probably has

NOTE Confidence: 0.8225744844444444  
00:02:33.110 --> 00:02:35.493 the worst prognosis in terms of  
NOTE Confidence: 0.8225744844444444  
00:02:35.493 --> 00:02:36.867 their adulthood depression.  
NOTE Confidence: 0.8225744844444444  
00:02:36.870 --> 00:02:37.230 OK.  
NOTE Confidence: 0.888874555714286  
00:02:40.050 --> 00:02:42.836 In terms of the actual suicide effects,  
NOTE Confidence: 0.888874555714286  
00:02:42.840 --> 00:02:44.110 these are from the CDC  
NOTE Confidence: 0.888874555714286  
00:02:44.110 --> 00:02:47.491 I didn't make them up, among high  
NOTE Confidence: 0.888874555714286  
00:02:47.491 --> 00:02:50.429 schoolers in the United States  
NOTE Confidence: 0.888874555714286  
00:02:50.430 --> 00:02:53.300 17% have considered suicide, attempting  
NOTE Confidence: 0.888874555714286  
00:02:53.300 --> 00:02:56.170 suicide in the last year,  
NOTE Confidence: 0.888874555714286  
00:02:56.170 --> 00:02:59.008 14% have had a suicide plan,  
NOTE Confidence: 0.888874555714286  
00:02:59.010 --> 00:03:01.110 8% have actually attempted suicide,  
NOTE Confidence: 0.888874555714286  
00:03:01.110 --> 00:03:04.869 and 3% have made a suicide attempt  
NOTE Confidence: 0.888874555714286  
00:03:04.869 --> 00:03:07.540 that required medical attention.  
NOTE Confidence: 0.888874555714286  
00:03:07.540 --> 00:03:12.420 And then we, there are, we lose  
NOTE Confidence: 0.888874555714286  
00:03:12.420 --> 00:03:13.830 approximately 5500 adolescents  
NOTE Confidence: 0.888874555714286

00:03:13.830 --> 00:03:16.630 per year who die by suicide and  
NOTE Confidence: 0.888874555714286

00:03:16.630 --> 00:03:19.067 just thinking about the number  
NOTE Confidence: 0.857850589333333

00:03:21.560 --> 00:03:24.206 my, my, my kids are slated to go to  
NOTE Confidence: 0.857850589333333

00:03:24.206 --> 00:03:26.820 Hamden High School that has about 1100  
NOTE Confidence: 0.857850589333333

00:03:26.820 --> 00:03:29.760 students and that's and it's a pretty  
NOTE Confidence: 0.857850589333333

00:03:29.760 --> 00:03:32.337 big building and that's five Hamden  
NOTE Confidence: 0.857850589333333

00:03:32.337 --> 00:03:35.286 high schools worth of kids every year  
NOTE Confidence: 0.857850589333333

00:03:35.286 --> 00:03:38.317 that die by suicide in high school.  
NOTE Confidence: 0.857850589333333

00:03:38.320 --> 00:03:40.651 Another way to think about these numbers  
NOTE Confidence: 0.857850589333333

00:03:40.651 --> 00:03:42.937 is just, I think about them as a parent.  
NOTE Confidence: 0.857850589333333

00:03:42.940 --> 00:03:45.530 So these are, this is a picture  
NOTE Confidence: 0.857850589333333

00:03:45.530 --> 00:03:47.280 of my wife Angie,  
NOTE Confidence: 0.857850589333333

00:03:47.280 --> 00:03:50.456 my daughter Rachel and my twin boys  
NOTE Confidence: 0.857850589333333

00:03:50.460 --> 00:03:52.299 Sam and Paul.  
NOTE Confidence: 0.857850589333333

00:03:52.300 --> 00:03:53.182 And so there's  
NOTE Confidence: 0.857850589333333

00:03:53.182 --> 00:03:55.941 one year that all three of them are going

NOTE Confidence: 0.857850589333333

00:03:55.941 --> 00:03:58.174 to be going to high school together.

NOTE Confidence: 0.857850589333333

00:03:58.180 --> 00:03:59.398 Just one year.

NOTE Confidence: 0.87653528

00:04:01.460 --> 00:04:07.060 And during that year, there's a two out

NOTE Confidence: 0.87653528

00:04:07.060 --> 00:04:10.490 of five chance that one of my kids will

NOTE Confidence: 0.790332186666667

00:04:12.720 --> 00:04:16.119 have suicidal ideation.

NOTE Confidence: 0.790332186666667

00:04:16.120 --> 00:04:18.792 It's about one in three chance that one

NOTE Confidence: 0.790332186666667

00:04:18.792 --> 00:04:21.600 of them will have had a suicide plan.

NOTE Confidence: 0.790332186666667

00:04:21.600 --> 00:04:24.584 There's about a one in five chance that

NOTE Confidence: 0.790332186666667

00:04:24.584 --> 00:04:28.099 one of them will have attempted suicide.

NOTE Confidence: 0.790332186666667

00:04:28.100 --> 00:04:30.697 And there's about a one in ten

NOTE Confidence: 0.790332186666667

00:04:30.697 --> 00:04:32.826 chance, slightly less than, that one

NOTE Confidence: 0.790332186666667

00:04:32.826 --> 00:04:35.087 of them will have a suicide attempt

NOTE Confidence: 0.790332186666667

00:04:35.087 --> 00:04:37.063 that required medical attention and

NOTE Confidence: 0.790332186666667

00:04:37.063 --> 00:04:39.768 and that's really scary to me as

NOTE Confidence: 0.790332186666667

00:04:39.768 --> 00:04:41.880 a father. And then if you look at

NOTE Confidence: 0.790332186666667

00:04:41.880 --> 00:04:43.980 while my three kids are at high  
NOTE Confidence: 0.790332186666667

00:04:43.980 --> 00:04:44.880 in high school,  
NOTE Confidence: 0.790332186666667

00:04:44.880 --> 00:04:47.048 it's more likely than not that one of  
NOTE Confidence: 0.790332186666667

00:04:47.048 --> 00:04:49.497 them will have a major depressive episode,  
NOTE Confidence: 0.790332186666667

00:04:49.500 --> 00:04:51.980 and it's more likely than not that they  
NOTE Confidence: 0.790332186666667

00:04:51.980 --> 00:04:54.877 will know of a classmate who dies by suicide.  
NOTE Confidence: 0.790332186666667

00:04:54.880 --> 00:04:57.215 And I just think that's, it's  
NOTE Confidence: 0.790332186666667

00:04:57.215 --> 00:04:58.460 just really staggering,  
NOTE Confidence: 0.790332186666667

00:04:58.460 --> 00:04:59.290 the numbers.  
NOTE Confidence: 0.915518204705882

00:05:03.200 --> 00:05:04.747 So I'm going to go ahead and  
NOTE Confidence: 0.915518204705882

00:05:04.747 --> 00:05:06.531 talk a little bit about how  
NOTE Confidence: 0.915518204705882

00:05:06.531 --> 00:05:07.947 depression presents in teenagers.  
NOTE Confidence: 0.915518204705882

00:05:07.950 --> 00:05:11.829 So things to keep in mind is overall  
NOTE Confidence: 0.915518204705882

00:05:11.829 --> 00:05:14.103 teenagers and people in general who  
NOTE Confidence: 0.915518204705882

00:05:14.103 --> 00:05:16.131 have depression typically have what we  
NOTE Confidence: 0.915518204705882

00:05:16.188 --> 00:05:18.330 call a persistent low mood or sadness.



NOTE Confidence: 0.915518204705882

00:05:18.330 --> 00:05:20.787 So this is sort of a, they report feeling

NOTE Confidence: 0.915518204705882

00:05:20.787 --> 00:05:22.858 sad or down for most of the day,

NOTE Confidence: 0.915518204705882

00:05:22.860 --> 00:05:24.680 many days of the week.

NOTE Confidence: 0.915518204705882

00:05:24.680 --> 00:05:26.368 In teenagers, irritability can

NOTE Confidence: 0.915518204705882

00:05:26.368 --> 00:05:28.478 also be a persistent feature,

NOTE Confidence: 0.915518204705882

00:05:28.480 --> 00:05:30.279 sometimes even more than the sad mood.

NOTE Confidence: 0.915518204705882

00:05:30.280 --> 00:05:31.888 So that's important to keep in mind that

NOTE Confidence: 0.915518204705882

00:05:31.888 --> 00:05:33.277 this seems to be a developmentally

NOTE Confidence: 0.915518204705882

00:05:33.280 --> 00:05:35.145 specific feature. So this occurs

NOTE Confidence: 0.915518204705882

00:05:35.145 --> 00:05:37.778 for at least two weeks at a time,

NOTE Confidence: 0.915518204705882

00:05:37.780 --> 00:05:39.988 plus the sort of official criteria

NOTE Confidence: 0.915518204705882

00:05:39.988 --> 00:05:42.310 asks that they have at least

NOTE Confidence: 0.915518204705882

00:05:42.310 --> 00:05:44.255 four of the following criteria,

NOTE Confidence: 0.915518204705882

00:05:44.260 --> 00:05:46.045 which we kind of keep track of

NOTE Confidence: 0.915518204705882

00:05:46.045 --> 00:05:47.819 with an acronym called SIGE CAPS.

NOTE Confidence: 0.915518204705882

00:05:47.820 --> 00:05:49.048 So the four criteria,  
NOTE Confidence: 0.915518204705882

00:05:49.048 --> 00:05:50.890 4 out of the following eight  
NOTE Confidence: 0.915518204705882

00:05:50.958 --> 00:05:52.618 criteria are sleep changes,  
NOTE Confidence: 0.915518204705882

00:05:52.620 --> 00:05:54.318 so this could be sleeping more  
NOTE Confidence: 0.915518204705882

00:05:54.318 --> 00:05:55.840 or sleeping less than usual,  
NOTE Confidence: 0.915518204705882

00:05:55.840 --> 00:05:57.796 a loss of interest or motivation,  
NOTE Confidence: 0.915518204705882

00:05:57.800 --> 00:05:59.906 so this is the teenager who maybe like to  
NOTE Confidence: 0.915518204705882

00:05:59.906 --> 00:06:02.220 go to art classes or like to play sports,  
NOTE Confidence: 0.915518204705882

00:06:02.220 --> 00:06:04.770 but isn't showing that interest anymore,  
NOTE Confidence: 0.915518204705882

00:06:04.770 --> 00:06:05.856 feelings of guilt,  
NOTE Confidence: 0.915518204705882

00:06:05.856 --> 00:06:07.666 feeling like they don't have  
NOTE Confidence: 0.915518204705882

00:06:07.666 --> 00:06:09.349 enough energy during the day,  
NOTE Confidence: 0.915518204705882

00:06:09.350 --> 00:06:09.856 you know,  
NOTE Confidence: 0.915518204705882

00:06:09.856 --> 00:06:12.262 seeming like they need to take naps or even  
NOTE Confidence: 0.915518204705882

00:06:12.262 --> 00:06:14.206 taking naps and not feeling refreshed,  
NOTE Confidence: 0.915518204705882

00:06:14.210 --> 00:06:16.106 having cognitive difficulties,

NOTE Confidence: 0.915518204705882  
00:06:16.106 --> 00:06:17.528 so trouble concentrating,  
NOTE Confidence: 0.915518204705882  
00:06:17.530 --> 00:06:20.080 trouble remembering things which in turn  
NOTE Confidence: 0.915518204705882  
00:06:20.080 --> 00:06:23.099 can obviously affect the school performance.  
NOTE Confidence: 0.915518204705882  
00:06:23.100 --> 00:06:25.516 Appetite changes can also be seen as well.  
NOTE Confidence: 0.915518204705882  
00:06:25.520 --> 00:06:28.310 So either an increased appetite or  
NOTE Confidence: 0.915518204705882  
00:06:28.310 --> 00:06:30.170 decreased appetite. Sometimes  
NOTE Confidence: 0.915518204705882  
00:06:30.249 --> 00:06:32.825 kids can show what we call a  
NOTE Confidence: 0.915518204705882  
00:06:32.825 --> 00:06:34.560 psychomotor agitation or slowing.  
NOTE Confidence: 0.915518204705882  
00:06:34.560 --> 00:06:37.227 So changes in how their motor movements  
NOTE Confidence: 0.915518204705882  
00:06:37.227 --> 00:06:39.579 are, either moving faster or slower.  
NOTE Confidence: 0.915518204705882  
00:06:39.580 --> 00:06:41.218 And finally a component that's a  
NOTE Confidence: 0.915518204705882  
00:06:41.218 --> 00:06:43.288 large part of today's talk as well  
NOTE Confidence: 0.915518204705882  
00:06:43.288 --> 00:06:44.828 is suicidal thoughts and behaviors  
NOTE Confidence: 0.915518204705882  
00:06:44.828 --> 00:06:46.060 can accompany depression.  
NOTE Confidence: 0.87442456  
00:06:48.360 --> 00:06:50.616 The key point here also I think just  
NOTE Confidence: 0.87442456

00:06:50.616 --> 00:06:52.800 like Wendy had mentioned in her talk,  
NOTE Confidence: 0.87442456

00:06:52.800 --> 00:06:54.690 is just to understand how different  
NOTE Confidence: 0.87442456

00:06:54.690 --> 00:06:56.829 depression can be for different kids.  
NOTE Confidence: 0.87442456

00:06:56.830 --> 00:06:58.030 So as I had said,  
NOTE Confidence: 0.87442456

00:06:58.030 --> 00:06:59.598 you need 4 out of these eight,  
NOTE Confidence: 0.87442456

00:06:59.600 --> 00:07:00.850 but it doesn't say which  
NOTE Confidence: 0.87442456

00:07:00.850 --> 00:07:02.100 four you have to have.  
NOTE Confidence: 0.87442456

00:07:02.100 --> 00:07:04.620 And so kids can have any number of  
NOTE Confidence: 0.87442456

00:07:04.620 --> 00:07:07.068 combination of symptoms and it's important  
NOTE Confidence: 0.87442456

00:07:07.068 --> 00:07:09.690 to understand what aspects of depression  
NOTE Confidence: 0.87442456

00:07:09.764 --> 00:07:12.338 really impact their ability to function.  
NOTE Confidence: 0.87442456

00:07:12.340 --> 00:07:13.980 So the risk factors for  
NOTE Confidence: 0.87442456

00:07:13.980 --> 00:07:14.636 adolescent depression?  
NOTE Confidence: 0.87442456

00:07:14.640 --> 00:07:15.780 There are a number of them.  
NOTE Confidence: 0.87442456

00:07:15.780 --> 00:07:17.280 So family history.  
NOTE Confidence: 0.87442456

00:07:17.280 --> 00:07:19.740 So having family members with a history

NOTE Confidence: 0.87442456  
00:07:19.740 --> 00:07:21.609 of depression or other mood disorders  
NOTE Confidence: 0.87442456  
00:07:21.609 --> 00:07:24.073 puts teenagers at risk for having depression.  
NOTE Confidence: 0.87442456  
00:07:24.080 --> 00:07:26.276 Teenage depression occurs more often  
NOTE Confidence: 0.87442456  
00:07:26.280 --> 00:07:27.249 in female teenagers,  
NOTE Confidence: 0.87442456  
00:07:27.249 --> 00:07:28.864 about two to three times  
NOTE Confidence: 0.87442456  
00:07:28.864 --> 00:07:30.379 more often than in males.  
NOTE Confidence: 0.87442456  
00:07:30.380 --> 00:07:33.636 A history of early life stress or adversity.  
NOTE Confidence: 0.87442456  
00:07:33.640 --> 00:07:35.550 Poverty is a risk factor  
NOTE Confidence: 0.87442456  
00:07:35.550 --> 00:07:36.696 for teenage depression,  
NOTE Confidence: 0.87442456  
00:07:36.700 --> 00:07:39.046 a history of or current trauma,  
NOTE Confidence: 0.87442456  
00:07:39.050 --> 00:07:40.946 as well as well as peer  
NOTE Confidence: 0.87442456  
00:07:40.946 --> 00:07:42.210 conflicts such as bullying.  
NOTE Confidence: 0.87442456  
00:07:42.210 --> 00:07:44.100 Which we know is, has become a  
NOTE Confidence: 0.87442456  
00:07:44.100 --> 00:07:45.739 large problem in recent years.  
NOTE Confidence: 0.87442456  
00:07:45.740 --> 00:07:47.136 Stresses at home.  
NOTE Confidence: 0.87442456

00:07:47.136 --> 00:07:49.725 Familial conflicts or stress can be a  
NOTE Confidence: 0.87442456

00:07:49.725 --> 00:07:51.875 risk factor for adolescent depression,  
NOTE Confidence: 0.87442456

00:07:51.880 --> 00:07:52.584 minority stress,  
NOTE Confidence: 0.87442456

00:07:52.584 --> 00:07:54.696 or the stress of feeling like  
NOTE Confidence: 0.87442456

00:07:54.700 --> 00:07:56.786 the stress that people who identify as  
NOTE Confidence: 0.87442456

00:07:56.786 --> 00:07:58.480 minorities in society may experience  
NOTE Confidence: 0.87442456

00:07:58.480 --> 00:08:00.853 is also a risk factor as well  
NOTE Confidence: 0.87442456

00:08:00.853 --> 00:08:02.870 as having a disability.  
NOTE Confidence: 0.87442456

00:08:02.870 --> 00:08:05.075 And just to sort of put this in context  
NOTE Confidence: 0.87442456

00:08:05.075 --> 00:08:07.165 with when the pandemic is started at,  
NOTE Confidence: 0.87442456

00:08:07.170 --> 00:08:08.938 the information from the  
NOTE Confidence: 0.87442456

00:08:08.938 --> 00:08:11.346 CDC suggests that in 2021,  
NOTE Confidence: 0.87442456

00:08:11.346 --> 00:08:13.890 since the pandemic started,  
NOTE Confidence: 0.87442456

00:08:13.890 --> 00:08:16.725 55% of high schoolers have reported receiving  
NOTE Confidence: 0.87442456

00:08:16.725 --> 00:08:19.286 emotional abuse from an adult in the home,  
NOTE Confidence: 0.87442456

00:08:19.290 --> 00:08:20.550 11% of experienced physical

NOTE Confidence: 0.87442456  
00:08:20.550 --> 00:08:22.790 abuse from an adult in the home,  
NOTE Confidence: 0.87442456  
00:08:22.790 --> 00:08:24.606 and 29% of had a parent or adult  
NOTE Confidence: 0.87442456  
00:08:24.606 --> 00:08:26.287 in the home lose a job.  
NOTE Confidence: 0.87442456  
00:08:26.290 --> 00:08:28.165 So these are all stressors  
NOTE Confidence: 0.87442456  
00:08:28.165 --> 00:08:29.665 that have been exacerbated,  
NOTE Confidence: 0.87442456  
00:08:29.670 --> 00:08:31.130 likely since the pandemic has  
NOTE Confidence: 0.87442456  
00:08:31.130 --> 00:08:32.908 started and are contributing to the  
NOTE Confidence: 0.87442456  
00:08:32.908 --> 00:08:34.510 increase in the rise in depression  
NOTE Confidence: 0.87442456  
00:08:34.510 --> 00:08:37.690 and other psychiatric illnesses.  
NOTE Confidence: 0.87442456  
00:08:37.690 --> 00:08:39.598 So the talks all today are  
NOTE Confidence: 0.87442456  
00:08:39.598 --> 00:08:41.300 focused on the adolescent years.  
NOTE Confidence: 0.87442456  
00:08:41.300 --> 00:08:42.637 And so it's a period that I  
NOTE Confidence: 0.87442456  
00:08:42.637 --> 00:08:43.714 think is really interesting to  
NOTE Confidence: 0.87442456  
00:08:43.714 --> 00:08:45.303 all of us who are talking here.  
NOTE Confidence: 0.87442456  
00:08:45.310 --> 00:08:46.857 And so I think it's important to  
NOTE Confidence: 0.87442456

00:08:46.857 --> 00:08:48.540 sort of step back a little bit  
NOTE Confidence: 0.87442456

00:08:48.540 --> 00:08:49.986 and think about what is special  
NOTE Confidence: 0.87442456

00:08:50.040 --> 00:08:51.368 about the adolescent years.  
NOTE Confidence: 0.87442456

00:08:51.370 --> 00:08:53.267 So it's a time of rapid physical,  
NOTE Confidence: 0.87442456

00:08:53.270 --> 00:08:55.090 emotional, social and cognitive growth.  
NOTE Confidence: 0.87442456

00:08:55.090 --> 00:08:56.638 And for everyone who works in  
NOTE Confidence: 0.87442456

00:08:56.638 --> 00:08:58.260 the schools or sees teenagers,  
NOTE Confidence: 0.87442456

00:08:58.260 --> 00:08:59.756 you all know this.  
NOTE Confidence: 0.87442456

00:08:59.756 --> 00:09:01.252 And the developmental changes  
NOTE Confidence: 0.87442456

00:09:01.252 --> 00:09:03.773 that are occurring in the brain  
NOTE Confidence: 0.87442456

00:09:03.773 --> 00:09:05.477 parallel this growth that's  
NOTE Confidence: 0.87442456

00:09:05.477 --> 00:09:07.980 happening that we can all observe  
NOTE Confidence: 0.87442456

00:09:07.980 --> 00:09:09.950 and continues into young adulthood.  
NOTE Confidence: 0.87442456

00:09:09.950 --> 00:09:11.790 The growth is, you know,  
NOTE Confidence: 0.87442456

00:09:11.790 --> 00:09:13.056 purposeful and intentional,  
NOTE Confidence: 0.87442456

00:09:13.056 --> 00:09:15.588 and it allows the teenagers to



NOTE Confidence: 0.87442456

00:09:15.588 --> 00:09:17.799 start to explore their identity.

