

WEBVTT

NOTE duration:"00:59:26.640000"

NOTE recognizability:0.754

NOTE language:en-us

NOTE Confidence: 0.6425735

00:00:00.000 --> 00:00:02.331 Good afternoon, everyone.

NOTE Confidence: 0.6425735

00:00:02.331 --> 00:00:05.439 Welcome to Grand Rounds.

NOTE Confidence: 0.6425735

00:00:05.440 --> 00:00:08.800 Forgive us, we're slight little delay here,

NOTE Confidence: 0.6425735

00:00:08.800 --> 00:00:10.990 but we have a brand new

NOTE Confidence: 0.6425735

00:00:10.990 --> 00:00:13.080 AV system that is great.

NOTE Confidence: 0.6425735

00:00:13.080 --> 00:00:16.650 We have a really spectacular

NOTE Confidence: 0.6425735

00:00:16.650 --> 00:00:19.559 presenter today and a spectacular

NOTE Confidence: 0.6425735

00:00:19.559 --> 00:00:21.038 presenter and discussant.

NOTE Confidence: 0.6425735

00:00:21.040 --> 00:00:23.278 So Julie, this was your idea.

NOTE Confidence: 0.6425735

00:00:23.280 --> 00:00:24.833 Do you want to tell us all

NOTE Confidence: 0.6425735

00:00:24.833 --> 00:00:25.517 sorts of wonderful things

NOTE Confidence: 0.6425735

00:00:25.520 --> 00:00:27.160 about our magnificent speaker?

NOTE Confidence: 0.65656446

00:00:28.160 --> 00:00:31.560 Absolutely. So hello dear friends.

NOTE Confidence: 0.65656446

00:00:31.560 --> 00:00:34.600 For those of you who don't know me,
NOTE Confidence: 0.65656446

00:00:34.600 --> 00:00:35.950 I'm Julie Chilton.
NOTE Confidence: 0.65656446

00:00:35.950 --> 00:00:39.100 I was a a graduate in 2012
NOTE Confidence: 0.65656446

00:00:39.200 --> 00:00:43.280 from Yale Child Study Center.
NOTE Confidence: 0.65656446

00:00:43.280 --> 00:00:46.210 And now I'm in North Carolina in
NOTE Confidence: 0.65656446

00:00:46.210 --> 00:00:48.286 private practice and I'm a part
NOTE Confidence: 0.65656446

00:00:48.286 --> 00:00:49.956 of the Grand Rounds committee.
NOTE Confidence: 0.65656446

00:00:49.960 --> 00:00:51.770 And luckily, they they allowed
NOTE Confidence: 0.65656446

00:00:51.770 --> 00:00:54.368 me to put forward one of my
NOTE Confidence: 0.65656446

00:00:54.368 --> 00:00:56.158 favorite people on the planet,
NOTE Confidence: 0.65656446

00:00:56.160 --> 00:00:57.960 Doctor Christine Moutier,
NOTE Confidence: 0.65656446

00:00:57.960 --> 00:01:00.765 who I actually met long
NOTE Confidence: 0.65656446

00:01:00.765 --> 00:01:03.600 before I met any of you all,
NOTE Confidence: 0.65656446

00:01:03.600 --> 00:01:07.100 when I was a wee Med student
NOTE Confidence: 0.65656446

00:01:07.100 --> 00:01:08.600 in San Francisco.
NOTE Confidence: 0.65656446

00:01:08.600 --> 00:01:11.400 And Doctor Moutier was not yet the

NOTE Confidence: 0.65656446

00:01:11.400 --> 00:01:14.234 Chief Medical Officer for the American

NOTE Confidence: 0.65656446

00:01:14.234 --> 00:01:16.314 Foundation for Suicide Prevention,

NOTE Confidence: 0.65656446

00:01:16.320 --> 00:01:19.024 but instead doing important

NOTE Confidence: 0.65656446

00:01:19.024 --> 00:01:23.080 work at UCSD in San Diego,

NOTE Confidence: 0.65656446

00:01:23.080 --> 00:01:25.588 taking care of the trainees and

NOTE Confidence: 0.65656446

00:01:25.588 --> 00:01:27.831 medical students all their well-being

NOTE Confidence: 0.65656446

00:01:27.831 --> 00:01:30.795 needs and and a psychiatrist herself.

NOTE Confidence: 0.65656446

00:01:30.800 --> 00:01:36.394 And she was lovely enough to join

NOTE Confidence: 0.65656446

00:01:36.394 --> 00:01:39.479 me in presenting a documentary

NOTE Confidence: 0.65656446

00:01:39.480 --> 00:01:43.240 on medical student health issues

NOTE Confidence: 0.65656446

00:01:43.240 --> 00:01:48.315 and and suicide at an APA meeting

NOTE Confidence: 0.65656446

00:01:48.320 --> 00:01:51.440 probably in 2001 or 2002.

NOTE Confidence: 0.65656446

00:01:51.440 --> 00:01:52.568 And since then,

NOTE Confidence: 0.65656446

00:01:52.568 --> 00:01:55.932 I've been a big fan and have followed

NOTE Confidence: 0.65656446

00:01:55.932 --> 00:01:59.137 her career and attended several

NOTE Confidence: 0.65656446

00:01:59.137 --> 00:02:01.701 presentations and really benefited
NOTE Confidence: 0.65656446

00:02:01.795 --> 00:02:04.847 from so many of the resources the
NOTE Confidence: 0.65656446

00:02:04.847 --> 00:02:07.146 that the American Foundation for
NOTE Confidence: 0.65656446

00:02:07.146 --> 00:02:09.118 Suicide Prevention provides for.
NOTE Confidence: 0.65656446

00:02:09.120 --> 00:02:13.199 For both families who have gone
NOTE Confidence: 0.65656446

00:02:13.199 --> 00:02:18.334 through a loss of of a child or or
NOTE Confidence: 0.65656446

00:02:18.334 --> 00:02:21.976 other family member as well as tool
NOTE Confidence: 0.65656446

00:02:21.976 --> 00:02:24.580 kits that they put together for
NOTE Confidence: 0.65656446

00:02:24.680 --> 00:02:27.640 medical schools and residencies.
NOTE Confidence: 0.65656446

00:02:27.640 --> 00:02:30.150 And communities who have experienced
NOTE Confidence: 0.65656446

00:02:30.150 --> 00:02:34.237 a loss of a loved one or a trainee
NOTE Confidence: 0.65656446

00:02:34.240 --> 00:02:37.918 or or a friend to suicide.
NOTE Confidence: 0.65656446

00:02:37.920 --> 00:02:39.440 And so I won't.
NOTE Confidence: 0.65656446

00:02:39.440 --> 00:02:43.496 I won't spoil all of the the good
NOTE Confidence: 0.65656446

00:02:43.496 --> 00:02:46.083 things that she might tell you about
NOTE Confidence: 0.65656446

00:02:46.083 --> 00:02:49.676 by going on and on about the AFSP.

NOTE Confidence: 0.65656446

00:02:49.680 --> 00:02:53.220 But we're also fortunate because one

NOTE Confidence: 0.65656446

00:02:53.220 --> 00:02:58.300 of my other heroes and Mama Hens, Dr.

NOTE Confidence: 0.65656446

00:02:58.300 --> 00:02:59.400 Steuby,

NOTE Confidence: 0.65656446

00:02:59.400 --> 00:03:02.942 is going to be joining us to

NOTE Confidence: 0.65656446

00:03:02.942 --> 00:03:06.381 talk more about how some of the

NOTE Confidence: 0.65656446

00:03:06.381 --> 00:03:09.627 resources that the AFSP has and

NOTE Confidence: 0.65656446

00:03:09.627 --> 00:03:13.286 and how to help trainees and and

NOTE Confidence: 0.65656446

00:03:13.286 --> 00:03:15.696 clinicians who lose patients to

NOTE Confidence: 0.65656446

00:03:15.696 --> 00:03:18.600 suicide get through that aftermath.

NOTE Confidence: 0.65656446

00:03:18.600 --> 00:03:21.701 She will be joining us to discuss

NOTE Confidence: 0.65656446

00:03:21.701 --> 00:03:23.885 ideas with Doctor Mutier towards

NOTE Confidence: 0.65656446

00:03:23.885 --> 00:03:25.355 the end of our talk today.

NOTE Confidence: 0.65656446

00:03:25.360 --> 00:03:28.060 So Doctor Mutier,

NOTE Confidence: 0.65656446

00:03:28.060 --> 00:03:28.960 welcome.

NOTE Confidence: 0.8571774

00:03:29.880 --> 00:03:34.524 Thank you Julie. It's such a joy to see

NOTE Confidence: 0.8571774

00:03:34.524 --> 00:03:38.416 you again and to join the department

NOTE Confidence: 0.8571774

00:03:38.416 --> 00:03:42.410 here with with I I'd say that no

NOTE Confidence: 0.8571774

00:03:42.410 --> 00:03:45.200 matter what your role is right now,

NOTE Confidence: 0.8571774

00:03:45.200 --> 00:03:47.584 if you're in training or if you're in

NOTE Confidence: 0.8571774

00:03:47.584 --> 00:03:49.799 practice and what discipline you're in.

NOTE Confidence: 0.8571774

00:03:49.800 --> 00:03:52.010 I've designed this talk with

NOTE Confidence: 0.8571774

00:03:52.010 --> 00:03:54.720 Doctor Stubby with you in mind,

NOTE Confidence: 0.8571774

00:03:54.720 --> 00:03:57.142 and although it it will focus on

NOTE Confidence: 0.8571774

00:03:57.142 --> 00:03:59.840 loss of a patient to suicide,

NOTE Confidence: 0.8571774

00:03:59.840 --> 00:04:02.000 I will start out actually with

NOTE Confidence: 0.8571774

00:04:02.000 --> 00:04:03.080 a broader frame.

NOTE Confidence: 0.8571774

00:04:03.080 --> 00:04:05.418 So let me just share my screen

NOTE Confidence: 0.8571774

00:04:05.418 --> 00:04:07.679 so we can get into that.

NOTE Confidence: 0.45023006

00:04:09.800 --> 00:04:13.030 OK, let's see here.

NOTE Confidence: 0.45023006

00:04:13.030 --> 00:04:17.480 Let me try to get that minimized.

NOTE Confidence: 0.45023006

00:04:17.480 --> 00:04:20.637 OK. Does that look OK to everybody?

