WEBVTT

NOTE Confidence: 0.9327808

00:00:00.000 --> 00:00:00.760 Here to be here

NOTE Confidence: 0.9327808

00:00:02.840 --> 00:00:04.838 and I'm just letting everyone know.

NOTE Confidence: 0.9327808

00:00:04.840 --> 00:00:07.018 I'm pipelining in from my private

NOTE Confidence: 0.9327808

00:00:07.018 --> 00:00:09.599 practice office in New York City where

NOTE Confidence: 0.9327808

00:00:09.599 --> 00:00:11.717 I maintain a very small practice.

NOTE Confidence: 0.9327808

00:00:11.720 --> 00:00:14.000 And despite the the various other

NOTE Confidence: 0.9327808

00:00:14.000 --> 00:00:16.600 things that I spend my time doing.

NOTE Confidence: 0.9327808

00:00:16.600 --> 00:00:18.640 Because I, you know, and I say that

NOTE Confidence: 0.9327808

00:00:18.640 --> 00:00:20.400 because I'm a clinician obviously,

NOTE Confidence: 0.9327808

00:00:20.400 --> 00:00:25.340 as well as a scientist and very pleased to

NOTE Confidence: 0.9327808

00:00:25.340 --> 00:00:29.275 be able to talk to you today about the,

NOTE Confidence: 0.9327808

00:00:29.275 --> 00:00:32.755 you know, sort of the state of science

NOTE Confidence: 0.9327808

00:00:32.755 --> 00:00:35.672 in our field and you know where

NOTE Confidence: 0.9327808

00:00:35.672 --> 00:00:38.360 where I think the field is going,

NOTE Confidence: 0.9327808

00:00:38.360 --> 00:00:41.000 hopefully the signal will hold.

NOTE Confidence: 0.9327808

00:00:41.000 --> 00:00:43.800 We're in the midst of a giant rainstorm,

NOTE Confidence: 0.9327808

00:00:43.800 --> 00:00:45.915 which I think is affecting you guys as well.

NOTE Confidence: 0.9327808

00:00:45.920 --> 00:00:49.018 But we just had a flash flood warning.

NOTE Confidence: 0.9327808

00:00:49.018 --> 00:00:51.962 So I'm going to share my screen now

NOTE Confidence: 0.9327808

00:00:51.962 --> 00:00:55.066 and spend some time talking about the

NOTE Confidence: 0.9327808

00:00:55.066 --> 00:00:57.862 landscape and then hopefully we'll have

NOTE Confidence: 0.9327808

00:00:57.862 --> 00:01:01.005 some time for some questions and discussion.

NOTE Confidence: 0.9327808

00:01:01.010 --> 00:01:02.450 So let's see.

NOTE Confidence: 0.9148234

00:01:04.490 --> 00:01:07.087 Are you guys seeing my presentation now?

NOTE Confidence: 0.9148234

00:01:07.090 --> 00:01:09.250 Yes, yes. OK, fantastic.

NOTE Confidence: 0.9148234

00:01:09.250 --> 00:01:11.836 I'm just going to get you

NOTE Confidence: 0.9148234

00:01:11.836 --> 00:01:13.327 out of my way a little bit.

NOTE Confidence: 0.9148234

00:01:13.330 --> 00:01:16.298 And then will take it away.

NOTE Confidence: 0.9148234

00:01:16.298 --> 00:01:17.908 So I've spent the bulk

NOTE Confidence: 0.9148234

00:01:17.908 --> 00:01:19.850 of my career as is mini,

NOTE Confidence: 0.9148234

00:01:19.850 --> 00:01:22.736 you know introduced it doing clinical

NOTE Confidence: 0.9148234

00:01:22.736 --> 00:01:26.209 multi single site and multi site trials.

NOTE Confidence: 0.9148234

00:01:26.210 --> 00:01:28.548 The single site trials I spent most

NOTE Confidence: 0.9148234

00:01:28.548 --> 00:01:30.809 of my career in New York City,

NOTE Confidence: 0.9148234

00:01:30.810 --> 00:01:33.014 working with agencies and

NOTE Confidence: 0.9148234

00:01:33.014 --> 00:01:35.769 communities in Harlem and Fort

NOTE Confidence: 0.9148234

00:01:35.769 --> 00:01:38.049 Washington and Upper Manhattan,

NOTE Confidence: 0.9148234

00:01:38.050 --> 00:01:40.482 mostly minoritized populations and

NOTE Confidence: 0.9148234

00:01:40.482 --> 00:01:43.522 testing different types of interventions,

NOTE Confidence: 0.9148234

00:01:43.530 --> 00:01:48.162 both behavioral and also combined

NOTE Confidence: 0.9148234

00:01:48.162 --> 00:01:50.283 pharmacotherapy interventions to

NOTE Confidence: 0.9148234

00:01:50.283 --> 00:01:52.548 address trauma, post traumatic stress,

NOTE Confidence: 0.9148234

00:01:52.550 --> 00:01:53.906 and substance use disorder.

NOTE Confidence: 0.9148234

00:01:53.906 --> 00:01:56.786 So the bulk of what I'm talking about

NOTE Confidence: 0.9148234

00:01:56.786 --> 00:01:59.540 kind of comes from my experiences here,

NOTE Confidence: 0.9148234

00:01:59.540 --> 00:02:02.410 although I have moved into the sphere

NOTE Confidence: 0.9148234

00:02:02.410 --> 00:02:05.486 of data science and using big data,

NOTE Confidence: 0.9148234

00:02:05.490 --> 00:02:09.221 which in our field you know constitutes

NOTE Confidence: 0.9148234

00:02:09.221 --> 00:02:11.202 pooling together clinical trials

NOTE Confidence: 0.9148234

00:02:11.202 --> 00:02:13.482 that are usually somewhere between

NOTE Confidence: 0.9148234

00:02:13.482 --> 00:02:16.648 50 and 100 participants per trial.

NOTE Confidence: 0.9148234

00:02:16.650 --> 00:02:19.810 So the big data allows us to look

NOTE Confidence: 0.9148234

00:02:19.810 --> 00:02:22.600 at sample sizes of like 4500 and

NOTE Confidence: 0.9148234

00:02:22.600 --> 00:02:24.730 and going up into the future.

NOTE Confidence: 0.9148234

00:02:24.730 --> 00:02:26.530 So I'll be talking about that

NOTE Confidence: 0.9148234

00:02:26.530 --> 00:02:28.810 as I think a promising Ave.

NOTE Confidence: 0.9148234

00:02:28.810 --> 00:02:34.046 for the future in before I get fully started.

NOTE Confidence: 0.9148234

00:02:34.050 --> 00:02:35.094 First of all,

NOTE Confidence: 0.9148234

00:02:35.094 --> 00:02:37.530 want to do a small land acknowledgement,

NOTE Confidence: 0.9148234

00:02:37.530 --> 00:02:41.116 just that where I am in New Jersey

NOTE Confidence: 0.9148234

00:02:41.116 --> 00:02:43.140 and also in New York City where we

NOTE Confidence: 0.9148234

00:02:43.205 --> 00:02:45.010 do our scholarship and research,

NOTE Confidence: 0.9148234

00:02:45.010 --> 00:02:47.962 it stands on the land that is ancestral

NOTE Confidence: 0.9148234

00:02:47.962 --> 00:02:50.129 territory of the Lenape peoples.

NOTE Confidence: 0.9148234

00:02:50.130 --> 00:02:53.010 And we pay respect to indigenous

NOTE Confidence: 0.9148234

00:02:53.010 --> 00:02:54.930 peoples throughout this diaspora,

NOTE Confidence: 0.9148234

00:02:54.930 --> 00:02:57.022 past, present and future,

NOTE Confidence: 0.9148234

00:02:57.022 --> 00:03:00.160 honoring all those who've been historically

NOTE Confidence: 0.9148234

00:03:00.238 --> 00:03:02.398 and systematically disenfranchised

NOTE Confidence: 0.9148234

00:03:02.398 --> 00:03:04.452 And acknowledge that New York,

NOTE Confidence: 0.9148234

00:03:04.452 --> 00:03:06.450 New Jersey and the United States

NOTE Confidence: 0.9148234

00:03:06.515 --> 00:03:08.495 was founded upon exclusions and

NOTE Confidence: 0.9148234

00:03:08.495 --> 00:03:10.079 erasures of indigenous peoples.

NOTE Confidence: 0.9148234

00:03:10.080 --> 00:03:11.340 And that's the disclosure that

NOTE Confidence: 0.9148234

00:03:11.340 --> 00:03:12.600 I would like to make.

NOTE Confidence: 0.9148234

00:03:12.600 --> 00:03:15.785 I have no other disclosures other than

NOTE Confidence: 0.9148234

00:03:15.785 --> 00:03:19.542 my my career long funding with the

NOTE Confidence: 0.9148234

00:03:19.542 --> 00:03:22.597 the National Institutes of Health.

NOTE Confidence: 0.9148234

00:03:22.600 --> 00:03:25.120 So just to bring us right to the our,

NOTE Confidence: 0.9148234

00:03:25.120 --> 00:03:28.720 our who we work with and what you

NOTE Confidence: 0.9148234

00:03:28.720 --> 00:03:31.030 know what it feels like for patients,

NOTE Confidence: 0.9148234

00:03:31.030 --> 00:03:34.230 for individuals with lived experience

NOTE Confidence: 0.9148234

00:03:34.230 --> 00:03:37.374 who have both traumatic stress related

NOTE Confidence: 0.9148234

00:03:37.374 --> 00:03:40.270 problems and also substance use problems.

NOTE Confidence: 0.9148234

00:03:40.270 --> 00:03:42.910 I know it ravages my life.

NOTE Confidence: 0.9148234

00:03:42.910 --> 00:03:45.110 But when I'm high I don't have to feel it.

NOTE Confidence: 0.9148234

00:03:45.110 --> 00:03:48.568 The trauma in my body, in my soul.

NOTE Confidence: 0.9148234

00:03:48.568 --> 00:03:50.888 I can disappear a few hours,

NOTE Confidence: 0.9148234

00:03:50.888 --> 00:03:53.022 a few days, a few weeks,

NOTE Confidence: 0.9148234

00:03:53.022 --> 00:03:55.566 a break from those relentless memories.

NOTE Confidence: 0.9148234

00:03:55.570 --> 00:03:58.104 Well, at least I'll know exactly how

NOTE Confidence: 0.9148234

00:03:58.104 --> 00:04:00.929 I will feel when I use substances,

NOTE Confidence: 0.9148234

00:04:00.930 --> 00:04:03.010 good, bad or ugly.

NOTE Confidence: 0.9148234

00:04:03.010 --> 00:04:03.530 Otherwise,

NOTE Confidence: 0.9148234

00:04:03.530 --> 00:04:05.130 I'm all over the place.

NOTE Confidence: 0.9148234

00:04:05.130 --> 00:04:08.328 These are some of the sentiments

NOTE Confidence: 0.9148234

00:04:08.328 --> 00:04:11.014 of individuals who we strive

NOTE Confidence: 0.9148234

00:04:11.014 --> 00:04:13.724 to help with their conditions.

NOTE Confidence: 0.9148234

00:04:13.730 --> 00:04:18.149 And I'm very happy to say as as a

NOTE Confidence: 0.9148234

00:04:18.149 --> 00:04:21.082 starting point that we have a lot

NOTE Confidence: 0.9148234

00:04:21.082 --> 00:04:22.810 of answers that we didn't have.

NOTE Confidence: 0.9148234

00:04:22.810 --> 00:04:23.374 You know,

NOTE Confidence: 0.9148234

00:04:23.374 --> 00:04:26.082 in over the decades of all of us who've

NOTE Confidence: 0.9148234

00:04:26.082 --> 00:04:29.130 been and doing research in this these areas,

NOTE Confidence: 0.9148234

00:04:29.130 --> 00:04:31.769 it's really led to a groundswell of

NOTE Confidence: 0.9148234

00:04:31.769 --> 00:04:34.648 knowledge that I'm going to share with you.

NOTE Confidence: 0.9148234

00:04:34.650 --> 00:04:36.940 You know sort of the big picture of what do

NOTE Confidence: 0.9198386

00:04:36.997 --> 00:04:39.279 we know in terms of comorbidity and

NOTE Confidence: 0.9198386

00:04:39.279 --> 00:04:41.584 consequences, what do we know in terms

NOTE Confidence: 0.9198386

00:04:41.584 --> 00:04:44.670 of the science of integrated PTSD&amp;SUD

NOTE Confidence: 0.9198386

00:04:44.670 --> 00:04:47.971 care and then how do we apply it

NOTE Confidence: 0.9198386

00:04:47.971 --> 00:04:49.810 in integrated treatment frameworks.

NOTE Confidence: 0.9198386

00:04:49.810 --> 00:04:52.099 And really the challenge for all of

NOTE Confidence: 0.9198386

00:04:52.099 --> 00:04:54.696 us who are are continuing to work

NOTE Confidence: 0.9198386

00:04:54.696 --> 00:04:56.716 in this field is dissemination,

NOTE Confidence: 0.9198386

00:04:56.720 --> 00:04:58.268 dissemination, adoption, dissemination.

NOTE Confidence: 0.9198386

00:04:58.268 --> 00:05:01.880 Because even though we know a lot,

NOTE Confidence: 0.9198386

00:05:01.880 --> 00:05:04.576 there is still a gap and a barrier

NOTE Confidence: 0.9198386

00:05:04.576 --> 00:05:07.184 between what we do know as from our

NOTE Confidence: 0.9198386

00:05:07.184 --> 00:05:09.905 science and from our clinical trials and

NOTE Confidence: 0.9198386

00:05:09.905 --> 00:05:12.250 what is being practiced in the community.

NOTE Confidence: 0.9198386

00:05:12.250 --> 00:05:15.130 Even though we do know a lot more.

NOTE Confidence: 0.9198386

00:05:15.130 --> 00:05:17.578 And you know from your agencies and working

NOTE Confidence: 0.9198386

00:05:17.578 --> 00:05:19.488 with agencies the concepts of trauma,

NOTE Confidence: 0.9198386

00:05:19.490 --> 00:05:21.458 informed care and the importance of

NOTE Confidence: 0.9198386

00:05:21.458 --> 00:05:23.990 doing work in these spaces and bringing

NOTE Confidence: 0.9198386

00:05:23.990 --> 00:05:25.915 together people with substance use

NOTE Confidence: 0.9198386

00:05:25.915 --> 00:05:28.424 and mental health issues broadly.

NOTE Confidence: 0.9198386

00:05:28.424 --> 00:05:32.020 But we still have a lot of,

NOTE Confidence: 0.9198386

00:05:32.020 --> 00:05:36.604 a lot of room to still do work and

NOTE Confidence: 0.9198386

00:05:36.604 --> 00:05:38.268 understand more about dissemination

NOTE Confidence: 0.9198386

00:05:38.268 --> 00:05:39.100 and implementation.

NOTE Confidence: 0.9198386

00:05:39.100 --> 00:05:39.664 So first,

NOTE Confidence: 0.9198386

00:05:39.664 --> 00:05:41.638 what do we know about the scope

NOTE Confidence: 0.9198386

00:05:41.638 --> 00:05:44.189 of the problem And this is a slide

NOTE Confidence: 0.9198386

00:05:44.189 --> 00:05:46.340 that everyone has seen that speaks

NOTE Confidence: 0.9198386

00:05:46.340 --> 00:05:48.100 to opioid overdose deaths,

NOTE Confidence: 0.9198386

00:05:48.100 --> 00:05:50.270 which is one way that we have,

NOTE Confidence: 0.9198386

00:05:50.270 --> 00:05:52.028 you know, come to understand this,

NOTE Confidence: 0.9198386

00:05:52.030 --> 00:05:55.010 the significance of the problem

NOTE Confidence: 0.9198386

00:05:55.010 --> 00:05:57.990 of addiction in our country.

NOTE Confidence: 0.9198386

00:05:57.990 --> 00:05:58.950 And these numbers,

NOTE Confidence: 0.9198386

00:05:58.950 --> 00:06:01.650 you know are now upwards of 100,000

NOTE Confidence: 0.9198386

00:06:01.650 --> 00:06:05.642 deaths per year through due to opioids,

NOTE Confidence: 0.9198386

00:06:05.642 --> 00:06:07.472 prescription drugs, synthetics, fentanyl.

NOTE Confidence: 0.9198386

00:06:07.472 --> 00:06:10.478 It's really shifted over to fentanyl

NOTE Confidence: 0.9198386

00:06:10.478 --> 00:06:13.308 and now other other substances.

NOTE Confidence: 0.9198386

00:06:13.310 --> 00:06:15.592 But you know,

NOTE Confidence: 0.9198386

00:06:15.592 --> 00:06:18.648 we and and as a nation we've come to

NOTE Confidence: 0.9198386

00:06:18.648 --> 00:06:21.354 some understanding of the importance of,

NOTE Confidence: 0.9198386

00:06:21.360 --> 00:06:22.314 you know,

NOTE Confidence: 0.9198386

00:06:22.314 --> 00:06:25.176 D stigmatizing addiction as as the

NOTE Confidence: 0.9198386

00:06:25.176 --> 00:06:28.675 rates of deaths of white young men

NOTE Confidence: 0.9198386

00:06:28.675 --> 00:06:31.400 actually were rising most dramatically.

NOTE Confidence: 0.9198386

00:06:31.400 --> 00:06:34.880 And I think really tapped the

NOTE Confidence: 0.9198386

00:06:34.880 --> 00:06:37.010 nation's understanding in a way

NOTE Confidence: 0.9198386

00:06:37.010 --> 00:06:39.666 that the substance use, you know,

NOTE Confidence: 0.9198386

00:06:39.666 --> 00:06:42.031 criminalization of substance use and

NOTE Confidence: 0.9198386

00:06:42.031 --> 00:06:44.907 problems that have faced our black

NOTE Confidence: 0.9198386

00:06:44.907 --> 00:06:46.780 and brown communities, you know,

NOTE Confidence: 0.9198386

00:06:46.780 --> 00:06:48.250 have been going on for decades.

NOTE Confidence: 0.9198386

00:06:48.250 --> 00:06:50.170 You know as since the Rockefeller

NOTE Confidence: 0.9198386

00:06:50.170 --> 00:06:52.042 laws were in place, you know,

NOTE Confidence: 0.9198386

00:06:52.042 --> 00:06:52.930 prior to Nixon,

NOTE Confidence: 0.9198386

00:06:52.930 --> 00:06:53.398 you know,

NOTE Confidence: 0.9198386

00:06:53.398 --> 00:06:55.610 so it's been going on for a long time.

NOTE Confidence: 0.9198386

00:06:55.610 --> 00:06:57.444 But it I still think it's good

NOTE Confidence: 0.9198386

00:06:57.444 --> 00:06:59.482 that we have more recognition about

NOTE Confidence: 0.9198386

11

00:06:59.482 --> 00:07:01.462 the importance of addiction and

NOTE Confidence: 0.9198386

00:07:01.462 --> 00:07:02.930 and facing addiction.