NOTE Confidence: 0.87442456

00:09:17.800 --> 00:09:18.800 And ideally,

NOTE Confidence: 0.87442456

00:09:18.800 --> 00:09:20.800 this developmental stage transitions

NOTE Confidence: 0.87442456

00:09:20.800 --> 00:09:23.240 them to successfully to adulthood

NOTE Confidence: 0.87442456

00:09:23.240 --> 00:09:26.144 and that would be the sort of ideal

NOTE Confidence: 0.87442456

00:09:26.144 --> 00:09:28.606 outcome for adolescence is this

NOTE Confidence: 0.87442456

00:09:28.606 --> 00:09:30.630 successful transition to adulthood.

NOTE Confidence: 0.87442456

00:09:30.630 --> 00:09:32.751 So just to talk briefly about the

NOTE Confidence: 0.87442456

00:09:32.751 --> 00:09:34.390 brain changes during adolescence,

NOTE Confidence: 0.87442456

00:09:34.390 --> 00:09:36.106 the brain undergoes quite a bit

NOTE Confidence: 0.87442456

00:09:36.106 --> 00:09:37.250 of change during childhood,

NOTE Confidence: 0.87442456

00:09:37.250 --> 00:09:38.830 adolescence and even into

NOTE Confidence: 0.87442456

00:09:38.830 --> 00:09:40.410 the early adulthood years.

NOTE Confidence: 0.794392913076923

00:09:40.410 --> 00:09:42.876 And particular areas that people have

NOTE Confidence: 0.794392913076923

00:09:42.876 --> 00:09:45.569 really focused on are, is the cortex.

NOTE Confidence: 0.794392913076923

00:09:45.570 --> 00:09:47.858 So the cortex is sort of this outer  
NOTE Confidence: 0.794392913076923

00:09:47.858 --> 00:09:50.354 layer of the brain and is really  
NOTE Confidence: 0.794392913076923

00:09:50.354 --> 00:09:52.605 responsible for helping us think, process,  
NOTE Confidence: 0.794392913076923

00:09:52.605 --> 00:09:55.370 executive function, do a lot of things.  
NOTE Confidence: 0.794392913076923

00:09:55.370 --> 00:09:58.322 And what people have noticed is that it is  
NOTE Confidence: 0.794392913076923

00:09:58.322 --> 00:10:00.606 typically normal for the cortex to thin  
NOTE Confidence: 0.794392913076923

00:10:00.610 --> 00:10:01.564 throughout childhood,  
NOTE Confidence: 0.794392913076923

00:10:01.564 --> 00:10:03.949 adolescence and early adulthood probably  
NOTE Confidence: 0.794392913076923

00:10:03.949 --> 00:10:06.618 related to pruning and other processes,  
NOTE Confidence: 0.794392913076923

00:10:06.620 --> 00:10:08.490 especially in the prefrontal and  
NOTE Confidence: 0.794392913076923

00:10:08.490 --> 00:10:09.870 parietal cortices. And again,  
NOTE Confidence: 0.794392913076923

00:10:09.870 --> 00:10:12.075 these are areas that help us remember,  
NOTE Confidence: 0.794392913076923

00:10:12.080 --> 00:10:15.600 think, plan and organize.  
NOTE Confidence: 0.794392913076923

00:10:15.600 --> 00:10:17.301 And so this, these changes sort of  
NOTE Confidence: 0.794392913076923

00:10:17.301 --> 00:10:19.280 go all the way through childhood,  
NOTE Confidence: 0.794392913076923

00:10:19.280 --> 00:10:20.297 through early adulthood.

NOTE Confidence: 0.794392913076923  
00:10:20.297 --> 00:10:22.670 And the picture on here is showing  
NOTE Confidence: 0.794392913076923  
00:10:22.730 --> 00:10:24.278 the changes from five years all  
NOTE Confidence: 0.794392913076923  
00:10:24.278 --> 00:10:25.720 the way to 20 years.  
NOTE Confidence: 0.794392913076923  
00:10:25.720 --> 00:10:27.589 The warm colors in red are areas  
NOTE Confidence: 0.794392913076923  
00:10:27.589 --> 00:10:29.050 where the cortex is thicker.  
NOTE Confidence: 0.794392913076923  
00:10:29.050 --> 00:10:30.988 And as it turns cooler colors  
NOTE Confidence: 0.794392913076923  
00:10:30.988 --> 00:10:32.280 as time goes on,  
NOTE Confidence: 0.794392913076923  
00:10:32.280 --> 00:10:34.080 it means that the cortex  
NOTE Confidence: 0.794392913076923  
00:10:34.080 --> 00:10:35.520 is thinning with time.  
NOTE Confidence: 0.794392913076923  
00:10:35.520 --> 00:10:37.806 So just to kind of illustrate  
NOTE Confidence: 0.794392913076923  
00:10:37.806 --> 00:10:40.038 this with the video is this sort  
NOTE Confidence: 0.794392913076923  
00:10:40.038 --> 00:10:41.454 of dynamic changes in the brain.  
NOTE Confidence: 0.794392913076923  
00:10:41.460 --> 00:10:41.738 Again,  
NOTE Confidence: 0.794392913076923  
00:10:41.738 --> 00:10:43.406 this is sort of illustrated from  
NOTE Confidence: 0.794392913076923  
00:10:43.406 --> 00:10:45.080 five years throughout 20 years old.  
NOTE Confidence: 0.8214833028

00:10:48.990 --> 00:10:51.643 So, Umm, the functional sort of changes  
NOTE Confidence: 0.8214833028

00:10:51.643 --> 00:10:53.520 here in adolescents with depression,  
NOTE Confidence: 0.8214833028

00:10:53.520 --> 00:10:56.192 areas that are in the brain that  
NOTE Confidence: 0.8214833028

00:10:56.264 --> 00:10:58.709 are associated with receiving rewards.  
NOTE Confidence: 0.8214833028

00:10:58.710 --> 00:11:00.796 So this idea of feeling pleasure when  
NOTE Confidence: 0.8214833028

00:11:00.796 --> 00:11:02.896 there are rewards given, these areas  
NOTE Confidence: 0.8214833028

00:11:02.896 --> 00:11:04.816 actually show decreased neural signals  
NOTE Confidence: 0.8214833028

00:11:04.816 --> 00:11:06.864 in adolescents with depression when  
NOTE Confidence: 0.8214833028

00:11:06.864 --> 00:11:08.488 they're anticipating rewards compared  
NOTE Confidence: 0.8214833028

00:11:08.488 --> 00:11:11.063 to teenagers who don't have depression.  
NOTE Confidence: 0.8214833028

00:11:11.063 --> 00:11:14.220 Suggesting again that this idea of not  
NOTE Confidence: 0.8214833028

00:11:14.300 --> 00:11:16.250 being motivated, having anhedonia may  
NOTE Confidence: 0.8214833028

00:11:16.250 --> 00:11:18.210 be linked to sort of neural changes  
NOTE Confidence: 0.8214833028

00:11:18.260 --> 00:11:21.438 in the brain in these reward areas.  
NOTE Confidence: 0.8214833028

00:11:21.440 --> 00:11:22.904 Additionally, when people look at an  
NOTE Confidence: 0.8214833028

00:11:22.904 --> 00:11:24.839 area of the brain called the amygdala,

NOTE Confidence: 0.8214833028

00:11:24.840 --> 00:11:26.660 which is responsible for helping

NOTE Confidence: 0.8214833028

00:11:26.660 --> 00:11:28.480 us emotionally process event and

NOTE Confidence: 0.8214833028

00:11:28.541 --> 00:11:30.557 seeing what's emotionally important,

NOTE Confidence: 0.8214833028

00:11:30.560 --> 00:11:32.280 adolescents with depression actually

NOTE Confidence: 0.8214833028

00:11:32.280 --> 00:11:34.860 have higher neural signals in this

NOTE Confidence: 0.8214833028

00:11:34.924 --> 00:11:37.297 region when they look at fearful or

NOTE Confidence: 0.8214833028

00:11:37.297 --> 00:11:39.104 very emotional faces compared to

NOTE Confidence: 0.8214833028

00:11:39.104 --> 00:11:40.955 teenagers who don't have depression.

NOTE Confidence: 0.8214833028

00:11:40.955 --> 00:11:43.720 And this sort of suggests that these

NOTE Confidence: 0.8214833028

00:11:43.720 --> 00:11:45.419 emotional expressions and peers or

NOTE Confidence: 0.8214833028

00:11:45.419 --> 00:11:47.393 in other people are quite salient and

NOTE Confidence: 0.8214833028

00:11:47.456 --> 00:11:49.658 quite sort of important to adolescent

NOTE Confidence: 0.8214833028

00:11:49.660 --> 00:11:49.978 depression,

NOTE Confidence: 0.8214833028

00:11:49.978 --> 00:11:51.886 maybe even more so in teenagers

NOTE Confidence: 0.8214833028

00:11:51.886 --> 00:11:53.480 who don't have depression.

NOTE Confidence: 0.929794373

00:11:56.810 --> 00:11:59.834 So, so I think one thing  
NOTE Confidence: 0.929794373

00:11:59.834 --> 00:12:01.850 that's really important about  
NOTE Confidence: 0.929794373

00:12:01.850 --> 00:12:03.245 adolescent depression is that we  
NOTE Confidence: 0.929794373

00:12:03.245 --> 00:12:04.830 have very good treatments for it,  
NOTE Confidence: 0.929794373

00:12:04.830 --> 00:12:06.074 we have good treatments,  
NOTE Confidence: 0.929794373

00:12:06.074 --> 00:12:08.350 we have effective treatments for, very good  
NOTE Confidence: 0.929794373

00:12:08.350 --> 00:12:09.790 is probably an overstatement,  
NOTE Confidence: 0.929794373

00:12:09.790 --> 00:12:11.775 but there have been studies  
NOTE Confidence: 0.929794373

00:12:11.775 --> 00:12:13.760 that have looked at treatments  
NOTE Confidence: 0.929794373

00:12:13.830 --> 00:12:15.609 for adolescent depression.  
NOTE Confidence: 0.929794373

00:12:15.610 --> 00:12:18.700 This is a randomized controlled  
NOTE Confidence: 0.929794373

00:12:18.700 --> 00:12:21.398 study of 440 adolescents that were  
NOTE Confidence: 0.929794373

00:12:21.398 --> 00:12:23.066 randomized to either medication,  
NOTE Confidence: 0.929794373

00:12:23.070 --> 00:12:24.694 therapy, the combination of  
NOTE Confidence: 0.929794373

00:12:24.694 --> 00:12:27.130 both or placebo for 12 weeks.  
NOTE Confidence: 0.929794373

00:12:27.130 --> 00:12:29.426 And the big take home point of

NOTE Confidence: 0.929794373

00:12:29.426 --> 00:12:31.709 this is both the medications

NOTE Confidence: 0.929794373

00:12:31.710 --> 00:12:32.966 and therapy are effective

NOTE Confidence: 0.929794373

00:12:32.966 --> 00:12:33.908 and the combination is

NOTE Confidence: 0.929794373

00:12:33.910 --> 00:12:36.166 probably better than either one alone.

NOTE Confidence: 0.929794373

00:12:36.170 --> 00:12:36.750 And then,

NOTE Confidence: 0.867860546470588

00:12:39.110 --> 00:12:41.329 A majority of kids with depression who

NOTE Confidence: 0.867860546470588

00:12:41.329 --> 00:12:43.656 were given evidence based treatment get

NOTE Confidence: 0.867860546470588

00:12:43.656 --> 00:12:45.408 significantly better with treatment,

NOTE Confidence: 0.867860546470588

00:12:45.410 --> 00:12:50.570 and fairly quickly. Next slide.

NOTE Confidence: 0.867860546470588

00:12:50.570 --> 00:12:52.690 In terms of the guidelines,

NOTE Confidence: 0.867860546470588

00:12:52.690 --> 00:12:56.296 the US and the UK differ slightly

NOTE Confidence: 0.867860546470588

00:12:56.296 --> 00:12:59.388 in terms of treatment guidelines. For

NOTE Confidence: 0.867860546470588

00:12:59.388 --> 00:13:03.212 for mild depression both in the UK and

NOTE Confidence: 0.867860546470588

00:13:03.212 --> 00:13:05.957 the US they recommend psychotherapy

NOTE Confidence: 0.867860546470588

00:13:05.957 --> 00:13:08.666 alone and then for moderate and severe

NOTE Confidence: 0.867860546470588

00:13:08.666 --> 00:13:10.727 depression it differs a little bit.

NOTE Confidence: 0.867860546470588

00:13:10.730 --> 00:13:13.730 In the US it's evidence based

NOTE Confidence: 0.867860546470588

00:13:13.730 --> 00:13:15.730 psychotherapy and/or medication,

NOTE Confidence: 0.867860546470588

00:13:15.730 --> 00:13:18.170 particularly fluoxetine which is a

NOTE Confidence: 0.867860546470588

00:13:18.170 --> 00:13:20.122 selective serotonin reuptake inhibitor.

NOTE Confidence: 0.867860546470588

00:13:20.130 --> 00:13:23.646 And in the UK it's evidence based

NOTE Confidence: 0.867860546470588

00:13:23.646 --> 00:13:26.786 therapy plus or minus fluoxetine.

NOTE Confidence: 0.867860546470588

00:13:26.790 --> 00:13:28.575 So I would say personally I'm

NOTE Confidence: 0.867860546470588

00:13:28.575 --> 00:13:30.930 much more of a Tory in terms of the

NOTE Confidence: 0.867860546470588

00:13:30.930 --> 00:13:33.054 guidelines and that I think you should

NOTE Confidence: 0.867860546470588

00:13:33.054 --> 00:13:35.142 be whenever possible you should be

NOTE Confidence: 0.867860546470588

00:13:35.142 --> 00:13:37.430 offering these kids evidence based

NOTE Confidence: 0.867860546470588

00:13:37.430 --> 00:13:39.370 psychotherapy and the medication

NOTE Confidence: 0.867860546470588

00:13:39.370 --> 00:13:42.403 is an add-on that you're often

NOTE Confidence: 0.867860546470588

00:13:42.403 --> 00:13:43.987 choosing to use in,

NOTE Confidence: 0.867860546470588

00:13:43.990 --> 00:13:46.419 in terms of adding it to the



NOTE Confidence: 0.867860546470588  
00:13:46.419 --> 00:13:48.290 therapy when it's available.  
NOTE Confidence: 0.867860546470588  
00:13:48.290 --> 00:13:50.150 The big advantage of therapy  
NOTE Confidence: 0.867860546470588  
00:13:50.150 --> 00:13:51.100 versus medication  
NOTE Confidence: 0.867860546470588  
00:13:51.100 --> 00:13:55.220 it's probably not on the efficacy part of it,  
NOTE Confidence: 0.867860546470588  
00:13:55.220 --> 00:13:57.641 but in the fact that the lessons you can  
NOTE Confidence: 0.867860546470588  
00:13:57.641 --> 00:13:59.896 learn from therapy can be more durable.  
NOTE Confidence: 0.867860546470588  
00:13:59.900 --> 00:14:01.419 When I give the kid a medication,  
NOTE Confidence: 0.867860546470588  
00:14:01.420 --> 00:14:02.920 if they stop taking the medicine,  
NOTE Confidence: 0.867860546470588  
00:14:02.920 --> 00:14:05.020 it's probably not going to work anymore,  
NOTE Confidence: 0.867860546470588  
00:14:05.020 --> 00:14:08.748 whereas the lessons from the therapy or often  
NOTE Confidence: 0.867860546470588  
00:14:08.748 --> 00:14:12.700 maintained also, therapy has less side effects.  
NOTE Confidence: 0.867860546470588  
00:14:12.700 --> 00:14:14.600 In terms of therapies for  
NOTE Confidence: 0.867860546470588  
00:14:14.600 --> 00:14:15.360 adolescent depression,  
NOTE Confidence: 0.867860546470588  
00:14:15.360 --> 00:14:17.652 we have cognitive behavioral therapy which  
NOTE Confidence: 0.867860546470588  
00:14:17.652 --> 00:14:20.158 Wendy talked about a bunch of for  
NOTE Confidence: 0.867860546470588

00:14:20.160 --> 00:14:20.635 anxiety  
NOTE Confidence: 0.867860546470588

00:14:20.635 --> 00:14:22.060 but in depression,  
NOTE Confidence: 0.867860546470588

00:14:22.060 --> 00:14:24.435 it focuses more on understanding  
NOTE Confidence: 0.867860546470588

00:14:24.435 --> 00:14:27.214 thoughts and behaviors and identifying  
NOTE Confidence: 0.867860546470588

00:14:27.214 --> 00:14:30.004 maladaptive thought patterns and behaviors.  
NOTE Confidence: 0.867860546470588

00:14:30.010 --> 00:14:32.810 And the other therapy that's commonly used  
NOTE Confidence: 0.867860546470588

00:14:32.810 --> 00:14:35.517 in adolescence is interpersonal therapy,  
NOTE Confidence: 0.867860546470588

00:14:35.517 --> 00:14:38.352 which focuses on relationships and  
NOTE Confidence: 0.867860546470588

00:14:38.352 --> 00:14:40.620 developing effective strategies for  
NOTE Confidence: 0.867860546470588

00:14:40.696 --> 00:14:43.208 dealing with relationship problems.  
NOTE Confidence: 0.867860546470588

00:14:43.210 --> 00:14:43.543 Again,  
NOTE Confidence: 0.867860546470588

00:14:43.543 --> 00:14:44.875 both are generally evidence  
NOTE Confidence: 0.867860546470588