NOTE Confidence: 0.45023006

00:04:20.640 --> 00:04:22.038 You can see my slides and.

NOTE Confidence: 0.45023006

00:04:22.040 --> 00:04:25.323 OK and and is Doctor Stubby on

NOTE Confidence: 0.45023006

00:04:25.323 --> 00:04:29.477 Zoom or in the the real life room?

NOTE Confidence: 0.64190733

00:04:29.960 --> 00:04:31.280 I'm in the real life room.

NOTE Confidence: 0.64190733

00:04:31.560 --> 00:04:33.280 OK, perfect. But we can hear you great.

NOTE Confidence: 0.64190733

00:04:33.280 --> 00:04:35.000 OK, thank you so much.

NOTE Confidence: 0.64190733

00:04:35.000 --> 00:04:38.618 So I am so excited to to talk to

NOTE Confidence: 0.64190733

00:04:38.618 --> 00:04:41.521 you today about a very serious

NOTE Confidence: 0.64190733

00:04:41.521 --> 00:04:44.230 topic and to have the pleasure of

NOTE Confidence: 0.64190733

00:04:44.317 --> 00:04:47.029 having Doctor Stubby join me as

NOTE Confidence: 0.64190733

00:04:47.029 --> 00:04:49.510 well for some discussion and we

NOTE Confidence: 0.64190733

00:04:49.510 --> 00:04:51.855 will also try to leave time for

NOTE Confidence: 0.64190733

00:04:51.855 --> 00:04:53.759 anything that's on your minds.

NOTE Confidence: 0.64190733

00:04:53.760 --> 00:04:56.520 This is meant for you.

NOTE Confidence: 0.64190733

00:04:56.520 --> 00:04:59.360 I will just add to Julie's

NOTE Confidence: 0.64190733

00:04:59.360 --> 00:05:02.160 introduction of my background that
NOTE Confidence: 0.64190733

00:05:02.160 --> 00:05:05.400 I am somebody who now publicly
NOTE Confidence: 0.64190733

00:05:05.400 --> 00:05:08.400 talks about my own lived experience
NOTE Confidence: 0.64190733

00:05:08.400 --> 00:05:11.680 of mental health experiences and
NOTE Confidence: 0.64190733

00:05:11.680 --> 00:05:14.560 also related to suicidal ideation.
NOTE Confidence: 0.64190733

00:05:14.560 --> 00:05:17.360 I In the course of my career,
NOTE Confidence: 0.64190733

00:05:17.360 --> 00:05:22.554 I had the tragic experience of losing
NOTE Confidence: 0.64190733

00:05:22.560 --> 00:05:25.444 a medical student I had worked closely
NOTE Confidence: 0.64190733

00:05:25.444 --> 00:05:28.472 with to suicide while I was a resident.
NOTE Confidence: 0.64190733

00:05:28.472 --> 00:05:31.960 And then over a period of 15 years,
NOTE Confidence: 0.64190733

00:05:31.960 --> 00:05:33.920 as I became, you know,
NOTE Confidence: 0.64190733

00:05:33.920 --> 00:05:36.278 on the faculty at UCSD and a Dean in
NOTE Confidence: 0.64190733

00:05:36.278 --> 00:05:38.948 the medical school, I was Dean for
NOTE Confidence: 0.64190733

00:05:38.948 --> 00:05:40.633 medical education and student affairs.
NOTE Confidence: 0.64190733

00:05:40.640 --> 00:05:43.280 There were 13 more physicians who died by
NOTE Confidence: 0.64190733

00:05:43.280 --> 00:05:45.920 suicide at UCSD over that period of time.

NOTE Confidence: 0.64190733

00:05:45.920 --> 00:05:47.448 All different specialties and

NOTE Confidence: 0.64190733

00:05:47.448 --> 00:05:50.560 for that reason, combined with,

NOTE Confidence: 0.64190733

00:05:50.560 --> 00:05:51.238 you know,

NOTE Confidence: 0.64190733

00:05:51.238 --> 00:05:53.272 my own kind of lived experience

NOTE Confidence: 0.64190733

00:05:53.272 --> 00:05:54.719 of what a culture,

NOTE Confidence: 0.64190733

00:05:54.720 --> 00:05:57.597 what a work environment and a learning

NOTE Confidence: 0.64190733

00:05:57.597 --> 00:06:00.013 environment have to do with one's

NOTE Confidence: 0.64190733

00:06:00.013 --> 00:06:03.305 ability to seek support and and

NOTE Confidence: 0.64190733

00:06:03.305 --> 00:06:04.880 really take care of our own mental

NOTE Confidence: 0.64190733

00:06:04.880 --> 00:06:06.477 health and take care of each other.

NOTE Confidence: 0.64190733

00:06:06.480 --> 00:06:09.360 That really developed my interest

NOTE Confidence: 0.64190733

00:06:09.360 --> 00:06:12.240 in suicide and suicide prevention.

NOTE Confidence: 0.64190733

00:06:12.240 --> 00:06:15.752 So let me go ahead and from

NOTE Confidence: 0.64190733

00:06:15.752 --> 00:06:17.000 there get into this.

NOTE Confidence: 0.31883326

00:06:19.040 --> 00:06:21.469 My only disclosure actually is that I'm

NOTE Confidence: 0.31883326

00:06:21.469 --> 00:06:24.011 focused full time as the Chief Medical
NOTE Confidence: 0.31883326

00:06:24.011 --> 00:06:25.806 Officer at the American Foundation
NOTE Confidence: 0.31883326

00:06:25.806 --> 00:06:28.000 for Speech Prevention on Suicide.
NOTE Confidence: 0.31883326

00:06:28.000 --> 00:06:30.334 We are the leading private funder
NOTE Confidence: 0.31883326

00:06:30.334 --> 00:06:32.600 of all global suicide research.
NOTE Confidence: 0.31883326

00:06:32.600 --> 00:06:34.000 We're very proud of that,
NOTE Confidence: 0.31883326

00:06:34.000 --> 00:06:36.600 but we engage a grassroots
NOTE Confidence: 0.31883326

00:06:36.600 --> 00:06:38.680 community of chapters nationwide.
NOTE Confidence: 0.31883326

00:06:38.680 --> 00:06:40.900 We license the interactive screening
NOTE Confidence: 0.31883326

00:06:40.900 --> 00:06:44.686 program and I did publish a book for which
NOTE Confidence: 0.31883326

00:06:44.686 --> 00:06:47.428 I receive royalty and Doctor Stubby does
NOTE Confidence: 0.31883326

00:06:47.428 --> 00:06:50.438 not have disclosures relevant to this talk.
NOTE Confidence: 0.31883326

00:06:50.440 --> 00:06:53.478 So just a word more about AFSP,
NOTE Confidence: 0.31883326

00:06:53.480 --> 00:06:54.664 this is our mission,
NOTE Confidence: 0.31883326

00:06:54.664 --> 00:06:56.440 save lives and bring hope to
NOTE Confidence: 0.31883326

00:06:56.506 --> 00:06:58.078 those affected by suicide.

NOTE Confidence: 0.31883326

00:06:58.080 --> 00:07:03.279 And the work that we are doing now has been,

NOTE Confidence: 0.31883326

00:07:03.280 --> 00:07:07.984 has had the benefit of you know 30 plus

NOTE Confidence: 0.31883326

00:07:07.984 --> 00:07:10.680 years of not only funding the research,

NOTE Confidence: 0.31883326

00:07:10.680 --> 00:07:13.998 but being engaged in local grassroots

NOTE Confidence: 0.31883326

00:07:13.998 --> 00:07:16.920 communities across all 50 states.

NOTE Confidence: 0.31883326

00:07:16.920 --> 00:07:19.440 It really keeps us honest in

NOTE Confidence: 0.31883326

00:07:19.440 --> 00:07:21.120 terms of science meeting,

NOTE Confidence: 0.31883326

00:07:21.120 --> 00:07:23.440 real life implementation and all

NOTE Confidence: 0.31883326

00:07:23.440 --> 00:07:25.760 of the challenges around that.

NOTE Confidence: 0.31883326

00:07:25.760 --> 00:07:27.638 We are an organization that also

NOTE Confidence: 0.31883326

00:07:27.638 --> 00:07:29.885 is a leading voice on the hill for

NOTE Confidence: 0.31883326

00:07:29.885 --> 00:07:32.525 Fed federal and and also state

NOTE Confidence: 0.31883326

00:07:32.525 --> 00:07:34.930 advocacy and that's it's really

NOTE Confidence: 0.31883326

00:07:35.020 --> 00:07:37.960 an incredible marriage of a blend

NOTE Confidence: 0.31883326

00:07:37.960 --> 00:07:39.920 of science best practice.

NOTE Confidence: 0.31883326

00:07:39.920 --> 00:07:42.398 All comers in terms of clinicians,
NOTE Confidence: 0.31883326

00:07:42.400 --> 00:07:44.044 other professionals and families,
NOTE Confidence: 0.31883326

00:07:44.044 --> 00:07:47.341 and many of us of course wear many
NOTE Confidence: 0.31883326

00:07:47.341 --> 00:07:49.597 different hats as it pertains to
NOTE Confidence: 0.31883326

00:07:49.597 --> 00:07:52.091 suicide in terms of personal and
NOTE Confidence: 0.31883326

00:07:52.091 --> 00:07:55.119 professional ways that we touch this issue.
NOTE Confidence: 0.9207773

00:07:58.320 --> 00:08:00.864 It has been a very exciting time of
NOTE Confidence: 0.9207773

00:08:00.864 --> 00:08:02.718 culture change around the nation,
NOTE Confidence: 0.9207773

00:08:02.720 --> 00:08:04.860 which we can talk about
NOTE Confidence: 0.9207773

00:08:04.860 --> 00:08:07.000 as well if there's time.
NOTE Confidence: 0.9207773

00:08:07.000 --> 00:08:09.592 So this is my general framework for the talk.
NOTE Confidence: 0.9207773

00:08:09.600 --> 00:08:12.232 I want to talk first about suicide
NOTE Confidence: 0.9207773

00:08:12.232 --> 00:08:14.720 bereavement and in order to do that
NOTE Confidence: 0.9207773

00:08:14.720 --> 00:08:17.360 I'll spend just a few minutes talking
NOTE Confidence: 0.9207773

00:08:17.360 --> 00:08:20.336 about how a modern day integration
NOTE Confidence: 0.9207773

00:08:20.336 --> 00:08:23.600 of of scientific findings can help

NOTE Confidence: 0.9207773

00:08:23.600 --> 00:08:26.540 the the community at large. But.