NOTE Confidence: 0.9198386

00:07:02.930 --> 00:07:05.798 And just to show that in

NOTE Confidence: 0.9198386

00:07:05.798 --> 00:07:07.886 in the curves that we see,

NOTE Confidence: 0.9198386

00:07:07.890 --> 00:07:10.340 there's sort of it's there's a coming

NOTE Confidence: 0.9198386

00:07:10.340 --> 00:07:13.247 down in terms of opioid overdose deaths.

NOTE Confidence: 0.9198386

00:07:13.250 --> 00:07:15.650 It's still a steep increase

NOTE Confidence: 0.9198386

00:07:15.650 --> 00:07:17.570 for for white populations.

NOTE Confidence: 0.9198386

00:07:17.570 --> 00:07:20.650 But what we see is that the

NOTE Confidence: 0.9198386

00:07:20.650 --> 00:07:23.650 rise for individuals,

NOTE Confidence: 0.9198386

00:07:23.650 --> 00:07:27.080 you know from Latinx and African American

NOTE Confidence: 0.9198386

00:07:27.080 --> 00:07:29.889 backgrounds continues to steeply increase.

NOTE Confidence: 0.9198386

00:07:29.890 --> 00:07:33.432 And with the fentanyl and also cocaine

NOTE Confidence: 0.9198386

00:07:33.432 --> 00:07:36.609 combinations that have really been lethal,

NOTE Confidence: 0.9198386

00:07:36.610 --> 00:07:39.410 this is not a problem that we've cracked

NOTE Confidence: 0.9198386

00:07:39.410 --> 00:07:42.192 the code on and we still need to do

NOTE Confidence: 0.9198386

00:07:42.192 --> 00:07:44.614 much more and really be focusing in

NOTE Confidence: 0.9198386

00:07:44.614 --> 00:07:47.568 on our our black and brown communities.

NOTE Confidence: 0.9198386

00:07:47.570 --> 00:07:49.250 So more broadly,

NOTE Confidence: 0.9198386

00:07:49.250 --> 00:07:49.810 however,

NOTE Confidence: 0.9198386

00:07:49.810 --> 00:07:50.930 than mortality,

NOTE Confidence: 0.9198386

00:07:50.930 --> 00:07:54.818 we also need to understand more

NOTE Confidence: 0.9198386

00:07:54.818 --> 00:07:57.850 about the epidemiology of substance

NOTE Confidence: 0.9198386

00:07:57.850 --> 00:08:00.490 use in its relationship to other

NOTE Confidence: 0.9198386

00:08:00.490 --> 00:08:01.810 mental health conditions.

NOTE Confidence: 0.9198386

00:08:01.810 --> 00:08:04.113 M5 allows us to have a more

NOTE Confidence: 0.9198386

00:08:04.113 --> 00:08:05.100 of a continuum

NOTE Confidence: 0.92250425

00:08:05.186 --> 00:08:08.098 model when we think about how substance

NOTE Confidence: 0.92250425

00:08:08.098 --> 00:08:11.310 use what role it plays in the lives of

NOTE Confidence: 0.92250425

00:08:11.310 --> 00:08:13.548 individuals in our country, for example.

NOTE Confidence: 0.92250425

00:08:13.550 --> 00:08:15.798 And so we have a more continuous model

NOTE Confidence: 0.92250425

13

00:08:15.798 --> 00:08:18.250 that has helped us look at categories

NOTE Confidence: 0.92250425

00:08:18.250 --> 00:08:20.660 of impaired control, social problems,

NOTE Confidence: 0.92250425

00:08:20.660 --> 00:08:23.935 risky use and physical dependence.

NOTE Confidence: 0.92250425

00:08:23.940 --> 00:08:27.020 And we also can think about levels of

NOTE Confidence: 0.92250425

00:08:27.020 --> 00:08:30.036 severity of use from at risk all the

NOTE Confidence: 0.92250425

00:08:30.036 --> 00:08:32.900 way up through severe severe addiction.

NOTE Confidence: 0.92250425

00:08:32.900 --> 00:08:35.756 And this continuum model has helped us

NOTE Confidence: 0.92250425

00:08:35.756 --> 00:08:39.298 to re to understand how many people in

NOTE Confidence: 0.92250425

00:08:39.298 --> 00:08:41.728 our country are affected by substance

NOTE Confidence: 0.92250425

00:08:41.728 --> 00:08:44.220 use of all kinds and we include

NOTE Confidence: 0.92250425

00:08:44.293 --> 00:08:46.579 alcohol here and illicit drug use,

NOTE Confidence: 0.92250425

00:08:46.580 --> 00:08:49.898 cannabis use disorders down the line.

NOTE Confidence: 0.92250425

00:08:49.900 --> 00:08:51.220 But you see that we're,

NOTE Confidence: 0.92250425

00:08:51.220 --> 00:08:56.764 we're dealing with 40 million people who,

NOTE Confidence: 0.92250425

00:08:56.770 --> 00:08:58.765 you know are part of our our,

NOTE Confidence: 0.92250425

00:08:58.770 --> 00:09:02.430 our pool of individuals who are

NOTE Confidence: 0.92250425

00:09:02.430 --> 00:09:04.870 struggling with substance use

NOTE Confidence: 0.92250425

00:09:04.970 --> 00:09:08.168 at some level of of harmfulness.

NOTE Confidence: 0.92250425

00:09:08.170 --> 00:09:09.742 And I show this even though

NOTE Confidence: 0.92250425

00:09:09.742 --> 00:09:11.090 it's a little bit old,

NOTE Confidence: 0.92250425

00:09:11.090 --> 00:09:13.680 older with a different definition

NOTE Confidence: 0.92250425

00:09:13.680 --> 00:09:15.234 of substance use.

NOTE Confidence: 0.92250425

00:09:15.240 --> 00:09:17.840 So it's a much lower number from 2016,

NOTE Confidence: 0.92250425

00:09:17.840 --> 00:09:20.108 but basically to show the disparity

NOTE Confidence: 0.92250425

00:09:20.108 --> 00:09:22.633 between those who are struggling with

NOTE Confidence: 0.92250425

00:09:22.633 --> 00:09:25.459 substance use problems and those are

NOTE Confidence: 0.92250425

00:09:25.459 --> 00:09:27.599 actually receiving any kind of care,

NOTE Confidence: 0.92250425

00:09:27.600 --> 00:09:30.600 which is a small fraction.

NOTE Confidence: 0.92250425

00:09:30.600 --> 00:09:33.600 And that continues to this day,

NOTE Confidence: 0.92250425

00:09:33.600 --> 00:09:36.760 including medications for opioid use

NOTE Confidence: 0.92250425

00:09:36.760 --> 00:09:38.716 treatment and other kinds of treatment.

NOTE Confidence: 0.92250425

00:09:38.720 --> 00:09:40.520 And and it still remains true

NOTE Confidence: 0.92250425

00:09:40.520 --> 00:09:42.360 that people don't seek treatment.

NOTE Confidence: 0.92250425

00:09:42.360 --> 00:09:44.936 A lot of people don't seek treatment

NOTE Confidence: 0.92250425

00:09:44.936 --> 00:09:47.046 because they're not ready to stop

NOTE Confidence: 0.92250425

00:09:47.046 --> 00:09:49.400 using a lot of barriers that

NOTE Confidence: 0.92250425

00:09:49.400 --> 00:09:52.600 have to do with access to care.

NOTE Confidence: 0.92250425

00:09:52.600 --> 00:09:55.720 And then stigma is another huge,

NOTE Confidence: 0.92250425

00:09:55.720 --> 00:09:57.988 huge area that we need to do

NOTE Confidence: 0.92250425

00:09:57.988 --> 00:10:00.728 better to sort of help, you know,

NOTE Confidence: 0.92250425

00:10:00.728 --> 00:10:02.996 encourage people to seek treatment.

NOTE Confidence: 0.92250425

00:10:02.996 --> 00:10:05.222 Because we do have a lot of

NOTE Confidence: 0.92250425

00:10:05.222 --> 00:10:06.720 treatments that actually work,

NOTE Confidence: 0.92250425

00:10:06.720 --> 00:10:08.617 whether they're from a medication point of

NOTE Confidence: 0.92250425

00:10:08.617 --> 00:10:10.760 view or from behavioral or combination,

NOTE Confidence: 0.92250425

00:10:10.760 --> 00:10:12.776 which I'm going to tell you about.

NOTE Confidence: 0.92250425

00:10:12.780 --> 00:10:13.788 So people,

NOTE Confidence: 0.92250425

00:10:13.788 --> 00:10:16.308 another reason that people don't

NOTE Confidence: 0.92250425

00:10:16.308 --> 00:10:19.698 seek or receive adequate care is that

NOTE Confidence: 0.92250425

00:10:19.700 --> 00:10:21.620 people who have comorbidities often

NOTE Confidence: 0.92250425

00:10:21.620 --> 00:10:24.259 don't get the care that they need.

NOTE Confidence: 0.92250425

00:10:24.260 --> 00:10:26.220 So those who live with a mental illness,

NOTE Confidence: 0.92250425

00:10:26.220 --> 00:10:27.036 for example,

NOTE Confidence: 0.92250425

00:10:27.036 --> 00:10:30.300 are at a much higher likelihood of using

NOTE Confidence: 0.92250425

00:10:30.377 --> 00:10:33.380 drugs and alcohol than those who don't.

NOTE Confidence: 0.92250425

00:10:33.380 --> 00:10:35.740 So here this is,

NOTE Confidence: 0.92250425

00:10:35.740 --> 00:10:39.366 you know 50% of those with SMI and

NOTE Confidence: 0.92250425

00:10:39.366 --> 00:10:43.134 40% of those with acute mental

NOTE Confidence: 0.92250425

00:10:43.134 --> 00:10:45.219 illness disorders have used illicit

NOTE Confidence: 0.92250425

00:10:45.219 --> 00:10:47.979 drugs in the past year compared to

NOTE Confidence: 0.92250425

00:10:47.980 --> 00:10:50.684 only 17% of adults 18 years of age

NOTE Confidence: 0.92250425

00:10:50.684 --> 00:10:53.259 or older with no mental illness.

NOTE Confidence: 0.92250425

00:10:53.260 --> 00:10:55.312 So this is recent.

NOTE Confidence: 0.92250425

00:10:55.312 --> 00:10:56.662 And so the,

NOTE Confidence: 0.92250425

00:10:56.662 --> 00:10:59.238 the main point to get across the big

NOTE Confidence: 0.92250425

00:10:59.238 --> 00:11:01.400 elephant in the room that unfortunately

NOTE Confidence: 0.92250425

00:11:01.400 --> 00:11:04.339 continues to be you know plague ourselves.

NOTE Confidence: 0.92250425

00:11:04.340 --> 00:11:05.016 Our systems,

NOTE Confidence: 0.92250425

00:11:05.016 --> 00:11:07.382 our systems of care are not set

NOTE Confidence: 0.92250425

00:11:07.382 --> 00:11:09.460 up to address comorbidity,

NOTE Confidence: 0.92250425

00:11:09.460 --> 00:11:12.410 but comorbidity is the norm,

NOTE Confidence: 0.92250425

00:11:12.410 --> 00:11:13.856 not the exception.

NOTE Confidence: 0.92250425

00:11:13.856 --> 00:11:17.230 And so we need to really get

NOTE Confidence: 0.92250425

00:11:17.338 --> 00:11:19.554 that through to you know,

NOTE Confidence: 0.92250425

00:11:19.554 --> 00:11:21.850 in terms of our thinking in order

NOTE Confidence: 0.92250425

00:11:21.929 --> 00:11:23.927 to really be able to address

NOTE Confidence: 0.92250425

00:11:23.930 --> 00:11:25.070 our nation's problem.

NOTE Confidence: 0.92250425

00:11:25.070 --> 00:11:27.116 So for example, even in,

NOTE Confidence: 0.92250425

00:11:27.116 --> 00:11:28.022 you know,

NOTE Confidence: 0.92250425

00:11:28.022 --> 00:11:30.287 the big rollout of medications

NOTE Confidence: 0.92250425

00:11:30.287 --> 00:11:32.629 for opioid use disorders,

NOTE Confidence: 0.92250425

00:11:32.630 --> 00:11:35.186 most of the people that have

NOTE Confidence: 0.940939035294118

00:11:35.190 --> 00:11:37.590 opioid use disorders also have severe

NOTE Confidence: 0.940939035294118

00:11:37.590 --> 00:11:39.701 trauma and trauma related conditions

NOTE Confidence: 0.940939035294118

00:11:39.701 --> 00:11:42.365 and depression and other mental health

NOTE Confidence: 0.940939035294118

00:11:42.370 --> 00:11:46.164 conditions and as well as physical problems.

NOTE Confidence: 0.940939035294118

00:11:46.170 --> 00:11:48.298 But our our care systems are really not

NOTE Confidence: 0.940939035294118

00:11:48.298 --> 00:11:50.810 set up to deliver these kinds of things.

NOTE Confidence: 0.940939035294118

00:11:50.810 --> 00:11:52.568 So if we can deliver medications,

NOTE Confidence: 0.940939035294118

00:11:52.570 --> 00:11:55.582 which is really lifesaving and very

NOTE Confidence: 0.940939035294118

00:11:55.582 --> 00:11:57.582 important, don't get me wrong.

NOTE Confidence: 0.940939035294118

00:11:57.582 --> 00:12:00.645 But we still have to figure out how

NOTE Confidence: 0.940939035294118

00:12:00.645 --> 00:12:02.595 to get mental health interventions

NOTE Confidence: 0.940939035294118

00:12:02.595 --> 00:12:05.385 that work into these populations and

NOTE Confidence: 0.940939035294118

00:12:05.385 --> 00:12:08.580 also how to work with those 50% of

NOTE Confidence: 0.940939035294118

00:12:08.580 --> 00:12:10.610 people who aren't ready to get help.

NOTE Confidence: 0.940939035294118

00:12:10.610 --> 00:12:13.507 And so I just was heard a talk from one

NOTE Confidence: 0.940939035294118

00:12:13.507 --> 00:12:15.529 of our postdocs at Columbia University,

NOTE Confidence: 0.940939035294118

00:12:15.530 --> 00:12:16.925 Manesh Gopal Dus,

NOTE Confidence: 0.940939035294118

00:12:16.925 --> 00:12:20.530 who does work on adherence and looks at,

NOTE Confidence: 0.940939035294118

00:12:20.530 --> 00:12:22.866 looked at one of the CTN Xbox

NOTE Confidence: 0.940939035294118

00:12:22.866 --> 00:12:26.495 studies and looked at adherence to

NOTE Confidence: 0.940939035294118

00:12:26.495 --> 00:12:30.605 opioid use treatment in the study.

NOTE Confidence: 0.940939035294118

00:12:30.610 --> 00:12:32.066 And basically, you know,

NOTE Confidence: 0.940939035294118

00:12:32.066 --> 00:12:33.886 people were adherent early on

NOTE Confidence: 0.940939035294118

00:12:33.886 --> 00:12:36.168 and then over the course of time

NOTE Confidence: 0.940939035294118

00:12:36.168 --> 00:12:38.030 became less and less adherent.

NOTE Confidence: 0.940939035294118

00:12:38.030 --> 00:12:42.058 And those only those who actually got

NOTE Confidence: 0.940939035294118

00:12:42.058 --> 00:12:45.586 stayed with some types of medications.

NOTE Confidence: 0.940939035294118

00:12:45.590 --> 00:12:48.590 The the rates of other treatments

NOTE Confidence: 0.940939035294118

00:12:48.590 --> 00:12:49.394 increased dramatically.

NOTE Confidence: 0.940939035294118

00:12:49.394 --> 00:12:52.208 And I suspect that those other treatments

NOTE Confidence: 0.940939035294118

00:12:52.208 --> 00:12:54.712 were some of the behavioral other

NOTE Confidence: 0.940939035294118

00:12:54.712 --> 00:12:56.752 interventions for mental health conditions

NOTE Confidence: 0.940939035294118

00:12:56.811 --> 00:12:59.107 that may have helped them along the way.

NOTE Confidence: 0.940939035294118

00:12:59.110 --> 00:13:01.014 But we we we don't have a

NOTE Confidence: 0.940939035294118

00:13:01.014 --> 00:13:02.629 magic bullet at this point.

NOTE Confidence: 0.940939035294118

00:13:02.630 --> 00:13:04.933 And so we need to kind of

NOTE Confidence: 0.940939035294118

00:13:04.933 --> 00:13:06.670 have all hands on deck.

NOTE Confidence: 0.940939035294118

00:13:06.670 --> 00:13:08.868 The other thing I will just mention

NOTE Confidence: 0.940939035294118

00:13:08.868 --> 00:13:11.028 that we learn from the pandemic,

NOTE Confidence: 0.940939035294118

00:13:11.030 --> 00:13:13.354 all of us learned in real time

NOTE Confidence: 0.940939035294118

00:13:13.354 --> 00:13:15.498 is that there was this collision

NOTE Confidence: 0.940939035294118

00:13:15.498 --> 00:13:17.983 And so we all know about the

NOTE Confidence: 0.940939035294118

00:13:18.063 --> 00:13:20.709 inequalities and access to care for

NOTE Confidence: 0.940939035294118

00:13:20.710 --> 00:13:25.680 for COVID related health conditions.

NOTE Confidence: 0.940939035294118

00:13:25.680 --> 00:13:28.956 We also were dealing with the

NOTE Confidence: 0.940939035294118

00:13:28.956 --> 00:13:30.594 epidemic of opioid,

NOTE Confidence: 0.940939035294118

00:13:30.600 --> 00:13:33.722 of the opioid epidemic and we were

NOTE Confidence: 0.940939035294118

00:13:33.722 --> 00:13:36.817 all aware of the epidemic of racism

NOTE Confidence: 0.940939035294118

00:13:36.817 --> 00:13:39.571 with George Floyd's killing and others

NOTE Confidence: 0.940939035294118

00:13:39.571 --> 00:13:42.400 that you know brought our attention.

NOTE Confidence: 0.940939035294118

00:13:42.400 --> 00:13:45.736 So we've talked about the idea that these

NOTE Confidence: 0.940939035294118

00:13:45.736 --> 00:13:48.560 were really a condition of syndemic,

NOTE Confidence: 0.940939035294118

00:13:48.560 --> 00:13:51.927 which is the collision of multiple epidemics.

NOTE Confidence: 0.940939035294118

00:13:51.930 --> 00:13:52.840 And I,

NOTE Confidence: 0.940939035294118

00:13:52.840 --> 00:13:53.750 you know,

NOTE Confidence: 0.940939035294118

00:13:53.750 --> 00:13:56.025 we've argued that traumatic stress

NOTE Confidence: 0.940939035294118

00:13:56.025 --> 00:13:58.507 really forms one of the core elements

NOTE Confidence: 0.940939035294118

00:13:58.507 --> 00:14:00.883 that we hear a lot of people now

NOTE Confidence: 0.940939035294118

00:14:00.883 --> 00:14:02.945 talking about social determinants of

NOTE Confidence: 0.940939035294118

00:14:02.945 --> 00:14:04.342 health influencing the likelihood

NOTE Confidence: 0.940939035294118

00:14:04.342 --> 00:14:06.286 that people are going to get

NOTE Confidence: 0.940939035294118

00:14:06.286 --> 00:14:08.206 the kind of care that they need.

