WEBVTT

1 00:00:16.640 --> 00:00:22.160 When I was doing my clinical training, my main placement was at a community health center in a

2 00:00:22.160 --> 00:00:28.320 low-income area in Boston and there I worked with patients who had pretty extensive trauma

3 00:00:28.320 --> 00:00:34.320 histories, domestic abuse, sexual violence, and what I found was that I had been learning about

4 00:00:34.320 --> 00:00:39.200 all these empirically supported treatments for PTSD, which are effective, but on the other hand,

5 00:00:39.200 --> 00:00:44.160 my patients were dealing with more immediate life stressors, like they didn't have a place to live.

6 00:00:44.160 --> 00:00:47.920 And so a lot of my work with them was actually case management, so helping them

7 00:00:47.920 --> 00:00:54.480 navigate systems to secure the resources to gain some level of stability before we could dive into

8 00:00:54.480 --> 00:00:58.560 their histories and work on their actual psychological symptoms. And I think that

9 00:00:58.560 --> 00:01:04.400 showed me that you can't understand mental health without paying attention to the context

10 00:01:04.400 --> 00:01:09.760 and the social and economic stressors that trauma survivors face. And so in public health, I think

11 00:01:09.760 --> 00:01:14.640 we're able to look at those things simultaneously. So both the symptoms and treating symptoms but

12 00:01:14.640 --> 00:01:19.760 also thinking about systems and policies that both put people at risk for trauma, but then

13 00:01:20.400 --> 00:01:25.840 make their traumatic experiences even more negatively impactful.

14 00:01:32.720 --> 00:01:39.200 As a disaster mental health researcher, it was immediately apparent that the COVID-19 pandemic

15 00:01:39.200 --> 00:01:44.160 was going to be a mental health crisis. So when we think of disasters, we think of hurricanes

16 00:01:44.160 --> 00:01:49.520 or tornadoes or terrorist attacks, but this was similar in that it was affecting not just

17 00:01:49.520 --> 00:01:56.880 individuals but entire communities as well as social infrastructure. I've been fortunate at Yale

18 00:01:56.880 --> 00:02:03.680 to have been able to collaborate with students and colleagues on work related to the pandemic.

19 00:02:03.680 --> 00:02:09.919 One example, i had an MD/PhD student approach me interested in exploring how the pandemic was

20 00:02:09.919 --> 00:02:14.560 affecting health care workers, mental health across the country and we were able to work

21 00:02:14.560 --> 00:02:19.760 together to launch a survey of 25 academic medical centers throughout the country. We've

22 00:02:19.760 --> 00:02:24.720 been able to look at factors both related to their work but also to their social networks,

23 00:02:24.720 --> 00:02:29.120 their communities and also their perceptions of the local and federal government response to the

24 00:02:29.120 --> 00:02:35.840 pandemic and how that's influenced their levels of depression, anxiety, PTSD and alcohol use.

25 00:02:36.960 --> 00:02:41.040 I think for me as a researcher it's really exciting to be here and I've already been

26 00:02:41.040 --> 00:02:47.840 able to see how my collaborations at YSPH have been able to enrich and expand my work. You know,

27 00:02:47.840 --> 00:02:52.000 as a disaster researcher, something that is really challenging is that these events happen

28 00:02:52.640 --> 00:02:56.560 and time is of the essence. So you want to get out there quick to see what people are doing

29 00:02:56.560 --> 00:03:02.640 and how we support them and that's challenging. You need infrastructure to get your surveys out

30 00:03:02.640 --> 00:03:08.160 and you need funding. I can say in this pandemic, Yale was able to provide support to me and to

31 00:03:08.160 --> 00:03:12.880 my colleagues to do really cutting-edge research. Just observing my colleagues

32 00:03:12.880 --> 00:03:17.840 on the forefront of the response to the pandemic doing things like modeling transmission,

33 00:03:18.480 --> 00:03:24.880 understanding the genetics of the virus, that's been really really inspiring to see.

34 00:03:24.880 --> 00:03:27.920 The students that we get here have been absolutely

35 00:03:27.920 --> 00:03:32.960 brilliant but also really caring and kind people who are committed to

36 00:03:32.960 --> 00:03:45.840 social justice and bettering the world and that to me has been a joy to get to know them.