NOTE Confidence: 0.9207773

00:08:26.540 --> 00:08:29.260 But for those of you who haven't had

NOTE Confidence: 0.9207773

00:08:29.260 --> 00:08:31.797 any updates recently on suicide,

NOTE Confidence: 0.9207773

00:08:31.800 --> 00:08:33.996 there are some kind of modern

NOTE Confidence: 0.9207773

00:08:33.996 --> 00:08:35.917 ways of thinking about suicide

NOTE Confidence: 0.9207773

00:08:35.917 --> 00:08:38.577 that I'll just touch upon and then

NOTE Confidence: 0.9207773

00:08:38.577 --> 00:08:40.495 we'll we'll talk about and.

NOTE Confidence: 0.9207773

00:08:40.495 --> 00:08:41.245 And again,

NOTE Confidence: 0.9207773

00:08:41.245 --> 00:08:43.495 the understanding of suicide in this

NOTE Confidence: 0.9207773

00:08:43.495 --> 00:08:45.962 talk is really in the framework of why

NOTE Confidence: 0.9207773

00:08:45.962 --> 00:08:48.677 that is so important to people who are

NOTE Confidence: 0.9207773

00:08:48.680 --> 00:08:50.360 going through the experience of suicide,

NOTE Confidence: 0.9207773

00:08:50.360 --> 00:08:50.750 loss.

NOTE Confidence: 0.9207773

00:08:50.750 --> 00:08:53.090 And then we'll focus the last

NOTE Confidence: 0.9207773

00:08:53.090 --> 00:08:56.536 half of the talk on the loss of a

NOTE Confidence: 0.9207773

00:08:56.536 --> 00:08:58.747 patient to suicide and and a bit

NOTE Confidence: 0.9207773

00:08:58.747 --> 00:09:00.856 about that and what can be done to

NOTE Confidence: 0.9207773

00:09:00.856 --> 00:09:03.440 support all of us who go through

NOTE Confidence: 0.9207773

00:09:03.440 --> 00:09:05.680 that type of experience as well.

NOTE Confidence: 0.9207773

00:09:05.680 --> 00:09:08.914 So first just thinking about the topic

NOTE Confidence: 0.9207773

00:09:08.914 --> 00:09:12.198 of suicide, loss and bereavement.

NOTE Confidence: 0.9207773

00:09:12.200 --> 00:09:16.771 So it turns out that many more individuals

NOTE Confidence: 0.9207773

00:09:16.771 --> 00:09:20.473 and families in our American Society,

NOTE Confidence: 0.9207773

00:09:20.480 --> 00:09:21.382 our population,

NOTE Confidence: 0.9207773

00:09:21.382 --> 00:09:23.637 have been affected by suicide

NOTE Confidence: 0.9207773

00:09:23.637 --> 00:09:25.893 than we probably ever imagined

NOTE Confidence: 0.9207773

00:09:25.893 --> 00:09:28.558 by our recent Harris polls.

NOTE Confidence: 0.9207773

00:09:28.560 --> 00:09:30.360 At AFSP,

NOTE Confidence: 0.9207773

00:09:30.360 --> 00:09:34.861 it's 54% of adults who are surveyed

NOTE Confidence: 0.9207773

00:09:34.861 --> 00:09:39.264 by a Harris Poll method when asked

NOTE Confidence: 0.9207773

00:09:39.264 --> 00:09:41.736 identify as someone who has either

NOTE Confidence: 0.9207773

00:09:41.736 --> 00:09:43.837 experienced suicide loss in their life.

NOTE Confidence: 0.9207773

00:09:43.840 --> 00:09:44.800 Now that doesn't necessarily

NOTE Confidence: 0.9207773

00:09:44.800 --> 00:09:45.760 mean a family member,

NOTE Confidence: 0.9207773

00:09:45.760 --> 00:09:48.670 but some type of experience with

NOTE Confidence: 0.9207773

00:09:48.670 --> 00:09:51.328 suicide loss or lived experience which

NOTE Confidence: 0.9207773

00:09:51.328 --> 00:09:54.449 can be defined as you yourself have

NOTE Confidence: 0.9207773

00:09:54.449 --> 00:09:57.479 had experiences of being suicidal or

NOTE Confidence: 0.9207773

00:09:57.479 --> 00:09:59.493 attempting living through suicidal

NOTE Confidence: 0.9207773

00:09:59.493 --> 00:10:02.398 experiences or that of a loved one.

NOTE Confidence: 0.9207773

00:10:02.400 --> 00:10:02.874 So,

NOTE Confidence: 0.9207773

00:10:02.874 --> 00:10:05.244 so these personal experiences are

NOTE Confidence: 0.9207773

00:10:05.244 --> 00:10:08.147 far more commonplace than we probably

NOTE Confidence: 0.9207773

00:10:08.147 --> 00:10:10.477 realized because stigma kept things

NOTE Confidence: 0.9207773

00:10:10.477 --> 00:10:13.759 so shrouded in silence for a long time.

NOTE Confidence: 0.9207773

00:10:13.760 --> 00:10:18.035 So a great colleague and and hero of mine,

NOTE Confidence: 0.9207773

00:10:18.040 --> 00:10:19.942 Doctor Kathy Scheer,
NOTE Confidence: 0.9207773

00:10:19.942 --> 00:10:22.932 who focuses on grief research
NOTE Confidence: 0.9207773

00:10:22.932 --> 00:10:25.192 and who designed the complicated
NOTE Confidence: 0.9207773

00:10:25.192 --> 00:10:27.000 grief therapy that's so,
NOTE Confidence: 0.9207773

00:10:27.000 --> 00:10:29.800 so effective for complicated grief.
NOTE Confidence: 0.9207773

00:10:29.800 --> 00:10:32.065 She said something that that
NOTE Confidence: 0.9207773

00:10:32.065 --> 00:10:33.708 really just brings it home,
NOTE Confidence: 0.9207773

00:10:33.708 --> 00:10:36.238 which is that grief is the form love
NOTE Confidence: 0.9207773

00:10:36.238 --> 00:10:38.278 takes when someone you love dies.
NOTE Confidence: 0.9207773

00:10:38.280 --> 00:10:39.920 And that means that it's,
NOTE Confidence: 0.86727524

00:10:42.360 --> 00:10:45.224 it's, it's a profound and and by the
NOTE Confidence: 0.86727524

00:10:45.224 --> 00:10:47.152 way universal experience because all
NOTE Confidence: 0.86727524

00:10:47.152 --> 00:10:50.243 of us will be bereaved at some point
NOTE Confidence: 0.86727524

00:10:50.243 --> 00:10:52.890 by losing a loved ones and colleagues
NOTE Confidence: 0.86727524

00:10:52.890 --> 00:10:55.479 and friends at some point in time,
NOTE Confidence: 0.86727524

00:10:55.480 --> 00:10:57.208 not necessarily to suicide,

NOTE Confidence: 0.86727524

00:10:57.208 --> 00:10:59.120 but, you know, to to death.

NOTE Confidence: 0.5434665

00:11:01.200 --> 00:11:05.928 And thinking about how is suicide

NOTE Confidence: 0.5434665

00:11:05.928 --> 00:11:08.720 loss fitting into the context of

NOTE Confidence: 0.5434665

00:11:08.720 --> 00:11:10.320 overall experiences of grief.

NOTE Confidence: 0.5434665

00:11:10.320 --> 00:11:12.240 And what I would say is,

NOTE Confidence: 0.5434665

00:11:12.240 --> 00:11:13.878 well, first of all, at AFSP,

NOTE Confidence: 0.5434665

00:11:13.880 --> 00:11:16.040 in our research grants program,

NOTE Confidence: 0.5434665

00:11:16.040 --> 00:11:19.920 we have a long running priority on

NOTE Confidence: 0.5434665

00:11:19.920 --> 00:11:23.040 study of suicide, loss and healing.

NOTE Confidence: 0.5434665

00:11:23.040 --> 00:11:25.819 And that's because it's been an understudied

NOTE Confidence: 0.5434665

00:11:25.819 --> 00:11:28.600 area of of the topic of suicide,

NOTE Confidence: 0.5434665

00:11:28.600 --> 00:11:30.336 a very important one.

NOTE Confidence: 0.5434665

00:11:30.336 --> 00:11:34.308 And and so the research is growing around

NOTE Confidence: 0.5434665

00:11:34.308 --> 00:11:37.478 this topic of suicide bereavement.

NOTE Confidence: 0.5434665

00:11:37.480 --> 00:11:41.504 There are obviously a very complex range of

NOTE Confidence: 0.5434665

00:11:41.504 --> 00:11:44.440 emotions that occur with any type of grief,
NOTE Confidence: 0.5434665

00:11:44.440 --> 00:11:47.060 but specifically and maybe a
NOTE Confidence: 0.5434665

00:11:47.060 --> 00:11:50.280 bit more so with suicide loss.
NOTE Confidence: 0.5434665

00:11:50.280 --> 00:11:52.755 And and I won't go into all of that,
NOTE Confidence: 0.5434665

00:11:52.760 --> 00:11:56.528 but just to say that part of what we
NOTE Confidence: 0.5434665

00:11:56.528 --> 00:12:00.126 do at AFSP in our loss and healing work
NOTE Confidence: 0.5434665

00:12:00.126 --> 00:12:02.672 is we convene suicide loss survivors.
NOTE Confidence: 0.5434665

00:12:02.672 --> 00:12:04.511 In fact, on November 21st,
NOTE Confidence: 0.5434665

00:12:04.511 --> 00:12:05.939 it's the International Survivors
NOTE Confidence: 0.5434665

00:12:05.939 --> 00:12:07.280 of Suicide Loss Day.
NOTE Confidence: 0.5434665

00:12:07.280 --> 00:12:08.880 Every day, every year,
NOTE Confidence: 0.5434665

00:12:08.880 --> 00:12:11.280 annually on the Saturday before Thanksgiving,
NOTE Confidence: 0.5434665

00:12:11.280 --> 00:12:13.830 we convene several 100 sites around
NOTE Confidence: 0.5434665

00:12:13.830 --> 00:12:16.354 the world that host a program
NOTE Confidence: 0.5434665

00:12:16.354 --> 00:12:18.951 that's like a day long program that
NOTE Confidence: 0.5434665

00:12:18.951 --> 00:12:22.228 we help support And and it brings

NOTE Confidence: 0.5434665

00:12:22.228 --> 00:12:24.112 together mostly newly bereaved

NOTE Confidence: 0.5434665

00:12:24.120 --> 00:12:29.437 people and it gives them a chance to,

NOTE Confidence: 0.5434665

00:12:29.440 --> 00:12:29.994 you know,

NOTE Confidence: 0.5434665

00:12:29.994 --> 00:12:32.210 to frame their loss to shed as much

NOTE Confidence: 0.5434665

00:12:32.281 --> 00:12:34.393 stigma as possible and to connect

NOTE Confidence: 0.5434665

00:12:34.393 --> 00:12:36.480 with other suicide loss survivors.