NOTE Confidence: 0.940939035294118

00:14:08.210 --> 00:14:09.866 And certainly when we think of

NOTE Confidence: 0.940939035294118

00:14:09.866 --> 00:14:10.970 social determinants of stress,

NOTE Confidence: 0.940939035294118

00:14:10.970 --> 00:14:13.959 we also have to recognize that trauma

NOTE Confidence: 0.940939035294118

00:14:13.959 --> 00:14:17.138 goes part and parcel with with those

NOTE Confidence: 0.940939035294118

00:14:17.138 --> 00:14:19.358 social determinants like lack of,

NOTE Confidence: 0.940939035294118

00:14:19.360 --> 00:14:21.280 you know, access to healthcare,

NOTE Confidence: 0.940939035294118

00:14:21.280 --> 00:14:21.851 housing,

NOTE Confidence: 0.940939035294118

00:14:21.851 --> 00:14:22.422 poverty,

NOTE Confidence: 0.940939035294118

00:14:22.422 --> 00:14:25.629 nutrition and all those things that

NOTE Confidence: 0.940939035294118

00:14:25.629 --> 00:14:28.421 people who are of color and also come

NOTE Confidence: 0.940939035294118

00:14:28.421 --> 00:14:31.680 from lower socioeconomic circumstances are,

NOTE Confidence: 0.940939035294118

23

00:14:31.680 --> 00:14:33.920 are dealing with and facing.

NOTE Confidence: 0.940939035294118

00:14:33.920 --> 00:14:36.370 So turning our attention to one of

NOTE Confidence: 0.940939035294118

00:14:36.370 --> 00:14:38.178 the bigger trauma related conditions

NOTE Confidence: 0.940939035294118

00:14:38.178 --> 00:14:41.400 that many of you here I know are very

NOTE Confidence: 0.940939035294118

00:14:41.400 --> 00:14:43.420 interested in and it contributed

NOTE Confidence: 0.940939035294118

00:14:43.420 --> 00:14:46.210 greatly to the science of this is

NOTE Confidence: 0.940939035294118

00:14:46.210 --> 00:14:48.550 one of the problem Post traumatic

NOTE Confidence: 0.940939035294118

00:14:48.550 --> 00:14:50.785 stress affects 8 million people

NOTE Confidence: 0.940939035294118

00:14:50.785 --> 00:14:52.545 in the United States.

NOTE Confidence: 0.940939035294118

00:14:52.550 --> 00:14:54.188 I'm not going to go into all

NOTE Confidence: 0.940939035294118

00:14:54.188 --> 00:14:55.629 of the criterion risk factors,

NOTE Confidence: 0.940939035294118

00:14:55.630 --> 00:14:59.024 but we know that you know social

NOTE Confidence: 0.940939035294118

00:14:59.024 --> 00:15:02.090 determinants are are some of them and

NOTE Confidence: 0.92909306

00:15:02.179 --> 00:15:05.105 also you know the predisposition and

NOTE Confidence: 0.92909306

00:15:05.105 --> 00:15:07.602 I'll talk a little bit about some of

NOTE Confidence: 0.92909306

00:15:07.602 --> 00:15:09.432 the pathways to addiction that overlap

NOTE Confidence: 0.92909306

00:15:09.432 --> 00:15:11.926 for those with PTSD and substance use.

NOTE Confidence: 0.92909306

00:15:11.926 --> 00:15:15.676 But we also know that more women than men

NOTE Confidence: 0.92909306

00:15:15.676 --> 00:15:19.309 develop PTSD when exposed to a trauma Puma.

NOTE Confidence: 0.92909306

00:15:19.310 --> 00:15:21.050 But still it cost.

NOTE Confidence: 0.92909306

00:15:21.050 --> 00:15:26.630 It exacts a huge toll on our economy and

NOTE Confidence: 0.92909306

00:15:26.630 --> 00:15:30.067 the kinds of symptoms we're talking about.

NOTE Confidence: 0.92909306

00:15:30.070 --> 00:15:32.366 You know, when we think about, you know,

NOTE Confidence: 0.92909306

00:15:32.366 --> 00:15:34.306 certainly the hallmark symptoms of

NOTE Confidence: 0.92909306

00:15:34.310 --> 00:15:37.775 PTSD are being haunted by memories of

NOTE Confidence: 0.92909306

00:15:37.775 --> 00:15:41.229 and triggers of the traumatic event.

NOTE Confidence: 0.92909306

00:15:41.230 --> 00:15:44.668 We also see intrusion symptoms and

NOTE Confidence: 0.92909306

00:15:44.670 --> 00:15:47.960 particularly avoidance symptoms that can

NOTE Confidence: 0.92909306

00:15:47.960 --> 00:15:52.285 include and often do include the use of

NOTE Confidence: 0.92909306

00:15:52.285 --> 00:15:55.280 substances as well as the HPA access,

NOTE Confidence: 0.92909306

00:15:55.280 --> 00:15:58.455 arousal and guilt feelings and

NOTE Confidence: 0.92909306

00:15:58.455 --> 00:16:00.128 cognitive and dissociative symptoms.

NOTE Confidence: 0.92909306

00:16:00.128 --> 00:16:02.204 So it's a it's a pick.

NOTE Confidence: 0.92909306

00:16:02.210 --> 00:16:05.732 It's a real mix of of diagnosis

NOTE Confidence: 0.92909306

00:16:05.732 --> 00:16:08.399 and what we are are symptoms that

NOTE Confidence: 0.92909306

00:16:08.399 --> 00:16:10.299 people are struggling with.

NOTE Confidence: 0.92909306

00:16:10.300 --> 00:16:12.631 But often I think it's important to

NOTE Confidence: 0.92909306

00:16:12.631 --> 00:16:15.071 mention people who have PTSD or trauma

NOTE Confidence: 0.92909306

00:16:15.071 --> 00:16:17.333 don't necessarily think that they do.

NOTE Confidence: 0.92909306

00:16:17.340 --> 00:16:19.620 So part of our interventions,

NOTE Confidence: 0.92909306

00:16:19.620 --> 00:16:21.845 many of our interventions focus

NOTE Confidence: 0.92909306

00:16:21.845 --> 00:16:24.180 on providing identification and

NOTE Confidence: 0.92909306

00:16:24.180 --> 00:16:27.060 psychoeducation around the problem.

NOTE Confidence: 0.92909306

00:16:27.060 --> 00:16:29.358 And the fact that these disparate

NOTE Confidence: 0.92909306

00:16:29.358 --> 00:16:31.405 symptoms that are very dysregulating

NOTE Confidence: 0.92909306

00:16:31.405 --> 00:16:33.816 for a person actually constitutes

NOTE Confidence: 0.92909306

00:16:33.816 --> 00:16:36.645 something that is a a common

NOTE Confidence: 0.92909306

00:16:36.645 --> 00:16:38.670 reaction to an uncommon event.

NOTE Confidence: 0.92909306

00:16:38.670 --> 00:16:41.925 So even though many people

NOTE Confidence: 0.92909306

00:16:41.925 --> 00:16:43.750 could develop PTSD,

NOTE Confidence: 0.92909306

00:16:43.750 --> 00:16:47.390 most people are quite resilient and don't.

NOTE Confidence: 0.92909306

00:16:47.390 --> 00:16:49.926 But for those who do, we we,

NOTE Confidence: 0.92909306

00:16:49.926 --> 00:16:51.866 we know that there are,

NOTE Confidence: 0.92909306

00:16:51.870 --> 00:16:52.736 you know,

NOTE Confidence: 0.92909306

00:16:52.736 --> 00:16:55.334 the the likelihood of them developing

NOTE Confidence: 0.92909306

00:16:55.334 --> 00:16:58.068 more than one condition is actually

NOTE Confidence: 0.92909306

00:16:58.068 --> 00:17:00.303 again more common than not.

NOTE Confidence: 0.92909306

00:17:00.310 --> 00:17:03.208 And so some of the numbers that

NOTE Confidence: 0.92909306

00:17:03.210 --> 00:17:05.534 you know well are and it doesn't

NOTE Confidence: 0.92909306

00:17:05.534 --> 00:17:07.688 matter what kind of study you do,

NOTE Confidence: 0.92909306

00:17:07.690 --> 00:17:09.915 whether it's an epidemiologic study

NOTE Confidence: 0.92909306

00:17:09.915 --> 00:17:12.331 like the epidemiologic catchment area

NOTE Confidence: 0.92909306

00:17:12.331 --> 00:17:16.320 or knees arc or that you guys you

NOTE Confidence: 0.92909306

00:17:16.320 --> 00:17:19.388 know obviously know very well or it

NOTE Confidence: 0.92909306

00:17:19.388 --> 00:17:21.558 is clinical trials in communities

NOTE Confidence: 0.92909306

00:17:21.558 --> 00:17:24.100 or its community assessments in

NOTE Confidence: 0.92909306

00:17:24.100 --> 00:17:26.424 addiction related facilities or

NOTE Confidence: 0.92909306

00:17:26.424 --> 00:17:29.680 assessments in mental health facilities.

NOTE Confidence: 0.92909306

00:17:29.680 --> 00:17:31.640 No matter which way you scratch it,

NOTE Confidence: 0.92909306

00:17:31.640 --> 00:17:32.560 you know,

NOTE Confidence: 0.92909306

00:17:32.560 --> 00:17:35.360 basically we know that the two

NOTE Confidence: 0.92909306

00:17:35.360 --> 00:17:38.240 conditions Co occur and are ubiquitous.

NOTE Confidence: 0.92909306

00:17:38.240 --> 00:17:40.688 And so here are some of the numbers.

NOTE Confidence: 0.92909306

00:17:40.690 --> 00:17:43.021 And we know that six people that

NOTE Confidence: 0.92909306

00:17:43.021 --> 00:17:45.797 have PTSD are 6 times more likely

NOTE Confidence: 0.92909306

00:17:45.797 --> 00:17:47.927 to develop alcohol use disorders,

NOTE Confidence: 0.92909306

00:17:47.930 --> 00:17:50.030 2 1/2 times more likely to develop

NOTE Confidence: 0.92909306

00:17:50.030 --> 00:17:51.530 a substance use disorder.

NOTE Confidence: 0.92909306

00:17:51.530 --> 00:17:53.810 And here you see for men,

NOTE Confidence: 0.92909306

00:17:53.810 --> 00:17:58.240 60% are likely to have at least more

NOTE Confidence: 0.92909306

00:17:58.240 --> 00:18:00.440 than three cooccurring diagnoses

NOTE Confidence: 0.92909306

00:18:00.440 --> 00:18:03.470 and similarly not not quite as

NOTE Confidence: 0.92909306

00:18:03.470 --> 00:18:04.910 a high rates for women.

NOTE Confidence: 0.92909306

00:18:04.910 --> 00:18:05.270 But.

NOTE Confidence: 0.92909306

00:18:05.270 --> 00:18:07.070 So when we're working with

NOTE Confidence: 0.92909306

00:18:07.070 --> 00:18:08.762 someone with either trauma,

NOTE Confidence: 0.92909306

00:18:08.762 --> 00:18:10.706 PTSD or substance use,

NOTE Confidence: 0.92909306

00:18:10.710 --> 00:18:13.746 we can know that they're likely

NOTE Confidence: 0.92909306

00:18:13.750 --> 00:18:16.445 more likely than not may have the

NOTE Confidence: 0.92909306

00:18:16.445 --> 00:18:18.081 cooccurring condition and then

NOTE Confidence: 0.92909306

00:18:18.081 --> 00:18:20.547 they may also struck be struggling

NOTE Confidence: 0.92909306

00:18:20.547 --> 00:18:22.255 with another depression mood

NOTE Confidence: 0.92909306

00:18:22.255 --> 00:18:24.270 disorder or an anxiety disorder.

NOTE Confidence: 0.92909306

00:18:24.270 --> 00:18:27.576 So how we understand the relationship

NOTE Confidence: 0.92909306

00:18:27.576 --> 00:18:30.210 between PTSD and substance use,

NOTE Confidence: 0.92909306

00:18:30.210 --> 00:18:33.162 We've made a lot of gains in that regard.

NOTE Confidence: 0.92909306

00:18:33.170 --> 00:18:35.634 And the two most common ways we

NOTE Confidence: 0.92909306

00:18:35.634 --> 00:18:37.351 think about the relationship

NOTE Confidence: 0.92909306

00:18:37.351 --> 00:18:39.687 are self medication model,

NOTE Confidence: 0.92909306

00:18:39.690 --> 00:18:41.586 which is the idea that substance

NOTE Confidence: 0.92909306

00:18:41.586 --> 00:18:42.850 use is used to

NOTE Confidence: 0.9278757

00:18:42.925 --> 00:18:44.609 manage the PTSD symptoms.

NOTE Confidence: 0.9278757

00:18:44.610 --> 00:18:46.250 So like the avoidance symptoms,

NOTE Confidence: 0.9278757

00:18:46.250 --> 00:18:48.930 the hyper arousal, the nightmares,

NOTE Confidence: 0.9278757

00:18:48.930 --> 00:18:51.150 people may use particular substances

NOTE Confidence: 0.9278757

00:18:51.150 --> 00:18:54.110 to help tamp down those symptoms.

NOTE Confidence: 0.9278757

00:18:54.110 --> 00:18:56.942 The high risk model is the idea of

NOTE Confidence: 0.9278757

00:18:56.942 --> 00:18:58.622 susceptibility that you know if

NOTE Confidence: 0.9278757

00:18:58.622 --> 00:19:00.729 you're a substance user you may be

NOTE Confidence: 0.9278757

00:19:00.802 --> 00:19:02.832 for whatever various of reasons

NOTE Confidence: 0.9278757

00:19:02.832 --> 00:19:04.862 more likely to be traumatized.

NOTE Confidence: 0.9278757

00:19:04.870 --> 00:19:07.110 Let's say you you're are doing high risk

NOTE Confidence: 0.9278757

00:19:07.110 --> 00:19:09.050 things and you're in in the company

NOTE Confidence: 0.9278757

00:19:09.050 --> 00:19:11.030 of others who are doing harvesting.

NOTE Confidence: 0.9278757

00:19:11.030 --> 00:19:14.778 So you then may be victimized either

NOTE Confidence: 0.9278757

00:19:14.778 --> 00:19:18.722 related to drug related crime or you

NOTE Confidence: 0.9278757

00:19:18.722 --> 00:19:21.545 know assaults and things like that and

NOTE Confidence: 0.9278757

00:19:21.545 --> 00:19:24.361 that would then lead you to develop PTSD.

NOTE Confidence: 0.9278757

00:19:24.361 --> 00:19:26.767 The studies that have really attempted

NOTE Confidence: 0.9278757

00:19:26.767 --> 00:19:30.352 to look at comparisons between the self

NOTE Confidence: 0.9278757

00:19:30.352 --> 00:19:32.656 medication model and susceptibility

NOTE Confidence: 0.9278757

00:19:32.656 --> 00:19:34.938 models largely continue to come

NOTE Confidence: 0.9278757

00:19:34.938 --> 00:19:38.660 back to self medication as the most

NOTE Confidence: 0.9278757

00:19:38.660 --> 00:19:41.680 likely the most common pathway.

NOTE Confidence: 0.9278757

00:19:41.680 --> 00:19:44.528 But what we do know is that there

NOTE Confidence: 0.9278757

00:19:44.528 --> 00:19:46.980 is a convergent, rich,

NOTE Confidence: 0.9278757

00:19:46.980 --> 00:19:49.590 multidisciplinary literature that

NOTE Confidence: 0.9278757

00:19:49.590 --> 00:19:51.996 describes cross sensitization of

NOTE Confidence: 0.9278757

00:19:51.996 --> 00:19:54.556 stress and reward neural pathways

NOTE Confidence: 0.9278757

00:19:54.556 --> 00:19:57.508 that promote and then maintain the

NOTE Confidence: 0.9278757

00:19:57.508 --> 00:19:59.818 relationship between PTSD and Sud.

NOTE Confidence: 0.9278757

00:19:59.820 --> 00:20:02.826 The role that early life adversity

NOTE Confidence: 0.9278757

00:20:02.826 --> 00:20:06.296 and the dysregulation of HBA access

NOTE Confidence: 0.9278757

00:20:06.296 --> 00:20:09.048 and dopaminergic systems that

NOTE Confidence: 0.9278757

00:20:09.048 --> 00:20:11.800 predisposes individuals to internalizing

NOTE Confidence: 0.9278757

00:20:11.890 --> 00:20:14.722 and externalizing disorders and

NOTE Confidence: 0.9278757

00:20:14.722 --> 00:20:16.138 behavioral styles.

NOTE Confidence: 0.9278757

00:20:16.140 --> 00:20:18.220 And personalities that are shared

NOTE Confidence: 0.9278757

00:20:18.220 --> 00:20:20.990 between the two disorders and not to

NOTE Confidence: 0.9278757

00:20:20.990 --> 00:20:24.870 mention G wash studies that indicate

NOTE Confidence: 0.9278757

00:20:24.870 --> 00:20:28.118 that polymorphisms are kindling for

NOTE Confidence: 0.9278757

00:20:28.118 --> 00:20:30.267 the relationship between PTSD&amp;SUD.

NOTE Confidence: 0.9278757

00:20:30.267 --> 00:20:32.556 And there have been a couple of

NOTE Confidence: 0.9278757

00:20:32.556 --> 00:20:35.024 great review papers that you know

NOTE Confidence: 0.9278757

00:20:35.024 --> 00:20:38.818 kind of cover the sort of pathway

NOTE Confidence: 0.9278757

00:20:38.820 --> 00:20:40.260 pathways that we can understand.

NOTE Confidence: 0.9278757

00:20:40.260 --> 00:20:42.654 But the bottom line is this is

NOTE Confidence: 0.9278757

00:20:42.654 --> 00:20:44.340 these are complicated problems,

NOTE Confidence: 0.9278757

00:20:44.340 --> 00:20:46.853 they require all hands on deck and

NOTE Confidence: 0.9278757

00:20:46.853 --> 00:20:49.059 there's room for everyone doing.

NOTE Confidence: 0.9278757

00:20:49.060 --> 00:20:49.580 You know,

NOTE Confidence: 0.9278757

00:20:49.580 --> 00:20:51.660 you can find some piece of yourself in,

NOTE Confidence: 0.9278757

00:20:51.660 --> 00:20:54.060 in many of these explanatory pathways.

NOTE Confidence: 0.9278757

00:20:54.060 --> 00:20:56.260 And this is true for other you know,

NOTE Confidence: 0.9278757

00:20:56.260 --> 00:20:56.620 conditions,

NOTE Confidence: 0.9278757

00:20:56.620 --> 00:20:58.420 mental health conditions that we're

NOTE Confidence: 0.9278757

00:20:58.420 --> 00:21:01.099 trying to study and understand more about.

NOTE Confidence: 0.9278757

00:21:01.100 --> 00:21:04.010 But it's certainly true for for

NOTE Confidence: 0.9278757

00:21:04.010 --> 00:21:04.980 this comorbidity.

NOTE Confidence: 0.9278757

00:21:04.980 --> 00:21:07.744 And so regardless of the, you know,

NOTE Confidence: 0.9278757

00:21:07.744 --> 00:21:10.254 you know, the explanatory pathways,

NOTE Confidence: 0.9278757

00:21:10.260 --> 00:21:12.535 what we do know is that people

NOTE Confidence: 0.9278757

00:21:12.535 --> 00:21:15.240 that have both have more severe

NOTE Confidence: 0.9278757

00:21:15.240 --> 00:21:16.340 psychiatric problems.