00:14:44.875 --> 00:14:46.207 based and time limited.  
NOTE Confidence: 0.875112579285714

00:14:49.770 --> 00:14:51.098 In terms of medications,  
NOTE Confidence: 0.875112579285714

00:14:51.098 --> 00:14:53.090 there are a lot of medications  
NOTE Confidence: 0.875112579285714

00:14:53.158 --> 00:14:54.550 we have for depression,

NOTE Confidence: 0.875112579285714  
00:14:54.550 --> 00:14:57.273 but fairly few of them actually have  
NOTE Confidence: 0.875112579285714  
00:14:57.273 --> 00:14:59.488 a strong evidence based in kids.  
NOTE Confidence: 0.875112579285714  
00:14:59.490 --> 00:15:01.600 We particularly use this selective  
NOTE Confidence: 0.875112579285714  
00:15:01.600 --> 00:15:02.866 serotonin reuptake inhibitor.  
NOTE Confidence: 0.875112579285714  
00:15:02.870 --> 00:15:07.406 So Fluoxetine and Escitalopram are the only  
NOTE Confidence: 0.875112579285714  
00:15:07.410 --> 00:15:09.986 SSRI's that are FDA approved for children.  
NOTE Confidence: 0.875112579285714  
00:15:09.990 --> 00:15:12.108 They're probably a bunch of other  
NOTE Confidence: 0.875112579285714  
00:15:12.108 --> 00:15:13.167 medications work similarly,  
NOTE Confidence: 0.875112579285714  
00:15:13.170 --> 00:15:15.420 but we certainly don't have the  
NOTE Confidence: 0.875112579285714  
00:15:15.420 --> 00:15:17.317 same evidence base in terms  
NOTE Confidence: 0.875112579285714  
00:15:17.317 --> 00:15:18.937 of trials in kids that  
NOTE Confidence: 0.875112579285714  
00:15:18.940 --> 00:15:19.940 we have in adults.  
NOTE Confidence: 0.830383895  
00:15:22.280 --> 00:15:24.723 Just the main class of medication we're  
NOTE Confidence: 0.830383895  
00:15:24.723 --> 00:15:27.489 using in kids is called selective  
NOTE Confidence: 0.830383895  
00:15:27.489 --> 00:15:29.136 serotonin reuptake inhibitors.  
NOTE Confidence: 0.830383895

00:15:29.140 --> 00:15:30.828 They're about 6 different  
NOTE Confidence: 0.847161729285714

00:15:32.950 --> 00:15:35.785 SSRI's and they all work by increasing  
NOTE Confidence: 0.847161729285714

00:15:35.785 --> 00:15:38.548 serotonin at the level of the synapse  
NOTE Confidence: 0.847161729285714

00:15:38.550 --> 00:15:40.745 and really preventing the reuptake  
NOTE Confidence: 0.847161729285714

00:15:40.745 --> 00:15:42.940 of serotonin from the synapse.  
NOTE Confidence: 0.838481894285714

00:15:46.070 --> 00:15:48.520 And just to say that SSRI's,  
NOTE Confidence: 0.838481894285714

00:15:48.520 --> 00:15:50.270 these medicines, are quite  
NOTE Confidence: 0.838481894285714

00:15:50.270 --> 00:15:52.589 effective in kids and they're not  
NOTE Confidence: 0.838481894285714

00:15:52.589 --> 00:15:54.305 only effective for depression.  
NOTE Confidence: 0.838481894285714

00:15:54.310 --> 00:15:56.070 So oftentimes and if anything,  
NOTE Confidence: 0.838481894285714

00:15:56.070 --> 00:15:58.566 they probably work better and obsessive  
NOTE Confidence: 0.838481894285714

00:15:58.566 --> 00:16:00.667 compulsive disorder or anxiety than  
NOTE Confidence: 0.838481894285714

00:16:00.667 --> 00:16:02.547 they actually work in depression.  
NOTE Confidence: 0.838481894285714

00:16:02.550 --> 00:16:05.766 So a lot of kids benefit and so  
NOTE Confidence: 0.838481894285714

00:16:05.766 --> 00:16:07.658 the number needed to treat is the  
NOTE Confidence: 0.838481894285714

00:16:07.658 --> 00:16:09.516 number of kids you need to treat

NOTE Confidence: 0.838481894285714

00:16:09.516 --> 00:16:11.130 with the medication for one to

NOTE Confidence: 0.838481894285714

00:16:11.130 --> 00:16:12.531 respond who wouldn't have responded

NOTE Confidence: 0.838481894285714

00:16:12.531 --> 00:16:14.481 on placebo as you can see it's

NOTE Confidence: 0.838481894285714

00:16:14.481 --> 00:16:16.136 the number needed to treat is

NOTE Confidence: 0.838481894285714

00:16:16.140 --> 00:16:17.392 as low as three.

NOTE Confidence: 0.838481894285714

00:16:17.392 --> 00:16:19.985 So you need to treat three kids with

NOTE Confidence: 0.838481894285714

00:16:19.985 --> 00:16:22.545 an SSRI for one who would not have

NOTE Confidence: 0.838481894285714

00:16:22.623 --> 00:16:25.100 responded on placebo and they

NOTE Confidence: 0.838481894285714

00:16:25.100 --> 00:16:26.800 are quite effective for anxiety,

NOTE Confidence: 0.838481894285714

00:16:26.800 --> 00:16:27.979 OCD and depression.

NOTE Confidence: 0.895477798666667

00:16:30.320 --> 00:16:33.928 And one of the big challenges in using

NOTE Confidence: 0.895477798666667

00:16:33.928 --> 00:16:37.344 these medicines is that even though you

NOTE Confidence: 0.895477798666667

00:16:37.344 --> 00:16:40.329 often see the incremental benefits of

NOTE Confidence: 0.895477798666667

00:16:40.329 --> 00:16:43.661 the medicine fairly early on and actually

NOTE Confidence: 0.895477798666667

00:16:43.661 --> 00:16:45.913 the greatest improvement compared to

NOTE Confidence: 0.895477798666667

00:16:45.913 --> 00:16:48.499 placebo occurs early on in treatment,  
NOTE Confidence: 0.895477798666667

00:16:48.500 --> 00:16:50.824 they actually generally takes a while for  
NOTE Confidence: 0.895477798666667

00:16:50.824 --> 00:16:53.337 the full benefits of the medicine to accrue.  
NOTE Confidence: 0.895477798666667

00:16:53.340 --> 00:16:55.374 So you typically see the full  
NOTE Confidence: 0.895477798666667

00:16:55.374 --> 00:16:57.520 benefits of the medicine after two  
NOTE Confidence: 0.895477798666667

00:16:57.520 --> 00:16:59.315 to three months in depression.  
NOTE Confidence: 0.895477798666667

00:16:59.320 --> 00:17:01.434 And even later in anxiety or OCD.  
NOTE Confidence: 0.949900638333333

00:17:05.250 --> 00:17:07.008 And then on the other hand,  
NOTE Confidence: 0.949900638333333

00:17:07.010 --> 00:17:09.514 there are a lot of side effects associated  
NOTE Confidence: 0.949900638333333

00:17:09.514 --> 00:17:11.039 with SSRI's and antidepressants.  
NOTE Confidence: 0.949900638333333

00:17:11.039 --> 00:17:13.860 I should say that they're fairly well  
NOTE Confidence: 0.949900638333333

00:17:13.923 --> 00:17:15.968 tolerated medicines on the whole.  
NOTE Confidence: 0.949900638333333

00:17:15.970 --> 00:17:18.522 That being said, they can they can have  
NOTE Confidence: 0.949900638333333

00:17:18.522 --> 00:17:20.510 a lot of side effects and generally  
NOTE Confidence: 0.949900638333333

00:17:20.576 --> 00:17:22.690 you see the side effects early and  
NOTE Confidence: 0.949900638333333

00:17:22.690 --> 00:17:24.469 the full benefits much later on.

NOTE Confidence: 0.949900638333333

00:17:24.470 --> 00:17:26.220 So you really need to give the

NOTE Confidence: 0.949900638333333

00:17:26.220 --> 00:17:28.140 kids a chance to respond to the

NOTE Confidence: 0.949900638333333

00:17:28.140 --> 00:17:29.530 medicine and give it time.

NOTE Confidence: 0.949900638333333

00:17:29.530 --> 00:17:32.570 So again, it's not,

NOTE Confidence: 0.949900638333333

00:17:32.570 --> 00:17:34.508 it's very hard for parents or

NOTE Confidence: 0.949900638333333

00:17:34.510 --> 00:17:37.492 doctors for families to make decisions

NOTE Confidence: 0.949900638333333

00:17:37.492 --> 00:17:40.356 about these medicines after a week

NOTE Confidence: 0.949900638333333

00:17:40.356 --> 00:17:42.750 or two when you're generally seeing

NOTE Confidence: 0.87013042625

00:17:45.100 --> 00:17:47.460 mostly the the the side effects and then

NOTE Confidence: 0.87013042625

00:17:47.460 --> 00:17:49.969 you get more of the benefits later on.

NOTE Confidence: 0.866065550666667

00:17:54.220 --> 00:17:56.756 And then the other big thing to

NOTE Confidence: 0.866065550666667

00:17:56.756 --> 00:17:58.658 think about when you're prescribing

NOTE Confidence: 0.866065550666667

00:17:58.658 --> 00:18:01.444 the medicine in kids and using the

NOTE Confidence: 0.866065550666667

00:18:01.518 --> 00:18:04.402 medicines is just a black box warning

NOTE Confidence: 0.866065550666667

00:18:04.402 --> 00:18:06.312 on suicidal, suicidality in kids.

NOTE Confidence: 0.866065550666667

00:18:06.312 --> 00:18:07.656 So there have been,  
NOTE Confidence: 0.866065550666667

00:18:07.660 --> 00:18:12.180 Umm, in the in meta analysis of these  
NOTE Confidence: 0.866065550666667

00:18:12.180 --> 00:18:15.424 randomized control trials comparing the  
NOTE Confidence: 0.866065550666667

00:18:15.424 --> 00:18:18.934 antidepressants and compared to placebo,  
NOTE Confidence: 0.866065550666667

00:18:18.940 --> 00:18:22.765 there's a small but statistically  
NOTE Confidence: 0.866065550666667

00:18:22.765 --> 00:18:25.825 significant increase in spontaneously  
NOTE Confidence: 0.866065550666667

00:18:25.825 --> 00:18:28.510 reported suicidal ideation  
NOTE Confidence: 0.866065550666667

00:18:28.510 --> 00:18:32.094 and actions when kids are randomized to  
NOTE Confidence: 0.866065550666667

00:18:32.094 --> 00:18:35.171 active medicine compared to placebo.  
NOTE Confidence: 0.866065550666667

00:18:35.171 --> 00:18:38.944 The risk difference is about 1%.  
NOTE Confidence: 0.866065550666667

00:18:38.944 --> 00:18:42.656 So that means if you treat 100 pediatric  
NOTE Confidence: 0.866065550666667

00:18:42.656 --> 00:18:46.019 patients with antidepressant medications,  
NOTE Confidence: 0.866065550666667

00:18:46.020 --> 00:18:49.575 one to two of them may experience short term  
NOTE Confidence: 0.866065550666667

00:18:49.575 --> 00:18:52.460 increases in suicidal thinking or behavior.  
NOTE Confidence: 0.866065550666667

00:18:52.460 --> 00:18:53.462 That being said,  
NOTE Confidence: 0.866065550666667

00:18:53.462 --> 00:18:55.132 in these trials it's important



NOTE Confidence: 0.866065550666667  
00:18:55.132 --> 00:18:57.222 to note when they actually look  
NOTE Confidence: 0.866065550666667  
00:18:57.222 --> 00:18:59.262 at the depression scales and ask  
NOTE Confidence: 0.866065550666667  
00:18:59.324 --> 00:19:01.449 every patient about the individual  
NOTE Confidence: 0.866065550666667  
00:19:01.450 --> 00:19:02.734 suicidal ideation,  
NOTE Confidence: 0.866065550666667  
00:19:02.734 --> 00:19:05.302 there was no signal in the  
NOTE Confidence: 0.866065550666667  
00:19:05.302 --> 00:19:07.190 medications compared to placebo.  
NOTE Confidence: 0.866065550666667  
00:19:07.190 --> 00:19:09.400 So it's still controversial whether  
NOTE Confidence: 0.866065550666667  
00:19:09.400 --> 00:19:11.720 these medicines are actually really  
NOTE Confidence: 0.866065550666667  
00:19:11.720 --> 00:19:13.370 increasing suicidal ideation.  
NOTE Confidence: 0.824684218888889  
00:19:16.070 --> 00:19:17.955 And it's important to keep  
NOTE Confidence: 0.824684218888889  
00:19:17.955 --> 00:19:19.463 the risks in context.  
NOTE Confidence: 0.824684218888889  
00:19:19.470 --> 00:19:21.558 So whereas I presented the number  
NOTE Confidence: 0.824684218888889  
00:19:21.558 --> 00:19:24.069 needed to treat before that you need to,  
NOTE Confidence: 0.824684218888889  
00:19:24.070 --> 00:19:26.485 you know, you have to treat three  
NOTE Confidence: 0.824684218888889  
00:19:26.485 --> 00:19:29.552 kids with an SSRI for one to benefit  
NOTE Confidence: 0.824684218888889

00:19:29.552 --> 00:19:31.810 who would not have benefited on  
NOTE Confidence: 0.824684218888889

00:19:31.810 --> 00:19:34.218 placebo, the number needed to harm the  
NOTE Confidence: 0.824684218888889

00:19:34.218 --> 00:19:36.299 number of patients you need to treat  
NOTE Confidence: 0.824684218888889

00:19:36.299 --> 00:19:38.450 for one of them to have treatment  
NOTE Confidence: 0.824684218888889

00:19:38.450 --> 00:19:40.718 emergent suicidal ideation compared  
NOTE Confidence: 0.824684218888889

00:19:40.718 --> 00:19:44.660 to placebo is much higher. So that,  
NOTE Confidence: 0.824684218888889

00:19:44.660 --> 00:19:47.433 so that's on the order of 110 to 200  
NOTE Confidence: 0.824684218888889

00:19:47.433 --> 00:19:49.380 in terms of the number needed to harm.  
NOTE Confidence: 0.824684218888889

00:19:49.380 --> 00:19:51.600 So kids are, you know,  
NOTE Confidence: 0.824684218888889

00:19:51.600 --> 00:19:54.211 10 or 11 more times more likely  
NOTE Confidence: 0.824684218888889

00:19:54.211 --> 00:19:56.719 to benefit in depression from  
NOTE Confidence: 0.824684218888889

00:19:56.719 --> 00:19:59.319 these medicines than to experience  
NOTE Confidence: 0.824684218888889

00:19:59.319 --> 00:20:01.919 short-term suicidal ideation and  
NOTE Confidence: 0.824684218888889

00:20:02.000 --> 00:20:03.948 it's probably closer to  
NOTE Confidence: 0.824684218888889

00:20:03.950 --> 00:20:06.134 40 or 50 times is likely in  
NOTE Confidence: 0.824684218888889

00:20:06.134 --> 00:20:07.820 OCD or anxiety disorder.

NOTE Confidence: 0.82138341

00:20:11.060 --> 00:20:12.831 So how do I discuss the black

NOTE Confidence: 0.82138341

00:20:12.831 --> 00:20:14.203 box warning with families and

NOTE Confidence: 0.82138341

00:20:14.203 --> 00:20:15.853 what would be my take home point

NOTE Confidence: 0.827230007777778

00:20:17.980 --> 00:20:20.080 for sort of school personnel

NOTE Confidence: 0.827230007777778

00:20:20.080 --> 00:20:21.760 in thinking about medications?

NOTE Confidence: 0.827230007777778

00:20:21.760 --> 00:20:24.052 The first one is SSRI's and

NOTE Confidence: 0.827230007777778

00:20:24.052 --> 00:20:26.157 antidepressants are the most effective

NOTE Confidence: 0.827230007777778

00:20:26.157 --> 00:20:28.177 pharmacological treatment we have

NOTE Confidence: 0.827230007777778

00:20:28.177 --> 00:20:31.047 for pediatric depression and a bunch

NOTE Confidence: 0.827230007777778

00:20:31.047 --> 00:20:34.116 of other associated conditions,

NOTE Confidence: 0.827230007777778

00:20:34.116 --> 00:20:37.552 OCD anxiety. That there's some signal

NOTE Confidence: 0.827230007777778

00:20:37.552 --> 00:20:40.524 of an increased risk of self reported

NOTE Confidence: 0.827230007777778

00:20:40.524 --> 00:20:43.536 suicidal ideation over the short term

NOTE Confidence: 0.827230007777778

00:20:43.540 --> 00:20:45.442 so the FDA put a warning

NOTE Confidence: 0.827230007777778

00:20:45.442 --> 00:20:46.393 on these medications.

NOTE Confidence: 0.827230007777778

00:20:46.400 --> 00:20:48.479 That being said, there's no evidence of  
NOTE Confidence: 0.827230007777778

00:20:48.480 --> 00:20:49.758 any association  
NOTE Confidence: 0.827230007777778

00:20:49.758 --> 00:20:52.314 between these medicines and  
NOTE Confidence: 0.827230007777778

00:20:52.314 --> 00:20:54.870 attempted or completed suicide.  
NOTE Confidence: 0.827230007777778

00:20:54.870 --> 00:20:57.582 And suicidality and suicidal ideation is  
NOTE Confidence: 0.827230007777778

00:20:57.582 --> 00:21:00.210 really common in pediatric depression.  
NOTE Confidence: 0.827230007777778

00:21:00.210 --> 00:21:02.196 So it's more likely when these  
NOTE Confidence: 0.827230007777778

00:21:02.196 --> 00:21:04.387 things are reported by kids that  
NOTE Confidence: 0.827230007777778

00:21:04.387 --> 00:21:05.987 they're coincidental and not  
NOTE Confidence: 0.827230007777778

00:21:05.987 --> 00:21:07.587 caused by the medicine.  
NOTE Confidence: 0.827230007777778

00:21:07.590 --> 00:21:09.074 And then again, we,  
NOTE Confidence: 0.827230007777778

00:21:09.074 --> 00:21:11.810 the majority of kids that I see  
NOTE Confidence: 0.827230007777778

00:21:11.810 --> 00:21:13.920 and treat for depression have  
NOTE Confidence: 0.827230007777778

00:21:13.920 --> 00:21:15.900 some degree of suicidal ideation.  
NOTE Confidence: 0.827230007777778

00:21:15.900 --> 00:21:18.492 It's more a matter of degree  
NOTE Confidence: 0.827230007777778

00:21:18.492 --> 00:21:20.220 than presence or not.