NOTE Confidence: 0.5434665

00:12:36.480 --> 00:12:39.360 And so we know that experiences

NOTE Confidence: 0.5434665

00:12:39.360 --> 00:12:42.279 of even not just yearning for the

NOTE Confidence: 0.5434665

00:12:42.279 --> 00:12:44.277 the loved one who has died,

NOTE Confidence: 0.5434665

00:12:44.280 --> 00:12:47.796 not just extreme sadness and grief,

NOTE Confidence: 0.5434665

00:12:47.800 --> 00:12:49.656 but also sometimes guilt.

NOTE Confidence: 0.5434665

00:12:49.656 --> 00:12:52.440 But but even things like relief,

NOTE Confidence: 0.5434665

00:12:52.440 --> 00:12:55.317 all of those experiences can be intermingled.

NOTE Confidence: 0.5434665

00:12:55.320 --> 00:12:58.400 And it's a complicated type of grief,

NOTE Confidence: 0.5434665

00:12:58.400 --> 00:13:00.048 partly because of stigma,

NOTE Confidence: 0.5434665

00:13:00.048 --> 00:13:02.520 partly because I think our human
NOTE Confidence: 0.5434665

00:13:02.593 --> 00:13:04.663 mind craves an understanding of
NOTE Confidence: 0.5434665

00:13:04.663 --> 00:13:07.640 why that that loved one died,
NOTE Confidence: 0.5434665

00:13:07.640 --> 00:13:08.984 especially when their struggles
NOTE Confidence: 0.5434665

00:13:08.984 --> 00:13:11.000 were not known to the family.
NOTE Confidence: 0.5434665

00:13:11.000 --> 00:13:13.760 But even when they were known,
NOTE Confidence: 0.5434665

00:13:13.760 --> 00:13:17.256 it still can feel like like the death
NOTE Confidence: 0.5434665

00:13:17.256 --> 00:13:21.239 of that loved one can feel blindsiding,
NOTE Confidence: 0.5434665

00:13:21.240 --> 00:13:23.952 even when you knew and the family was
NOTE Confidence: 0.5434665

00:13:23.952 --> 00:13:26.448 aware that there were mental health
NOTE Confidence: 0.5434665

00:13:26.448 --> 00:13:29.760 struggles or suicidal experiences.
NOTE Confidence: 0.5434665

00:13:29.760 --> 00:13:32.448 So the search for the the the why
NOTE Confidence: 0.5434665

00:13:32.448 --> 00:13:34.955 did the did the they take their
NOTE Confidence: 0.5434665

00:13:34.955 --> 00:13:37.320 life can be a huge part,
NOTE Confidence: 0.5434665

00:13:37.320 --> 00:13:40.512 especially of the early journey in
NOTE Confidence: 0.5434665

00:13:40.512 --> 00:13:43.780 suicide loss and bereavement and and

NOTE Confidence: 0.5434665

00:13:43.780 --> 00:13:46.208 there's nothing wrong at all with

NOTE Confidence: 0.5434665

00:13:46.208 --> 00:13:49.182 that search for why in in about 30%

NOTE Confidence: 0.5434665

00:13:49.182 --> 00:13:53.012 of cases of suicide loss survivors it

NOTE Confidence: 0.5434665

00:13:53.012 --> 00:13:55.336 it turns into a case of complicated

NOTE Confidence: 0.5434665

00:13:55.336 --> 00:13:57.840 grief or prolonged grief disorder.

NOTE Confidence: 0.5434665

00:13:57.840 --> 00:14:00.138 And in those instances it's very

NOTE Confidence: 0.5434665

00:14:00.138 --> 00:14:02.320 important as clinicians to recognize

NOTE Confidence: 0.5434665

00:14:02.320 --> 00:14:05.224 that as such because that's not

NOTE Confidence: 0.5434665

00:14:05.224 --> 00:14:07.160 the same as depression.

NOTE Confidence: 0.5434665

00:14:07.160 --> 00:14:09.900 It's not the same as regular healthy

NOTE Confidence: 0.5434665

00:14:09.900 --> 00:14:12.360 grief and there are now treatments.

NOTE Confidence: 0.5434665

00:14:12.360 --> 00:14:13.266 Again,

NOTE Confidence: 0.5434665

00:14:13.266 --> 00:14:17.210 thanks to doctor shears work to address

NOTE Confidence: 0.5434665

00:14:17.210 --> 00:14:18.914 complicated grief more specifically.

NOTE Confidence: 0.5434665

00:14:18.920 --> 00:14:21.860 So that's one of many clinical sequelae

NOTE Confidence: 0.5434665

00:14:21.860 --> 00:14:25.332 that I would say we need to be on
NOTE Confidence: 0.5434665

00:14:25.332 --> 00:14:28.236 the lookout for because it is true
NOTE Confidence: 0.5434665

00:14:28.236 --> 00:14:31.032 that after experiencing the suicide loss,
NOTE Confidence: 0.5434665

00:14:31.040 --> 00:14:32.400 death of a loved one,
NOTE Confidence: 0.5434665

00:14:32.400 --> 00:14:35.732 there are a number of mental health
NOTE Confidence: 0.5434665

00:14:35.732 --> 00:14:38.110 and physical health sequelae that
NOTE Confidence: 0.5434665

00:14:38.110 --> 00:14:41.435 are that the risk is increased for.
NOTE Confidence: 0.37425676

00:14:41.440 --> 00:14:43.771 And let me just kind of advance to this
NOTE Confidence: 0.37425676

00:14:43.771 --> 00:14:46.752 slide to show you that a study by Yates
NOTE Confidence: 0.37425676

00:14:46.752 --> 00:14:49.932 Conwell and Annette Erlingson that
NOTE Confidence: 0.37425676

00:14:49.932 --> 00:14:53.715 that looked at about 15,000 spousal
NOTE Confidence: 0.37425676

00:14:53.715 --> 00:14:56.840 suicide loss survivors in Denmark.
NOTE Confidence: 0.37425676

00:14:56.840 --> 00:14:58.256 You know, one of the countries
NOTE Confidence: 0.37425676

00:14:58.256 --> 00:15:00.102 that keeps track of all of their
NOTE Confidence: 0.37425676

00:15:00.102 --> 00:15:01.234 medical records so carefully.
NOTE Confidence: 0.37425676

00:15:01.240 --> 00:15:04.240 So between 1980 and 2014,

NOTE Confidence: 0.37425676

00:15:04.240 --> 00:15:06.425 there were about 15,000 individuals

NOTE Confidence: 0.37425676

00:15:06.425 --> 00:15:09.320 who lost a spouse to suicide.

NOTE Confidence: 0.37425676

00:15:09.320 --> 00:15:10.979 And what you see here is just

NOTE Confidence: 0.37425676

00:15:10.979 --> 00:15:12.520 one example from their findings,

NOTE Confidence: 0.37425676

00:15:12.520 --> 00:15:15.208 which are the health outcomes that were

NOTE Confidence: 0.37425676

00:15:15.208 --> 00:15:17.563 increased for men who were bereaved

NOTE Confidence: 0.37425676

00:15:17.563 --> 00:15:20.202 by spousal suicide versus men who were

NOTE Confidence: 0.37425676

00:15:20.277 --> 00:15:22.839 bereaved by any type of spousal death.

NOTE Confidence: 0.37425676

00:15:22.840 --> 00:15:25.450 And this is at a five year mark after

NOTE Confidence: 0.37425676

00:15:25.450 --> 00:15:27.720 the loss of that spouse And you

NOTE Confidence: 0.37425676

00:15:27.720 --> 00:15:30.199 can see that PTSD is far elevated.

NOTE Confidence: 0.37425676

00:15:30.200 --> 00:15:33.147 Anything that's to to the right of

NOTE Confidence: 0.37425676

00:15:33.147 --> 00:15:36.594 that number one means that it is over

NOTE Confidence: 0.37425676

00:15:36.594 --> 00:15:39.040 represented in this group of men

NOTE Confidence: 0.37425676

00:15:39.040 --> 00:15:42.144 and you can see that suicide is also

NOTE Confidence: 0.37425676

00:15:42.144 --> 00:15:45.077 the risk of suicide is increased.
NOTE Confidence: 0.37425676

00:15:45.080 --> 00:15:47.760 So that's just one study,
NOTE Confidence: 0.37425676

00:15:47.760 --> 00:15:50.441 it's it's one of few studies though
NOTE Confidence: 0.37425676

00:15:50.441 --> 00:15:52.804 that really specifically looks at the
NOTE Confidence: 0.37425676

00:15:52.804 --> 00:15:54.719 health sequelae after suicide loss.
NOTE Confidence: 0.37425676

00:15:54.720 --> 00:15:57.400 So, you know,
NOTE Confidence: 0.37425676

00:15:57.400 --> 00:16:00.480 so I would say that as clinicians,
NOTE Confidence: 0.37425676

00:16:00.480 --> 00:16:02.544 part of what I would plant the seed
NOTE Confidence: 0.37425676

00:16:02.544 --> 00:16:05.071 for is to always be on the lookout
NOTE Confidence: 0.37425676

00:16:05.071 --> 00:16:07.051 when your patient happens to be
NOTE Confidence: 0.37425676

00:16:07.051 --> 00:16:08.279 a suicide loss survivor,
NOTE Confidence: 0.37425676

00:16:08.280 --> 00:16:10.569 even if that's not the reason that
NOTE Confidence: 0.37425676

00:16:10.569 --> 00:16:12.958 they're presenting in the current time frame.
NOTE Confidence: 0.37425676

00:16:12.960 --> 00:16:15.648 That's something to note in terms
NOTE Confidence: 0.37425676

00:16:15.648 --> 00:16:18.688 of a significant type of loss that
NOTE Confidence: 0.37425676

00:16:18.688 --> 00:16:20.798 can impact other health outcomes,

NOTE Confidence: 0.37425676

00:16:20.800 --> 00:16:22.830 physical health outcomes as well

NOTE Confidence: 0.37425676

00:16:22.830 --> 00:16:25.244 as mental health outcomes as well

NOTE Confidence: 0.37425676

00:16:25.244 --> 00:16:26.799 as the risk of suicide.