NOTE Confidence: 0.9278757

00:21:16.340 --> 00:21:19.373 They are of course less likely to seek help.

NOTE Confidence: 0.9278757

00:21:19.380 --> 00:21:21.700 They have higher dropout rates.

NOTE Confidence: 0.9278757

00:21:21.700 --> 00:21:24.700 When they do seek help,

NOTE Confidence: 0.9278757

00:21:24.700 --> 00:21:27.460 they probably have less access to

NOTE Confidence: 0.9278757

00:21:27.460 --> 00:21:30.461 care because of the barriers between

NOTE Confidence: 0.9278757

00:21:30.461 --> 00:21:32.192 our separated funding structures

NOTE Confidence: 0.9278757

00:21:32.192 --> 00:21:35.120 and and and the way that our our

34

NOTE Confidence: 0.9278757

00:21:35.195 --> 00:21:38.135 programs are set up and thus are

NOTE Confidence: 0.9278757

00:21:38.135 --> 00:21:40.760 at increased rates of relapse.

NOTE Confidence: 0.9278757

00:21:40.760 --> 00:21:44.232 And finally and to close off the

NOTE Confidence: 0.9278757

00:21:44.232 --> 00:21:47.790 epidemiology kind of section of this talk,

NOTE Confidence: 0.9278757

00:21:47.790 --> 00:21:50.163 you know it's often the case that

NOTE Confidence: 0.9278757

00:21:50.163 --> 00:21:52.002 people with substance use present

NOTE Confidence: 0.9278757

00:21:52.002 --> 00:21:54.270 with the most complex trauma profile.

NOTE Confidence: 0.9278757

00:21:54.270 --> 00:21:58.942 So the I CD10 and 11 have have

NOTE Confidence: 0.9278757

00:21:58.942 --> 00:22:00.350 complex trauma in it.

NOTE Confidence: 0.9278757

00:22:00.350 --> 00:22:03.500 Our system DSM55 do does not but

NOTE Confidence: 0.9278757

00:22:03.500 --> 00:22:06.053 regardless because of all the

NOTE Confidence: 0.9278757

00:22:06.053 --> 00:22:08.833 dysregulation and other symptoms that

NOTE Confidence: 0.9278757

00:22:08.833 --> 00:22:13.442 I've described our our clients also

NOTE Confidence: 0.9278757

00:22:13.442 --> 00:22:17.594 have complicated lives with ongoing trauma.

NOTE Confidence: 0.9278757

00:22:17.600 --> 00:22:19.656 There's interpersonal trauma IPVI.

NOTE Confidence: 0.9278757

00:22:19.656 --> 00:22:21.908 Know that that at Yale

NOTE Confidence: 0.9278757

00:22:21.908 --> 00:22:23.678 you have many folks here,

NOTE Confidence: 0.9278757

00:22:23.680 --> 00:22:24.666 Kate Walsh,

NOTE Confidence: 0.9278757

00:22:24.666 --> 00:22:27.131 Tammy Sullivan and their their

NOTE Confidence: 0.9278757

00:22:27.131 --> 00:22:30.129 teams that have been working for

NOTE Confidence: 0.9278757

00:22:30.129 --> 00:22:32.519 decades on trying to address

NOTE Confidence: 0.91689914

00:22:32.520 --> 00:22:35.360 IPV, specifically in relation

NOTE Confidence: 0.91689914

00:22:35.360 --> 00:22:38.041 to substance use disorder,

NOTE Confidence: 0.91689914

00:22:38.041 --> 00:22:40.012 difficulties in relationships

NOTE Confidence: 0.91689914

00:22:40.012 --> 00:22:43.340 and trust impairments and emotion

NOTE Confidence: 0.91689914

00:22:43.340 --> 00:22:45.768 regulation and dissociative disorders

NOTE Confidence: 0.91689914

00:22:45.768 --> 00:22:49.321 that kind of complicate the picture

NOTE Confidence: 0.91689914

00:22:49.321 --> 00:22:52.303 and make it a challenge to treat.

NOTE Confidence: 0.91689914

00:22:52.310 --> 00:22:54.385 Nonetheless, I'm here to tell

NOTE Confidence: 0.91689914

00:22:54.385 --> 00:22:57.593 you the good news that all of our

NOTE Confidence: 0.91689914

00:22:57.593 --> 00:23:00.050 efforts have not been in vain and

NOTE Confidence: 0.91689914

00:23:00.132 --> 00:23:03.330 over decades we actually have a

NOTE Confidence: 0.91689914

00:23:03.330 --> 00:23:07.054 robust science in of of integrated

NOTE Confidence: 0.91689914

00:23:07.054 --> 00:23:11.385 PTSD Sud care that I'm going to do

NOTE Confidence: 0.91689914

00:23:11.385 --> 00:23:14.250 my best to summarize you know for

NOTE Confidence: 0.91689914

00:23:14.250 --> 00:23:17.290 us in the next section of the talk.

NOTE Confidence: 0.91689914

00:23:17.290 --> 00:23:19.490 I will say that we,

NOTE Confidence: 0.91689914

00:23:19.490 --> 00:23:22.878 we are all familiar with the concept

NOTE Confidence: 0.91689914

00:23:22.878 --> 00:23:25.656 of trauma informed care which sort

NOTE Confidence: 0.91689914

00:23:25.656 --> 00:23:28.600 of speaks to making agencies and

NOTE Confidence: 0.91689914

00:23:28.600 --> 00:23:30.880 providers and institutions recognize

NOTE Confidence: 0.91689914

00:23:30.880 --> 00:23:35.031 that many of the clients who come to

NOTE Confidence: 0.91689914

00:23:35.031 --> 00:23:37.907 us for whatever different reasons in

NOTE Confidence: 0.91689914

00:23:37.907 --> 00:23:40.097 in through through many different

NOTE Confidence: 0.91689914

00:23:40.097 --> 00:23:42.696 doors come to us with trauma.

NOTE Confidence: 0.91689914

00:23:42.696 --> 00:23:45.657 And that the way that we organize

NOTE Confidence: 0.91689914

00:23:45.657 --> 00:23:47.740 our program, our programming,

NOTE Confidence: 0.91689914

00:23:47.740 --> 00:23:50.410 the way that we present ourselves

NOTE Confidence: 0.91689914

00:23:50.410 --> 00:23:53.330 to our clients as as caregivers,

NOTE Confidence: 0.91689914

00:23:53.330 --> 00:23:56.410 you know should have recognition of that.

NOTE Confidence: 0.91689914

00:23:56.410 --> 00:23:58.966 Whether it's how your waiting room

NOTE Confidence: 0.91689914

00:23:58.966 --> 00:24:01.450 looks or how the the consulting

NOTE Confidence: 0.91689914

00:24:01.450 --> 00:24:03.850 room looks or how you approach,

NOTE Confidence: 0.91689914

00:24:03.850 --> 00:24:06.209 you know how you train your staff.

NOTE Confidence: 0.91689914

00:24:06.210 --> 00:24:08.215 Because also you know particularly

NOTE Confidence: 0.91689914

00:24:08.215 --> 00:24:10.961 now with a peer driven system that

NOTE Confidence: 0.91689914

00:24:10.961 --> 00:24:13.278 we have for delivering a lot of

NOTE Confidence: 0.91689914

00:24:13.278 --> 00:24:15.872 the first line care for people

NOTE Confidence: 0.91689914

00:24:15.872 --> 00:24:17.624 with substance use disorders.

NOTE Confidence: 0.91689914

00:24:17.630 --> 00:24:18.770 We're talking about people

NOTE Confidence: 0.91689914

00:24:18.770 --> 00:24:19.910 who have lived experience,

NOTE Confidence: 0.91689914

00:24:19.910 --> 00:24:22.742 who also have their own trauma

00:24:22.742 --> 00:24:24.630 histories and backgrounds and

00:24:24.718 --> 00:24:27.637 so being mindful of how they are

00:24:27.637 --> 00:24:30.024 potentially being re traumatized and

00:24:30.024 --> 00:24:33.070 also need support is very important.

00:24:33.070 --> 00:24:35.352 What I'm going to be talking about

00:24:35.352 --> 00:24:38.341 is not that but actually the evidence

00:24:38.341 --> 00:24:40.273 based and treatment development

00:24:40.273 --> 00:24:42.616 that we've done over over time.

00:24:42.616 --> 00:24:43.948 So when, you know,

00:24:43.950 --> 00:24:47.282 I first started in the field in

00:24:47.282 --> 00:24:50.591 the late 90s and early 2000s,

00:24:50.591 --> 00:24:53.726 the concept of phase based

00:24:53.726 --> 00:24:56.280 approaches for PTSD was key.

00:24:56.280 --> 00:25:00.878 For those of you who may not have read,

00:25:00.880 --> 00:25:03.160 you know, Judith Herman's book,

00:25:03.160 --> 00:25:06.864 I I still recommend it as a kind

NOTE Confidence: 0.91689914

00:25:06.864 --> 00:25:09.048 of encyclopedia of of understanding

NOTE Confidence: 0.91689914

00:25:09.048 --> 00:25:12.731 you know trauma and it and and the

NOTE Confidence: 0.91689914

00:25:12.731 --> 00:25:14.477 way that we can think about

NOTE Confidence: 0.91689914

00:25:14.480 --> 00:25:15.851 conceptualizing the care.

NOTE Confidence: 0.91689914

00:25:15.851 --> 00:25:18.593 And so she emphasized a stage

NOTE Confidence: 0.91689914

00:25:18.593 --> 00:25:21.380 model that first you would work

NOTE Confidence: 0.91689914

00:25:21.380 --> 00:25:23.102 on stabilization and these kinds

NOTE Confidence: 0.91689914

00:25:23.102 --> 00:25:24.198 of skills would do,

NOTE Confidence: 0.91689914

00:25:24.200 --> 00:25:26.320 would be involved in psychoeducation.

NOTE Confidence: 0.91689914

00:25:26.320 --> 00:25:29.638 As I spoke about skills training,

NOTE Confidence: 0.91689914

00:25:29.640 --> 00:25:33.120 affect regulation, distress tolerance,

NOTE Confidence: 0.91689914

00:25:33.120 --> 00:25:35.685 the processoriented second phase is

NOTE Confidence: 0.91689914

00:25:35.685 --> 00:25:39.490 really the delving into the trauma more

NOTE Confidence: 0.91689914

00:25:39.490 --> 00:25:42.380 specifically and that involves the

NOTE Confidence: 0.91689914

00:25:42.380 --> 00:25:44.688 trauma focused treatment approaches

NOTE Confidence: 0.91689914

00:25:44.688 --> 00:25:48.104 such as prolonged exposure in which you

NOTE Confidence: 0.91689914

00:25:48.104 --> 00:25:51.655 are working in a manualized fashion

NOTE Confidence: 0.91689914

00:25:51.655 --> 00:25:54.099 very systematically to desensitize

NOTE Confidence: 0.91689914

00:25:54.100 --> 00:25:57.076 the individual through you know sort

NOTE Confidence: 0.91689914

00:25:57.076 --> 00:26:00.138 of exposure to the traumatic memory

NOTE Confidence: 0.91689914

00:26:00.138 --> 00:26:03.575 and then working on a bottom up,

NOTE Confidence: 0.91689914

00:26:03.580 --> 00:26:06.247 you know allowing the person to experience

NOTE Confidence: 0.91689914

00:26:06.247 --> 00:26:08.779 the fear and to live through it.

NOTE Confidence: 0.91689914

00:26:08.780 --> 00:26:12.945 And I didn't realize in a systematic

NOTE Confidence: 0.91689914

00:26:12.945 --> 00:26:15.766 fashion that their their symptoms

NOTE Confidence: 0.91689914

00:26:15.766 --> 00:26:18.476 can reduce through fear habituation

NOTE Confidence: 0.91689914

00:26:18.476 --> 00:26:21.634 and that exposure based approach or

NOTE Confidence: 0.91689914

00:26:21.634 --> 00:26:23.669 cognitive treatments that are more

NOTE Confidence: 0.91689914

00:26:23.669 --> 00:26:26.526 top down that focus on addressing

NOTE Confidence: 0.91689914

00:26:26.526 --> 00:26:28.618 like cognitive processing therapy.

NOTE Confidence: 0.92079216

00:26:28.620 --> 00:26:30.535 That this meanie Petrakis has

NOTE Confidence: 0.92079216

00:26:30.535 --> 00:26:33.581 employed a great deal and to great

NOTE Confidence: 0.92079216

00:26:33.581 --> 00:26:36.226 success in her interventions that

NOTE Confidence: 0.92079216

00:26:36.226 --> 00:26:37.813 are pharmacotherapy combinations.

NOTE Confidence: 0.92079216

00:26:37.820 --> 00:26:41.385 But where you're addressing the

NOTE Confidence: 0.92079216

00:26:41.385 --> 00:26:44.020 cognitive distortions that come

NOTE Confidence: 0.92079216

00:26:44.020 --> 00:26:47.676 from PTSD and helping the person to

NOTE Confidence: 0.92079216

00:26:47.676 --> 00:26:49.846 reexamine their assumptions and work

NOTE Confidence: 0.92079216

00:26:49.846 --> 00:26:52.256 towards managing the trauma that way.

NOTE Confidence: 0.92079216

00:26:52.260 --> 00:26:54.654 But it's a very active and trauma,

NOTE Confidence: 0.92079216

00:26:54.660 --> 00:26:57.642 you know in both cases people are

NOTE Confidence: 0.92079216

00:26:57.642 --> 00:26:59.421 identifying their specific traumas

NOTE Confidence: 0.92079216

00:26:59.421 --> 00:27:01.977 and delving into them very deeply.

NOTE Confidence: 0.92079216

00:27:01.980 --> 00:27:04.860 And then we also have somatosensory

NOTE Confidence: 0.92079216

00:27:04.860 --> 00:27:07.605 approaches where people are doing

NOTE Confidence: 0.92079216

00:27:07.605 --> 00:27:11.744 EMDR and other kinds of, you know,

NOTE Confidence: 0.92079216

00:27:11.744 --> 00:27:14.654 somatosensory approaches that help to

NOTE Confidence: 0.92079216

00:27:14.660 --> 00:27:17.336 address trauma on a physical level.

NOTE Confidence: 0.92079216

00:27:17.340 --> 00:27:19.923 And so these these process the idea

NOTE Confidence: 0.92079216

00:27:19.923 --> 00:27:23.323 had been early on that we would do

NOTE Confidence: 0.92079216

00:27:23.323 --> 00:27:25.538 stabilization first and processing next,

NOTE Confidence: 0.92079216

00:27:25.540 --> 00:27:28.660 but that the assumption was that

NOTE Confidence: 0.92079216

00:27:28.660 --> 00:27:31.580 with PTSD and substance use that

NOTE Confidence: 0.92079216

00:27:31.580 --> 00:27:33.980 sequential care was necessary and

NOTE Confidence: 0.92079216

00:27:34.062 --> 00:27:36.342 that you couldn't start working

NOTE Confidence: 0.92079216

00:27:36.342 --> 00:27:39.220 on trauma until the person was

NOTE Confidence: 0.92079216

00:27:39.220 --> 00:27:41.775 abstinent from their substance use.

NOTE Confidence: 0.92079216

00:27:41.780 --> 00:27:43.646 And so that's how our systems

NOTE Confidence: 0.92079216

00:27:43.646 --> 00:27:44.890 have been set up.

NOTE Confidence: 0.92079216

00:27:44.890 --> 00:27:47.650 And even though there have been some changes,

NOTE Confidence: 0.92079216

00:27:47.650 --> 00:27:51.162 we're still sort of tackling the fact that

NOTE Confidence: 0.92079216

00:27:51.162 --> 00:27:54.490 there are structural barriers to doing

NOTE Confidence: 0.92079216

00:27:54.490 --> 00:27:56.128 what I'm going to talk about in a moment,

NOTE Confidence: 0.92079216

00:27:56.130 --> 00:27:58.566 which is the idea of integrated care.

NOTE Confidence: 0.92079216

00:27:58.570 --> 00:28:00.054 And more and more,

NOTE Confidence: 0.92079216

00:28:00.054 --> 00:28:02.755 our science has really showed us that

NOTE Confidence: 0.92079216

00:28:02.755 --> 00:28:05.125 the siloed care is quite harmful.

NOTE Confidence: 0.92079216

00:28:05.130 --> 00:28:07.010 So sending a patient over,

NOTE Confidence: 0.92079216

00:28:07.010 --> 00:28:08.002 you know, like OK,

NOTE Confidence: 0.92079216

00:28:08.002 --> 00:28:08.250 sorry,

NOTE Confidence: 0.92079216

00:28:08.250 --> 00:28:10.847 you can't get any treatment for your

NOTE Confidence: 0.92079216

00:28:10.850 --> 00:28:13.174 PTSD until you go to this substance

NOTE Confidence: 0.92079216

00:28:13.174 --> 00:28:14.774 use treatment facility that has

NOTE Confidence: 0.92079216

00:28:14.774 --> 00:28:16.388 an absence based model and you

NOTE Confidence: 0.92079216

00:28:16.388 --> 00:28:18.536 have to get clean first before you

NOTE Confidence: 0.92079216

00:28:18.536 --> 00:28:20.642 can start addressing any of those

NOTE Confidence: 0.92079216

00:28:20.642 --> 00:28:22.850 other mental health conditions.

NOTE Confidence: 0.92079216

00:28:22.850 --> 00:28:23.325 Well,

NOTE Confidence: 0.92079216

00:28:23.325 --> 00:28:26.650 it doesn't make sense if the mental

NOTE Confidence: 0.92079216

00:28:26.650 --> 00:28:29.261 health condition is a driver of

NOTE Confidence: 0.92079216

00:28:29.261 --> 00:28:31.619 the substance used to expect that

NOTE Confidence: 0.92079216

00:28:31.708 --> 00:28:34.248 the patient can heal themselves

NOTE Confidence: 0.92079216

00:28:34.250 --> 00:28:36.044 before you've actually helped to to

NOTE Confidence: 0.92079216

00:28:36.044 --> 00:28:37.690 deal with the underlying problem.

NOTE Confidence: 0.92079216

00:28:37.690 --> 00:28:42.032 So we do know that the siloed

NOTE Confidence: 0.92079216

00:28:42.032 --> 00:28:43.915 approaches do not have not worked

NOTE Confidence: 0.92079216

00:28:43.915 --> 00:28:45.983 as well and patients tend to drop

NOTE Confidence: 0.92079216

00:28:45.983 --> 00:28:47.860 out of treatment and don't, don't,

NOTE Confidence: 0.92079216

00:28:47.860 --> 00:28:49.860 you know, complete their care.

NOTE Confidence: 0.92079216

00:28:49.860 --> 00:28:52.628 And what we don't now know is that

NOTE Confidence: 0.92079216

00:28:52.628 --> 00:28:56.058 concurrent PTSD care is safe and effective.