NOTE Confidence: 0.827230007777778  
00:21:20.220 --> 00:21:21.840 And then, if anything,  
NOTE Confidence: 0.827230007777778  
00:21:21.840 --> 00:21:23.055 the epidemiologic data  
NOTE Confidence: 0.827230007777778  
00:21:23.060 --> 00:21:25.760 so the data from looking at  
NOTE Confidence: 0.827230007777778  
00:21:25.760 --> 00:21:27.528 prescribing these medicines over  
NOTE Confidence: 0.827230007777778  
00:21:27.528 --> 00:21:30.232 the long term, suggests that SSRI's  
NOTE Confidence: 0.827230007777778  
00:21:30.232 --> 00:21:32.692 are effective in treating depression  
NOTE Confidence: 0.827230007777778  
00:21:32.692 --> 00:21:35.333 and may actually protect against  
NOTE Confidence: 0.827230007777778  
00:21:35.333 --> 00:21:37.709 attempted and completed suicides.  
NOTE Confidence: 0.827230007777778  
00:21:37.710 --> 00:21:38.256 And so,  
NOTE Confidence: 0.827230007777778  
00:21:38.256 --> 00:21:39.894 so then people always ask why  
NOTE Confidence: 0.827230007777778  
00:21:39.894 --> 00:21:41.379 is the warning there?  
NOTE Confidence: 0.827230007777778  
00:21:41.380 --> 00:21:43.684 So the first things I'm not sure I  
NOTE Confidence: 0.827230007777778  
00:21:43.684 --> 00:21:45.137 necessarily agree with the warning  
NOTE Confidence: 0.827230007777778  
00:21:45.137 --> 00:21:47.410 being put on the medicine in the 1st  
NOTE Confidence: 0.827230007777778  
00:21:47.410 --> 00:21:49.108 place because I think the evidence  
NOTE Confidence: 0.827230007777778

00:21:49.108 --> 00:21:51.220 is still pretty scant for a warning.  
NOTE Confidence: 0.827230007777778

00:21:51.220 --> 00:21:53.428 But the FDA noticed the potential  
NOTE Confidence: 0.827230007777778

00:21:53.428 --> 00:21:54.900 increased risk associated with  
NOTE Confidence: 0.827230007777778

00:21:54.964 --> 00:21:56.574 these medications and they want  
NOTE Confidence: 0.827230007777778

00:21:56.574 --> 00:21:58.661 the kids to be monitored closely  
NOTE Confidence: 0.827230007777778

00:21:58.661 --> 00:22:00.317 when they start medications.  
NOTE Confidence: 0.827230007777778

00:22:00.320 --> 00:22:03.659 And I think I entirely agree with  
NOTE Confidence: 0.827230007777778

00:22:03.659 --> 00:22:06.750 the the end of the warning result,  
NOTE Confidence: 0.827230007777778

00:22:06.750 --> 00:22:08.479 which is that kids should be monitored  
NOTE Confidence: 0.827230007777778

00:22:08.480 --> 00:22:10.250 closely when they're starting medication,  
NOTE Confidence: 0.827230007777778

00:22:10.250 --> 00:22:12.266 because it's a point at which  
NOTE Confidence: 0.827230007777778

00:22:12.266 --> 00:22:14.041 kids are particularly at high  
NOTE Confidence: 0.827230007777778

00:22:14.041 --> 00:22:15.856 risk of having adverse events.  
NOTE Confidence: 0.8884238

00:22:19.330 --> 00:22:21.230 So we're going to switch and  
NOTE Confidence: 0.8884238

00:22:21.230 --> 00:22:22.930 just kind of transitioned into  
NOTE Confidence: 0.883081296842105

00:22:22.996 --> 00:22:24.816 talking a little bit about

NOTE Confidence: 0.883081296842105  
00:22:24.816 --> 00:22:26.272 adolescent suicide as well.  
NOTE Confidence: 0.883081296842105  
00:22:26.280 --> 00:22:28.818 So as people on this call are probably aware,  
NOTE Confidence: 0.883081296842105  
00:22:28.820 --> 00:22:30.590 suicide is the second and third  
NOTE Confidence: 0.883081296842105  
00:22:30.590 --> 00:22:32.540 leading cause of death in pre teens,  
NOTE Confidence: 0.883081296842105  
00:22:32.540 --> 00:22:33.948 adolescents and young adults.  
NOTE Confidence: 0.883081296842105  
00:22:33.948 --> 00:22:36.660 So this is a table from the CDC,  
NOTE Confidence: 0.883081296842105  
00:22:36.660 --> 00:22:38.036 sort of outlying causes  
NOTE Confidence: 0.883081296842105  
00:22:38.036 --> 00:22:39.756 of death for age groups.  
NOTE Confidence: 0.883081296842105  
00:22:39.760 --> 00:22:42.380 And in red at the top here are 10 to  
NOTE Confidence: 0.883081296842105  
00:22:42.456 --> 00:22:45.075 14 year olds and 15 to 24 year olds.  
NOTE Confidence: 0.883081296842105  
00:22:45.080 --> 00:22:47.114 And here's the rank order of  
NOTE Confidence: 0.883081296842105  
00:22:47.114 --> 00:22:49.340 causes of death in this group.  
NOTE Confidence: 0.883081296842105  
00:22:49.340 --> 00:22:51.433 And you can see the second leading  
NOTE Confidence: 0.883081296842105  
00:22:51.433 --> 00:22:53.906 cause of death in the 10 to 14 year  
NOTE Confidence: 0.883081296842105  
00:22:53.906 --> 00:22:55.644 olds is suicide with 581 deaths  
NOTE Confidence: 0.883081296842105

00:22:55.644 --> 00:22:59.110 in that year and 15 to 24 year olds,  
NOTE Confidence: 0.883081296842105

00:22:59.110 --> 00:23:01.728 it's the third leading cause of suicide,  
NOTE Confidence: 0.883081296842105

00:23:01.730 --> 00:23:05.306 with about 6000 deaths that year.  
NOTE Confidence: 0.883081296842105

00:23:05.310 --> 00:23:07.866 Other top causes are unintentional injuries,  
NOTE Confidence: 0.883081296842105

00:23:07.870 --> 00:23:10.260 homicides and then malignant neoplasms,  
NOTE Confidence: 0.883081296842105

00:23:10.260 --> 00:23:13.828 in the top three for these age groups.  
NOTE Confidence: 0.883081296842105

00:23:13.830 --> 00:23:15.838 So kind of characterizing  
NOTE Confidence: 0.883081296842105

00:23:15.838 --> 00:23:18.348 what a suicide attempt is,  
NOTE Confidence: 0.883081296842105

00:23:18.350 --> 00:23:19.760 there are lots of ways  
NOTE Confidence: 0.883081296842105

00:23:19.760 --> 00:23:20.888 in which this happen,  
NOTE Confidence: 0.883081296842105

00:23:20.890 --> 00:23:22.892 but the thing that's in common for  
NOTE Confidence: 0.883081296842105

00:23:22.892 --> 00:23:25.495 all of these sort of events is it's  
NOTE Confidence: 0.883081296842105

00:23:25.495 --> 00:23:27.170 really considered any act that's  
NOTE Confidence: 0.883081296842105

00:23:27.239 --> 00:23:29.069 linked to an intention to die,  
NOTE Confidence: 0.883081296842105

00:23:29.070 --> 00:23:30.560 even if this intention is  
NOTE Confidence: 0.883081296842105

00:23:30.560 --> 00:23:32.050 reported as small or minor.



NOTE Confidence: 0.883081296842105  
00:23:32.050 --> 00:23:33.250 So even if, you know,  
NOTE Confidence: 0.883081296842105  
00:23:33.250 --> 00:23:34.162 you ask a child,  
NOTE Confidence: 0.883081296842105  
00:23:34.162 --> 00:23:36.147 did any part of you want to die  
NOTE Confidence: 0.883081296842105  
00:23:36.147 --> 00:23:37.815 when you did that particular event  
NOTE Confidence: 0.883081296842105  
00:23:37.815 --> 00:23:39.768 and they say maybe just a little,  
NOTE Confidence: 0.883081296842105  
00:23:39.770 --> 00:23:43.088 that is still considered a suicide attempt  
NOTE Confidence: 0.883081296842105  
00:23:43.088 --> 00:23:46.089 and that's something to pay attention to.  
NOTE Confidence: 0.883081296842105  
00:23:46.090 --> 00:23:47.730 So in the United States,  
NOTE Confidence: 0.883081296842105  
00:23:47.730 --> 00:23:49.585 let's go over a little bit about  
NOTE Confidence: 0.883081296842105  
00:23:49.585 --> 00:23:50.670 the adolescent suicide rate.  
NOTE Confidence: 0.883081296842105  
00:23:50.670 --> 00:23:52.134 So I think Michael went over some  
NOTE Confidence: 0.883081296842105  
00:23:52.134 --> 00:23:53.892 some of the data and we'll just  
NOTE Confidence: 0.883081296842105  
00:23:53.892 --> 00:23:55.350 sort of repeat some of this,  
NOTE Confidence: 0.883081296842105  
00:23:55.350 --> 00:23:58.490 but data from the year 2019 said that  
NOTE Confidence: 0.883081296842105  
00:23:58.490 --> 00:24:00.650 19% of high schoolers had seriously  
NOTE Confidence: 0.883081296842105

00:24:00.650 --> 00:24:02.484 considered suicide in the prior year  
NOTE Confidence: 0.883081296842105

00:24:02.484 --> 00:24:04.550 from when the data was collected,  
NOTE Confidence: 0.883081296842105

00:24:04.550 --> 00:24:08.260 many more in females than in males.  
NOTE Confidence: 0.883081296842105

00:24:08.260 --> 00:24:10.198 16% of high schoolers have made  
NOTE Confidence: 0.883081296842105

00:24:10.198 --> 00:24:12.754 a plan in the prior year as it's,  
NOTE Confidence: 0.883081296842105

00:24:12.754 --> 00:24:14.413 a suicide plan in the prior year,  
NOTE Confidence: 0.883081296842105

00:24:14.420 --> 00:24:17.430 again higher in females than in males.  
NOTE Confidence: 0.883081296842105

00:24:17.430 --> 00:24:19.334 And 9% of high schoolers are, almost  
NOTE Confidence: 0.883081296842105

00:24:19.334 --> 00:24:21.421 one in 10 high schoolers, actually  
NOTE Confidence: 0.883081296842105

00:24:21.421 --> 00:24:23.839 attempted suicide in the prior year.  
NOTE Confidence: 0.883081296842105

00:24:23.840 --> 00:24:26.352 So here's a graph from the CDC that  
NOTE Confidence: 0.883081296842105

00:24:26.352 --> 00:24:29.073 sort of looks at this and looks  
NOTE Confidence: 0.883081296842105

00:24:29.073 --> 00:24:31.083 at the total attempted suicides  
NOTE Confidence: 0.883081296842105

00:24:31.164 --> 00:24:33.498 during that 2018 to 2019 period,  
NOTE Confidence: 0.883081296842105

00:24:33.498 --> 00:24:36.202 which is about 9% or one in 10.  
NOTE Confidence: 0.883081296842105

00:24:36.202 --> 00:24:39.149 Breaking it down by male and female here,

NOTE Confidence: 0.883081296842105  
00:24:39.150 --> 00:24:41.540 so about 7% of males,  
NOTE Confidence: 0.883081296842105  
00:24:41.540 --> 00:24:44.389 11% of females. And by race here,  
NOTE Confidence: 0.883081296842105  
00:24:44.390 --> 00:24:47.854 so 8% for those who identify as White,  
NOTE Confidence: 0.883081296842105  
00:24:47.860 --> 00:24:50.194 almost 12% for those who identify  
NOTE Confidence: 0.883081296842105  
00:24:50.194 --> 00:24:52.896 as Black and almost 9% for those  
NOTE Confidence: 0.883081296842105  
00:24:52.896 --> 00:24:54.728 who identify as Hispanic.  
NOTE Confidence: 0.883081296842105  
00:24:54.730 --> 00:24:56.962 Other groups that are not represented  
NOTE Confidence: 0.883081296842105  
00:24:56.962 --> 00:24:59.590 on this graph that also have a  
NOTE Confidence: 0.883081296842105  
00:24:59.590 --> 00:25:01.720 suicide rates that are worth noting.  
NOTE Confidence: 0.883081296842105  
00:25:01.720 --> 00:25:04.226 19% of LGBTQ plus identifying 13 to  
NOTE Confidence: 0.883081296842105  
00:25:04.226 --> 00:25:07.100 17 year olds have attempted suicide,  
NOTE Confidence: 0.883081296842105  
00:25:07.100 --> 00:25:09.188 so this is not suicidal ideation,  
NOTE Confidence: 0.883081296842105  
00:25:09.190 --> 00:25:11.125 this is attempted suicide comparing  
NOTE Confidence: 0.883081296842105  
00:25:11.125 --> 00:25:16.080 that to 9% of high schoolers in general.  
NOTE Confidence: 0.883081296842105  
00:25:16.080 --> 00:25:17.960 Other racial groups that have  
NOTE Confidence: 0.883081296842105

00:25:17.960 --> 00:25:19.840 more limited analysis and require

NOTE Confidence: 0.89546742

00:25:19.904 --> 00:25:21.430 more research, Native American

NOTE Confidence: 0.89546742

00:25:21.430 --> 00:25:23.500 youth have a suicide rate attempt

NOTE Confidence: 0.89546742

00:25:23.500 --> 00:25:25.326 that's about three times higher

NOTE Confidence: 0.89546742

00:25:25.326 --> 00:25:26.758 than the national average,

NOTE Confidence: 0.89546742

00:25:26.760 --> 00:25:28.565 Native Hawaiian youth data from

NOTE Confidence: 0.89546742

00:25:28.565 --> 00:25:31.138 2000 have about a 13% attempt rate,

NOTE Confidence: 0.89546742

00:25:31.138 --> 00:25:33.394 and the Asian American youth have

NOTE Confidence: 0.89546742

00:25:33.394 --> 00:25:35.840 an 8% suicide attempt rate and a

NOTE Confidence: 0.89546742

00:25:35.840 --> 00:25:38.200 24% rate of suicidal ideation.

NOTE Confidence: 0.89546742

00:25:38.200 --> 00:25:40.384 So these rates are quite high in

NOTE Confidence: 0.89546742

00:25:40.384 --> 00:25:42.091 aggregate across all high schoolers

NOTE Confidence: 0.89546742

00:25:42.091 --> 00:25:44.209 and teenagers and are quite

NOTE Confidence: 0.89546742

00:25:44.209 --> 00:25:45.690 alarming both in terms of

NOTE Confidence: 0.89546742

00:25:45.690 --> 00:25:47.880 the ideation and the actual attempts.

NOTE Confidence: 0.918908667692308

00:25:50.380 --> 00:25:52.102 The past few years have been very

NOTE Confidence: 0.918908667692308  
00:25:52.102 --> 00:25:53.598 difficult for a lot of people,  
NOTE Confidence: 0.918908667692308  
00:25:53.600 --> 00:25:55.220 for teenagers and their families,  
NOTE Confidence: 0.918908667692308  
00:25:55.220 --> 00:25:56.396 for schools, for clinicians.  
NOTE Confidence: 0.918908667692308  
00:25:56.396 --> 00:25:59.080 And this is just some of the data that  
NOTE Confidence: 0.918908667692308  
00:25:59.080 --> 00:26:00.808 looks at the emergency room visits  
NOTE Confidence: 0.918908667692308  
00:26:00.808 --> 00:26:02.660 for suicide attempts and showing  
NOTE Confidence: 0.918908667692308  
00:26:02.660 --> 00:26:04.540 the increase since the pandemic.  
NOTE Confidence: 0.918908667692308  
00:26:04.540 --> 00:26:06.864 So the sort of take home here,  
NOTE Confidence: 0.918908667692308  
00:26:06.864 --> 00:26:08.440 I've labeled the graphs,  
NOTE Confidence: 0.918908667692308  
00:26:08.440 --> 00:26:09.900 the top one is females,  
NOTE Confidence: 0.918908667692308  
00:26:09.900 --> 00:26:11.660 the bottom one is males,  
NOTE Confidence: 0.918908667692308  
00:26:11.660 --> 00:26:13.480 and these different lines  
NOTE Confidence: 0.918908667692308  
00:26:13.480 --> 00:26:15.300 represent the different years.  
NOTE Confidence: 0.918908667692308  
00:26:15.300 --> 00:26:17.370 And so here's 2019 the dotted  
NOTE Confidence: 0.918908667692308  
00:26:17.370 --> 00:26:19.479 line at the bottom for both  
NOTE Confidence: 0.918908667692308

00:26:19.480 --> 00:26:21.775 graphs. 2020 shows the jump  
NOTE Confidence: 0.918908667692308

00:26:21.775 --> 00:26:24.070 both for males and females.  
NOTE Confidence: 0.918908667692308

00:26:24.070 --> 00:26:25.590 This is probably around the  
NOTE Confidence: 0.918908667692308

00:26:25.590 --> 00:26:27.350 start of the pandemic or so,  
NOTE Confidence: 0.918908667692308

00:26:27.350 --> 00:26:29.122 and this increase just  
NOTE Confidence: 0.918908667692308

00:26:29.122 --> 00:26:30.702 continues in 2021 here.  
NOTE Confidence: 0.918908667692308

00:26:30.702 --> 00:26:33.470 So for 12 to 17 year old teenagers,  
NOTE Confidence: 0.918908667692308

00:26:33.470 --> 00:26:35.615 the emergency room visits for  
NOTE Confidence: 0.918908667692308

00:26:35.615 --> 00:26:37.331 suicide attempts actually increased  
NOTE Confidence: 0.918908667692308

00:26:37.331 --> 00:26:39.150 twofold in the winter of 2021  
NOTE Confidence: 0.918908667692308

00:26:39.150 --> 00:26:41.610 compared to the winter of 2019.  
NOTE Confidence: 0.918908667692308

00:26:41.610 --> 00:26:44.970 Again largely driven by increases in  
NOTE Confidence: 0.918908667692308

00:26:44.970 --> 00:26:47.560 presentations from female teenagers.  
NOTE Confidence: 0.918908667692308

00:26:47.560 --> 00:26:49.640 So risk factors for suicide,  
NOTE Confidence: 0.918908667692308

00:26:49.640 --> 00:26:50.780 So it is  
NOTE Confidence: 0.918908667692308

00:26:50.780 --> 00:26:53.060 pretty impossible for us to predict

NOTE Confidence: 0.918908667692308  
00:26:53.060 --> 00:26:55.619 who actually dies from suicide.  
NOTE Confidence: 0.918908667692308  
00:26:55.620 --> 00:26:57.714 Unfortunately we do not have great  
NOTE Confidence: 0.918908667692308  
00:26:57.714 --> 00:27:00.817 models in a being able to identify people  
NOTE Confidence: 0.918908667692308  
00:27:00.817 --> 00:27:03.271 who will actually complete a suicide  
NOTE Confidence: 0.918908667692308  
00:27:03.280 --> 00:27:05.968 but we do know some risk factors  
NOTE Confidence: 0.918908667692308  
00:27:05.968 --> 00:27:07.880 for those for suicide,  
NOTE Confidence: 0.918908667692308  
00:27:07.880 --> 00:27:09.975 and these include having prior  
NOTE Confidence: 0.918908667692308  
00:27:09.975 --> 00:27:11.651 suicide attempts puts someone  
NOTE Confidence: 0.918908667692308  
00:27:11.651 --> 00:27:13.797 at greater risk for suicide,  
NOTE Confidence: 0.918908667692308  
00:27:13.800 --> 00:27:15.303 having psychiatric illness,  
NOTE Confidence: 0.918908667692308  
00:27:15.303 --> 00:27:17.307 a recent inpatient psychiatric  
NOTE Confidence: 0.918908667692308  
00:27:17.307 --> 00:27:19.408 hospitalization, which I'll talk a  
NOTE Confidence: 0.918908667692308  
00:27:19.408 --> 00:27:21.284 little bit more about in a minute,  
NOTE Confidence: 0.918908667692308  
00:27:21.290 --> 00:27:23.264 living in middle or low income countries,  
NOTE Confidence: 0.918908667692308  
00:27:23.270 --> 00:27:24.684 so this is sort of looking at  
NOTE Confidence: 0.918908667692308

00:27:24.684 --> 00:27:26.210 suicide as a global phenomenon,  
NOTE Confidence: 0.918908667692308

00:27:26.210 --> 00:27:29.808 account for about 75% of suicides worldwide.  
NOTE Confidence: 0.918908667692308

00:27:29.810 --> 00:27:32.302 So it's not just a phenomenon that  
NOTE Confidence: 0.918908667692308

00:27:32.302 --> 00:27:34.090 happens in developed countries.  
NOTE Confidence: 0.918908667692308

00:27:34.090 --> 00:27:36.470 A family history of suicide,  
NOTE Confidence: 0.918908667692308

00:27:36.470 --> 00:27:36.890 again,  
NOTE Confidence: 0.918908667692308

00:27:36.890 --> 00:27:38.990 minority stress or having stress  
NOTE Confidence: 0.918908667692308

00:27:38.990 --> 00:27:41.041 that's related to identifying as  
NOTE Confidence: 0.918908667692308

00:27:41.041 --> 00:27:42.865 a minority in the social sphere,  
NOTE Confidence: 0.918908667692308

00:27:42.870 --> 00:27:44.670 having this disability,  
NOTE Confidence: 0.918908667692308

00:27:44.670 --> 00:27:46.470 impulsive personality traits.  
NOTE Confidence: 0.918908667692308

00:27:46.470 --> 00:27:48.742 So there's a sort of an idea of  
NOTE Confidence: 0.918908667692308

00:27:48.742 --> 00:27:50.346 impulsivity sort of being associated  
NOTE Confidence: 0.918908667692308

00:27:50.346 --> 00:27:52.621 with suicide and sort of not taking  
NOTE Confidence: 0.918908667692308

00:27:52.687 --> 00:27:54.863 the time to sort of think through what  
NOTE Confidence: 0.918908667692308

00:27:54.863 --> 00:27:57.048 the the full effects of a suicide are.