NOTE Confidence: 0.37425676

00:16:26.800 --> 00:16:29.128 It's part of the reason that we have

NOTE Confidence: 0.37425676

00:16:29.128 --> 00:16:31.651 a saying in the field of suicide

NOTE Confidence: 0.37425676

00:16:31.651 --> 00:16:33.526 prevention that post prevention is

NOTE Confidence: 0.37425676

00:16:33.594 --> 00:16:36.114 a form of prevention because by

NOTE Confidence: 0.37425676

00:16:36.114 --> 00:16:38.210 supporting suicide loss survivors we

NOTE Confidence: 0.37425676

00:16:38.210 --> 00:16:41.080 can also reduce their risk of suicide.

NOTE Confidence: 0.37425676

00:16:41.080 --> 00:16:42.344 And by the way,

NOTE Confidence: 0.37425676

00:16:42.344 --> 00:16:44.240 in the movement of suicide prevention,

NOTE Confidence: 0.37425676

00:16:44.240 --> 00:16:46.952 so many of us are suicide loss survivors

NOTE Confidence: 0.37425676

00:16:46.952 --> 00:16:49.746 also now joined by people with lived

NOTE Confidence: 0.37425676

00:16:49.746 --> 00:16:52.280 experience who are carrying the torch.

NOTE Confidence: 0.37425676

00:16:52.280 --> 00:16:54.737 So there's a there's an energy that

NOTE Confidence: 0.37425676

00:16:54.737 --> 00:16:56.937 can be funneled towards prevention
NOTE Confidence: 0.37425676

00:16:56.937 --> 00:16:59.931 and advocacy as well when lost
NOTE Confidence: 0.37425676

00:16:59.931 --> 00:17:02.192 survivors are given the opportunity
NOTE Confidence: 0.37425676

00:17:02.192 --> 00:17:03.880 to connect and heal.
NOTE Confidence: 0.37425676

00:17:03.880 --> 00:17:05.434 We say healing is a journey because
NOTE Confidence: 0.37425676

00:17:05.434 --> 00:17:06.679 there's really not an end point.
NOTE Confidence: 0.37425676

00:17:06.680 --> 00:17:08.472 It's an ongoing process.
NOTE Confidence: 0.37425676

00:17:08.472 --> 00:17:11.652 You don't get over your the loss
NOTE Confidence: 0.37425676

00:17:11.652 --> 00:17:13.240 of your loved one.
NOTE Confidence: 0.37425676

00:17:13.240 --> 00:17:14.580 And so there's some things
NOTE Confidence: 0.37425676

00:17:14.580 --> 00:17:15.920 that would that would also,
NOTE Confidence: 0.37425676

00:17:15.920 --> 00:17:18.657 I would just want to sensitize clinicians
NOTE Confidence: 0.37425676

00:17:18.657 --> 00:17:21.816 to in their work with suicide loss
NOTE Confidence: 0.37425676

00:17:21.816 --> 00:17:24.196 survivors That because we've heard,
NOTE Confidence: 0.37425676

00:17:24.200 --> 00:17:25.096 you know,
NOTE Confidence: 0.37425676

00:17:25.096 --> 00:17:27.354 terrible stories about loss survivors

NOTE Confidence: 0.37425676

00:17:27.354 --> 00:17:30.096 sometimes going to therapy and the

NOTE Confidence: 0.37425676

00:17:30.096 --> 00:17:31.820 therapist with all good intentions

NOTE Confidence: 0.37425676

00:17:31.820 --> 00:17:33.080 probably saying things like,

NOTE Confidence: 0.37425676

00:17:33.080 --> 00:17:34.808 well, you should be farther along

NOTE Confidence: 0.37425676

00:17:34.808 --> 00:17:36.240 in your healing by now.

NOTE Confidence: 0.37425676

00:17:36.240 --> 00:17:37.920 You should be over it by now.

NOTE Confidence: 0.37425676

00:17:37.920 --> 00:17:38.486 You know,

NOTE Confidence: 0.37425676

00:17:38.486 --> 00:17:39.901 technically it's now six months

NOTE Confidence: 0.37425676

00:17:39.901 --> 00:17:41.440 or 12 months and that is,

NOTE Confidence: 0.37425676

00:17:41.440 --> 00:17:42.992 that is not correct.

NOTE Confidence: 0.37425676

00:17:42.992 --> 00:17:45.965 And it is highly jarring and insensitive

NOTE Confidence: 0.37425676

00:17:45.965 --> 00:17:49.355 to somebody who's bereaved by suicide.

NOTE Confidence: 0.37425676

00:17:49.360 --> 00:17:49.712 OK,

NOTE Confidence: 0.37425676

00:17:49.712 --> 00:17:51.472 So now let's turn our

NOTE Confidence: 0.37425676

00:17:51.472 --> 00:17:52.880 attention just very briefly,

NOTE Confidence: 0.89402336

00:17:52.880 --> 00:17:55.040 'cause this is the focus of our talk.
NOTE Confidence: 0.89402336

00:17:55.040 --> 00:17:58.720 But there is a reason that the science
NOTE Confidence: 0.89402336

00:17:58.720 --> 00:18:00.848 around suicide and understanding
NOTE Confidence: 0.89402336

00:18:00.848 --> 00:18:04.184 suicide is so important in the
NOTE Confidence: 0.89402336

00:18:04.184 --> 00:18:07.038 healing process after suicide loss.
NOTE Confidence: 0.89402336

00:18:07.040 --> 00:18:09.982 Because for those of the, you know,
NOTE Confidence: 0.89402336

00:18:09.982 --> 00:18:12.088 the average person out there in
NOTE Confidence: 0.89402336

00:18:12.088 --> 00:18:14.028 society hasn't necessarily yet had
NOTE Confidence: 0.89402336

00:18:14.028 --> 00:18:16.362 the opportunity to really take that
NOTE Confidence: 0.89402336

00:18:16.362 --> 00:18:18.609 moment and deeper dive to understand
NOTE Confidence: 0.89402336

00:18:18.609 --> 00:18:20.842 what science tells us about suicide.
NOTE Confidence: 0.89402336

00:18:20.842 --> 00:18:23.936 Which dispels so many myths that are
NOTE Confidence: 0.89402336

00:18:23.936 --> 00:18:25.985 still prevailing and really lingering
NOTE Confidence: 0.89402336

00:18:25.985 --> 00:18:29.320 around in media and in the way that many,
NOTE Confidence: 0.89402336

00:18:29.320 --> 00:18:31.488 many people, even clinicians,
NOTE Confidence: 0.89402336

00:18:31.488 --> 00:18:34.198 almost unconsciously think about suicide.

NOTE Confidence: 0.89402336

00:18:34.200 --> 00:18:36.132 So I'll just start by saying there's

NOTE Confidence: 0.89402336

00:18:36.132 --> 00:18:38.557 a lot of scientific work going on.

NOTE Confidence: 0.89402336

00:18:38.560 --> 00:18:40.800 I just came from Barcelona where we

NOTE Confidence: 0.89402336

00:18:40.800 --> 00:18:43.820 gathered up 600 of the leading suicide

NOTE Confidence: 0.89402336

00:18:43.820 --> 00:18:46.200 researchers from 32 different countries.

NOTE Confidence: 0.89402336

00:18:46.200 --> 00:18:49.125 And those disciplines range from

NOTE Confidence: 0.89402336

00:18:49.125 --> 00:18:51.465 neurobiological to genetics to

NOTE Confidence: 0.89402336

00:18:51.465 --> 00:18:53.840 clinical to community cultural

NOTE Confidence: 0.89402336

00:18:53.840 --> 00:18:55.795 and and epidemiological type of

NOTE Confidence: 0.89402336

00:18:55.795 --> 00:18:57.359 researchers and computer scientists

NOTE Confidence: 0.89402336

00:18:57.359 --> 00:18:58.999 like everything in between.

NOTE Confidence: 0.89402336

00:18:59.000 --> 00:19:01.598 And we really need cross disciplinary

NOTE Confidence: 0.89402336

00:19:01.598 --> 00:19:04.484 research and we're getting much more mature

NOTE Confidence: 0.89402336

00:19:04.484 --> 00:19:06.997 as a field of of scientific inquiry.

NOTE Confidence: 0.89402336

00:19:07.000 --> 00:19:08.720 All of that boiled down,

NOTE Confidence: 0.89402336

00:19:08.720 --> 00:19:09.302 you know,
NOTE Confidence: 0.89402336

00:19:09.302 --> 00:19:10.757 there's a million different findings.
NOTE Confidence: 0.89402336

00:19:10.760 --> 00:19:12.800 But if I had to sum it up in one statement,
NOTE Confidence: 0.89402336

00:19:12.800 --> 00:19:14.744 I would say the finding is
NOTE Confidence: 0.89402336

00:19:14.744 --> 00:19:15.716 that while complex,
NOTE Confidence: 0.89402336

00:19:15.720 --> 00:19:17.960 suicide is a health issue
NOTE Confidence: 0.89402336

00:19:17.960 --> 00:19:19.752 and a health outcome.
NOTE Confidence: 0.89402336

00:19:19.760 --> 00:19:22.608 And these are just some of my favorite
NOTE Confidence: 0.89402336

00:19:22.608 --> 00:19:24.886 little snippets of top findings in
NOTE Confidence: 0.89402336

00:19:24.886 --> 00:19:26.761 in the scientific literature that
NOTE Confidence: 0.89402336

00:19:26.761 --> 00:19:29.320 some are very new around epigenetics,
NOTE Confidence: 0.89402336

00:19:29.320 --> 00:19:31.120 around the genetics of suicide risk,
NOTE Confidence: 0.89402336

00:19:31.120 --> 00:19:34.144 going even outside just the genetics
NOTE Confidence: 0.89402336

00:19:34.144 --> 00:19:36.160 for mental health conditions,
NOTE Confidence: 0.89402336

00:19:36.160 --> 00:19:38.720 the role of shame, humiliation,
NOTE Confidence: 0.89402336

00:19:38.720 --> 00:19:39.370 rejection,

NOTE Confidence: 0.89402336

00:19:39.370 --> 00:19:43.270 psychological traits matter as well as

NOTE Confidence: 0.89402336

00:19:43.270 --> 00:19:45.400 biological markers that that are still,

NOTE Confidence: 0.89402336

00:19:45.400 --> 00:19:46.720 you know, being searched for.