NOTE Confidence: 0.92079216

00:28:56.060 --> 00:28:59.042 So patients can't are not as fragile

NOTE Confidence: 0.92079216

00:28:59.042 --> 00:29:01.965 as we thought them to be And in

NOTE Confidence: 0.92079216

00:29:01.965 --> 00:29:03.724 fact the first treatment model

NOTE Confidence: 0.92079216

00:29:03.724 --> 00:29:06.214 that many of us started working on

NOTE Confidence: 0.92079216

00:29:06.214 --> 00:29:08.238 early on and and you know and it

NOTE Confidence: 0.92079216

00:29:08.238 --> 00:29:10.357 made perfect sense that we would

NOTE Confidence: 0.92079216

00:29:10.357 --> 00:29:12.880 employ a skill based model first.

NOTE Confidence: 0.92079216

00:29:12.880 --> 00:29:16.464 The Seeking Safety model is a 24 session

NOTE Confidence: 0.92079216

00:29:16.464 --> 00:29:20.136 skills based model that integrates and

NOTE Confidence: 0.92079216

00:29:20.136 --> 00:29:22.612 talks about PTSD and substance use,

NOTE Confidence: 0.92079216

00:29:22.612 --> 00:29:23.238 you know,

NOTE Confidence: 0.92079216

00:29:23.240 --> 00:29:24.442 in sessions.

NOTE Confidence: 0.92079216

00:29:24.442 --> 00:29:26.846 At the same time,

NOTE Confidence: 0.92079216

00:29:26.850 --> 00:29:28.999 there's a lot of sessions on relapse

NOTE Confidence: 0.92079216

00:29:28.999 --> 00:29:30.690 prevention that are incorporated.

NOTE Confidence: 0.92079216

00:29:30.690 --> 00:29:32.738 There's sessions on psychoeducation

NOTE Confidence: 0.92079216

00:29:32.738 --> 00:29:35.010 about PTSD and the symptoms.

NOTE Confidence: 0.92079216

00:29:35.010 --> 00:29:36.770 There's sessions on safety.

NOTE Confidence: 0.92079216

00:29:36.770 --> 00:29:38.498 It's organized around helping

NOTE Confidence: 0.92079216

00:29:38.498 --> 00:29:41.090 the patient to focus on safety.

NOTE Confidence: 0.92079216

00:29:41.090 --> 00:29:44.002 It it's turned out to be a very

NOTE Confidence: 0.92079216

00:29:44.002 --> 00:29:45.756 adoptable intervention that's feasible.

NOTE Confidence: 0.92079216

00:29:45.756 --> 00:29:48.990 You can train people so that they

NOTE Confidence: 0.92079216

00:29:49.063 --> 00:29:51.426 even now there's an app peer peer

NOTE Confidence: 0.92079216

00:29:51.426 --> 00:29:53.116 individuals have been trained to

NOTE Confidence: 0.92079216

00:29:53.116 --> 00:29:55.436 be able to deliver seeking safety

NOTE Confidence: 0.92079216

00:29:55.436 --> 00:29:57.506 and it's been well tolerated.

NOTE Confidence: 0.9326319

00:29:57.510 --> 00:30:00.510 So patients like it.

NOTE Confidence: 0.9326319

00:30:00.510 --> 00:30:03.500 So that was very good for us to get started

NOTE Confidence: 0.9326319

00:30:03.574 --> 00:30:06.150 in the field to really show that yes,

NOTE Confidence: 0.9326319

00:30:06.150 --> 00:30:08.096 you don't have to wait to treat

NOTE Confidence: 0.9326319

00:30:08.096 --> 00:30:09.988 the trauma and here are some

NOTE Confidence: 0.9326319

00:30:09.988 --> 00:30:11.980 approaches that can be used and

NOTE Confidence: 0.9326319

00:30:11.980 --> 00:30:13.827 delivered safely and without harm.

NOTE Confidence: 0.9326319

00:30:13.830 --> 00:30:17.208 What we have found over the

NOTE Confidence: 0.9326319

00:30:17.208 --> 00:30:20.732 last really decade is very clear

NOTE Confidence: 0.9326319

00:30:20.732 --> 00:30:24.192 evidence that treating trauma with

NOTE Confidence: 0.9326319

00:30:24.192 --> 00:30:26.960 a trauma focused intervention.

NOTE Confidence: 0.9326319

00:30:26.960 --> 00:30:29.936 So that's stage two model that I was

NOTE Confidence: 0.9326319

00:30:29.936 --> 00:30:32.730 talking about is also safe and tolerable

NOTE Confidence: 0.9326319

00:30:32.730 --> 00:30:35.879 and effective for people with substance use.

NOTE Confidence: 0.9326319

00:30:35.880 --> 00:30:38.676 So that's a new sort of

NOTE Confidence: 0.9326319

00:30:38.676 --> 00:30:40.074 relatively newer finding.

NOTE Confidence: 0.9326319

00:30:40.080 --> 00:30:42.888 And so those those are what we call

NOTE Confidence: 0.9326319

00:30:42.888 --> 00:30:44.914 trauma focused interventions and the

NOTE Confidence: 0.9326319

00:30:44.914 --> 00:30:47.819 most commonly tested one has been the

NOTE Confidence: 0.9326319

00:30:47.891 --> 00:30:50.633 COPE treatment which is an integrated

NOTE Confidence: 0.9326319

00:30:50.633 --> 00:30:53.730 treatment that focuses on some relapse

NOTE Confidence: 0.9326319

00:30:53.730 --> 00:30:58.470 prevention as well as as well as you

NOTE Confidence: 0.9326319

00:30:58.470 --> 00:31:00.810 know a prolonged exposure cognitive

NOTE Confidence: 0.9326319

00:31:00.810 --> 00:31:02.935 processing therapy is another trauma

NOTE Confidence: 0.9326319

00:31:02.935 --> 00:31:05.069 focused treatment that has been used.

NOTE Confidence: 0.9326319

00:31:05.070 --> 00:31:09.686 EMDR has been used effectively and and

NOTE Confidence: 0.9326319

00:31:09.686 --> 00:31:12.262 basically we have one you know more

NOTE Confidence: 0.9326319

00:31:12.262 --> 00:31:15.009 recent clinical trial that was done by

NOTE Confidence: 0.9326319

00:31:15.009 --> 00:31:17.800 Sonia Norman and her colleagues with

NOTE Confidence: 0.9326319

00:31:17.800 --> 00:31:21.020 veterans that was published in JAMA

NOTE Confidence: 0.9326319

00:31:21.020 --> 00:31:23.650 Psychiatry right before the pandemic

NOTE Confidence: 0.9326319

00:31:23.734 --> 00:31:26.524 really showing superiority of the of

NOTE Confidence: 0.9326319

00:31:26.524 --> 00:31:30.440 of in a headtohead comparison between

NOTE Confidence: 0.9326319

00:31:30.440 --> 00:31:34.355 cope and seeking safety treatment.

NOTE Confidence: 0.9326319

00:31:34.355 --> 00:31:38.580 So suggesting that that although

NOTE Confidence: 0.9326319

00:31:38.580 --> 00:31:41.634 you know the the more stabilization

NOTE Confidence: 0.9326319

00:31:41.634 --> 00:31:44.081 focused treatments seem to do

NOTE Confidence: 0.9326319

00:31:44.081 --> 00:31:46.377 no harm and may do some good.

NOTE Confidence: 0.9326319

00:31:46.380 --> 00:31:48.840 We're seeing stronger outcomes and I'll

NOTE Confidence: 0.9326319

00:31:48.840 --> 00:31:51.590 be showing you some more data that

NOTE Confidence: 0.9326319

00:31:51.590 --> 00:31:54.050 helps helps us to pretty confidently

NOTE Confidence: 0.9326319

00:31:54.050 --> 00:31:56.614 say that it's important to think

NOTE Confidence: 0.9326319

00:31:56.614 --> 00:31:58.488 about the the COPE interventions

NOTE Confidence: 0.9326319

00:31:58.488 --> 00:32:00.564 and then one of our trials.

NOTE Confidence: 0.9326319

00:32:00.570 --> 00:32:01.485 So, you know,

NOTE Confidence: 0.9326319

00:32:01.485 --> 00:32:04.594 should we wait to treat PTSD for those

NOTE Confidence: 0.9326319

00:32:04.594 --> 00:32:08.970 who have PTSD said absolutely not.

NOTE Confidence: 0.9326319

00:32:08.970 --> 00:32:09.924 And we can.

NOTE Confidence: 0.9326319

00:32:09.924 --> 00:32:12.150 We we know that that these treatments

NOTE Confidence: 0.9326319

00:32:12.220 --> 00:32:13.130 are tolerable,

NOTE Confidence: 0.9326319

00:32:13.130 --> 00:32:14.213 safe and effective.

NOTE Confidence: 0.9326319

00:32:14.213 --> 00:32:18.210 And what we see is that if we treat PTSD,

NOTE Confidence: 0.9326319

00:32:18.210 --> 00:32:22.770 we see greater substance use improvement.

NOTE Confidence: 0.9326319

00:32:22.770 --> 00:32:26.938 And that is coming from now there

NOTE Confidence: 0.9326319

00:32:26.938 --> 00:32:30.442 are four or five systematic reviews

NOTE Confidence: 0.9326319

00:32:30.442 --> 00:32:34.250 that pretty rigorously and and

NOTE Confidence: 0.9326319

00:32:34.250 --> 00:32:38.294 definitively are showing that greater

NOTE Confidence: 0.9326319

00:32:38.294 --> 00:32:41.438 PTSD reduction is also associated with

NOTE Confidence: 0.9326319

00:32:41.438 --> 00:32:44.090 greater substance use improvements.

NOTE Confidence: 0.9326319

00:32:44.090 --> 00:32:46.886 And the opposite is less true.

NOTE Confidence: 0.9326319

00:32:46.890 --> 00:32:49.704 And I'll show you one of our

NOTE Confidence: 0.9326319

00:32:49.704 --> 00:32:52.289 trials where we compared COPE,

NOTE Confidence: 0.9326319

00:32:52.290 --> 00:32:53.650 which is a prolonged exposure,

NOTE Confidence: 0.9326319

00:32:53.650 --> 00:32:55.635 trauma focused treatment for people

NOTE Confidence: 0.9326319

00:32:55.635 --> 00:32:57.223 with substance use disorders

NOTE Confidence: 0.9326319

00:32:57.223 --> 00:32:58.809 to relapse prevention.

NOTE Confidence: 0.9326319

00:32:58.810 --> 00:33:01.530 This was done in New York City with

NOTE Confidence: 0.9326319

00:33:01.530 --> 00:33:04.728 individuals who basically entered our trial.

NOTE Confidence: 0.9326319

00:33:04.730 --> 00:33:07.010 We're not receiving any other care.

NOTE Confidence: 0.9326319

00:33:07.010 --> 00:33:10.230 So pretty severe PTSD histories

NOTE Confidence: 0.9326319

00:33:10.230 --> 00:33:12.806 and substance use problems.

NOTE Confidence: 0.9326319

00:33:12.810 --> 00:33:14.786 And So what you see here just to

NOTE Confidence: 0.9326319

00:33:14.786 --> 00:33:16.637 Orient you to the slide is horizontal

NOTE Confidence: 0.9326319

00:33:16.637 --> 00:33:19.199 axis is the weeks of treatment,

NOTE Confidence: 0.9326319

00:33:19.200 --> 00:33:22.518 vertical is the PTSD symptoms severity.

NOTE Confidence: 0.9326319

00:33:22.520 --> 00:33:27.160 And we broke out the groups by how much use,

NOTE Confidence: 0.9326319

00:33:27.160 --> 00:33:28.864 how much they were using during

NOTE Confidence: 0.9326319

00:33:28.864 --> 00:33:30.000 the course of treatment.

NOTE Confidence: 0.9326319

00:33:30.000 --> 00:33:32.338 And this is just one example and

NOTE Confidence: 0.9326319

00:33:32.338 --> 00:33:34.873 I know it's media has also worked

NOTE Confidence: 0.9326319

00:33:34.873 --> 00:33:37.035 on using these clinical trials to

NOTE Confidence: 0.9326319

00:33:37.035 --> 00:33:39.424 do cross lagged analyses to try to

NOTE Confidence: 0.9326319

00:33:39.424 --> 00:33:41.286 look in real time as what's going

NOTE Confidence: 0.9326319

00:33:41.286 --> 00:33:43.851 on with the person's substance use

NOTE Confidence: 0.9326319

00:33:43.851 --> 00:33:45.639 while they're receiving treatment

NOTE Confidence: 0.8997285

00:33:45.640 --> 00:33:50.060 in relation to their PTSD symptoms

NOTE Confidence: 0.8997285

00:33:50.060 --> 00:33:51.800 as they are going through treatment

NOTE Confidence: 0.8997285

00:33:51.800 --> 00:33:53.637 and then over the course of time.

NOTE Confidence: 0.8997285

00:33:53.640 --> 00:33:57.144 And so here we see the end of treatment.

NOTE Confidence: 0.8997285

00:33:57.144 --> 00:33:58.680 So after 12 weeks of treatment,

NOTE Confidence: 0.8997285

00:33:58.680 --> 00:34:00.840 we see one month follow up,

NOTE Confidence: 0.8997285

00:34:00.840 --> 00:34:03.157 two months and three months in this

NOTE Confidence: 0.8997285

00:34:03.157 --> 00:34:06.670 in this trial And the Gray box are

NOTE Confidence: 0.8997285

00:34:06.670 --> 00:34:10.086 all those who end up through the

NOTE Confidence: 0.8997285

00:34:10.086 --> 00:34:13.245 course of treatment entering into the

NOTE Confidence: 0.8997285

00:34:13.245 --> 00:34:15.665 clinically significant change group.

NOTE Confidence: 0.8997285

00:34:15.670 --> 00:34:18.040 So like significant reductions in

NOTE Confidence: 0.8997285

00:34:18.040 --> 00:34:21.338 their PTSD to a level that we would,

NOTE Confidence: 0.8997285

00:34:21.338 --> 00:34:22.934 it's not just a change in severity

NOTE Confidence: 0.8997285

00:34:22.934 --> 00:34:24.588 but it's a clinically significant.

NOTE Confidence: 0.8997285

00:34:24.590 --> 00:34:26.720 So we see everybody's getting

NOTE Confidence: 0.8997285

00:34:26.720 --> 00:34:28.710 better over the course of time,

NOTE Confidence: 0.8997285

00:34:28.710 --> 00:34:31.536 but those that make it into the Gray box

NOTE Confidence: 0.8997285

00:34:31.536 --> 00:34:34.753 of what we want to see by the end of

NOTE Confidence: 0.8997285

00:34:34.753 --> 00:34:38.094 treatment and then over the course of time,

NOTE Confidence: 0.8997285

00:34:38.100 --> 00:34:40.536 the two curves to look at.

NOTE Confidence: 0.8997285

00:34:40.540 --> 00:34:43.556 So the blue are the people that received

NOTE Confidence: 0.8997285

00:34:43.556 --> 00:34:45.334 relapse prevention as the comparator

NOTE Confidence: 0.8997285

00:34:45.334 --> 00:34:48.075 and the orange and red are those that

NOTE Confidence: 0.8997285

00:34:48.075 --> 00:34:50.260 received the trauma focus treatment.

NOTE Confidence: 0.8997285

00:34:50.260 --> 00:34:52.987 And what we see is that for those who

NOTE Confidence: 0.8997285

00:34:52.987 --> 00:34:55.185 received relapse prevention who were

NOTE Confidence: 0.8997285

00:34:55.185 --> 00:34:57.460 the very frequent substance users,

NOTE Confidence: 0.8997285

00:34:57.460 --> 00:35:00.212 so they were using four times a week

NOTE Confidence: 0.8997285

00:35:00.212 --> 00:35:02.937 or more during the course of the

NOTE Confidence: 0.8997285

00:35:02.937 --> 00:35:04.930 trial their symptoms if they received

NOTE Confidence: 0.8997285

00:35:04.930 --> 00:35:07.128 the not you know the comparison

NOTE Confidence: 0.8997285

00:35:07.128 --> 00:35:09.248 treatment of relapse prevention,

NOTE Confidence: 0.8997285

00:35:09.250 --> 00:35:11.758 they don't get into the clinically

NOTE Confidence: 0.8997285

00:35:11.758 --> 00:35:13.430 significant change realm in

NOTE Confidence: 0.8997285

00:35:13.505 --> 00:35:14.930 terms of their PTSD.

NOTE Confidence: 0.8997285

00:35:14.930 --> 00:35:17.330 Those that were actively using.

NOTE Confidence: 0.8997285

00:35:17.330 --> 00:35:20.312 So the yellow bar that were actively

NOTE Confidence: 0.8997285

00:35:20.312 --> 00:35:23.610 using to a level of four times a

NOTE Confidence: 0.8997285

00:35:23.610 --> 00:35:26.478 week or more when they received the,

NOTE Confidence: 0.8997285

00:35:26.478 --> 00:35:28.613 the the prolonged exposure trauma

NOTE Confidence: 0.8997285

00:35:28.613 --> 00:35:30.940 focused treatment you see they make

NOTE Confidence: 0.8997285

00:35:30.940 --> 00:35:32.840 it into the clinically significant

NOTE Confidence: 0.8997285

00:35:32.840 --> 00:35:35.545 change box over the course of the

NOTE Confidence: 0.8997285

00:35:35.545 --> 00:35:37.400 study and their followup period.

NOTE Confidence: 0.8997285

00:35:37.400 --> 00:35:39.038 So what does that tell us?

NOTE Confidence: 0.8997285

00:35:39.040 --> 00:35:42.631 That tells us that that our patients

NOTE Confidence: 0.8997285

00:35:42.631 --> 00:35:45.130 are not as fragile as we would

NOTE Confidence: 0.8997285

00:35:45.211 --> 00:35:47.443 think that the people and that

NOTE Confidence: 0.8997285

00:35:47.443 --> 00:35:50.351 the people that are using the most

NOTE Confidence: 0.8997285

00:35:50.351 --> 00:35:53.033 actually benefit more from the trauma

NOTE Confidence: 0.8997285

00:35:53.033 --> 00:35:55.648 focused intervention than from a

NOTE Confidence: 0.8997285

00:35:55.648 --> 00:35:58.358 psychoeducational or or control treatment.

NOTE Confidence: 0.8997285

00:35:58.360 --> 00:36:03.950 So then moving along to the

NOTE Confidence: 0.8997285

00:36:03.950 --> 00:36:05.218 pharmacotherapy story,

NOTE Confidence: 0.8997285

00:36:05.220 --> 00:36:08.418 which we know a lot about,

NOTE Confidence: 0.8997285

00:36:08.420 --> 00:36:12.053 thanks to Doctor Petrakis and

NOTE Confidence: 0.8997285

00:36:12.053 --> 00:36:15.239 others who have really been working

NOTE Confidence: 0.8997285

00:36:15.239 --> 00:36:18.836 in this space in a way, you know,

NOTE Confidence: 0.8997285

00:36:18.836 --> 00:36:20.540 consistently over decades.