NOTE Confidence: 0.918908667692308

00:27:57.050 --> 00:27:59.010 So having impulsive personality traits

NOTE Confidence: 0.918908667692308

00:27:59.010 --> 00:28:01.958 does put someone at risk for this. The

NOTE Confidence: 0.918908667692308

00:28:01.958 --> 00:28:04.526 way someone may approach life events.

NOTE Confidence: 0.918908667692308

00:28:04.530 --> 00:28:06.160 So a tendency towards cognitive

NOTE Confidence: 0.918908667692308

00:28:06.160 --> 00:28:08.405 rigidity or what we would call black

NOTE Confidence: 0.918908667692308

00:28:08.405 --> 00:28:10.605 or white thinking or all or none type

NOTE Confidence: 0.918908667692308

00:28:10.665 --> 00:28:13.129 thinking is also a risk factor for suicide.

NOTE Confidence: 0.918908667692308

00:28:13.130 --> 00:28:15.536 And any type of interpersonal loss.

NOTE Confidence: 0.918908667692308

00:28:15.540 --> 00:28:16.500 So for teenagers,

NOTE Confidence: 0.918908667692308

00:28:16.500 --> 00:28:18.670 obviously this is very a very important one:

NOTE Confidence: 0.918908667692308

00:28:18.670 --> 00:28:19.810 loss of friendships,

NOTE Confidence: 0.918908667692308

00:28:19.810 --> 00:28:20.190 bullying,

NOTE Confidence: 0.918908667692308

00:28:20.190 --> 00:28:22.470 peer rejection or even the death

NOTE Confidence: 0.918908667692308

00:28:22.539 --> 00:28:24.049 of friends or loved ones.

NOTE Confidence: 0.882171686875

00:28:26.070 --> 00:28:27.841 So a little bit more about suicide

NOTE Confidence: 0.882171686875

00:28:27.841 --> 00:28:30.493 rates and how high they are following  
NOTE Confidence: 0.882171686875

00:28:30.493 --> 00:28:31.409 psychiatric hospitalization.  
NOTE Confidence: 0.882171686875

00:28:31.410 --> 00:28:33.186 I think it's important to draw  
NOTE Confidence: 0.882171686875

00:28:33.186 --> 00:28:35.094 attention to this because this is sort  
NOTE Confidence: 0.882171686875

00:28:35.094 --> 00:28:37.000 of a clear marker in which we can  
NOTE Confidence: 0.882171686875

00:28:37.000 --> 00:28:38.770 sort of pay attention to teenagers.  
NOTE Confidence: 0.882171686875

00:28:38.770 --> 00:28:41.090 So it's a clear and objective marker of  
NOTE Confidence: 0.882171686875

00:28:41.090 --> 00:28:43.278 when people are hospitalized and when  
NOTE Confidence: 0.882171686875

00:28:43.278 --> 00:28:45.208 they're released from the hospital.  
NOTE Confidence: 0.882171686875

00:28:45.210 --> 00:28:47.274 So in the three months in which a  
NOTE Confidence: 0.882171686875

00:28:47.274 --> 00:28:49.409 teenager is released from the hospital,  
NOTE Confidence: 0.882171686875

00:28:49.410 --> 00:28:51.258 the rate of suicide is 100 times  
NOTE Confidence: 0.882171686875

00:28:51.258 --> 00:28:53.554 higher than the global rate of suicide  
NOTE Confidence: 0.882171686875

00:28:53.554 --> 00:28:55.359 and suicidal thoughts and behaviors  
NOTE Confidence: 0.882171686875

00:28:55.360 --> 00:28:57.290 resulting in hospitalization occur at  
NOTE Confidence: 0.882171686875

00:28:57.290 --> 00:29:00.020 200 times higher than the global rate.

NOTE Confidence: 0.882171686875

00:29:00.020 --> 00:29:03.604 About 24%, or about one in four of

NOTE Confidence: 0.882171686875

00:29:03.604 --> 00:29:06.602 all suicides that occur are attributed

NOTE Confidence: 0.882171686875

00:29:06.602 --> 00:29:09.728 to having occurred within one year

NOTE Confidence: 0.882171686875

00:29:09.728 --> 00:29:10.770 of hospitalization.

NOTE Confidence: 0.882171686875

00:29:10.770 --> 00:29:13.284 And attending a mental health follow

NOTE Confidence: 0.882171686875

00:29:13.284 --> 00:29:15.331 up after hospitalization reduces the

NOTE Confidence: 0.882171686875

00:29:15.331 --> 00:29:17.917 risk of a subsequent suicide by about 75%.

NOTE Confidence: 0.882171686875

00:29:17.917 --> 00:29:20.359 So that care that's arranged after

NOTE Confidence: 0.882171686875

00:29:20.359 --> 00:29:21.991 the hospitalization and following

NOTE Confidence: 0.882171686875

00:29:21.991 --> 00:29:24.727 up to make sure that care has been

NOTE Confidence: 0.882171686875

00:29:24.727 --> 00:29:26.725 attended to is really important

NOTE Confidence: 0.882171686875

00:29:26.725 --> 00:29:28.309 for reducing suicide risk.

NOTE Confidence: 0.882171686875

00:29:28.310 --> 00:29:29.885 So this monitoring suicide risk

NOTE Confidence: 0.882171686875

00:29:29.885 --> 00:29:31.989 is very critical in this post

NOTE Confidence: 0.882171686875

00:29:31.989 --> 00:29:33.877 hospitalization period for teenagers.

NOTE Confidence: 0.898501792857143

00:29:36.130 --> 00:29:38.727 And while this talk focuses on depression,  
NOTE Confidence: 0.898501792857143

00:29:38.730 --> 00:29:40.302 it's also important to note that  
NOTE Confidence: 0.898501792857143

00:29:40.302 --> 00:29:41.715 teenagers who have other psychiatric  
NOTE Confidence: 0.898501792857143

00:29:41.715 --> 00:29:43.280 illnesses are also associated with  
NOTE Confidence: 0.898501792857143

00:29:43.280 --> 00:29:44.950 an increased risk for suicide.  
NOTE Confidence: 0.898501792857143

00:29:44.950 --> 00:29:48.015 So these include illnesses like  
NOTE Confidence: 0.898501792857143

00:29:48.015 --> 00:29:51.093 schizophrenia, substance use disorders,  
NOTE Confidence: 0.898501792857143

00:29:51.093 --> 00:29:53.556 ADHD, bipolar disorder,  
NOTE Confidence: 0.898501792857143

00:29:53.560 --> 00:29:54.652 PTSD, and others.  
NOTE Confidence: 0.898501792857143

00:29:54.652 --> 00:29:56.836 It's also important to note that  
NOTE Confidence: 0.898501792857143

00:29:56.836 --> 00:29:59.453 suicide can also occur in the absence  
NOTE Confidence: 0.898501792857143

00:29:59.453 --> 00:30:01.480 of any diagnosed psychiatric illness.  
NOTE Confidence: 0.898501792857143

00:30:01.480 --> 00:30:03.328 So while we are really focusing on  
NOTE Confidence: 0.898501792857143

00:30:03.328 --> 00:30:05.162 teenagers who have psychiatric illnesses or  
NOTE Confidence: 0.898501792857143

00:30:05.162 --> 00:30:07.465 have been diagnosed or suspected to have  
NOTE Confidence: 0.898501792857143

00:30:07.470 --> 00:30:08.280 psychiatric illness,

NOTE Confidence: 0.898501792857143

00:30:08.280 --> 00:30:11.520 it's important to note that it can also

NOTE Confidence: 0.898501792857143

00:30:11.597 --> 00:30:14.477 occur for teenagers who don't have

NOTE Confidence: 0.898501792857143

00:30:14.477 --> 00:30:16.397 any diagnosed psychiatric illnesses.

NOTE Confidence: 0.898501792857143

00:30:16.400 --> 00:30:19.184 So some of the warning signs for suicide

NOTE Confidence: 0.898501792857143

00:30:19.184 --> 00:30:21.559 include talking about not wanting to live,

NOTE Confidence: 0.898501792857143

00:30:21.560 --> 00:30:24.115 talking about having no reason to live,

NOTE Confidence: 0.898501792857143

00:30:24.120 --> 00:30:26.178 starting to isolate or being

NOTE Confidence: 0.898501792857143

00:30:26.178 --> 00:30:28.339 more irritable with more mood swings,

NOTE Confidence: 0.898501792857143

00:30:28.340 --> 00:30:30.839 talking about feeling like a burden to

NOTE Confidence: 0.898501792857143

00:30:30.839 --> 00:30:32.700 others, talking about feeling trapped,

NOTE Confidence: 0.898501792857143

00:30:32.700 --> 00:30:35.504 like there's no way to escape whatever

NOTE Confidence: 0.898501792857143

00:30:35.504 --> 00:30:36.959 they're going through,

NOTE Confidence: 0.898501792857143

00:30:36.960 --> 00:30:39.024 observing that they're increasing

NOTE Confidence: 0.898501792857143

00:30:39.024 --> 00:30:41.088 substance or alcohol use,

NOTE Confidence: 0.898501792857143

00:30:41.090 --> 00:30:42.810 observing that they're researching

NOTE Confidence: 0.898501792857143

00:30:42.810 --> 00:30:45.807 methods for suicide or trying to obtain  
NOTE Confidence: 0.898501792857143

00:30:45.807 --> 00:30:48.583 a gun is another clear warning sign and  
NOTE Confidence: 0.898501792857143

00:30:48.583 --> 00:30:50.727 finally giving away personal items.  
NOTE Confidence: 0.898501792857143

00:30:50.730 --> 00:30:53.016 So this is sort of a tweet that I  
NOTE Confidence: 0.898501792857143

00:30:53.016 --> 00:30:55.102 thought was kind of illustrative of  
NOTE Confidence: 0.898501792857143

00:30:55.102 --> 00:30:57.380 someone who was going through some  
NOTE Confidence: 0.898501792857143

00:30:57.380 --> 00:31:00.038 suicidal ideation and thoughts and behaviors.  
NOTE Confidence: 0.898501792857143

00:31:00.040 --> 00:31:02.284 So this was posted publicly by  
NOTE Confidence: 0.898501792857143

00:31:02.284 --> 00:31:03.780 someone named Harry Miller,  
NOTE Confidence: 0.898501792857143

00:31:03.780 --> 00:31:05.526 who's a football player at Ohio  
NOTE Confidence: 0.898501792857143

00:31:05.526 --> 00:31:07.390 State and a junior in college.  
NOTE Confidence: 0.898501792857143

00:31:07.390 --> 00:31:09.070 And one of the things,  
NOTE Confidence: 0.898501792857143

00:31:09.070 --> 00:31:10.855 some of the statements that I'll just  
NOTE Confidence: 0.898501792857143

00:31:10.855 --> 00:31:12.498 sort of highlight here is he says  
NOTE Confidence: 0.898501792857143

00:31:12.498 --> 00:31:14.030 that "prior to the season last year,  
NOTE Confidence: 0.898501792857143

00:31:14.030 --> 00:31:15.927 he had told his coach of his

NOTE Confidence: 0.898501792857143  
00:31:15.927 --> 00:31:17.270 intention to kill himself.”  
NOTE Confidence: 0.898501792857143  
00:31:17.270 --> 00:31:18.936 And he sort of goes on to  
NOTE Confidence: 0.898501792857143  
00:31:18.936 --> 00:31:20.270 elaborate that at that time,  
NOTE Confidence: 0.898501792857143  
00:31:20.270 --> 00:31:21.600 one of the reasons he had been  
NOTE Confidence: 0.898501792857143  
00:31:21.600 --> 00:31:22.809 thinking was he’d ”rather be dead  
NOTE Confidence: 0.898501792857143  
00:31:22.810 --> 00:31:23.605 than a coward.”  
NOTE Confidence: 0.898501792857143  
00:31:23.605 --> 00:31:25.878 ”I’d rather be nothing at all than having  
NOTE Confidence: 0.898501792857143  
00:31:25.878 --> 00:31:28.008 to explain everything that was wrong.”  
NOTE Confidence: 0.898501792857143  
00:31:28.010 --> 00:31:29.690 And he was already being ”planning  
NOTE Confidence: 0.898501792857143  
00:31:29.690 --> 00:31:31.623 on being reduced to initials on the  
NOTE Confidence: 0.898501792857143  
00:31:31.623 --> 00:31:33.394 sticker on the back of a helmet.”  
NOTE Confidence: 0.898501792857143  
00:31:33.400 --> 00:31:35.556 He had ”seen people seek help before,”  
NOTE Confidence: 0.898501792857143  
00:31:35.560 --> 00:31:38.136 ”had seen the old age-old adage” of how  
NOTE Confidence: 0.898501792857143  
00:31:38.136 --> 00:31:40.399 his ”generation was softening by the 2nd.”  
NOTE Confidence: 0.898501792857143  
00:31:40.400 --> 00:31:42.352 But he says that his ”skin was tough”  
NOTE Confidence: 0.898501792857143

00:31:42.352 --> 00:31:44.093 but "not tougher than the sharp  
NOTE Confidence: 0.898501792857143

00:31:44.093 --> 00:31:45.578 metal of his box cutter."  
NOTE Confidence: 0.898501792857143

00:31:45.580 --> 00:31:47.209 And he said that he saw that it was  
NOTE Confidence: 0.898501792857143

00:31:47.209 --> 00:31:48.903 "easy for people to dismiss others by  
NOTE Confidence: 0.898501792857143

00:31:48.903 --> 00:31:50.664 talking about how they were just a  
NOTE Confidence: 0.898501792857143

00:31:50.664 --> 00:31:52.372 dumb college kid who didn't know anything."  
NOTE Confidence: 0.898501792857143

00:31:52.380 --> 00:31:54.284 And he talks about how he has  
NOTE Confidence: 0.898501792857143

00:31:54.284 --> 00:31:55.100 so many strengths.  
NOTE Confidence: 0.898501792857143

00:31:55.100 --> 00:31:57.158 He's college student, he's a football player.  
NOTE Confidence: 0.898501792857143

00:31:57.160 --> 00:32:00.275 He has a 4.0 GPA and everything.  
NOTE Confidence: 0.898501792857143

00:32:00.280 --> 00:32:02.568 And but yet how difficult it is still  
NOTE Confidence: 0.898501792857143

00:32:02.568 --> 00:32:05.196 for him even with all these sort of  
NOTE Confidence: 0.898501792857143

00:32:05.196 --> 00:32:07.348 positive things going on in his life.  
NOTE Confidence: 0.898501792857143

00:32:07.350 --> 00:32:08.918 Any he sort of ends here by saying  
NOTE Confidence: 0.898501792857143

00:32:08.918 --> 00:32:09.790 "a person like me,  
NOTE Confidence: 0.898501792857143

00:32:09.790 --> 00:32:11.170 who supposedly has the entire



NOTE Confidence: 0.898501792857143  
00:32:11.170 --> 00:32:12.550 world in front of them,  
NOTE Confidence: 0.898501792857143  
00:32:12.550 --> 00:32:13.860 can be fully prepared to  
NOTE Confidence: 0.898501792857143  
00:32:13.860 --> 00:32:15.170 give up the world entire.  
NOTE Confidence: 0.898501792857143  
00:32:15.170 --> 00:32:16.689 This is not an issue reserved for  
NOTE Confidence: 0.898501792857143  
00:32:16.689 --> 00:32:18.549 the far and away it is in our homes.  
NOTE Confidence: 0.870431886  
00:32:18.550 --> 00:32:20.110 It is in our conversations.  
NOTE Confidence: 0.870431886  
00:32:20.110 --> 00:32:22.336 It is in the people that we love.”  
NOTE Confidence: 0.870431886  
00:32:22.340 --> 00:32:24.744 So I think this is a really eloquent  
NOTE Confidence: 0.870431886  
00:32:24.744 --> 00:32:27.152 and poignant sort of way of expressing  
NOTE Confidence: 0.870431886  
00:32:27.152 --> 00:32:29.601 sort of how he’s feeling and also  
NOTE Confidence: 0.870431886  
00:32:29.601 --> 00:32:31.610 drawing attention to sort of how,  
NOTE Confidence: 0.870431886  
00:32:31.610 --> 00:32:33.780 how universal this can be and how  
NOTE Confidence: 0.870431886  
00:32:33.780 --> 00:32:36.395 easy it might be to miss some of  
NOTE Confidence: 0.870431886  
00:32:36.395 --> 00:32:38.010 the suicidal thoughts and kids  
NOTE Confidence: 0.870431886  
00:32:38.083 --> 00:32:40.128 and teenagers and young adults.  
NOTE Confidence: 0.870431886

00:32:40.130 --> 00:32:42.566 So switching to sort of some  
NOTE Confidence: 0.870431886

00:32:42.566 --> 00:32:44.190 protective factors for suicide.  
NOTE Confidence: 0.870431886

00:32:44.190 --> 00:32:46.050 So some protective factors that  
NOTE Confidence: 0.870431886

00:32:46.050 --> 00:32:47.538 teenagers have reported include  
NOTE Confidence: 0.870431886

00:32:47.538 --> 00:32:49.009 feeling supported by family,  
NOTE Confidence: 0.870431886

00:32:49.010 --> 00:32:49.850 friends and school.  
NOTE Confidence: 0.870431886

00:32:49.850 --> 00:32:51.810 So this is their community -- do  
NOTE Confidence: 0.870431886

00:32:51.873 --> 00:32:53.577 they feel a sense of belonging,  
NOTE Confidence: 0.870431886

00:32:53.580 --> 00:32:56.030 that they feel supported by their community?  
NOTE Confidence: 0.870431886

00:32:56.030 --> 00:32:56.846 Are they future oriented?  
NOTE Confidence: 0.870431886

00:32:56.846 --> 00:32:58.948 What do they want to be when they get older?  
NOTE Confidence: 0.870431886

00:32:58.950 --> 00:33:01.038 Are they looking forward to that  
NOTE Confidence: 0.870431886

00:33:01.038 --> 00:33:03.530 activity at school or with their friends?  
NOTE Confidence: 0.870431886

00:33:03.530 --> 00:33:05.330 Do they have strong relationships  
NOTE Confidence: 0.870431886

00:33:05.330 --> 00:33:07.229 with their family and friends?  
NOTE Confidence: 0.870431886

00:33:07.230 --> 00:33:10.578 Are they engaged in mental healthcare?