NOTE Confidence: 0.89402336

00:19:46.720 --> 00:19:49.024 We we can't predict short term

NOTE Confidence: 0.89402336

00:19:49.024 --> 00:19:50.560 risk for suicide yet,

NOTE Confidence: 0.89402336

00:19:50.560 --> 00:19:52.960 but it's we're getting a

NOTE Confidence: 0.89402336

00:19:52.960 --> 00:19:55.360 little closer in the field.

NOTE Confidence: 0.89402336

00:19:55.360 --> 00:19:57.915 Mental health treatment matters a whole lot.

NOTE Confidence: 0.89402336

00:19:57.920 --> 00:20:00.920 Peer support and even just

NOTE Confidence: 0.89402336

00:20:00.920 --> 00:20:03.626 dialoguing about and opening up

NOTE Confidence: 0.89402336

00:20:03.626 --> 00:20:05.634 about what you're experiencing.

NOTE Confidence: 0.89402336

00:20:05.640 --> 00:20:08.058 So don't don't be confused between

NOTE Confidence: 0.89402336

00:20:08.058 --> 00:20:10.480 the topic of suicide contagion,

NOTE Confidence: 0.89402336

00:20:10.480 --> 00:20:12.600 which is a real phenomenon,

NOTE Confidence: 0.89402336

00:20:12.600 --> 00:20:14.376 and talking about suicide

NOTE Confidence: 0.89402336

00:20:14.376 --> 00:20:16.596 in ways that are hopeful,
NOTE Confidence: 0.89402336

00:20:16.600 --> 00:20:18.346 or asking an an individual who
NOTE Confidence: 0.89402336

00:20:18.346 --> 00:20:20.555 may be suffering and at risk if
NOTE Confidence: 0.89402336

00:20:20.555 --> 00:20:22.195 they're having thoughts of suicide.
NOTE Confidence: 0.89402336

00:20:22.200 --> 00:20:24.839 Those latter 2 are safe to do.
NOTE Confidence: 0.89402336

00:20:24.840 --> 00:20:26.640 They are important to do as
NOTE Confidence: 0.89402336

00:20:26.640 --> 00:20:27.840 part of suicide prevention.
NOTE Confidence: 0.89402336

00:20:27.840 --> 00:20:30.395 Contagion is a whole different set up,
NOTE Confidence: 0.89402336

00:20:30.400 --> 00:20:33.040 where suicide and the means for
NOTE Confidence: 0.89402336

00:20:33.040 --> 00:20:35.258 suicide are being portrayed by
NOTE Confidence: 0.89402336

00:20:35.258 --> 00:20:37.173 media after celebrity death or
NOTE Confidence: 0.89402336

00:20:37.173 --> 00:20:39.188 in entertainment content or in
NOTE Confidence: 0.89402336

00:20:39.188 --> 00:20:42.048 the aftermath of a colleague in a
NOTE Confidence: 0.89402336

00:20:42.048 --> 00:20:44.118 workplace or in a school setting.
NOTE Confidence: 0.89402336

00:20:44.120 --> 00:20:46.640 That's why postvention also is so important,
NOTE Confidence: 0.89402336

00:20:46.640 --> 00:20:48.480 because it helps the leadership

NOTE Confidence: 0.89402336

00:20:48.480 --> 00:20:49.952 know what to do,

NOTE Confidence: 0.89402336

00:20:49.960 --> 00:20:51.844 how to communicate and how to

NOTE Confidence: 0.89402336

00:20:51.844 --> 00:20:53.600 help the community to grieve.

NOTE Confidence: 0.89402336

00:20:53.600 --> 00:20:57.830 So we're we're always looking at

NOTE Confidence: 0.89402336

00:20:57.830 --> 00:21:00.399 the trends in suicide and I would

NOTE Confidence: 0.89402336

00:21:00.399 --> 00:21:02.730 just point out that the trends in

NOTE Confidence: 0.89402336

00:21:02.730 --> 00:21:04.351 suicidal behavior and ideation

NOTE Confidence: 0.89402336

00:21:04.351 --> 00:21:06.787 can look very different than the

NOTE Confidence: 0.89402336

00:21:06.787 --> 00:21:08.565 trends in suicide mortality.

NOTE Confidence: 0.89402336

00:21:08.565 --> 00:21:10.840 So sometimes people are kind

NOTE Confidence: 0.89402336

00:21:10.840 --> 00:21:12.678 of conflating all of that.

NOTE Confidence: 0.89402336

00:21:12.680 --> 00:21:15.039 But it is important to note that

NOTE Confidence: 0.89402336

00:21:15.039 --> 00:21:15.713 in this

NOTE Confidence: 0.8229832

00:21:15.720 --> 00:21:18.324 YRBS data set that came out last

NOTE Confidence: 0.8229832

00:21:18.324 --> 00:21:20.759 year looking at a 10 year trend,

NOTE Confidence: 0.8229832

00:21:20.760 --> 00:21:24.792 what you saw was that in 2021 some things

NOTE Confidence: 0.8229832

00:21:24.792 --> 00:21:27.760 are changing for black and brown youth.

NOTE Confidence: 0.8229832

00:21:27.760 --> 00:21:30.336 And of course we've known that LGBTQ

NOTE Confidence: 0.8229832

00:21:30.336 --> 00:21:32.700 youth for we've known for a long time

NOTE Confidence: 0.8229832

00:21:32.700 --> 00:21:34.922 that they are much more likely to

NOTE Confidence: 0.8229832

00:21:34.922 --> 00:21:36.717 have suicidal thoughts and behavior

NOTE Confidence: 0.8229832

00:21:36.717 --> 00:21:39.228 than than their heterosexual matched

NOTE Confidence: 0.8229832

00:21:39.228 --> 00:21:41.913 or cisgender matched young people.

NOTE Confidence: 0.66057605

00:21:45.680 --> 00:21:47.390 This is my visual that

NOTE Confidence: 0.66057605

00:21:47.390 --> 00:21:48.758 that Jill Harkavy Friedman,

NOTE Confidence: 0.66057605

00:21:48.760 --> 00:21:51.063 who runs our research at AFSP and

NOTE Confidence: 0.66057605

00:21:51.063 --> 00:21:54.044 I came up with about 10 years ago

NOTE Confidence: 0.66057605

00:21:54.044 --> 00:21:56.049 that really tries to synthesize

NOTE Confidence: 0.66057605

00:21:56.049 --> 00:21:58.440 OK of all the incredible and

NOTE Confidence: 0.66057605

00:21:58.440 --> 00:22:00.040 amazing findings in the literature.

NOTE Confidence: 0.66057605

00:22:00.040 --> 00:22:02.912 What can we say about what amounts to

NOTE Confidence: 0.66057605

00:22:02.912 --> 00:22:05.359 suicide risk and protective factors?

NOTE Confidence: 0.66057605

00:22:05.360 --> 00:22:07.390 And the key thing here is that

NOTE Confidence: 0.66057605

00:22:07.390 --> 00:22:08.999 for any instance of suicide,

NOTE Confidence: 0.66057605

00:22:09.000 --> 00:22:11.372 psychological autopsy methods show

NOTE Confidence: 0.66057605

00:22:11.372 --> 00:22:14.930 that there are between 7:00 and

NOTE Confidence: 0.66057605

00:22:15.020 --> 00:22:18.210 12:00 identifiable risk factors going

NOTE Confidence: 0.66057605

00:22:18.210 --> 00:22:21.400 on preceding that person's death.

NOTE Confidence: 0.66057605

00:22:21.400 --> 00:22:23.044 So the idea that but something

NOTE Confidence: 0.66057605

00:22:23.044 --> 00:22:24.540 happens in their environment and

NOTE Confidence: 0.66057605

00:22:24.540 --> 00:22:25.916 their current life circumstances,

NOTE Confidence: 0.66057605

00:22:25.920 --> 00:22:29.010 and that's what leads to suicide

NOTE Confidence: 0.66057605

00:22:29.010 --> 00:22:31.024 is not correct. It.

NOTE Confidence: 0.66057605

00:22:31.024 --> 00:22:32.880 Life events and losses,

NOTE Confidence: 0.66057605

00:22:32.880 --> 00:22:34.160 break UPS, financial strain,

NOTE Confidence: 0.66057605

00:22:34.160 --> 00:22:36.080 all of those things are important.

NOTE Confidence: 0.66057605

00:22:36.080 --> 00:22:38.505 They can be seen sometimes
NOTE Confidence: 0.66057605

00:22:38.505 --> 00:22:39.960 as precipitating events,
NOTE Confidence: 0.66057605

00:22:39.960 --> 00:22:42.036 but not as a sole cause,
NOTE Confidence: 0.66057605

00:22:42.040 --> 00:22:43.039 because of course,
NOTE Confidence: 0.66057605

00:22:43.039 --> 00:22:45.037 the majority of people who experience
NOTE Confidence: 0.66057605

00:22:45.037 --> 00:22:47.042 those kinds of stressors are resilient,
NOTE Confidence: 0.66057605

00:22:47.042 --> 00:22:49.289 do not go on to consider suicide
NOTE Confidence: 0.66057605

00:22:49.289 --> 00:22:50.639 or die by suicide.
NOTE Confidence: 0.66057605

00:22:50.640 --> 00:22:53.290 So it is this underlying
NOTE Confidence: 0.66057605

00:22:53.290 --> 00:22:54.880 convergence of biological,
NOTE Confidence: 0.66057605

00:22:54.880 --> 00:22:55.321 psychological,
NOTE Confidence: 0.66057605

00:22:55.321 --> 00:22:57.085 social and environmental factors
NOTE Confidence: 0.66057605

00:22:57.085 --> 00:23:00.070 that we can become so much smarter
NOTE Confidence: 0.66057605

00:23:00.070 --> 00:23:02.555 about as clinicians and as a society,
NOTE Confidence: 0.66057605

00:23:02.560 --> 00:23:04.420 because those are opportunities
NOTE Confidence: 0.66057605

00:23:04.420 --> 00:23:06.280 for prevention and intervention.