NOTE Confidence: 0.8997285

00:36:20.540 --> 00:36:22.058 There are a number of treatments,

NOTE Confidence: 0.8997285

00:36:22.060 --> 00:36:24.856 medications that we have to target

NOTE Confidence: 0.8997285

00:36:24.860 --> 00:36:28.485 both alcohol or substance use

NOTE Confidence: 0.8997285

00:36:28.485 --> 00:36:31.820 disorders alone with PTSD agents

NOTE Confidence: 0.8997285

00:36:31.820 --> 00:36:34.400 that target both And then agents

NOTE Confidence: 0.8997285

00:36:34.400 --> 00:36:37.149 that focus on craving aversive,

NOTE Confidence: 0.8997285

00:36:37.150 --> 00:36:38.082 you know,

NOTE Confidence: 0.8997285

00:36:38.082 --> 00:36:40.763 agents like disulforam and agents

NOTE Confidence: 0.8997285

00:36:40.763 --> 00:36:42.788 that target withdrawal.

NOTE Confidence: 0.8997285

00:36:42.788 --> 00:36:46.370 And So what we know thus far and I

NOTE Confidence: 0.8997285

00:36:46.461 --> 00:36:49.809 think I I did one trial that was a

NOTE Confidence: 0.8997285

00:36:49.809 --> 00:36:52.348 combined medication we use sertraline

NOTE Confidence: 0.8997285

00:36:52.348 --> 00:36:55.130 and and and seeking safety for

NOTE Confidence: 0.8997285

00:36:55.130 --> 00:36:57.305 individuals with alcohol use disorders.

NOTE Confidence: 0.8997285

00:36:57.310 --> 00:37:00.544 And I swore I'll never do another

NOTE Confidence: 0.8997285

00:37:00.550 --> 00:37:02.290 pharmacotherapy trial because of how

NOTE Confidence: 0.8997285

00:37:02.290 --> 00:37:05.198 hard it is to do, how long it takes,

NOTE Confidence: 0.8997285

00:37:05.198 --> 00:37:07.544 how how hard it is to engage patients,

NOTE Confidence: 0.8997285

00:37:07.544 --> 00:37:09.029 to keep them in treatment,

NOTE Confidence: 0.8997285

00:37:09.030 --> 00:37:09.972 all these things.

NOTE Confidence: 0.8997285

00:37:09.972 --> 00:37:11.856 And so I think these numbers

NOTE Confidence: 0.8997285

00:37:11.856 --> 00:37:13.488 are probably higher now,

NOTE Confidence: 0.8997285

00:37:13.490 --> 00:37:15.330 but some of the systematic

NOTE Confidence: 0.8997285

00:37:15.330 --> 00:37:17.170 reviews that have been done

NOTE Confidence: 0.90750426

00:37:17.170 --> 00:37:20.530 really show us not so much which

NOTE Confidence: 0.90750426

00:37:20.530 --> 00:37:21.970 interventions are superior,

NOTE Confidence: 0.90750426

00:37:21.970 --> 00:37:25.414 but rather the fact that we can

NOTE Confidence: 0.90750426

00:37:25.414 --> 00:37:27.570 see significant reductions in both

NOTE Confidence: 0.90750426

00:37:27.570 --> 00:37:29.610 PTSD and alcohol use disorders.

NOTE Confidence: 0.90750426

00:37:29.610 --> 00:37:33.025 There's no evidence against using

NOTE Confidence: 0.90750426

00:37:33.025 --> 00:37:36.440 medications in non comorbid populations

NOTE Confidence: 0.90750426

00:37:36.440 --> 00:37:39.170 and but yet we don't fully know

NOTE Confidence: 0.90750426

00:37:39.170 --> 00:37:42.660 what are the best practices yet for

NOTE Confidence: 0.90750426

00:37:42.660 --> 00:37:45.600 these kinds of medications that have

NOTE Confidence: 0.90750426

00:37:45.600 --> 00:37:49.430 been applied for both PTSD and a

NOTE Confidence: 0.90750426

00:37:49.430 --> 00:37:52.880 UD individually and then together.

NOTE Confidence: 0.90750426

00:37:52.880 --> 00:37:55.360 However, I do have more.

NOTE Confidence: 0.90750426

00:37:55.360 --> 00:37:56.828 So stay, you know,

NOTE Confidence: 0.90750426

00:37:56.828 --> 00:37:59.379 hold off the judgment because we we

NOTE Confidence: 0.90750426

00:37:59.379 --> 00:38:01.836 have more to say on that when I get

NOTE Confidence: 0.90750426

00:38:01.915 --> 00:38:04.219 to our our data science project.

NOTE Confidence: 0.90750426

00:38:04.220 --> 00:38:05.472 But largely, you know,

NOTE Confidence: 0.90750426

00:38:05.472 --> 00:38:08.042 we do know things that I can tell

NOTE Confidence: 0.90750426

00:38:08.042 --> 00:38:10.219 you happily that we can say okay.

NOTE Confidence: 0.90750426

00:38:10.220 --> 00:38:13.097 Now we we do have ideas about

NOTE Confidence: 0.90750426

00:38:13.100 --> 00:38:16.298 signals for how to treat PTST and

NOTE Confidence: 0.90750426

00:38:16.298 --> 00:38:19.052 Sud both with medications and also

NOTE Confidence: 0.90750426

00:38:19.052 --> 00:38:21.140 with behavioral interventions.

NOTE Confidence: 0.90750426

00:38:21.140 --> 00:38:23.804 But in fact doing this work for anyone

NOTE Confidence: 0.90750426

00:38:23.804 --> 00:38:26.898 who spent their time doing it's really hard.

NOTE Confidence: 0.90750426

00:38:26.900 --> 00:38:28.406 It takes forever.

NOTE Confidence: 0.90750426

00:38:28.406 --> 00:38:30.916 Our effect sizes are small.

NOTE Confidence: 0.90750426

00:38:30.920 --> 00:38:33.120 We see most impacts directly

NOTE Confidence: 0.90750426

00:38:33.120 --> 00:38:36.200 in the PTSD domain.

NOTE Confidence: 0.90750426

00:38:36.200 --> 00:38:39.158 We have high rates of attrition

NOTE Confidence: 0.90750426

00:38:39.160 --> 00:38:40.411 in our studies.

NOTE Confidence: 0.90750426

00:38:40.411 --> 00:38:42.079 Like I said before,

NOTE Confidence: 0.90750426

00:38:42.080 --> 00:38:44.282 we have spotty uptake of evidence

NOTE Confidence: 0.90750426

00:38:44.282 --> 00:38:46.080 based treatments and we are.

NOTE Confidence: 0.90750426

00:38:46.080 --> 00:38:47.718 It's very hard to examine to

NOTE Confidence: 0.90750426

00:38:47.718 --> 00:38:49.644 go beyond just like compare the

NOTE Confidence: 0.90750426

00:38:49.644 --> 00:38:51.196 treatment and the comparator.

NOTE Confidence: 0.90750426

00:38:51.200 --> 00:38:53.080 We don't get to say who does these,

NOTE Confidence: 0.90750426

00:38:53.080 --> 00:38:54.934 who do these treatments work best

NOTE Confidence: 0.90750426

00:38:54.934 --> 00:38:57.040 for and also how do they work?

NOTE Confidence: 0.90750426

00:38:57.040 --> 00:38:58.320 Like what are the mechanisms?

NOTE Confidence: 0.90750426

00:38:58.320 --> 00:39:00.917 Because our ends are just too small.

NOTE Confidence: 0.90750426

00:39:00.920 --> 00:39:03.394 So, you know,

NOTE Confidence: 0.90750426

00:39:03.394 --> 00:39:05.776 our latest solution to this problem

NOTE Confidence: 0.90750426

00:39:05.776 --> 00:39:08.163 has been to to use data science

NOTE Confidence: 0.90750426

00:39:08.163 --> 00:39:10.884 as a means to help us move the

NOTE Confidence: 0.90750426

00:39:10.884 --> 00:39:12.400 drive the field forward.

NOTE Confidence: 0.90750426

00:39:12.400 --> 00:39:14.220 And so I'm going to tell you

NOTE Confidence: 0.90750426

00:39:14.220 --> 00:39:16.274 spend a little bit of time talking

NOTE Confidence: 0.90750426

00:39:16.274 --> 00:39:17.486 about Project Harmony,

NOTE Confidence: 0.90750426

00:39:17.486 --> 00:39:19.298 which was mentioned earlier,

NOTE Confidence: 0.90750426

00:39:19.300 --> 00:39:22.108 which is an integrative data analysis

NOTE Confidence: 0.90750426

00:39:22.108 --> 00:39:25.219 where we managed to pool together.

NOTE Confidence: 0.90750426

00:39:25.220 --> 00:39:28.720 We acquired 42 studies agnostic

NOTE Confidence: 0.90750426

00:39:28.720 --> 00:39:30.820 to treatment type.

NOTE Confidence: 0.90750426

00:39:30.820 --> 00:39:32.675 And you'll see what I mean when

NOTE Confidence: 0.90750426

00:39:32.675 --> 00:39:34.890 I show you the the variety of

NOTE Confidence: 0.90750426

00:39:34.890 --> 00:39:36.575 treatments that we pooled in.

NOTE Confidence: 0.90750426

00:39:36.580 --> 00:39:39.758 But we we identified using a set

NOTE Confidence: 0.90750426

00:39:39.758 --> 00:39:42.324 of inclusion criteria any study in

NOTE Confidence: 0.90750426

00:39:42.324 --> 00:39:44.914 the world that we could get our

NOTE Confidence: 0.90750426

00:39:45.005 --> 00:39:48.136 hands on that attempt to a treat

NOTE Confidence: 0.90750426

00:39:48.136 --> 00:39:50.681 PTSD and substance use disorders

NOTE Confidence: 0.90750426

00:39:50.681 --> 00:39:53.794 in adults that had measures of

NOTE Confidence: 0.90750426

00:39:53.794 --> 00:39:55.728 both PTSD&amp;SUD outcomes and that

NOTE Confidence: 0.90750426

00:39:55.728 --> 00:39:57.513 had evidence that the treatments

NOTE Confidence: 0.90750426

00:39:57.513 --> 00:39:59.498 were being delivered in fidelity,

NOTE Confidence: 0.90750426

00:39:59.500 --> 00:40:00.756 with fidelity.

NOTE Confidence: 0.90750426

00:40:00.756 --> 00:40:03.896 And this was regardless of

NOTE Confidence: 0.90750426

00:40:03.900 --> 00:40:08.828 treatment type and also you know

NOTE Confidence: 0.90750426

00:40:08.828 --> 00:40:10.460 other other characteristics.

NOTE Confidence: 0.90750426

00:40:10.460 --> 00:40:12.590 And we we acquired a pool

NOTE Confidence: 0.90750426

00:40:12.590 --> 00:40:14.676 of over 4500 participants.

NOTE Confidence: 0.90750426

00:40:14.676 --> 00:40:16.740 This was a.

NOTE Confidence: 0.90750426

00:40:16.740 --> 00:40:18.910 And all hands on deck and I'm

NOTE Confidence: 0.90750426

00:40:18.910 --> 00:40:21.219 going to show you our team from,

NOTE Confidence: 0.90750426

00:40:21.220 --> 00:40:23.004 you know, City College,

NOTE Confidence: 0.90750426

00:40:23.004 --> 00:40:23.896 Columbia University,

NOTE Confidence: 0.90750426

00:40:23.900 --> 00:40:24.928 Rutgers University,

NOTE Confidence: 0.90750426

00:40:24.928 --> 00:40:27.498 Medical University of South Carolina,

NOTE Confidence: 0.90750426

00:40:27.500 --> 00:40:28.900 Yale University,

NOTE Confidence: 0.90750426

00:40:28.900 --> 00:40:31.700 University of South Wales,

NOTE Confidence: 0.90750426

00:40:31.700 --> 00:40:34.580 University of Washington,

NOTE Confidence: 0.90750426

00:40:34.580 --> 00:40:36.909 Stanford University and

NOTE Confidence: 0.90750426

00:40:36.909 --> 00:40:38.136 University of Toronto.

NOTE Confidence: 0.90750426

00:40:38.136 --> 00:40:41.129 These are our team members and our

NOTE Confidence: 0.90750426

00:40:41.129 --> 00:40:42.969 Scientific Advisory Board members

NOTE Confidence: 0.90750426

00:40:42.969 --> 00:40:45.580 who shared their data with us

NOTE Confidence: 0.90750426

00:40:45.580 --> 00:40:47.552 as well as and Antonio Morgan.

NOTE Confidence: 0.90750426

00:40:47.552 --> 00:40:50.500 Lopez was the MPI on this project.

NOTE Confidence: 0.90750426

00:40:50.500 --> 00:40:53.210 He's at RTI International with

NOTE Confidence: 0.90750426

00:40:53.210 --> 00:40:56.620 me and did all the elegant quant

NOTE Confidence: 0.90750426

00:40:56.620 --> 00:40:58.476 work on the project.

NOTE Confidence: 0.9361672

00:40:58.480 --> 00:41:00.640 This is just, I can't spend time on this,

NOTE Confidence: 0.9361672

00:41:00.640 --> 00:41:03.220 but these are our international

NOTE Confidence: 0.9361672

00:41:03.220 --> 00:41:06.240 consortium that we call our cast

NOTE Confidence: 0.9361672

00:41:06.240 --> 00:41:08.200 and all of these individuals

NOTE Confidence: 0.9361672

00:41:08.200 --> 00:41:10.440 shared their data sets with us.

NOTE Confidence: 0.9361672

00:41:10.440 --> 00:41:11.875 And when I say shared their data,

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NOTE Confidence: 0.9361672

00:41:11.880 --> 00:41:14.480 I mean they gave us their data sets.

NOTE Confidence: 0.9361672

00:41:14.480 --> 00:41:17.477 So we were able to do things with the

NOTE Confidence: 0.9361672

00:41:17.477 --> 00:41:20.204 data and I'll just show you about that.

NOTE Confidence: 0.9361672

00:41:20.204 --> 00:41:22.130 But first we brought together the

NOTE Confidence: 0.9361672

00:41:22.193 --> 00:41:24.119 international group and one of the

NOTE Confidence: 0.9361672

00:41:24.119 --> 00:41:26.393 things we needed to do given that

NOTE Confidence: 0.9361672

00:41:26.393 --> 00:41:28.247 we were agnostic to treatment type

NOTE Confidence: 0.9361672

00:41:28.247 --> 00:41:31.080 was we had to categorize treatment.

NOTE Confidence: 0.9361672

00:41:31.080 --> 00:41:33.636 So we had the international group,

NOTE Confidence: 0.9361672

00:41:33.640 --> 00:41:34.840 they were involved with us.

NOTE Confidence: 0.9361672

00:41:34.840 --> 00:41:36.728 We had several meetings,

NOTE Confidence: 0.9361672

00:41:36.728 --> 00:41:39.560 consensus meetings and we did surveys

NOTE Confidence: 0.9361672

00:41:39.560 --> 00:41:43.970 but we we identified and categorized

NOTE Confidence: 0.9361672

00:41:43.970 --> 00:41:46.560 treatments into trauma focused like the

NOTE Confidence: 0.9361672

00:41:46.560 --> 00:41:48.633 ones you know the stage two treatments

NOTE Confidence: 0.9361672

00:41:48.633 --> 00:41:50.943 that we were talking about and non

NOTE Confidence: 0.9361672

00:41:50.943 --> 00:41:52.732 trauma focused which were treatments

NOTE Confidence: 0.9361672

00:41:52.732 --> 00:41:54.874 like a seeking safety treatment that

NOTE Confidence: 0.9361672

00:41:54.874 --> 00:42:00.420 didn't target the trauma but may have

NOTE Confidence: 0.9361672

00:42:00.420 --> 00:42:03.780 been an integrated treatment for traumatics,

NOTE Confidence: 0.9361672

00:42:03.780 --> 00:42:04.947 PTSD and Sud.

NOTE Confidence: 0.9361672

00:42:04.947 --> 00:42:07.281 And we also so we had

NOTE Confidence: 0.9361672

00:42:07.281 --> 00:42:08.940 behavioral interventions,

NOTE Confidence: 0.9361672

00:42:08.940 --> 00:42:11.100 we had integrated behavioral where

NOTE Confidence: 0.9361672

00:42:11.100 --> 00:42:13.884 they tried to address both PTSD and

NOTE Confidence: 0.9361672

00:42:13.884 --> 00:42:16.068 substance use in the same treatment we

NOTE Confidence: 0.9361672

00:42:16.068 --> 00:42:18.456 had combined so integrated plus meds,

NOTE Confidence: 0.9361672

00:42:18.460 --> 00:42:20.232 we had meds alone.

NOTE Confidence: 0.9361672

00:42:20.232 --> 00:42:22.447 So targeting either the alcohol

NOTE Confidence: 0.9361672

00:42:22.447 --> 00:42:24.818 or substance use outcome,

NOTE Confidence: 0.9361672

00:42:24.820 --> 00:42:28.660 the PTSD outcome or both.

NOTE Confidence: 0.9361672

00:42:28.660 --> 00:42:30.557 And then we also had a variety

NOTE Confidence: 0.9361672

00:42:30.557 --> 00:42:32.386 of controls because when you're

NOTE Confidence: 0.9361672

00:42:32.386 --> 00:42:33.820 doing comparative effectiveness,

NOTE Confidence: 0.9361672

00:42:33.820 --> 00:42:36.109 you need to be able to classify

NOTE Confidence: 0.9361672

00:42:36.109 --> 00:42:37.812 the treatment so that you're

NOTE Confidence: 0.9361672

00:42:37.812 --> 00:42:40.004 kind of reducing the number of,

NOTE Confidence: 0.9361672

00:42:40.004 --> 00:42:40.776 you know,

NOTE Confidence: 0.9361672

00:42:40.780 --> 00:42:44.992 kind of degrees of freedom or

NOTE Confidence: 0.9361672

00:42:44.992 --> 00:42:47.257 increasing the degrees of freedom,

NOTE Confidence: 0.9361672

00:42:47.260 --> 00:42:50.704 but you are also comparing it to

NOTE Confidence: 0.9361672

00:42:50.704 --> 00:42:52.180 the same comparator.

NOTE Confidence: 0.9361672

00:42:52.180 --> 00:42:55.830 So we classified the control

NOTE Confidence: 0.9361672

00:42:55.830 --> 00:42:58.480 groups as psychotherapy that was

NOTE Confidence: 0.9361672

00:42:58.480 --> 00:43:01.568 targeting a alcohol or drug use only,

NOTE Confidence: 0.9361672

00:43:01.570 --> 00:43:04.825 psychotherapy controls that were really

NOTE Confidence: 0.9361672

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00:43:04.825 --> 00:43:08.930 treatment as usual and then placebo

NOTE Confidence: 0.9361672

00:43:08.930 --> 00:43:12.655 controls which was medication placebo.

NOTE Confidence: 0.9361672

00:43:12.660 --> 00:43:15.450 And so by doing that we end up with

NOTE Confidence: 0.9361672

00:43:15.450 --> 00:43:18.110 about with eight classes that were

NOTE Confidence: 0.9361672

00:43:18.110 --> 00:43:20.893 comparing to 1 comparator which would

NOTE Confidence: 0.9361672

00:43:20.893 --> 00:43:23.938 either be treatment as usual or placebo.