NOTE Confidence: 0.870431886

00:33:10.580 --> 00:33:12.920 Other protective factors include cultural,

NOTE Confidence: 0.870431886

00:33:12.920 --> 00:33:15.560 religious or moral objections to suicide,

NOTE Confidence: 0.870431886

00:33:15.560 --> 00:33:17.810 as well as reducing the access

NOTE Confidence: 0.870431886

00:33:17.810 --> 00:33:18.935 to lethal means.

NOTE Confidence: 0.870431886

00:33:18.940 --> 00:33:20.518 So this is really an important,

NOTE Confidence: 0.870431886

00:33:20.520 --> 00:33:22.116 again sort of action that can

NOTE Confidence: 0.870431886

00:33:22.116 --> 00:33:23.879 be taken to lock up weapons,

NOTE Confidence: 0.870431886

00:33:23.880 --> 00:33:26.910 pills and sharps in the home.

NOTE Confidence: 0.870431886

00:33:26.910 --> 00:33:28.380 So along those lines of of

NOTE Confidence: 0.870431886

00:33:28.380 --> 00:33:29.750 locking up sort of means,

NOTE Confidence: 0.870431886

00:33:29.750 --> 00:33:31.790 if we look at the suicide

NOTE Confidence: 0.870431886

00:33:31.790 --> 00:33:32.810 methods in adolescents,

NOTE Confidence: 0.870431886

00:33:32.810 --> 00:33:34.724 firearms are actually the most common

NOTE Confidence: 0.870431886

00:33:34.724 --> 00:33:36.929 method of suicide for adolescent boys.

NOTE Confidence: 0.870431886

00:33:36.930 --> 00:33:37.576 And asphyxiation,

NOTE Confidence: 0.870431886

00:33:37.576 --> 00:33:39.191 which is sort of defined  
NOTE Confidence: 0.870431886

00:33:39.191 --> 00:33:40.910 as hanging or suffocation,  
NOTE Confidence: 0.870431886

00:33:40.910 --> 00:33:42.974 is the most common method of  
NOTE Confidence: 0.870431886

00:33:42.974 --> 00:33:44.350 suicide for adolescent girls.  
NOTE Confidence: 0.870431886

00:33:44.350 --> 00:33:46.094 So if we look at the data here,  
NOTE Confidence: 0.870431886

00:33:46.100 --> 00:33:49.628 this is collected I think by the CDC  
NOTE Confidence: 0.870431886

00:33:49.628 --> 00:33:51.930 between 1999 and 2020, on the left  
NOTE Confidence: 0.870431886

00:33:51.930 --> 00:33:54.510 here for male adolescence and the  
NOTE Confidence: 0.870431886

00:33:54.510 --> 00:33:56.850 blue triangles are the deaths  
NOTE Confidence: 0.870431886

00:33:56.850 --> 00:33:59.862 from firearms here the orange are  
NOTE Confidence: 0.870431886

00:33:59.862 --> 00:34:02.764 the deaths from asphyxiation and the  
NOTE Confidence: 0.870431886

00:34:02.764 --> 00:34:05.504 green squares are other means of death.  
NOTE Confidence: 0.870431886

00:34:05.504 --> 00:34:07.409 And so highest in males,  
NOTE Confidence: 0.870431886

00:34:07.410 --> 00:34:11.142 about 60, 60 to 50% from firearm  
NOTE Confidence: 0.870431886

00:34:11.142 --> 00:34:13.008 deaths. In females,  
NOTE Confidence: 0.870431886

00:34:13.010 --> 00:34:14.378 it's consistently asphyxiation

NOTE Confidence: 0.870431886

00:34:14.378 --> 00:34:17.114 is the method of suicide death,

NOTE Confidence: 0.870431886

00:34:17.120 --> 00:34:18.780 about 60% throughout the years,

NOTE Confidence: 0.870431886

00:34:18.780 --> 00:34:21.348 and that's consistent.

NOTE Confidence: 0.870431886

00:34:21.350 --> 00:34:21.922 So again,

NOTE Confidence: 0.870431886

00:34:21.922 --> 00:34:23.638 reducing sort of means to suicide

NOTE Confidence: 0.870431886

00:34:23.638 --> 00:34:24.690 is a really,

NOTE Confidence: 0.870431886

00:34:24.690 --> 00:34:26.820 really important step for reducing

NOTE Confidence: 0.870431886

00:34:26.820 --> 00:34:28.524 the risk for suicide.

NOTE Confidence: 0.870431886

00:34:28.530 --> 00:34:30.196 The other important point is to not

NOTE Confidence: 0.870431886

00:34:30.196 --> 00:34:31.908 be afraid to talk about suicide.

NOTE Confidence: 0.870431886

00:34:31.910 --> 00:34:33.735 There is absolutely no evidence

NOTE Confidence: 0.870431886

00:34:33.735 --> 00:34:36.005 that talking about suicide leads to

NOTE Confidence: 0.870431886

00:34:36.005 --> 00:34:37.910 greater suicide attempts or suicides,

NOTE Confidence: 0.870431886

00:34:37.910 --> 00:34:40.166 ways in which this topic can be

NOTE Confidence: 0.870431886

00:34:40.166 --> 00:34:41.966 broached or questions like do you

NOTE Confidence: 0.870431886

00:34:41.966 --> 00:34:44.570 ever think that life is not worth living?

NOTE Confidence: 0.870431886

00:34:44.570 --> 00:34:46.226 Or do you ever wish you could go

NOTE Confidence: 0.870431886

00:34:46.226 --> 00:34:47.806 to sleep and not wake up again?

NOTE Confidence: 0.870431886

00:34:47.810 --> 00:34:49.794 And do you ever think about killing yourself?

NOTE Confidence: 0.870431886

00:34:49.800 --> 00:34:51.010 These are sort of ways

NOTE Confidence: 0.870431886

00:34:51.010 --> 00:34:52.792 progressively get a little bit more

NOTE Confidence: 0.870431886

00:34:52.792 --> 00:34:54.394 explicit about whether a teenager

NOTE Confidence: 0.870431886

00:34:54.394 --> 00:34:56.209 is actually thinking about suicide.

NOTE Confidence: 0.84560244

00:34:58.680 --> 00:35:00.064 And again reducing the

NOTE Confidence: 0.84560244

00:35:00.064 --> 00:35:01.794 access to means of suicide.

NOTE Confidence: 0.84560244

00:35:01.800 --> 00:35:04.390 So this is an explicit discussion with

NOTE Confidence: 0.84560244

00:35:04.390 --> 00:35:06.659 families about locking up all the sharps,

NOTE Confidence: 0.84560244

00:35:06.660 --> 00:35:07.587 medications and weapons.

NOTE Confidence: 0.84560244

00:35:07.587 --> 00:35:09.441 And I would say don't be

NOTE Confidence: 0.84560244

00:35:09.441 --> 00:35:10.858 afraid to ask for details.

NOTE Confidence: 0.84560244

00:35:10.860 --> 00:35:12.200 Where are they being kept?

NOTE Confidence: 0.84560244

00:35:12.200 --> 00:35:13.880 Where are the keys being kept?

NOTE Confidence: 0.84560244

00:35:13.880 --> 00:35:15.728 Who knows where things are and how

NOTE Confidence: 0.84560244

00:35:15.728 --> 00:35:17.769 does the child take their medication?

NOTE Confidence: 0.84560244

00:35:17.770 --> 00:35:19.834 Does someone give it to them?

NOTE Confidence: 0.84560244

00:35:19.840 --> 00:35:21.682 The same goes for discussing supervision

NOTE Confidence: 0.84560244

00:35:21.682 --> 00:35:23.819 of the teenagers. Who is watching them?

NOTE Confidence: 0.84560244

00:35:23.820 --> 00:35:25.914 So it's really important to know

NOTE Confidence: 0.84560244

00:35:25.914 --> 00:35:28.050 whether the teenagers at home alone

NOTE Confidence: 0.84560244

00:35:28.050 --> 00:35:29.933 or going out on their own and

NOTE Confidence: 0.84560244

00:35:29.933 --> 00:35:31.231 getting that that information

NOTE Confidence: 0.84560244

00:35:31.231 --> 00:35:32.939 from families and parents.

NOTE Confidence: 0.902909277272727

00:35:35.520 --> 00:35:37.992 The final sort of note here is to

NOTE Confidence: 0.902909277272727

00:35:37.992 --> 00:35:39.518 recognize that adolescents and

NOTE Confidence: 0.902909277272727

00:35:39.518 --> 00:35:41.613 people in general remain under

NOTE Confidence: 0.902909277272727

00:35:41.613 --> 00:35:43.839 treated for mental health issues.

NOTE Confidence: 0.902909277272727

00:35:43.840 --> 00:35:45.534 And so again our top focus is  
NOTE Confidence: 0.902909277272727

00:35:45.534 --> 00:35:47.522 on a number of adolescent mental  
NOTE Confidence: 0.902909277272727

00:35:47.522 --> 00:35:49.517 health issues throughout the day.  
NOTE Confidence: 0.902909277272727

00:35:49.520 --> 00:35:51.822 And part of our hope is, you know,  
NOTE Confidence: 0.902909277272727

00:35:51.822 --> 00:35:53.748 to bring attention to these issues  
NOTE Confidence: 0.902909277272727

00:35:53.748 --> 00:35:55.570 and to improve treatments, access  
NOTE Confidence: 0.902909277272727

00:35:55.570 --> 00:35:57.796 and awareness and just to look  
NOTE Confidence: 0.902909277272727

00:35:57.796 --> 00:35:59.938 at some of these numbers here.  
NOTE Confidence: 0.902909277272727

00:35:59.940 --> 00:36:02.136 So this is a graph again from the CDC.  
NOTE Confidence: 0.902909277272727

00:36:02.140 --> 00:36:05.680 So this is split into sort of three  
NOTE Confidence: 0.902909277272727

00:36:05.680 --> 00:36:06.860 areas. So on the left  
NOTE Confidence: 0.902909277272727

00:36:06.860 --> 00:36:08.885 here is any mental health  
NOTE Confidence: 0.902909277272727

00:36:08.885 --> 00:36:10.100 treatment that's received.  
NOTE Confidence: 0.902909277272727

00:36:10.100 --> 00:36:12.122 Here are the percent of kids  
NOTE Confidence: 0.902909277272727

00:36:12.122 --> 00:36:13.133 who took medication,  
NOTE Confidence: 0.902909277272727

00:36:13.140 --> 00:36:14.834 and here are the percent of kids



NOTE Confidence: 0.902909277272727

00:36:14.834 --> 00:36:16.090 who receive counseling or therapy.

NOTE Confidence: 0.902909277272727

00:36:16.090 --> 00:36:17.818 And they've broken it down to age groups.

NOTE Confidence: 0.902909277272727

00:36:17.820 --> 00:36:20.520 So the darkest purple bar is

NOTE Confidence: 0.902909277272727

00:36:20.520 --> 00:36:23.420 between 5 and 17 year olds.

NOTE Confidence: 0.902909277272727

00:36:23.420 --> 00:36:26.620 The next lightest bar is 5 to 11 year olds,

NOTE Confidence: 0.902909277272727

00:36:26.620 --> 00:36:29.280 and the lightest bar is 12 to 17 year olds.

NOTE Confidence: 0.902909277272727

00:36:29.280 --> 00:36:30.939 So in the group that we're talking

NOTE Confidence: 0.902909277272727

00:36:30.939 --> 00:36:32.800 about today, the 12 to 17 year olds,

NOTE Confidence: 0.902909277272727

00:36:32.800 --> 00:36:35.268 about 16.8% of kids

NOTE Confidence: 0.902909277272727

00:36:35.268 --> 00:36:37.048 have received any mental health

NOTE Confidence: 0.902909277272727

00:36:37.048 --> 00:36:38.670 treatment in the past year.

NOTE Confidence: 0.902909277272727

00:36:38.670 --> 00:36:40.650 This is data from 2019,

NOTE Confidence: 0.902909277272727

00:36:40.650 --> 00:36:42.950 which is a fair number.

NOTE Confidence: 0.902909277272727

00:36:42.950 --> 00:36:43.230 However,

NOTE Confidence: 0.902909277272727

00:36:43.230 --> 00:36:44.910 when you look at this across

NOTE Confidence: 0.902909277272727

00:36:44.910 --> 00:36:46.473 some of the other statistics  
NOTE Confidence: 0.902909277272727

00:36:46.473 --> 00:36:48.447 that we've given in the talk,  
NOTE Confidence: 0.902909277272727

00:36:48.450 --> 00:36:51.210 you would note that this rate is even  
NOTE Confidence: 0.902909277272727

00:36:51.210 --> 00:36:53.668 lower for racial minority groups,  
NOTE Confidence: 0.902909277272727

00:36:53.670 --> 00:36:55.008 and that from the same year,  
NOTE Confidence: 0.902909277272727

00:36:55.010 --> 00:36:57.817 data showed that 19% of high schoolers  
NOTE Confidence: 0.902909277272727

00:36:57.817 --> 00:36:59.020 seriously considered suicide.  
NOTE Confidence: 0.902909277272727

00:36:59.020 --> 00:37:01.323 So a higher percent of high schoolers  
NOTE Confidence: 0.902909277272727

00:37:01.323 --> 00:37:02.654 actually seriously considered suicide  
NOTE Confidence: 0.902909277272727

00:37:02.654 --> 00:37:04.712 than the percent of this group who  
NOTE Confidence: 0.902909277272727

00:37:04.712 --> 00:37:06.238 actually received any mental health  
NOTE Confidence: 0.902909277272727

00:37:06.240 --> 00:37:07.740 treatment in the prior 12 months.  
NOTE Confidence: 0.902999255384615

00:37:15.000 --> 00:37:16.820 So I think Michael's going to talk  
NOTE Confidence: 0.902999255384615

00:37:16.820 --> 00:37:18.646 a little bit about sort of things  
NOTE Confidence: 0.902999255384615

00:37:18.646 --> 00:37:20.508 that we're kind of doing to try  
NOTE Confidence: 0.902999255384615

00:37:20.508 --> 00:37:22.344 to help improve our understanding

NOTE Confidence: 0.902999255384615  
00:37:22.344 --> 00:37:24.409 of depression and suicide here.  
NOTE Confidence: 0.843124860769231  
00:37:25.060 --> 00:37:28.264 So I think that in terms of the  
NOTE Confidence: 0.843124860769231  
00:37:28.264 --> 00:37:31.638 stuff we're working on at Yale and  
NOTE Confidence: 0.843124860769231  
00:37:31.638 --> 00:37:34.960 in the clinic we're looking  
NOTE Confidence: 0.843124860769231  
00:37:34.960 --> 00:37:37.226 to develop novel treatments to  
NOTE Confidence: 0.843124860769231  
00:37:37.226 --> 00:37:39.278 help kids who don't respond to  
NOTE Confidence: 0.843124860769231  
00:37:39.278 --> 00:37:41.280 the evidence based therapies and  
NOTE Confidence: 0.843124860769231  
00:37:41.280 --> 00:37:43.505 medications we have for depression  
NOTE Confidence: 0.843124860769231  
00:37:43.505 --> 00:37:44.840 and suicidal ideation.  
NOTE Confidence: 0.843124860769231  
00:37:44.840 --> 00:37:47.216 Another big part of our research  
NOTE Confidence: 0.843124860769231  
00:37:47.216 --> 00:37:50.050 program is looking at imaging studies.  
NOTE Confidence: 0.80271728  
00:37:52.100 --> 00:37:55.640 MRI studies or PET studies to  
NOTE Confidence: 0.80271728  
00:37:55.640 --> 00:37:58.000 better understand brain mechanisms  
NOTE Confidence: 0.80271728  
00:37:58.099 --> 00:38:01.479 behind adolescent depression and  
NOTE Confidence: 0.80271728  
00:38:01.479 --> 00:38:03.610 suicide so we can hopefully develop  
NOTE Confidence: 0.80271728

00:38:03.610 --> 00:38:05.320 better treatments in the long run.  
NOTE Confidence: 0.80271728

00:38:05.320 --> 00:38:10.590 And I think just highlighting  
NOTE Confidence: 0.80271728

00:38:10.590 --> 00:38:14.350 one of the really important things in Youngsun's  
NOTE Confidence: 0.80271728

00:38:14.350 --> 00:38:16.936 presentation is that even though I,  
NOTE Confidence: 0.80271728

00:38:16.936 --> 00:38:19.832 I guess in my research and clinically I'm  
NOTE Confidence: 0.80271728

00:38:19.832 --> 00:38:22.002 thinking about depression in individual  
NOTE Confidence: 0.80271728

00:38:22.002 --> 00:38:25.188 adolescents and how to help them get better,  
NOTE Confidence: 0.80271728

00:38:25.190 --> 00:38:29.816 a lot of the things that probably can reduce  
NOTE Confidence: 0.80271728

00:38:29.820 --> 00:38:32.928 completed suicide at a public health level,  
NOTE Confidence: 0.80271728

00:38:32.930 --> 00:38:37.043 really part of the decreasing  
NOTE Confidence: 0.80271728

00:38:37.043 --> 00:38:39.308 the deaths due to suicide  
NOTE Confidence: 0.80271728

00:38:39.310 --> 00:38:41.506 is going to be developing better  
NOTE Confidence: 0.80271728

00:38:41.506 --> 00:38:42.970 treatments and helping individuals,  
NOTE Confidence: 0.80271728

00:38:42.970 --> 00:38:46.914 but a big part of it is about  
NOTE Confidence: 0.80271728

00:38:46.920 --> 00:38:48.492 population based stuff and  
NOTE Confidence: 0.80271728

00:38:48.492 --> 00:38:50.457 environmental based stuff that is,

NOTE Confidence: 0.80271728

00:38:50.460 --> 00:38:52.248 that's also probably crucially

NOTE Confidence: 0.80271728

00:38:52.248 --> 00:38:54.483 important and maybe more important

NOTE Confidence: 0.80271728

00:38:54.483 --> 00:38:56.839 than than access to individual

NOTE Confidence: 0.80271728

00:38:56.839 --> 00:38:59.508 treatments. Means reductions in terms

NOTE Confidence: 0.80271728

00:38:59.508 --> 00:39:02.820 of reducing access to to firearms,

NOTE Confidence: 0.80271728

00:39:02.820 --> 00:39:07.038 reducing access to things that increase

NOTE Confidence: 0.80271728

00:39:07.038 --> 00:39:10.576 impulsivity and impulsive decisions

NOTE Confidence: 0.80271728

00:39:10.576 --> 00:39:14.958 like access to substances and alcohol,

NOTE Confidence: 0.80271728

00:39:14.960 --> 00:39:18.416 and then also the other big thing is just

NOTE Confidence: 0.80271728

00:39:18.416 --> 00:39:20.921 enhancing protective factors to making

NOTE Confidence: 0.80271728

00:39:20.921 --> 00:39:23.994 the school environment as protective and

NOTE Confidence: 0.80271728

00:39:23.994 --> 00:39:26.579 beneficial to adolescents as possible.