NOTE Confidence: 0.66057605

00:23:06.280 --> 00:23:08.224 If we're able to recognize suicide

NOTE Confidence: 0.66057605

00:23:08.224 --> 00:23:10.914 risk long before a person even becomes

NOTE Confidence: 0.66057605

00:23:10.914 --> 00:23:13.760 suicidal, that is now possible to do.

NOTE Confidence: 0.66057605

00:23:13.760 --> 00:23:15.494 The access to lethal means has

NOTE Confidence: 0.66057605

00:23:15.494 --> 00:23:17.960 a lot to do with suicide risk,

NOTE Confidence: 0.66057605

00:23:17.960 --> 00:23:19.870 and that's why that's sitting

NOTE Confidence: 0.66057605

00:23:19.870 --> 00:23:23.464 there with that red sort of arrow.

NOTE Confidence: 0.66057605

00:23:23.464 --> 00:23:24.840 So again,

NOTE Confidence: 0.66057605

00:23:24.840 --> 00:23:27.056 suicide risk and protective

NOTE Confidence: 0.66057605

00:23:27.056 --> 00:23:28.718 factors are multifaceted.

NOTE Confidence: 0.66057605

00:23:28.720 --> 00:23:31.080 They interact with each other

NOTE Confidence: 0.66057605

00:23:31.080 --> 00:23:33.852 and we can look at suicide from

NOTE Confidence: 0.66057605

00:23:33.852 --> 00:23:36.153 a societal standpoint as a major

NOTE Confidence: 0.66057605

00:23:36.153 --> 00:23:37.873 public health issue because it

NOTE Confidence: 0.66057605

00:23:37.873 --> 00:23:40.358 is a complex health outcome.

NOTE Confidence: 0.66057605

00:23:40.360 --> 00:23:42.684 And that means that we can take
NOTE Confidence: 0.66057605

00:23:42.684 --> 00:23:43.680 a primary prevention,
NOTE Confidence: 0.66057605

00:23:43.680 --> 00:23:46.592 a universal strategies around
NOTE Confidence: 0.66057605

00:23:46.592 --> 00:23:48.866 educating all citizens.
NOTE Confidence: 0.66057605

00:23:48.866 --> 00:23:50.412 You know,
NOTE Confidence: 0.66057605

00:23:50.412 --> 00:23:53.200 embedding certain evidence based
NOTE Confidence: 0.66057605

00:23:53.200 --> 00:23:56.320 interventions even into K through
NOTE Confidence: 0.66057605

00:23:56.320 --> 00:23:59.520 3rd grade school settings that
NOTE Confidence: 0.66057605

00:23:59.520 --> 00:24:00.680 like the good behavior game,
NOTE Confidence: 0.66057605

00:24:00.680 --> 00:24:02.903 has been shown to decrease suicidal
NOTE Confidence: 0.66057605

00:24:02.903 --> 00:24:05.218 behavior and other outcomes 15
NOTE Confidence: 0.66057605

00:24:05.218 --> 00:24:07.585 years later for children who
NOTE Confidence: 0.66057605

00:24:07.585 --> 00:24:09.755 are exposed to that classroom
NOTE Confidence: 0.66057605

00:24:09.755 --> 00:24:12.080 management style of system versus,
NOTE Confidence: 0.66057605

00:24:12.080 --> 00:24:12.490 you know,
NOTE Confidence: 0.66057605

00:24:12.490 --> 00:24:13.925 all the way up the ladder of

NOTE Confidence: 0.66057605

00:24:13.925 --> 00:24:15.160 the public health model,

NOTE Confidence: 0.66057605

00:24:15.160 --> 00:24:17.236 which I won't go into detail.

NOTE Confidence: 0.66057605

00:24:17.240 --> 00:24:19.125 Why are we talking about

NOTE Confidence: 0.66057605

00:24:19.125 --> 00:24:20.633 this about suicide loss?

NOTE Confidence: 0.66057605

00:24:20.640 --> 00:24:23.172 We're talking about it because in

NOTE Confidence: 0.66057605

00:24:23.172 --> 00:24:26.042 that search for why it really helps

NOTE Confidence: 0.66057605

00:24:26.042 --> 00:24:28.604 to have at least some basic AB

NOTE Confidence: 0.66057605

00:24:28.690 --> 00:24:31.238 CS around understanding suicide.

NOTE Confidence: 0.66057605

00:24:31.240 --> 00:24:34.174 In in these slightly more nuanced

NOTE Confidence: 0.66057605

00:24:34.174 --> 00:24:36.640 and accurate and complex ways,

NOTE Confidence: 0.66057605

00:24:36.640 --> 00:24:38.278 our lexicon has had to change.

NOTE Confidence: 0.66057605

00:24:38.280 --> 00:24:40.366 Because we used to say things like

NOTE Confidence: 0.66057605

00:24:40.366 --> 00:24:42.759 commit suicide as if it's a sin or a crime,

NOTE Confidence: 0.66057605

00:24:42.760 --> 00:24:44.540 which in fact decriminalizing

NOTE Confidence: 0.66057605

00:24:44.540 --> 00:24:47.210 suicide is still a major advocacy

NOTE Confidence: 0.66057605

00:24:47.283 --> 00:24:49.119 effort in other countries.
NOTE Confidence: 0.66057605

00:24:49.120 --> 00:24:51.157 So we we are still stuck in
NOTE Confidence: 0.66057605

00:24:51.157 --> 00:24:53.053 some Stone Age ways of thinking
NOTE Confidence: 0.66057605

00:24:53.053 --> 00:24:55.279 that it's a an issue of moral
NOTE Confidence: 0.66057605

00:24:55.355 --> 00:24:56.663 or characterological deficiency
NOTE Confidence: 0.66057605

00:24:56.663 --> 00:24:59.715 or a sin those are not correct.
NOTE Confidence: 0.66057605

00:24:59.720 --> 00:25:03.320 That is not shown by the science at all.
NOTE Confidence: 0.66057605

00:25:03.320 --> 00:25:05.357 And so instead of saying commit suicide,
NOTE Confidence: 0.66057605

00:25:05.360 --> 00:25:07.025 we recommend language like died
NOTE Confidence: 0.66057605

00:25:07.025 --> 00:25:08.690 by suicide or other plain
NOTE Confidence: 0.96344084

00:25:08.753 --> 00:25:10.120 language. Ended her life,
NOTE Confidence: 0.96344084

00:25:10.120 --> 00:25:11.625 killed himself. Those are fine.
NOTE Confidence: 0.96344084

00:25:11.625 --> 00:25:14.326 We had an advocacy win with The Associated
NOTE Confidence: 0.96344084

00:25:14.326 --> 00:25:17.287 Press style book that they made this
NOTE Confidence: 0.96344084

00:25:17.287 --> 00:25:19.451 official change for journalists to
NOTE Confidence: 0.96344084

00:25:19.451 --> 00:25:21.953 stop using the phrase commit suicide.

NOTE Confidence: 0.96344084

00:25:21.960 --> 00:25:25.320 So you'll see that trend hopefully

NOTE Confidence: 0.96344084

00:25:25.320 --> 00:25:29.030 more and more the CDC and SAMSA and

NOTE Confidence: 0.96344084

00:25:29.030 --> 00:25:32.481 we at FSP have summed up what we can

NOTE Confidence: 0.96344084

00:25:32.481 --> 00:25:34.756 could consider evidence based suicide

NOTE Confidence: 0.96344084

00:25:34.756 --> 00:25:37.238 prevention strategies for communities.

NOTE Confidence: 0.96344084

00:25:37.240 --> 00:25:39.076 So this is not talking about

NOTE Confidence: 0.96344084

00:25:39.076 --> 00:25:39.994 just clinical strategies.

NOTE Confidence: 0.96344084

00:25:40.000 --> 00:25:41.390 The clinical piece is kind

NOTE Confidence: 0.96344084

00:25:41.390 --> 00:25:43.120 of embedded in some of this.

NOTE Confidence: 0.96344084

00:25:43.120 --> 00:25:44.038 But if you look at this,

NOTE Confidence: 0.96344084

00:25:44.040 --> 00:25:46.400 this is really about at a societal level.

NOTE Confidence: 0.96344084

00:25:46.400 --> 00:25:49.000 If we increase access to mental health care,

NOTE Confidence: 0.96344084

00:25:49.000 --> 00:25:51.472 if we infuse the new relatively

NOTE Confidence: 0.96344084

00:25:51.472 --> 00:25:53.760 new evidence based steps into

NOTE Confidence: 0.96344084

00:25:53.760 --> 00:25:56.000 clinical practice like screening,

NOTE Confidence: 0.96344084

00:25:56.000 --> 00:25:56.897 suicide risk assessment,
NOTE Confidence: 0.96344084

00:25:56.897 --> 00:25:58.691 which is still the probably the
NOTE Confidence: 0.96344084

00:25:58.691 --> 00:26:00.712 weakest point, safety planning,
NOTE Confidence: 0.96344084

00:26:00.712 --> 00:26:02.800 lethal means counseling,
NOTE Confidence: 0.96344084

00:26:02.800 --> 00:26:03.112 CBTDBT,
NOTE Confidence: 0.96344084

00:26:03.112 --> 00:26:04.984 all of the things that have
NOTE Confidence: 0.96344084

00:26:04.984 --> 00:26:07.284 evidence we know that we can reduce
NOTE Confidence: 0.96344084

00:26:07.284 --> 00:26:08.914 suicide risk for a population.
NOTE Confidence: 0.96344084

00:26:08.920 --> 00:26:11.510 Reducing access to lethal means is something
NOTE Confidence: 0.96344084

00:26:11.510 --> 00:26:13.399 that it can happen on a policy level.
NOTE Confidence: 0.96344084

00:26:13.400 --> 00:26:15.780 It also can happen in your work
NOTE Confidence: 0.96344084

00:26:15.780 --> 00:26:17.918 with a patient who's at risk.
NOTE Confidence: 0.96344084

00:26:17.920 --> 00:26:19.588 It also can happen with your
NOTE Confidence: 0.96344084

00:26:19.588 --> 00:26:21.614 neighbor or in your own home if
NOTE Confidence: 0.96344084

00:26:21.614 --> 00:26:23.312 a family member becomes at risk.
NOTE Confidence: 0.96344084

00:26:23.320 --> 00:26:25.584 I tell parents and people if their loved

NOTE Confidence: 0.96344084

00:26:25.584 --> 00:26:28.317 one is struggling and has become suicidal,

NOTE Confidence: 0.96344084

00:26:28.320 --> 00:26:29.560 the first thing to do,

NOTE Confidence: 0.96344084

00:26:29.560 --> 00:26:32.059 in addition to letting them know that

NOTE Confidence: 0.96344084

00:26:32.059 --> 00:26:33.912 your love for them is unconditional

NOTE Confidence: 0.96344084

00:26:33.912 --> 00:26:35.208 and you're going to help them

NOTE Confidence: 0.96344084

00:26:35.208 --> 00:26:36.480 get the help that they need.