NOTE Confidence: 0.9361672

00:43:23.940 --> 00:43:27.490 And so you know one of the things

NOTE Confidence: 0.9361672

00:43:27.490 --> 00:43:29.240 that we did with Project Harmony

NOTE Confidence: 0.9361672

00:43:29.240 --> 00:43:31.010 was a traditional systematic review

NOTE Confidence: 0.9361672

00:43:31.010 --> 00:43:33.498 and we did a network meta analysis.

NOTE Confidence: 0.9361672

00:43:33.500 --> 00:43:35.180 And so that's taking, you know,

NOTE Confidence: 0.9361672

00:43:35.180 --> 00:43:37.448 a typical traditional meta analysis is

NOTE Confidence: 0.9361672

00:43:37.448 --> 00:43:40.410 when you go in to the published data

NOTE Confidence: 0.9361672

00:43:40.410 --> 00:43:43.539 and you look at what's out there and you,

NOTE Confidence: 0.9361672

00:43:43.540 --> 00:43:46.594 you know extract effect sizes from

NOTE Confidence: 0.9361672

00:43:46.594 --> 00:43:49.834 that data and then you examine

NOTE Confidence: 0.9361672

00:43:49.834 --> 00:43:51.648 the effects of the treatments

NOTE Confidence: 0.9361672

00:43:51.648 --> 00:43:53.460 and you and you come up with a,

NOTE Confidence: 0.9361672

00:43:53.460 --> 00:43:53.992 you know,

NOTE Confidence: 0.9361672

00:43:53.992 --> 00:43:55.854 some kind of an idea about what's

NOTE Confidence: 0.9361672

00:43:55.854 --> 00:43:56.500 what's going.

NOTE Confidence: 0.9361672

00:43:56.500 --> 00:43:59.979 And so we did the a traditional

NOTE Confidence: 0.9361672

00:43:59.980 --> 00:44:02.780 systematic review from the literature.

NOTE Confidence: 0.9361672

00:44:02.780 --> 00:44:05.055 This is not the pooled analysis yet,

NOTE Confidence: 0.9361672

00:44:05.060 --> 00:44:07.104 which I'll show you in a moment.

NOTE Confidence: 0.9361672

00:44:07.110 --> 00:44:10.182 But we then did a a network meta

NOTE Confidence: 0.9361672

00:44:10.182 --> 00:44:12.581 analysis to kind of characterize

NOTE Confidence: 0.9361672

00:44:12.581 --> 00:44:15.246 the state of science and to

NOTE Confidence: 0.9361672

00:44:15.246 --> 00:44:17.590 look at PTSD and a UOD outcomes.

NOTE Confidence: 0.9361672

00:44:17.590 --> 00:44:21.430 And out of you know 1000,

NOTE Confidence: 0.9361672

00:44:21.430 --> 00:44:22.828 you know hits that we got,

NOTE Confidence: 0.9361672

00:44:22.830 --> 00:44:27.414 we we sifted through 700 trials that

NOTE Confidence: 0.9361672

00:44:27.414 --> 00:44:30.870 met our criteria and in the end we

NOTE Confidence: 0.9234659

00:44:30.970 --> 00:44:34.218 identified 39 trials with two

NOTE Confidence: 0.9234659

00:44:34.218 --> 00:44:37.580 subnetworks of the this network I'm

NOTE Confidence: 0.9234659

00:44:37.580 --> 00:44:40.400 showing you above is the behavioral

NOTE Confidence: 0.9234659

00:44:40.400 --> 00:44:43.254 interventions compared to a psychotherapy

NOTE Confidence: 0.9234659

00:44:43.254 --> 00:44:46.830 control like a treatment as usual.

NOTE Confidence: 0.9234659

00:44:46.830 --> 00:44:49.404 And then there was another step

NOTE Confidence: 0.9234659

00:44:49.404 --> 00:44:52.011 network of the medication trials that

NOTE Confidence: 0.9234659

00:44:52.011 --> 00:44:54.853 were compared to placebo and what we

NOTE Confidence: 0.9234659

00:44:54.853 --> 00:44:57.094 found in this network meta analysis

NOTE Confidence: 0.9234659

00:44:57.094 --> 00:44:59.950 which is about to be published in

NOTE Confidence: 0.9234659

00:45:00.026 --> 00:45:02.550 psychological bulletin like today,

NOTE Confidence: 0.9234659

00:45:02.550 --> 00:45:05.490 tomorrow who knows it's it's coming

NOTE Confidence: 0.9234659

00:45:05.490 --> 00:45:09.588 out very shortly is that the for

NOTE Confidence: 0.9234659

00:45:09.588 --> 00:45:12.873 PTSD the integrated trauma focus.

NOTE Confidence: 0.9234659

00:45:12.880 --> 00:45:17.200 So again those trauma focused interventions

NOTE Confidence: 0.9234659

00:45:17.200 --> 00:45:19.480 did significantly better compared to

NOTE Confidence: 0.9234659

00:45:19.480 --> 00:45:22.112 the treatment as usual controls than

NOTE Confidence: 0.9234659

00:45:22.112 --> 00:45:24.746 any of the other other classifications.

NOTE Confidence: 0.9234659

00:45:24.746 --> 00:45:27.758 And for the medications,

NOTE Confidence: 0.9234659

00:45:27.760 --> 00:45:32.050 we saw that alcohol targeting

NOTE Confidence: 0.9234659

00:45:32.050 --> 00:45:35.374 medications with or without trauma

NOTE Confidence: 0.9234659

00:45:35.374 --> 00:45:38.562 focused treatment appeared to be

NOTE Confidence: 0.9234659

00:45:38.562 --> 00:45:41.134 superior to placebo interventions

NOTE Confidence: 0.9234659

00:45:41.134 --> 00:45:44.669 in this network meta analysis.

NOTE Confidence: 0.9234659

00:45:44.670 --> 00:45:47.838 So it's giving us an indication

NOTE Confidence: 0.9234659

00:45:47.838 --> 00:45:50.880 of yes trauma focused and yes,

NOTE Confidence: 0.9234659

00:45:50.880 --> 00:45:53.205 our alcohol targeting medications and

NOTE Confidence: 0.9234659

00:45:53.205 --> 00:45:56.627 that's a direct effect on alcohol outcome.

NOTE Confidence: 0.9234659

00:45:56.630 --> 00:46:01.266 So in this network meta and then to go

NOTE Confidence: 0.9234659

00:46:01.266 --> 00:46:03.744 into the Project Harmony piece where

NOTE Confidence: 0.9234659

00:46:03.744 --> 00:46:06.882 we did an integrative data analysis

NOTE Confidence: 0.9234659

00:46:06.882 --> 00:46:10.218 with the individual patient data that

NOTE Confidence: 0.9234659

00:46:10.310 --> 00:46:13.414 we got from all of these trials over

NOTE Confidence: 0.9234659

00:46:13.414 --> 00:46:15.558 the world that was recently published.

NOTE Confidence: 0.9234659

00:46:15.558 --> 00:46:18.363 And you can get more of the the

NOTE Confidence: 0.9234659

00:46:18.363 --> 00:46:20.602 fine finer details from the American

NOTE Confidence: 0.9234659

00:46:20.602 --> 00:46:23.026 Journal of Psychiatry and in February.

NOTE Confidence: 0.9234659

00:46:23.030 --> 00:46:23.490 But basically,

NOTE Confidence: 0.9234659

00:46:23.490 --> 00:46:25.869 and I don't have time to go into all of it,

NOTE Confidence: 0.9234659

00:46:25.870 --> 00:46:28.926 but we did a bunch of fancy analyses

NOTE Confidence: 0.9234659

00:46:28.926 --> 00:46:32.456 that kind of what I like to say is

NOTE Confidence: 0.9234659

00:46:32.456 --> 00:46:34.416 this virtual clinical trial basically

NOTE Confidence: 0.9234659

00:46:34.416 --> 00:46:36.558 does like on your iPhone where you

NOTE Confidence: 0.9234659

00:46:36.558 --> 00:46:38.707 have a photograph and then you go

NOTE Confidence: 0.9234659

00:46:38.707 --> 00:46:41.126 into edit on the photo and there's a

NOTE Confidence: 0.9234659

00:46:41.126 --> 00:46:43.184 little magic wand and you press the

NOTE Confidence: 0.9234659

00:46:43.190 --> 00:46:45.465 wand and the photo just looks better.

NOTE Confidence: 0.9234659

00:46:45.470 --> 00:46:47.750 It like makes it pop.

NOTE Confidence: 0.9234659

00:46:47.750 --> 00:46:49.864 That's what I think of as this,

NOTE Confidence: 0.9234659

00:46:49.870 --> 00:46:52.019 this type of analysis where we did

NOTE Confidence: 0.9234659

00:46:52.019 --> 00:46:53.470 a variety of things.

NOTE Confidence: 0.9234659

00:46:53.470 --> 00:46:56.866 We did propensity score weighting to

NOTE Confidence: 0.9234659

00:46:56.870 --> 00:46:59.971 sort of the equivalent of covariates in

NOTE Confidence: 0.9234659

00:46:59.971 --> 00:47:03.080 a single trial to address measurement

NOTE Confidence: 0.9234659

00:47:03.080 --> 00:47:06.140 inequalities and other issues

NOTE Confidence: 0.9234659

00:47:06.140 --> 00:47:08.430 with across all of these trials.

NOTE Confidence: 0.9234659

00:47:08.430 --> 00:47:09.378 Because remember,

NOTE Confidence: 0.9234659

00:47:09.378 --> 00:47:11.748 we're pooling all these trials,

NOTE Confidence: 0.9234659

00:47:11.750 --> 00:47:14.935 we have to harmonize the measures and

NOTE Confidence: 0.9234659

00:47:14.935 --> 00:47:17.675 do we did modified nonlinear factor

NOTE Confidence: 0.9234659

00:47:17.675 --> 00:47:19.960 analysis to create harmonization so

NOTE Confidence: 0.9234659

00:47:20.034 --> 00:47:22.386 we could look at the same outcomes.

NOTE Confidence: 0.9234659

00:47:22.390 --> 00:47:24.806 The outcomes were PTSD,

NOTE Confidence: 0.9234659

00:47:24.806 --> 00:47:28.430 alcohol use and substance drug use.

NOTE Confidence: 0.9234659

00:47:28.430 --> 00:47:30.470 So those were our outcome measures.

NOTE Confidence: 0.9234659

00:47:30.470 --> 00:47:32.588 We harmonize all across all studies.

NOTE Confidence: 0.9234659

00:47:32.590 --> 00:47:34.515 So in one study it might have

NOTE Confidence: 0.9234659

00:47:34.515 --> 00:47:36.322 used timeline follow back to look

NOTE Confidence: 0.9234659

00:47:36.322 --> 00:47:37.550 at substance use outcomes.

NOTE Confidence: 0.9234659

00:47:37.550 --> 00:47:39.452 In another study they might have

NOTE Confidence: 0.9234659

00:47:39.452 --> 00:47:41.665 used the ASI or some other metric

NOTE Confidence: 0.9234659

00:47:41.665 --> 00:47:44.138 and we you have to kind of harmonize

NOTE Confidence: 0.9234659

00:47:44.138 --> 00:47:46.346 it so you can compare across.

NOTE Confidence: 0.9234659

00:47:46.350 --> 00:47:48.570 We categorize like I told you

NOTE Confidence: 0.9234659

00:47:48.570 --> 00:47:50.470 before and we structured time.

NOTE Confidence: 0.9234659

00:47:50.470 --> 00:47:52.857 So we were looking at post treatment

NOTE Confidence: 0.9234659

00:47:52.857 --> 00:47:55.192 which is 3 months post treatment

NOTE Confidence: 0.9234659

00:47:55.192 --> 00:47:57.309 and 12 month which was estimated

NOTE Confidence: 0.9234659

00:47:57.309 --> 00:47:59.067 because of course some trials might

NOTE Confidence: 0.9234659

00:47:59.067 --> 00:48:00.827 have looked at six month outcomes,

NOTE Confidence: 0.9234659

00:48:00.830 --> 00:48:02.390 others might have looked at one

NOTE Confidence: 0.9234659

00:48:02.390 --> 00:48:02.910 week outcomes,

NOTE Confidence: 0.9234659

00:48:02.910 --> 00:48:04.460 others might have looked at

NOTE Confidence: 0.9234659

00:48:04.460 --> 00:48:05.390 one year outcomes.

NOTE Confidence: 0.9234659

00:48:05.390 --> 00:48:09.143 And so we did analysis to structure the time

NOTE Confidence: 0.93851376

00:48:09.150 --> 00:48:12.396 and what we ended up finding was very

NOTE Confidence: 0.93851376

00:48:12.396 --> 00:48:15.140 good news and the good news overall was

NOTE Confidence: 0.93851376

00:48:15.220 --> 00:48:17.866 that all of the intervention classes,

NOTE Confidence: 0.93851376

00:48:17.870 --> 00:48:18.890 patients got better.

NOTE Confidence: 0.93851376

00:48:18.890 --> 00:48:22.408 So we like to say there are no wrong doors.

NOTE Confidence: 0.93851376

00:48:22.410 --> 00:48:25.122 You can apply these variety of

NOTE Confidence: 0.93851376

00:48:25.122 --> 00:48:27.530 interventions and everyone got better,

NOTE Confidence: 0.93851376

00:48:27.530 --> 00:48:30.246 but some doors are better than others.

NOTE Confidence: 0.93851376

00:48:30.250 --> 00:48:33.346 So people got better with some

NOTE Confidence: 0.93851376

00:48:33.346 --> 00:48:36.610 of the trauma focused integrated,

NOTE Confidence: 0.93851376

00:48:36.610 --> 00:48:39.510 I'm sorry non trauma focused

NOTE Confidence: 0.93851376

00:48:39.510 --> 00:48:41.250 integrated models whoops,

NOTE Confidence: 0.93851376

00:48:41.250 --> 00:48:47.070 but but as you can see here it

NOTE Confidence: 0.93851376

00:48:47.070 --> 00:48:48.480 wasn't statistically significant.

NOTE Confidence: 0.93851376

00:48:48.480 --> 00:48:54.276 So, so the seeking safety model was a non

NOTE Confidence: 0.93851376

00:48:54.280 --> 00:48:57.437 was an integrated but non trauma focused.

NOTE Confidence: 0.93851376

00:48:57.440 --> 00:48:59.360 We don't see significant impacts

NOTE Confidence: 0.93851376

00:48:59.360 --> 00:49:01.280 compared to treatment as usual,

NOTE Confidence: 0.93851376

00:49:01.280 --> 00:49:05.936 whereas the big winner was drum roll

NOTE Confidence: 0.93851376

00:49:05.936 --> 00:49:07.968 trauma focused interventions with

NOTE Confidence: 0.93851376

00:49:07.968 --> 00:49:10.000 alcohol targeting medications and

NOTE Confidence: 0.93851376

00:49:10.072 --> 00:49:12.656 what you can see here are very large

NOTE Confidence: 0.93851376

00:49:12.656 --> 00:49:14.959 effect sizes for those interventions.

NOTE Confidence: 0.93851376

00:49:14.960 --> 00:49:17.192 So we might not have seen that in any

NOTE Confidence: 0.93851376

00:49:17.192 --> 00:49:19.249 of the individual clinical trials like

NOTE Confidence: 0.93851376

00:49:19.249 --> 00:49:22.292 all of the ones that this mini has been

NOTE Confidence: 0.93851376

00:49:22.292 --> 00:49:24.576 working on and working on where you

NOTE Confidence: 0.93851376

00:49:24.576 --> 00:49:27.488 might not have seen the impacts also

NOTE Confidence: 0.93851376

00:49:27.488 --> 00:49:30.882 because she was comparing to placebo Med,

NOTE Confidence: 0.93851376

00:49:30.882 --> 00:49:33.887 placebo Med also does pretty

NOTE Confidence: 0.93851376

00:49:33.887 --> 00:49:37.448 well on PTSD for example.

NOTE Confidence: 0.93851376

00:49:37.450 --> 00:49:40.250 And but what we're seeing is direct

NOTE Confidence: 0.93851376

00:49:40.250 --> 00:49:43.072 effects on the alcohol outcomes and

NOTE Confidence: 0.93851376

00:49:43.072 --> 00:49:45.430 then you know you know the it's so the

NOTE Confidence: 0.93851376

00:49:45.502 --> 00:49:48.052 winners are the trauma focused whether

NOTE Confidence: 0.93851376

00:49:48.052 --> 00:49:50.259 they're integrated or they're not

NOTE Confidence: 0.93851376

00:49:50.259 --> 00:49:52.449 integrated and alcohol targeting meds.

NOTE Confidence: 0.93851376

00:49:52.450 --> 00:49:55.204 So it's sort of expands on the lit review

NOTE Confidence: 0.93851376

00:49:55.204 --> 00:49:57.570 network meta analysis that I showed you.

NOTE Confidence: 0.93851376

00:49:57.570 --> 00:49:59.370 So we're but we're taking

NOTE Confidence: 0.93851376

00:49:59.370 --> 00:50:01.746 this data and we're we're,

NOTE Confidence: 0.93851376

00:50:01.746 --> 00:50:04.326 we're sort of able to examine it.

NOTE Confidence: 0.93851376

00:50:04.330 --> 00:50:05.975 And so this just gives you a

NOTE Confidence: 0.93851376

00:50:05.975 --> 00:50:07.530 taste of what we're finding.

NOTE Confidence: 0.93851376

00:50:07.530 --> 00:50:10.932 And then we are also doing moderator

NOTE Confidence: 0.93851376

00:50:10.932 --> 00:50:13.250 mediator analysis as we speak.

NOTE Confidence: 0.93851376

00:50:13.250 --> 00:50:15.770 The one thing that you see you might take a

NOTE Confidence: 0.93851376

00:50:15.829 --> 00:50:18.286 note of is that in terms of drug outcomes,

NOTE Confidence: 0.93851376

00:50:18.290 --> 00:50:20.650 we're not seeing a lot of direct impacts

NOTE Confidence: 0.93851376

00:50:20.650 --> 00:50:23.384 on drug from either any of the kinds

NOTE Confidence: 0.93851376

00:50:23.384 --> 00:50:25.130 of interventions on drug directly.

NOTE Confidence: 0.93851376

00:50:25.130 --> 00:50:28.064 And what we do expect to be able

NOTE Confidence: 0.93851376

00:50:28.064 --> 00:50:30.892 to talk about more is that that

NOTE Confidence: 0.93851376

00:50:30.892 --> 00:50:33.649 indirect effect of if you target the

NOTE Confidence: 0.93851376

00:50:33.649 --> 00:50:36.272 trauma you will see impacts like

NOTE Confidence: 0.93851376

00:50:36.272 --> 00:50:39.563 downstream on the drug effects.

NOTE Confidence: 0.93851376

00:50:39.563 --> 00:50:42.110 And why it is that we are able to

NOTE Confidence: 0.93851376

00:50:42.183 --> 00:50:44.325 see the impact on alcohol more

NOTE Confidence: 0.93851376

00:50:44.325 --> 00:50:46.585 directly for the first time here

NOTE Confidence: 0.93851376

00:50:46.585 --> 00:50:48.611 with this analysis at Versus Drugs.