NOTE Confidence: 0.80271728

00:39:26.580 --> 00:39:30.552 And societally reducing poverty and

NOTE Confidence: 0.80271728

00:39:30.552 --> 00:39:33.490 other economic and social stresses will

NOTE Confidence: 0.80271728

00:39:33.490 --> 00:39:36.769 probably be the most effective things in

NOTE Confidence: 0.80271728

00:39:36.769 --> 00:39:39.583 reducing the actual completed suicide rate.  
NOTE Confidence: 0.80271728

00:39:39.590 --> 00:39:42.902 So that there's these two dual purposes one  
NOTE Confidence: 0.80271728

00:39:42.902 --> 00:39:45.439 involving screening and getting individuals  
NOTE Confidence: 0.80271728

00:39:45.440 --> 00:39:46.424 to effective treatment  
NOTE Confidence: 0.80271728

00:39:46.424 --> 00:39:49.108 but another big part of it is decisions  
NOTE Confidence: 0.80271728

00:39:49.108 --> 00:39:51.362 we make as schools and as societies  
NOTE Confidence: 0.80271728

00:39:51.362 --> 00:39:53.650 and as health systems in terms of  
NOTE Confidence: 0.80271728

00:39:53.650 --> 00:39:57.170 what behaviors we try to promote.  
NOTE Confidence: 0.80271728

00:39:57.170 --> 00:39:57.463 Now,  
NOTE Confidence: 0.80271728

00:39:57.463 --> 00:39:59.514 I will throw it to Rebecca to  
NOTE Confidence: 0.80271728

00:39:59.514 --> 00:40:01.020 help moderate the questions.  
NOTE Confidence: 0.80271728

00:40:01.020 --> 00:40:03.246 And I guess I would apologize for  
NOTE Confidence: 0.80271728

00:40:03.246 --> 00:40:05.295 not realizing that we can unmute  
NOTE Confidence: 0.80271728

00:40:05.295 --> 00:40:07.010 the participants and they can  
NOTE Confidence: 0.80271728

00:40:07.010 --> 00:40:08.370 actually ask questions.  
NOTE Confidence: 0.80271728

00:40:08.370 --> 00:40:12.360 Love to hear your voices rather than.

NOTE Confidence: 0.80271728

00:40:12.360 --> 00:40:14.250 Thank you everyone.

NOTE Confidence: 0.80271728

00:40:14.250 --> 00:40:14.910 Excellent.

NOTE Confidence: 0.843032980666666

00:40:15.620 --> 00:40:17.596 And so what I will as Dr Bloch

NOTE Confidence: 0.843032980666666

00:40:17.596 --> 00:40:19.473 shared I will go ahead and unmute

NOTE Confidence: 0.843032980666666

00:40:19.473 --> 00:40:21.774 some of the folks who have asked some

NOTE Confidence: 0.843032980666666

00:40:21.774 --> 00:40:23.909 really great questions in the chat if

NOTE Confidence: 0.843032980666666

00:40:23.910 --> 00:40:25.836 you prefer just for me to ask the, our

NOTE Confidence: 0.843032980666666

00:40:25.836 --> 00:40:27.380 panelists directly just feel free to

NOTE Confidence: 0.843032980666666

00:40:27.380 --> 00:40:30.456 to let me know and happy to do so.

NOTE Confidence: 0.843032980666666

00:40:30.456 --> 00:40:32.576 So we're actually going to

NOTE Confidence: 0.843032980666666

00:40:32.576 --> 00:40:34.239 start with Kristin.

NOTE Confidence: 0.843032980666666

00:40:34.240 --> 00:40:37.759 So if everyone can bear with me, just getting

NOTE Confidence: 0.843032980666666

00:40:37.759 --> 00:40:41.477 a little familiar with the unmuting.

NOTE Confidence: 0.843032980666666

00:40:41.480 --> 00:40:43.460 So Kristin you should be able

NOTE Confidence: 0.843032980666666

00:40:43.460 --> 00:40:45.450 to ask your question directly.

NOTE Confidence: 0.843032980666666

00:40:45.450 --> 00:40:48.938 Hello, how is everyone?  
NOTE Confidence: 0.843032980666666

00:40:48.940 --> 00:40:49.940 Doing well.  
NOTE Confidence: 0.843032980666666

00:40:49.940 --> 00:40:51.740 OK, good.  
NOTE Confidence: 0.843032980666666

00:40:51.740 --> 00:40:54.415 So I was wondering what  
NOTE Confidence: 0.843032980666666

00:40:54.415 --> 00:40:56.020 biopsychosocial factors you  
NOTE Confidence: 0.843032980666666

00:40:56.020 --> 00:40:58.104 think contribute to adolescent  
NOTE Confidence: 0.843032980666666

00:40:58.104 --> 00:41:00.888 females being more at risk for  
NOTE Confidence: 0.843032980666666

00:41:00.888 --> 00:41:03.320 depression and suicidal ideation?  
NOTE Confidence: 0.809505803333333

00:41:05.240 --> 00:41:06.797 Youngsun, do you want to go first?  
NOTE Confidence: 0.728593232

00:41:08.290 --> 00:41:10.825 I can go first. I mean I was going  
NOTE Confidence: 0.728593232

00:41:10.825 --> 00:41:12.550 to say I think some of this is,  
NOTE Confidence: 0.728593232

00:41:12.550 --> 00:41:14.670 is social related as you sort of posed  
NOTE Confidence: 0.728593232

00:41:14.670 --> 00:41:16.763 and these sort of expectations and  
NOTE Confidence: 0.728593232

00:41:16.763 --> 00:41:18.638 stresses that come with adolescence.  
NOTE Confidence: 0.728593232

00:41:18.640 --> 00:41:20.866 There probably is a hormonal component,  
NOTE Confidence: 0.728593232

00:41:20.870 --> 00:41:22.502 it's probably not just



NOTE Confidence: 0.728593232

00:41:22.502 --> 00:41:23.726 social and psychosocial.

NOTE Confidence: 0.728593232

00:41:23.730 --> 00:41:25.858 But you know, I think again with

NOTE Confidence: 0.728593232

00:41:25.858 --> 00:41:27.729 the preteen and teenage years,

NOTE Confidence: 0.728593232

00:41:27.730 --> 00:41:30.106 these peer relationships just become so,

NOTE Confidence: 0.728593232

00:41:30.110 --> 00:41:31.866 so important and that's normal, right.

NOTE Confidence: 0.728593232

00:41:31.866 --> 00:41:33.210 That's developmentally normal for

NOTE Confidence: 0.728593232

00:41:33.210 --> 00:41:35.273 for teenagers and part of their

NOTE Confidence: 0.728593232

00:41:35.273 --> 00:41:36.888 sort of pathway to independence.

NOTE Confidence: 0.728593232

00:41:36.890 --> 00:41:38.830 But I think the difficulties

NOTE Confidence: 0.728593232

00:41:38.830 --> 00:41:41.600 navigating this can certainly make

NOTE Confidence: 0.728593232

00:41:41.600 --> 00:41:43.616 the risk for depression go up and I

NOTE Confidence: 0.728593232

00:41:43.616 --> 00:41:45.505 think you know females navigate the

NOTE Confidence: 0.728593232

00:41:45.505 --> 00:41:48.145 the social relationships in a bit of a

NOTE Confidence: 0.728593232

00:41:48.145 --> 00:41:50.238 different way than males typically do.

NOTE Confidence: 0.728593232

00:41:50.240 --> 00:41:53.271 So I think that that's one probably

NOTE Confidence: 0.728593232

00:41:53.271 --> 00:41:55.128 risk factor for the females.  
NOTE Confidence: 0.728593232

00:41:55.128 --> 00:41:57.313 I think there probably is a hormonal and  
NOTE Confidence: 0.728593232

00:41:57.313 --> 00:41:59.245 biological component to that as well,  
NOTE Confidence: 0.728593232

00:41:59.250 --> 00:42:00.876 but in terms of the psychosocial  
NOTE Confidence: 0.728593232

00:42:00.876 --> 00:42:01.418 component there.  
NOTE Confidence: 0.806264053125

00:42:03.540 --> 00:42:05.660 And another thing that I always wondered I,  
NOTE Confidence: 0.806264053125

00:42:05.660 --> 00:42:07.777 it's hard to control for this and study,  
NOTE Confidence: 0.806264053125

00:42:07.780 --> 00:42:10.324 but I wonder how much it's their sort  
NOTE Confidence: 0.806264053125

00:42:10.324 --> 00:42:13.089 of, our societal expectations on males  
NOTE Confidence: 0.806264053125

00:42:13.089 --> 00:42:15.654 and not reporting depressive symptoms  
NOTE Confidence: 0.806264053125

00:42:15.654 --> 00:42:18.663 in the same degree as as females and  
NOTE Confidence: 0.806264053125

00:42:18.663 --> 00:42:21.160 that it's at some level they're sort of  
NOTE Confidence: 0.806264053125

00:42:21.160 --> 00:42:23.299 still the stereotype of the stoic male  
NOTE Confidence: 0.806264053125

00:42:23.299 --> 00:42:25.357 who's not allowed to talk about their  
NOTE Confidence: 0.806264053125

00:42:25.417 --> 00:42:27.713 feelings and how much that affects  
NOTE Confidence: 0.806264053125

00:42:27.713 --> 00:42:31.244 the numbers because I, on the other hand,

NOTE Confidence: 0.806264053125

00:42:31.244 --> 00:42:33.440 if you're looking at completed suicides it's

NOTE Confidence: 0.806264053125

00:42:33.440 --> 00:42:36.560 more males than females.

NOTE Confidence: 0.806264053125

00:42:36.560 --> 00:42:38.090 We definitely see more females in clinic.

NOTE Confidence: 0.87512326

00:42:39.170 --> 00:42:41.578 Yeah. Thank you both.

NOTE Confidence: 0.821403118333333

00:42:45.440 --> 00:42:47.516 And next I'll, Kathryn I'll have

NOTE Confidence: 0.821403118333333

00:42:47.516 --> 00:42:50.144 you go ahead and ask your

NOTE Confidence: 0.821403118333333

00:42:50.144 --> 00:42:52.094 question about the language used.

NOTE Confidence: 0.821403118333333

00:42:52.100 --> 00:42:53.644 Sure. Hi. Thank you.

NOTE Confidence: 0.821403118333333

00:42:53.644 --> 00:42:55.574 I used to teach this,

NOTE Confidence: 0.821403118333333

00:42:55.580 --> 00:42:56.850 so I know the answer,

NOTE Confidence: 0.821403118333333

00:42:56.850 --> 00:42:58.782 but I was hoping you would share

NOTE Confidence: 0.821403118333333

00:42:58.782 --> 00:43:00.304 with everyone your preference for

NOTE Confidence: 0.821403118333333

00:43:00.304 --> 00:43:02.218 using the language "die by suicide"

NOTE Confidence: 0.821403118333333

00:43:02.218 --> 00:43:03.889 instead of "committed suicide."

NOTE Confidence: 0.821403118333333

00:43:03.890 --> 00:43:05.838 I hear "committed" a lot in the field.

NOTE Confidence: 0.8589489125

00:43:06.980 --> 00:43:08.956 Yeah. No, that's a that's a really great,  
NOTE Confidence: 0.8589489125

00:43:08.960 --> 00:43:10.825 great question and I think  
NOTE Confidence: 0.8589489125

00:43:10.825 --> 00:43:12.317 the language does matter.  
NOTE Confidence: 0.8589489125

00:43:12.320 --> 00:43:15.400 It's, it's it is important you know  
NOTE Confidence: 0.8589489125

00:43:15.400 --> 00:43:17.398 and I think it probably will  
NOTE Confidence: 0.8589489125

00:43:17.398 --> 00:43:19.260 evolve as we keep thinking about it.  
NOTE Confidence: 0.8589489125

00:43:19.260 --> 00:43:21.192 But certainly the things to pay  
NOTE Confidence: 0.8589489125

00:43:21.192 --> 00:43:23.050 attention to with the language and  
NOTE Confidence: 0.8589489125

00:43:23.050 --> 00:43:24.994 there are media guidelines around this  
NOTE Confidence: 0.8589489125

00:43:25.000 --> 00:43:27.562 because of the sensationalism that  
NOTE Confidence: 0.8589489125

00:43:27.562 --> 00:43:30.016 can accompany suicides and the risk  
NOTE Confidence: 0.8589489125

00:43:30.016 --> 00:43:32.396 for what are called "copycats" or people  
NOTE Confidence: 0.8589489125

00:43:32.396 --> 00:43:34.774 who get sort of inspired by suicide.  
NOTE Confidence: 0.8589489125

00:43:34.774 --> 00:43:36.993 So there are media guidelines for instance on  
NOTE Confidence: 0.8589489125

00:43:37.000 --> 00:43:38.296 how to report suicides.  
NOTE Confidence: 0.8589489125

00:43:38.296 --> 00:43:39.916 And so you'll see headlines

NOTE Confidence: 0.8589489125

00:43:39.916 --> 00:43:41.059 that say you know,

NOTE Confidence: 0.8589489125

00:43:41.060 --> 00:43:43.580 so and so is dead at whatever age instead of,

NOTE Confidence: 0.8589489125

00:43:43.580 --> 00:43:45.686 you know, suicide or died or you know took

NOTE Confidence: 0.8589489125

00:43:45.686 --> 00:43:47.878 their life or other language such as that.

NOTE Confidence: 0.8589489125

00:43:47.880 --> 00:43:48.927 And that's purposeful.

NOTE Confidence: 0.8589489125

00:43:48.927 --> 00:43:51.752 And I think it's a similar thing when

NOTE Confidence: 0.8589489125

00:43:51.752 --> 00:43:54.232 we are talking with each other as well.

NOTE Confidence: 0.8589489125

00:43:54.240 --> 00:43:56.306 And so I do think, you know,

NOTE Confidence: 0.8589489125

00:43:56.306 --> 00:43:56.978 you raise a really,

NOTE Confidence: 0.8589489125

00:43:56.980 --> 00:43:59.032 really good point about being mindful

NOTE Confidence: 0.8589489125

00:43:59.032 --> 00:44:01.370 about the language in which we use.

NOTE Confidence: 0.84786007125

00:44:02.810 --> 00:44:04.658 I guess just the other thing to add about this

NOTE Confidence: 0.84786007125

00:44:04.660 --> 00:44:08.120 I think on this issue, die by suicide

NOTE Confidence: 0.84786007125

00:44:08.120 --> 00:44:11.676 is is definitely preferable language to me,

NOTE Confidence: 0.84786007125

00:44:11.680 --> 00:44:16.210 but I think you know, I think

NOTE Confidence: 0.84786007125

00:44:16.210 --> 00:44:18.195 something that really bothers me  
NOTE Confidence: 0.84786007125

00:44:18.195 --> 00:44:20.652 about being involved in this field  
NOTE Confidence: 0.84786007125

00:44:20.652 --> 00:44:23.473 and treating the children and  
NOTE Confidence: 0.84786007125

00:44:23.473 --> 00:44:25.250 experiencing their deaths with families  
NOTE Confidence: 0.84786007125

00:44:25.250 --> 00:44:28.094 is that I feel like as a society,  
NOTE Confidence: 0.84786007125

00:44:28.094 --> 00:44:31.070 we view the death by suicide as somehow  
NOTE Confidence: 0.84786007125

00:44:31.149 --> 00:44:34.285 different than a death by pediatric cancer.  
NOTE Confidence: 0.84786007125

00:44:34.290 --> 00:44:36.594 And in terms of the lot of the public  
NOTE Confidence: 0.84786007125

00:44:36.594 --> 00:44:39.006 health decisions we're making as a society,  
NOTE Confidence: 0.84786007125

00:44:39.010 --> 00:44:40.690 this is a, you know,  
NOTE Confidence: 0.84786007125

00:44:40.690 --> 00:44:42.082 basically the second leading  
NOTE Confidence: 0.84786007125

00:44:42.082 --> 00:44:44.170 cause of death in these kids.  
NOTE Confidence: 0.84786007125

00:44:44.170 --> 00:44:46.109 And it, it feels to me like,  
NOTE Confidence: 0.84786007125

00:44:46.110 --> 00:44:48.566 even as a mental health profession we have,  
NOTE Confidence: 0.84786007125

00:44:48.570 --> 00:44:52.346 we often aren't placing the  
NOTE Confidence: 0.84786007125

00:44:52.346 --> 00:44:56.078 proper importance and sort of

NOTE Confidence: 0.84786007125

00:44:56.080 --> 00:44:58.560 severity on that and I think the

NOTE Confidence: 0.84786007125

00:44:58.560 --> 00:45:00.359 language partially makes a difference.

NOTE Confidence: 0.84786007125

00:45:00.360 --> 00:45:02.936 The other thing I really, sort of

NOTE Confidence: 0.84786007125

00:45:02.936 --> 00:45:05.199 really, I've struggled with in just

NOTE Confidence: 0.84786007125

00:45:05.199 --> 00:45:07.365 sort of talking to teenagers about

NOTE Confidence: 0.84786007125

00:45:07.365 --> 00:45:09.855 this and doing these talks is

NOTE Confidence: 0.84786007125

00:45:09.855 --> 00:45:12.756 that a lot of times in the media sort

NOTE Confidence: 0.84786007125

00:45:12.756 --> 00:45:15.626 of you know the the cause of death

NOTE Confidence: 0.84786007125

00:45:15.626 --> 00:45:18.336 gets sort of hidden or not mentioned

NOTE Confidence: 0.84786007125

00:45:18.336 --> 00:45:21.584 because there's a worry about sort of

NOTE Confidence: 0.84786007125

00:45:21.584 --> 00:45:24.270 a suicidal contagion and I think

NOTE Confidence: 0.84786007125

00:45:24.270 --> 00:45:26.930 that's a realistic worry but I also think

NOTE Confidence: 0.84786007125

00:45:26.930 --> 00:45:28.505 when we're not really talking

NOTE Confidence: 0.84786007125

00:45:28.505 --> 00:45:30.610 about the severity of the problem

NOTE Confidence: 0.84786007125

00:45:30.610 --> 00:45:32.914 it also is hard to shine light on it

NOTE Confidence: 0.84786007125

00:45:32.914 --> 00:45:35.235 and that there's sort of a constant  
NOTE Confidence: 0.84786007125

00:45:35.235 --> 00:45:37.555 tension there that I I'm not sure  
NOTE Confidence: 0.84786007125

00:45:37.555 --> 00:45:39.397 I've entirely figured out how to  
NOTE Confidence: 0.84786007125

00:45:39.397 --> 00:45:41.370 be comfortable with and negotiate.  
NOTE Confidence: 0.885676772857143

00:45:42.600 --> 00:45:44.238 Yeah, that's actually a really good point.  
NOTE Confidence: 0.885676772857143

00:45:44.240 --> 00:45:46.724 It does put the onus on the rest of  
NOTE Confidence: 0.885676772857143

00:45:46.724 --> 00:45:49.109 the community. So parents, schools,  
NOTE Confidence: 0.885676772857143

00:45:49.109 --> 00:45:51.767 teenagers themselves to start to have  
NOTE Confidence: 0.885676772857143

00:45:51.767 --> 00:45:54.537 this conversation and which you know,  
NOTE Confidence: 0.885676772857143

00:45:54.540 --> 00:45:57.672 can be a hard conversation to have for sure.  
NOTE Confidence: 0.885676772857143

00:45:57.680 --> 00:45:59.262 But it is, it is something that  
NOTE Confidence: 0.885676772857143

00:45:59.262 --> 00:46:01.097 is in the media that you know,  
NOTE Confidence: 0.885676772857143

00:46:01.100 --> 00:46:03.092 teenagers are seeing and you know  
NOTE Confidence: 0.885676772857143

00:46:03.092 --> 00:46:05.118 some of the celebrities or people  
NOTE Confidence: 0.885676772857143

00:46:05.118 --> 00:46:06.970 that they follow maybe, you know,  
NOTE Confidence: 0.885676772857143

00:46:06.970 --> 00:46:08.965 sort of affected by this as well.



NOTE Confidence: 0.8040682  
00:46:12.240 --> 00:46:13.440 We had another  
NOTE Confidence: 0.887440485  
00:46:13.450 --> 00:46:14.311 question from Anonymous,  
NOTE Confidence: 0.887440485  
00:46:14.311 --> 00:46:16.320 so I'll ask this one of "what  
NOTE Confidence: 0.887440485  
00:46:16.375 --> 00:46:18.238 are the best short term in the  
NOTE Confidence: 0.887440485  
00:46:18.238 --> 00:46:19.430 moment interventions for suicide  
NOTE Confidence: 0.887440485  
00:46:19.430 --> 00:46:21.369 prevention and how should providers  
NOTE Confidence: 0.887440485  
00:46:21.369 --> 00:46:23.420 respond in the moment to a suicide  
NOTE Confidence: 0.887440485  
00:46:23.479 --> 00:46:25.079 threat that's been verbalized?"  
NOTE Confidence: 0.856094476  
00:46:27.540 --> 00:46:30.196 I can start, I think, you know, always  
NOTE Confidence: 0.856094476  
00:46:30.196 --> 00:46:31.756 probably acknowledging how hard it  
NOTE Confidence: 0.856094476  
00:46:31.756 --> 00:46:33.970 is for someone to probably say this.  
NOTE Confidence: 0.856094476  
00:46:33.970 --> 00:46:35.506 So being sort of, you know,  
NOTE Confidence: 0.856094476  
00:46:35.510 --> 00:46:36.856 thankful that that someone's  
NOTE Confidence: 0.856094476  
00:46:36.856 --> 00:46:37.862 actually sharing is it,  
NOTE Confidence: 0.856094476  
00:46:37.862 --> 00:46:39.374 it takes a lot for people to  
NOTE Confidence: 0.856094476

00:46:39.374 --> 00:46:40.969 share this kind of information,  
NOTE Confidence: 0.856094476

00:46:40.970 --> 00:46:44.085 so it sort of acknowledging that Umm.  
NOTE Confidence: 0.856094476

00:46:44.090 --> 00:46:46.259 And I think so that's I think one thing  
NOTE Confidence: 0.856094476

00:46:46.259 --> 00:46:48.187 that's really important and I and I  
NOTE Confidence: 0.856094476

00:46:48.187 --> 00:46:50.403 do think it's important to do sort of  
NOTE Confidence: 0.856094476

00:46:50.403 --> 00:46:52.005 the practical safety things you know,  
NOTE Confidence: 0.856094476

00:46:52.010 --> 00:46:53.050 in this moment.  
NOTE Confidence: 0.856094476

00:46:53.050 --> 00:46:54.350 "Are you safe right now?"  
NOTE Confidence: 0.856094476

00:46:54.350 --> 00:46:56.294 "What are you thinking about right  
NOTE Confidence: 0.856094476

00:46:56.294 --> 00:46:57.914 now?" Because it's it's really  
NOTE Confidence: 0.856094476

00:46:57.914 --> 00:46:59.769 hard to guess as I have said,  
NOTE Confidence: 0.856094476

00:46:59.770 --> 00:47:01.108 it's hard for us to know.  
NOTE Confidence: 0.856094476

00:47:01.110 --> 00:47:02.910 There's an impulsivity factor  
NOTE Confidence: 0.856094476

00:47:02.910 --> 00:47:04.260 that accompanies everything.  
NOTE Confidence: 0.856094476

00:47:04.260 --> 00:47:05.430 So, you know,  
NOTE Confidence: 0.856094476

00:47:05.430 --> 00:47:08.160 acknowledging how hard it is, talking about,

NOTE Confidence: 0.856094476

00:47:08.160 --> 00:47:10.246 you know, arranging for the safety in

NOTE Confidence: 0.856094476

00:47:10.246 --> 00:47:12.692 the moment is really important, Umm.

NOTE Confidence: 0.856094476

00:47:12.692 --> 00:47:16.136 And then for yourself sort of triaging

NOTE Confidence: 0.856094476

00:47:16.140 --> 00:47:17.533 how worried do you have to be

NOTE Confidence: 0.856094476

00:47:17.533 --> 00:47:18.978 and who do you notify next?

NOTE Confidence: 0.856094476

00:47:18.980 --> 00:47:21.100 Right. So you don't necessarily,

NOTE Confidence: 0.856094476

00:47:21.100 --> 00:47:21.940 depending on who you are,

NOTE Confidence: 0.856094476

00:47:21.940 --> 00:47:23.130 necessarily have to sit with

NOTE Confidence: 0.856094476

00:47:23.130 --> 00:47:23.844 this information alone.

NOTE Confidence: 0.856094476

00:47:23.850 --> 00:47:24.789 But you know,

NOTE Confidence: 0.856094476

00:47:24.789 --> 00:47:26.980 should we talk to the teenagers parent?

NOTE Confidence: 0.856094476

00:47:26.980 --> 00:47:28.260 Is there a clinician involved?

NOTE Confidence: 0.856094476

00:47:28.260 --> 00:47:30.212 Is there a someone else at the school

NOTE Confidence: 0.856094476

00:47:30.212 --> 00:47:31.759 that's involved that can be discussed

NOTE Confidence: 0.856094476

00:47:31.760 --> 00:47:32.224 with as

NOTE Confidence: 0.856094476

00:47:32.224 --> 00:47:33.848 well? And those are some of  
NOTE Confidence: 0.856094476

00:47:33.848 --> 00:47:35.378 the other things I think that  
NOTE Confidence: 0.856094476

00:47:35.378 --> 00:47:36.618 I would think about.  
NOTE Confidence: 0.806055928333333

00:47:39.150 --> 00:47:41.660 And I just, so I think the big thing to  
NOTE Confidence: 0.806055928333333

00:47:41.733 --> 00:47:44.127 just under score the need for immediate  
NOTE Confidence: 0.806055928333333

00:47:44.127 --> 00:47:46.770 safety and to triage sort of the extent  
NOTE Confidence: 0.806055928333333

00:47:46.770 --> 00:47:50.096 of how worried you are. I think another  
NOTE Confidence: 0.806055928333333

00:47:50.096 --> 00:47:53.554 big thing is, and it's really hard  
NOTE Confidence: 0.806055928333333

00:47:53.554 --> 00:47:57.210 to negotiate this again, is in terms  
NOTE Confidence: 0.806055928333333

00:47:57.210 --> 00:47:59.710 of telling parents or referring  
NOTE Confidence: 0.806055928333333

00:47:59.710 --> 00:48:01.250 kids to the emergency room  
NOTE Confidence: 0.806055928333333

00:48:01.250 --> 00:48:03.230 if they're talking about suicidal ideation,  
NOTE Confidence: 0.806055928333333

00:48:03.230 --> 00:48:04.795 it's a balance because I  
NOTE Confidence: 0.806055928333333

00:48:04.795 --> 00:48:06.710 think in in the long run,  
NOTE Confidence: 0.806055928333333

00:48:06.710 --> 00:48:09.097 at some level some of the time,  
NOTE Confidence: 0.806055928333333

00:48:09.097 --> 00:48:11.563 they just need someone to talk to

NOTE Confidence: 0.806055928333333

00:48:11.563 --> 00:48:14.238 and if you're and if you're

NOTE Confidence: 0.806055928333333

00:48:14.238 --> 00:48:16.541 kind of comfortable talking about

NOTE Confidence: 0.806055928333333

00:48:16.541 --> 00:48:18.449 their experiences with them,

NOTE Confidence: 0.806055928333333

00:48:18.450 --> 00:48:20.292 often they don't need to go

NOTE Confidence: 0.806055928333333

00:48:20.292 --> 00:48:21.520 to the emergency room.

NOTE Confidence: 0.806055928333333

00:48:21.520 --> 00:48:23.760 Or something like that.

NOTE Confidence: 0.806055928333333

00:48:23.760 --> 00:48:26.660 And if you and that being

NOTE Confidence: 0.806055928333333

00:48:26.660 --> 00:48:29.175 comfortable and being able to sit

NOTE Confidence: 0.806055928333333

00:48:29.175 --> 00:48:31.375 with someone who's having those

NOTE Confidence: 0.806055928333333

00:48:31.375 --> 00:48:33.265 thoughts is important in their comfort

NOTE Confidence: 0.806055928333333

00:48:33.265 --> 00:48:35.360 level in coming back in the future.

NOTE Confidence: 0.806055928333333

00:48:35.360 --> 00:48:37.512 And so I think this is a constant

NOTE Confidence: 0.806055928333333

00:48:37.512 --> 00:48:38.720 tension between what to do.

NOTE Confidence: 0.806055928333333

00:48:38.720 --> 00:48:40.365 Obviously there are certain circumstances

NOTE Confidence: 0.806055928333333

00:48:40.365 --> 00:48:42.346 where you have to intervene and

NOTE Confidence: 0.806055928333333

00:48:42.346 --> 00:48:43.756 that's the most important thing,  
NOTE Confidence: 0.8060559283333333

00:48:43.760 --> 00:48:45.608 but it's always a double edged sword.  
NOTE Confidence: 0.909449794736842

00:48:48.900 --> 00:48:50.032 Being mindful of time,  
NOTE Confidence: 0.909449794736842

00:48:50.032 --> 00:48:52.295 I'm going to kind of synthesize a couple  
NOTE Confidence: 0.909449794736842

00:48:52.295 --> 00:48:54.087 of the questions that we have left.  
NOTE Confidence: 0.909449794736842

00:48:54.090 --> 00:48:55.903 One was from Patricia of "what are  
NOTE Confidence: 0.909449794736842

00:48:55.903 --> 00:48:58.097 some of the novel ways that that the  
NOTE Confidence: 0.909449794736842

00:48:58.097 --> 00:49:00.840 team has found to help?" that I imagine  
NOTE Confidence: 0.909449794736842

00:49:00.840 --> 00:49:01.946 I know Dr. Bloch you started  
NOTE Confidence: 0.909449794736842

00:49:01.946 --> 00:49:03.282 to hit on with some of the trials  
NOTE Confidence: 0.909449794736842

00:49:03.282 --> 00:49:05.778 but for both of you to respond to.  
NOTE Confidence: 0.909449794736842

00:49:05.780 --> 00:49:07.257 And then we also had a question  
NOTE Confidence: 0.909449794736842

00:49:07.257 --> 00:49:08.715 related to that from Catherine  
NOTE Confidence: 0.909449794736842

00:49:08.715 --> 00:49:10.689 of any specific evidence based  
NOTE Confidence: 0.909449794736842

00:49:10.689 --> 00:49:12.534 treatment approaches that would be  
NOTE Confidence: 0.909449794736842

00:49:12.534 --> 00:49:14.417 recommended over others for when

NOTE Confidence: 0.909449794736842  
00:49:14.417 --> 00:49:16.137 there is the chronic suicidality.  
NOTE Confidence: 0.892280576666666  
00:49:18.680 --> 00:49:21.677 So I would say the first thing in terms  
NOTE Confidence: 0.892280576666666  
00:49:21.677 --> 00:49:25.208 of intervention is you know that one  
NOTE Confidence: 0.892280576666666  
00:49:25.208 --> 00:49:27.776 thing's helpful is really it's important  
NOTE Confidence: 0.892280576666666  
00:49:27.776 --> 00:49:29.684 to have a good therapeutic relationship  
NOTE Confidence: 0.892280576666666  
00:49:29.684 --> 00:49:31.918 and get these kids into any treatment.  
NOTE Confidence: 0.892280576666666  
00:49:31.920 --> 00:49:34.080 I think the biggest thing I see in  
NOTE Confidence: 0.892280576666666  
00:49:34.080 --> 00:49:36.421 sort of doing trials for treatment  
NOTE Confidence: 0.892280576666666  
00:49:36.421 --> 00:49:38.581 refractory depression is that the  
NOTE Confidence: 0.892280576666666  
00:49:38.581 --> 00:49:41.009 number of kids who've been in treatment  
NOTE Confidence: 0.892280576666666  
00:49:41.009 --> 00:49:43.410 for a fairly long period of time  
NOTE Confidence: 0.892280576666666  
00:49:43.484 --> 00:49:46.074 and have not really had any evidence  
NOTE Confidence: 0.892280576666666  
00:49:46.074 --> 00:49:48.429 based therapy and making sure that  
NOTE Confidence: 0.892280576666666  
00:49:48.430 --> 00:49:50.810 getting access to that's crucial and  
NOTE Confidence: 0.892280576666666  
00:49:50.810 --> 00:49:53.767 and I think that's the first part of it.  
NOTE Confidence: 0.892280576666666

00:49:53.770 --> 00:49:57.350 I think cognitive behavioral therapy,  
NOTE Confidence: 0.8922805766666666

00:49:57.350 --> 00:50:00.044 DBT's are really good things,  
NOTE Confidence: 0.8922805766666666

00:50:00.044 --> 00:50:02.405 especially for kids with chronic  
NOTE Confidence: 0.8922805766666666

00:50:02.405 --> 00:50:05.309 suicide. We've been looking more at  
NOTE Confidence: 0.8922805766666666

00:50:05.310 --> 00:50:06.942 Ketamine and Esketamine.  
NOTE Confidence: 0.8922805766666666

00:50:06.942 --> 00:50:09.662 So these are new medications  
NOTE Confidence: 0.8922805766666666

00:50:09.662 --> 00:50:12.798 along that have an indication for  
NOTE Confidence: 0.8922805766666666

00:50:12.800 --> 00:50:14.850 treatment refractory depression in adults  
NOTE Confidence: 0.8922805766666666

00:50:14.850 --> 00:50:17.790 and also depression with the acute  
NOTE Confidence: 0.8922805766666666

00:50:17.790 --> 00:50:19.222 suicidal ideation and looking  
NOTE Confidence: 0.8922805766666666

00:50:19.222 --> 00:50:21.370 at whether they work in kids.  
NOTE Confidence: 0.8922805766666666

00:50:21.370 --> 00:50:23.810 And I think the real reason that we're  
NOTE Confidence: 0.8922805766666666

00:50:23.810 --> 00:50:25.129 interested in those interventions  
NOTE Confidence: 0.8922805766666666

00:50:25.129 --> 00:50:27.713 that at least in adults they show a  
NOTE Confidence: 0.8922805766666666

00:50:27.773 --> 00:50:30.117 larger benefit than a lot of the other  
NOTE Confidence: 0.8922805766666666

00:50:30.117 --> 00:50:32.062 second line treatments that we have



NOTE Confidence: 0.892280576666666

00:50:32.062 --> 00:50:34.090 available and that they work faster.

NOTE Confidence: 0.892280576666666

00:50:34.090 --> 00:50:37.240 So they may be particularly useful in

NOTE Confidence: 0.892280576666666

00:50:37.240 --> 00:50:39.509 these adolescents and patients when

NOTE Confidence: 0.892280576666666

00:50:39.509 --> 00:50:42.289 you look at just the practical fact

NOTE Confidence: 0.892280576666666

00:50:42.289 --> 00:50:44.620 of how big of a risk factor right

NOTE Confidence: 0.892280576666666

00:50:44.686 --> 00:50:46.720 when they start medication is,

NOTE Confidence: 0.892280576666666

00:50:46.720 --> 00:50:48.230 right when they get hospitalized

NOTE Confidence: 0.892280576666666

00:50:48.230 --> 00:50:50.280 or get released from the hospital,

NOTE Confidence: 0.892280576666666

00:50:50.280 --> 00:50:51.945 that's something that works better

NOTE Confidence: 0.892280576666666

00:50:51.945 --> 00:50:54.004 and faster would be something that

NOTE Confidence: 0.892280576666666

00:50:54.004 --> 00:50:55.336 would be really attractive.

NOTE Confidence: 0.823695345

00:50:57.830 --> 00:51:00.378 Rebecca, can I make one comment if I

NOTE Confidence: 0.823695345

00:51:00.378 --> 00:51:02.780 was just going to say one?

NOTE Confidence: 0.823695345

00:51:02.780 --> 00:51:04.332 First of all I just want to say

NOTE Confidence: 0.823695345

00:51:04.332 --> 00:51:06.205 this has been a really really

NOTE Confidence: 0.823695345

00:51:06.205 --> 00:51:07.296 interesting informative  
NOTE Confidence: 0.823695345

00:51:07.296 --> 00:51:09.176 set of presentations. Thank you.  
NOTE Confidence: 0.823695345

00:51:09.180 --> 00:51:11.428 And I just also wanted to just  
NOTE Confidence: 0.823695345

00:51:11.428 --> 00:51:13.986 make a comment really quick is that  
NOTE Confidence: 0.823695345

00:51:13.986 --> 00:51:16.840 I know we're focusing on adolescents,  
NOTE Confidence: 0.823695345

00:51:16.840 --> 00:51:19.402 but in fact the rates have gone  
NOTE Confidence: 0.823695345

00:51:19.402 --> 00:51:22.302 have been over the roof with the  
NOTE Confidence: 0.823695345

00:51:22.302 --> 00:51:24.452 young, younger children for the  
NOTE Confidence: 0.823695345

00:51:24.452 --> 00:51:27.100 first time in in my career.  
NOTE Confidence: 0.823695345

00:51:27.100 --> 00:51:30.390 And in fact the NIMH sent out  
NOTE Confidence: 0.823695345

00:51:30.390 --> 00:51:32.165 an announcement that they were  
NOTE Confidence: 0.823695345

00:51:32.165 --> 00:51:34.710 interested in how can we assess?  
NOTE Confidence: 0.823695345

00:51:34.710 --> 00:51:37.570 We need measures to develop,  
NOTE Confidence: 0.823695345

00:51:37.570 --> 00:51:38.932 people to develop  
NOTE Confidence: 0.823695345

00:51:38.932 --> 00:51:40.748 measures to assess suicide  
NOTE Confidence: 0.823695345

00:51:40.750 --> 00:51:43.096 ideation in young children.

NOTE Confidence: 0.823695345

00:51:43.096 --> 00:51:46.870 And so I know the anxiety program shared

NOTE Confidence: 0.823695345

00:51:46.870 --> 00:51:49.622 with you information about our projects,

NOTE Confidence: 0.823695345

00:51:49.622 --> 00:51:53.400 but we now have a funded project to

NOTE Confidence: 0.823695345

00:51:53.400 --> 00:51:56.510 develop a suicide ideation assessment

NOTE Confidence: 0.823695345

00:51:56.510 --> 00:51:58.806 measure in children 8 to 12.

NOTE Confidence: 0.823695345

00:51:58.806 --> 00:52:01.030 You do not need to be depressed or

NOTE Confidence: 0.823695345

00:52:01.101 --> 00:52:03.910 suicidal we're just developing the measure.

NOTE Confidence: 0.823695345

00:52:03.910 --> 00:52:05.823 So I guess I wanted to share that

NOTE Confidence: 0.823695345

00:52:05.823 --> 00:52:06.666 information with you

NOTE Confidence: 0.823695345

00:52:06.670 --> 00:52:07.440 because

NOTE Confidence: 0.885925815

00:52:07.850 --> 00:52:09.716 it is happening in children 8

NOTE Confidence: 0.885925815

00:52:09.716 --> 00:52:11.679 years old and 9 years old,

NOTE Confidence: 0.91934875

00:52:11.690 --> 00:52:15.070 and this is a big public health emergency,

NOTE Confidence: 0.91934875

00:52:15.070 --> 00:52:16.988 so we're doing some work on that.

NOTE Confidence: 0.91934875

00:52:16.990 --> 00:52:19.564 So I wanted to let people know about the

NOTE Confidence: 0.91934875

00:52:19.564 --> 00:52:23.010 problem and also about our latest study on

NOTE Confidence: 0.970480033333333

00:52:23.020 --> 00:52:24.478 this. Thank you.