NOTE Confidence: 0.93851376

00:50:48.611 --> 00:50:49.799 I'll leave it to,

NOTE Confidence: 0.93851376

00:50:49.800 --> 00:50:51.676 you know maybe we can talk about

NOTE Confidence: 0.93851376

00:50:51.676 --> 00:50:52.842 that during the Q&amp;A.

NOTE Confidence: 0.93851376

00:50:52.842 --> 00:50:56.100 But so that that sort of gets us to,

NOTE Confidence: 0.93851376

00:50:56.100 --> 00:50:58.431 I'm going to spend the last few

NOTE Confidence: 0.93851376

00:50:58.431 --> 00:51:00.536 moments before we have time for

NOTE Confidence: 0.93851376

00:51:00.536 --> 00:51:02.612 chat to talk about as clinicians

NOTE Confidence: 0.93851376

00:51:02.612 --> 00:51:04.457 okay what's the take away.

NOTE Confidence: 0.93851376

00:51:04.460 --> 00:51:06.434 So I mean the take away from

NOTE Confidence: 0.93851376

00:51:06.434 --> 00:51:07.900 the treat my science,

NOTE Confidence: 0.93851376

00:51:07.900 --> 00:51:09.652 you know the science of our

NOTE Confidence: 0.93851376

00:51:09.652 --> 00:51:10.820 interventions is good news.

NOTE Confidence: 0.93851376

00:51:10.820 --> 00:51:13.664 We have a lot of things that we can

NOTE Confidence: 0.93851376

00:51:13.664 --> 00:51:17.020 do and now we have to try to start,

NOTE Confidence: 0.93851376

00:51:17.020 --> 00:51:17.972 you know,

NOTE Confidence: 0.93851376

00:51:17.972 --> 00:51:20.352 doing them more more systematically

NOTE Confidence: 0.93851376

00:51:20.352 --> 00:51:23.144 and enabling places that may not have

NOTE Confidence: 0.93851376

00:51:23.144 --> 00:51:26.180 access to care to do these interventions.

NOTE Confidence: 0.93851376

00:51:26.180 --> 00:51:28.140 So I was in Australia giving a

NOTE Confidence: 0.93851376

00:51:28.140 --> 00:51:28.980 talk to a

NOTE Confidence: 0.92397785

00:51:28.980 --> 00:51:33.108 bunch of, you know, addiction medicine

NOTE Confidence: 0.92397785

00:51:33.108 --> 00:51:35.596 professionals recently and you know,

NOTE Confidence: 0.92397785

00:51:35.596 --> 00:51:38.881 they were like our system is so

NOTE Confidence: 0.92397785

00:51:38.881 --> 00:51:42.035 separated that how do we bring these

80

NOTE Confidence: 0.92397785

00:51:42.035 --> 00:51:45.732 interventions to to our, our population.

NOTE Confidence: 0.92397785

00:51:45.732 --> 00:51:49.360 And so I encourage them to get

NOTE Confidence: 0.92397785

00:51:49.360 --> 00:51:51.204 creative because not, you know,

NOTE Confidence: 0.92397785

00:51:51.204 --> 00:51:53.038 and and because we know the answer,

NOTE Confidence: 0.92397785

00:51:53.040 --> 00:51:54.228 we know that these

NOTE Confidence: 0.92397785

00:51:54.228 --> 00:51:55.119 interventions actually work.

NOTE Confidence: 0.92397785

00:51:55.120 --> 00:51:57.232 So now we have to start

NOTE Confidence: 0.92397785

00:51:57.232 --> 00:51:58.640 really pushing them out.

NOTE Confidence: 0.92397785

00:51:58.640 --> 00:52:01.496 So how do we apply an integrated framework?

NOTE Confidence: 0.92397785

00:52:01.500 --> 00:52:03.940 Well, these are some of the questions from

NOTE Confidence: 0.92397785

00:52:03.940 --> 00:52:06.285 a clinician perspective that we need to

NOTE Confidence: 0.92397785

00:52:06.285 --> 00:52:08.580 start thinking about and trying to answer.

NOTE Confidence: 0.92397785

00:52:08.580 --> 00:52:10.300 What does success look like?

NOTE Confidence: 0.92397785

00:52:10.300 --> 00:52:13.520 Like, Is it really abstinence or is

NOTE Confidence: 0.92397785

00:52:13.520 --> 00:52:15.939 it really diminishment of symptoms?

NOTE Confidence: 0.92397785

00:52:15.940 --> 00:52:16.650 Probably not.

NOTE Confidence: 0.92397785

00:52:16.650 --> 00:52:18.780 If you're thinking about your client,

NOTE Confidence: 0.92397785

00:52:18.780 --> 00:52:20.340 you want quality of life.

NOTE Confidence: 0.92397785

00:52:20.340 --> 00:52:22.500 You want to think about other

NOTE Confidence: 0.92397785

00:52:22.500 --> 00:52:23.580 types of outcomes.

NOTE Confidence: 0.92397785

00:52:23.580 --> 00:52:25.974 What if the person still using do?

NOTE Confidence: 0.92397785

00:52:25.980 --> 00:52:29.112 Can we call it a win if someone goes

NOTE Confidence: 0.92397785

00:52:29.112 --> 00:52:32.228 shifts from being a daily opioid

NOTE Confidence: 0.92397785

00:52:32.228 --> 00:52:35.984 user to a nightly cannabis smoker?

NOTE Confidence: 0.92397785

00:52:35.990 --> 00:52:38.550 Is that a good thing?

NOTE Confidence: 0.92397785

00:52:38.550 --> 00:52:40.830 You know, how do we make those judgments?

NOTE Confidence: 0.92397785

00:52:40.830 --> 00:52:43.791 How do you match for your client

NOTE Confidence: 0.92397785

00:52:43.791 --> 00:52:46.950 the right kind of therapy for them?

NOTE Confidence: 0.92397785

00:52:46.950 --> 00:52:49.008 And what do you do if your

NOTE Confidence: 0.92397785

00:52:49.008 --> 00:52:50.310 patient starts getting worse?

NOTE Confidence: 0.92397785

00:52:50.310 --> 00:52:53.350 How do you handle that and how

NOTE Confidence: 0.92397785

00:52:53.350 --> 00:52:56.350 do we understand differences by,

NOTE Confidence: 0.92397785

00:52:56.350 --> 00:52:57.540 you know,

NOTE Confidence: 0.92397785

00:52:57.540 --> 00:52:59.920 social determinants and other

NOTE Confidence: 0.92397785

00:52:59.920 --> 00:53:01.110 individual characteristics?

NOTE Confidence: 0.92397785

00:53:01.110 --> 00:53:03.738 How do we incorporate cultural variations

NOTE Confidence: 0.92397785

00:53:03.738 --> 00:53:06.669 and how we deliver our treatments?

NOTE Confidence: 0.92397785

00:53:06.670 --> 00:53:08.530 So what we basically advocate for

NOTE Confidence: 0.92397785

00:53:08.530 --> 00:53:10.646 is what I call an integrative

NOTE Confidence: 0.92397785

00:53:10.646 --> 00:53:12.651 treatment framework where we you

NOTE Confidence: 0.92397785

00:53:12.651 --> 00:53:15.218 know it's it's it's good treatment.

NOTE Confidence: 0.92397785

00:53:15.220 --> 00:53:17.124 So this is nothing new to anyone

NOTE Confidence: 0.92397785

00:53:17.124 --> 00:53:19.177 who's a provider is like we want

NOTE Confidence: 0.92397785

00:53:19.177 --> 00:53:20.353 a comprehensive assessment so

NOTE Confidence: 0.92397785

00:53:20.353 --> 00:53:22.337 we know what we're dealing with.

NOTE Confidence: 0.92397785

00:53:22.340 --> 00:53:25.650 Obviously we want to use

NOTE Confidence: 0.92397785

00:53:25.650 --> 00:53:26.974 those destigmatizing,

NOTE Confidence: 0.92397785

00:53:26.980 --> 00:53:28.880 motivational interviewing and harm

NOTE Confidence: 0.92397785

00:53:28.880 --> 00:53:30.780 reduction techniques to understand

NOTE Confidence: 0.92397785

00:53:30.780 --> 00:53:33.444 that not you know what might be

NOTE Confidence: 0.92397785

00:53:33.444 --> 00:53:35.089 abstinence model might be great

NOTE Confidence: 0.92397785

00:53:35.153 --> 00:53:37.155 for one patient and really and not

NOTE Confidence: 0.92397785

00:53:37.155 --> 00:53:39.484 a good model for another patient.

NOTE Confidence: 0.92397785

00:53:39.484 --> 00:53:42.086 So really matching and having

NOTE Confidence: 0.92397785

00:53:42.086 --> 00:53:45.494 kindness and care and a sense

NOTE Confidence: 0.92397785

00:53:45.494 --> 00:53:48.430 of positivity for our clients.

NOTE Confidence: 0.92397785

00:53:48.430 --> 00:53:50.050 Harm reduction therapy is one

NOTE Confidence: 0.92397785

00:53:50.050 --> 00:53:51.670 example that we can use,

NOTE Confidence: 0.92397785

00:53:51.670 --> 00:53:54.286 but there are many other approaches

NOTE Confidence: 0.92397785

00:53:54.286 --> 00:53:55.594 motivational interviewing we

NOTE Confidence: 0.92397785

00:53:55.594 --> 00:53:58.234 want to think about engaging our

NOTE Confidence: 0.92397785

00:53:58.234 --> 00:53:59.946 clients and therapeutic alliance.

NOTE Confidence: 0.92397785

00:53:59.950 --> 00:54:01.858 So you know,

NOTE Confidence: 0.92397785

00:54:01.858 --> 00:54:03.988 understanding that patients may not

NOTE Confidence: 0.92397785

00:54:03.988 --> 00:54:05.704 seek treatment or stay in treatment

NOTE Confidence: 0.92397785

00:54:05.704 --> 00:54:07.904 or use treatment in the same way and

NOTE Confidence: 0.92397785

00:54:07.904 --> 00:54:09.650 that doesn't mean that they should

NOTE Confidence: 0.92397785

00:54:09.650 --> 00:54:11.432 be denied treatments of these ideas

NOTE Confidence: 0.92397785

00:54:11.432 --> 00:54:14.250 that like 3 strikes and you're out

NOTE Confidence: 0.92397785

00:54:14.250 --> 00:54:16.430 because our clients don't attend

NOTE Confidence: 0.92397785

00:54:16.430 --> 00:54:18.610 sessions for lots of different

NOTE Confidence: 0.92397785

00:54:18.685 --> 00:54:21.110 reasons due to those emotional

NOTE Confidence: 0.92397785

00:54:21.110 --> 00:54:23.050 dysregulation and other factors.

NOTE Confidence: 0.92397785

00:54:23.050 --> 00:54:23.827 But you know,

NOTE Confidence: 0.92397785

00:54:23.827 --> 00:54:25.381 there's a lot of things that

NOTE Confidence: 0.92397785

00:54:25.381 --> 00:54:27.426 we need to do and that we can

NOTE Confidence: 0.92397785

00:54:27.426 --> 00:54:28.690 help support our clients.

NOTE Confidence: 0.92397785

00:54:28.690 --> 00:54:30.545 So a lot of these treatments if

NOTE Confidence: 0.92397785

00:54:30.545 --> 00:54:32.562 even if you don't have trauma

NOTE Confidence: 0.92397785

00:54:32.562 --> 00:54:36.310 focused training at your agency yet,

NOTE Confidence: 0.92397785

00:54:36.310 --> 00:54:38.890 there's a lot of treatments for

NOTE Confidence: 0.92397785

00:54:38.890 --> 00:54:41.392 dysregulation that can be used to

NOTE Confidence: 0.92397785

00:54:41.392 --> 00:54:43.804 help address traumatic stress in our

NOTE Confidence: 0.92397785

00:54:43.804 --> 00:54:46.949 clients and help with treatment processing.

NOTE Confidence: 0.92397785

00:54:46.950 --> 00:54:48.300 So again,

NOTE Confidence: 0.92397785

00:54:48.300 --> 00:54:49.650 treatment planning,

NOTE Confidence: 0.92397785

00:54:49.650 --> 00:54:51.000 coordinated care,

NOTE Confidence: 0.92397785

00:54:51.000 --> 00:54:53.628 working together across disciplines

NOTE Confidence: 0.92397785

00:54:53.628 --> 00:54:55.599 and promoting stability,

NOTE Confidence: 0.93418175

00:54:55.600 --> 00:54:57.630 these are all just like really good

NOTE Confidence: 0.93418175

00:54:57.630 --> 00:54:59.404 principles of treatment planning that we

NOTE Confidence: 0.93418175

00:54:59.404 --> 00:55:01.399 should apply in working with our clients.

NOTE Confidence: 0.93418175

00:55:01.400 --> 00:55:06.580 So to sum it up, people with PTSD stutter,

NOTE Confidence: 0.93418175

00:55:06.580 --> 00:55:09.440 highly comorbid and undertreated

NOTE Confidence: 0.93418175

00:55:11.680 --> 00:55:15.280 integrated care is safe and efficacious.

NOTE Confidence: 0.93418175

00:55:15.280 --> 00:55:18.208 I feel confident in saying that

NOTE Confidence: 0.93418175

00:55:18.210 --> 00:55:21.012 and optical optimal care should be

NOTE Confidence: 0.93418175

00:55:21.012 --> 00:55:23.744 individualized and you know as I just

NOTE Confidence: 0.93418175

00:55:23.744 --> 00:55:26.745 said involves having a client centered

NOTE Confidence: 0.93418175

00:55:26.745 --> 00:55:30.111 approach and and incorporating A harm

NOTE Confidence: 0.93418175

00:55:30.111 --> 00:55:32.463 reduction model doing comprehensive

NOTE Confidence: 0.93418175

00:55:32.463 --> 00:55:35.395 assessment that's collaborative and

NOTE Confidence: 0.93418175

00:55:35.395 --> 00:55:39.060 then using evidence based particularly

NOTE Confidence: 0.93418175

00:55:39.147 --> 00:55:42.596 combined treatments will lead our

NOTE Confidence: 0.93418175

00:55:42.596 --> 00:55:46.328 clients down a very positive path.

NOTE Confidence: 0.93418175

00:55:46.330 --> 00:55:49.074 Before I end, I just want to express

NOTE Confidence: 0.93418175

00:55:49.074 --> 00:55:51.149 appreciation to all of my colleagues

NOTE Confidence: 0.93418175

00:55:51.149 --> 00:55:53.106 that over 101,000 participants in

NOTE Confidence: 0.93418175

00:55:53.106 --> 00:55:55.698 the clinical trials that have helped

NOTE Confidence: 0.93418175

00:55:55.698 --> 00:55:59.046 us gain the knowledge that we have.

NOTE Confidence: 0.93418175

00:55:59.050 --> 00:56:00.714 You know my institutions,

NOTE Confidence: 0.93418175

00:56:00.714 --> 00:56:02.238 Rutgers, Columbia University,

NOTE Confidence: 0.93418175

00:56:02.238 --> 00:56:05.008 City College of New York,

NOTE Confidence: 0.93418175

00:56:05.010 --> 00:56:09.154 and you for being such good listeners and

NOTE Confidence: 0.93418175

00:56:09.154 --> 00:56:12.357 hopefully engaging with me in conversation.

NOTE Confidence: 0.93418175

00:56:12.360 --> 00:56:15.474 And then I'm going to end with some words.

NOTE Confidence: 0.93418175

00:56:15.480 --> 00:56:19.040 I like to end with the words of one of

NOTE Confidence: 0.93418175

00:56:19.143 --> 00:56:22.975 our clients who was is a woman from

NOTE Confidence: 0.93418175

00:56:22.975 --> 00:56:25.999 a disadvantaged background who was a,

NOTE Confidence: 0.93418175

00:56:26.000 --> 00:56:26.800 you know,

NOTE Confidence: 0.93418175

00:56:26.800 --> 00:56:29.200 receiving treatment in one of our

NOTE Confidence: 0.93418175

00:56:29.200 --> 00:56:31.195 treatment programs here in New York City,

NOTE Confidence: 0.93418175

00:56:31.200 --> 00:56:33.000 The Women's Health Project at

NOTE Confidence: 0.93418175

00:56:33.000 --> 00:56:34.080 Saint Luke's Roosevelt.

NOTE Confidence: 0.93418175

00:56:34.080 --> 00:56:35.104 Now it's Mount Sinai.

NOTE Confidence: 0.93418175

00:56:35.104 --> 00:56:35.360 I

NOTE Confidence: 0.92806405

00:56:37.440 --> 00:56:41.328 forget what the full name is but hospital

NOTE Confidence: 0.92806405

00:56:41.328 --> 00:56:45.992 and she was someone who had a very

NOTE Confidence: 0.92806405

00:56:45.992 --> 00:56:48.907 challenging background multiple you know

NOTE Confidence: 0.92806405

00:56:48.907 --> 00:56:54.260 cocaine and opioid use disorder disorder.

NOTE Confidence: 0.92806405

00:56:54.260 --> 00:56:58.430 You know profile sexual abuse ongoing

NOTE Confidence: 0.92806405

00:56:58.430 --> 00:57:02.300 victimization and this was her poem.

NOTE Confidence: 0.92806405

00:57:02.300 --> 00:57:04.360 Multi trauma survivor heals

NOTE Confidence: 0.92806405

00:57:04.360 --> 00:57:06.420 to find wedded bliss.

NOTE Confidence: 0.92806405

00:57:06.420 --> 00:57:08.538 Healing universe applauds.

NOTE Confidence: 0.92806405

00:57:08.538 --> 00:57:12.044 You are next. I'm a new house.

NOTE Confidence: 0.92806405

00:57:12.044 --> 00:57:13.774 I've come out of thick,

NOTE Confidence: 0.92806405

00:57:13.780 --> 00:57:17.245 tough hide swearing by the rock I

NOTE Confidence: 0.92806405

00:57:17.245 --> 00:57:20.378 rubbed against to be tender again.

NOTE Confidence: 0.92806405

00:57:20.380 --> 00:57:23.020 To able to receive and give love for

NOTE Confidence: 0.92806405

00:57:23.020 --> 00:57:25.780 my most vulnerable, healed self.

NOTE Confidence: 0.92806405

00:57:25.780 --> 00:57:27.580 Appreciating freshly discovered

NOTE Confidence: 0.92806405

00:57:27.580 --> 00:57:30.580 beauty from its fearless depths.

NOTE Confidence: 0.92806405

00:57:30.580 --> 00:57:31.540 Of honesty.

NOTE Confidence: 0.92806405

00:57:31.540 --> 00:57:34.420 Feeling peace out of the gratitude

NOTE Confidence: 0.92806405

00:57:34.420 --> 00:57:37.718 of being accepted as is by the

NOTE Confidence: 0.92806405

00:57:37.718 --> 00:57:40.263 universe myself and the reflection

NOTE Confidence: 0.92806405

00:57:40.263 --> 00:57:43.329 in the eyes that behold me.

NOTE Confidence: 0.92806405

00:57:43.330 --> 00:57:46.010 I believed it for me.

NOTE Confidence: 0.92806405

00:57:46.010 --> 00:57:48.610 Believe it for you.

NOTE Confidence: 0.92806405

00:57:48.610 --> 00:57:49.050 Thank you.