NOTE Confidence: 0.7302298

00:26:38.920 --> 00:26:40.831 And I also advise people about how

NOTE Confidence: 0.7302298

00:26:40.831 --> 00:26:42.937 to make the home relatively secure

NOTE Confidence: 0.7302298

00:26:42.937 --> 00:26:45.129 from lethal means, 'cause that is,

NOTE Confidence: 0.7302298

00:26:45.129 --> 00:26:48.083 that is a key step in reducing the risk

NOTE Confidence: 0.7302298

00:26:48.083 --> 00:26:50.555 of people who are going through a a

NOTE Confidence: 0.7302298

00:26:50.560 --> 00:26:53.395 brief period of time of suicide risk.

NOTE Confidence: 0.7302298

00:26:53.400 --> 00:26:55.470 Clinicians need to get much more

NOTE Confidence: 0.7302298

00:26:55.470 --> 00:26:57.600 engaged in lethal means counseling,

NOTE Confidence: 0.7302298

00:26:57.600 --> 00:26:59.448 including in emergency departments

NOTE Confidence: 0.7302298

00:26:59.448 --> 00:27:00.834 and primary care.
NOTE Confidence: 0.7302298

00:27:00.840 --> 00:27:02.238 I think in mental health care,
NOTE Confidence: 0.7302298

00:27:02.240 --> 00:27:04.263 hopefully we're we're a bit more advanced
NOTE Confidence: 0.7302298

00:27:04.263 --> 00:27:06.079 than those other areas of medicine.
NOTE Confidence: 0.83508754

00:27:08.800 --> 00:27:11.398 So for a suicide law survivor,
NOTE Confidence: 0.83508754

00:27:11.400 --> 00:27:14.526 the word even the phrase suicide
NOTE Confidence: 0.83508754

00:27:14.526 --> 00:27:18.608 prevention can be a little bit triggering.
NOTE Confidence: 0.83508754

00:27:18.608 --> 00:27:22.633 And it's tricky because I'm
NOTE Confidence: 0.83508754

00:27:22.633 --> 00:27:24.998 often asked by law survivors,
NOTE Confidence: 0.83508754

00:27:25.000 --> 00:27:26.233 does suicide prevention,
NOTE Confidence: 0.83508754

00:27:26.233 --> 00:27:28.699 does that phrase mean that my
NOTE Confidence: 0.83508754

00:27:28.699 --> 00:27:30.758 loved one didn't have to die,
NOTE Confidence: 0.83508754

00:27:30.760 --> 00:27:34.320 That every case of suicide can be prevented?
NOTE Confidence: 0.83508754

00:27:34.320 --> 00:27:37.086 And what I would say is that
NOTE Confidence: 0.83508754

00:27:37.086 --> 00:27:40.516 suicide prevention in my mind
NOTE Confidence: 0.83508754

00:27:40.520 --> 00:27:43.200 is talking about the many,

NOTE Confidence: 0.83508754

00:27:43.200 --> 00:27:45.706 many steps we have yet to take

NOTE Confidence: 0.83508754

00:27:45.706 --> 00:27:48.360 as a society to reduce suicide

NOTE Confidence: 0.83508754

00:27:48.360 --> 00:27:50.356 mortality in our nation.

NOTE Confidence: 0.83508754

00:27:50.360 --> 00:27:53.264 It does not mean that this complex health

NOTE Confidence: 0.83508754

00:27:53.264 --> 00:27:55.879 outcome is preventable in every case.

NOTE Confidence: 0.97349066

00:27:58.000 --> 00:28:01.400 So that's one thing to note.

NOTE Confidence: 0.97349066

00:28:01.400 --> 00:28:02.892 Another thing to note,

NOTE Confidence: 0.97349066

00:28:02.892 --> 00:28:04.757 especially for us as clinicians,

NOTE Confidence: 0.97349066

00:28:04.760 --> 00:28:08.078 the issue of short term risk prediction

NOTE Confidence: 0.97349066

00:28:08.080 --> 00:28:10.760 and the fact that we're not able to

NOTE Confidence: 0.97349066

00:28:10.760 --> 00:28:14.868 predict who will die and when seems to be

NOTE Confidence: 0.97349066

00:28:14.868 --> 00:28:18.400 a bit of a hang up in my humble opinion.

NOTE Confidence: 0.97349066

00:28:18.400 --> 00:28:20.400 Whereas I look at cardiologists,

NOTE Confidence: 0.97349066

00:28:20.400 --> 00:28:22.304 I look at primary care and they

NOTE Confidence: 0.97349066

00:28:22.304 --> 00:28:24.357 have no problem with the fact that

NOTE Confidence: 0.97349066

00:28:24.357 --> 00:28:26.360 they cannot predict who will die by,
NOTE Confidence: 0.97349066

00:28:26.360 --> 00:28:29.734 you know, cardiac or even cancer or
NOTE Confidence: 0.97349066

00:28:29.734 --> 00:28:33.599 other types of leading causes of death.
NOTE Confidence: 0.97349066

00:28:33.600 --> 00:28:36.750 It does not stop them from aggressively
NOTE Confidence: 0.97349066

00:28:36.750 --> 00:28:39.206 identifying those who are at risk
NOTE Confidence: 0.97349066

00:28:39.206 --> 00:28:40.788 going after the, the,
NOTE Confidence: 0.97349066

00:28:40.788 --> 00:28:42.432 you know, changeable,
NOTE Confidence: 0.97349066

00:28:42.432 --> 00:28:44.076 modifiable risk factors.
NOTE Confidence: 0.97349066

00:28:44.080 --> 00:28:46.194 And also at the public health level,
NOTE Confidence: 0.97349066

00:28:46.200 --> 00:28:48.280 educating everybody about the AB,
NOTE Confidence: 0.97349066

00:28:48.280 --> 00:28:51.080 CS of cardiac health and so forth.
NOTE Confidence: 0.97349066

00:28:51.080 --> 00:28:54.236 So I want to just advise all of us to be
NOTE Confidence: 0.97349066

00:28:54.236 --> 00:28:57.002 really careful about not conflating the
NOTE Confidence: 0.97349066

00:28:57.002 --> 00:28:59.520 concepts of prediction and prevention.
NOTE Confidence: 0.97349066

00:28:59.520 --> 00:29:01.840 We don't have to be able to predict
NOTE Confidence: 0.97349066

00:29:01.840 --> 00:29:05.476 in order to reduce risk overall.

NOTE Confidence: 0.97349066

00:29:05.480 --> 00:29:07.560 And like I mentioned earlier,

NOTE Confidence: 0.97349066

00:29:07.560 --> 00:29:10.846 it doesn't mean that it will always work.

NOTE Confidence: 0.97349066

00:29:10.846 --> 00:29:13.574 And that is a sobering thought.

NOTE Confidence: 0.97349066

00:29:13.574 --> 00:29:15.926 I think we as clinicians think we have

NOTE Confidence: 0.97349066

00:29:15.926 --> 00:29:18.560 a lot more power than we do sometimes,

NOTE Confidence: 0.97349066

00:29:18.560 --> 00:29:20.140 'cause remember also our patients

NOTE Confidence: 0.97349066

00:29:20.140 --> 00:29:22.088 spend an enormous amount of time

NOTE Confidence: 0.97349066

00:29:22.088 --> 00:29:23.912 outside our scope of influence.

NOTE Confidence: 0.97349066

00:29:23.912 --> 00:29:26.180 And so that's why actually engaging

NOTE Confidence: 0.97349066

00:29:26.249 --> 00:29:28.787 families and having a more holistic

NOTE Confidence: 0.97349066

00:29:28.787 --> 00:29:30.479 approach to suicide prevention

NOTE Confidence: 0.97349066

00:29:30.548 --> 00:29:32.280 is important when possible.

NOTE Confidence: 0.97349066

00:29:32.280 --> 00:29:33.400 Think about this too,

NOTE Confidence: 0.97349066

00:29:33.400 --> 00:29:35.080 that with regard to heart disease

NOTE Confidence: 0.97349066

00:29:35.137 --> 00:29:36.637 and diabetes and again other

NOTE Confidence: 0.97349066

00:29:36.637 --> 00:29:37.837 leading causes of death,
NOTE Confidence: 0.97349066

00:29:37.840 --> 00:29:40.195 there are no evidence based
NOTE Confidence: 0.97349066

00:29:40.195 --> 00:29:42.079 treatments or interventions that
NOTE Confidence: 0.97349066

00:29:42.080 --> 00:29:44.576 work for all patients in every
NOTE Confidence: 0.97349066

00:29:44.576 --> 00:29:46.760 instance that just doesn't exist.
NOTE Confidence: 0.97349066

00:29:46.760 --> 00:29:50.197 So don't let that stop your your
NOTE Confidence: 0.97349066

00:29:50.197 --> 00:29:53.846 work and your search for how to
NOTE Confidence: 0.97349066

00:29:53.846 --> 00:29:56.880 continue to work to reduce suicide
NOTE Confidence: 0.97349066

00:29:56.880 --> 00:29:58.880 risk amongst your patients.
NOTE Confidence: 0.97349066

00:29:58.880 --> 00:29:59.786 OK.
NOTE Confidence: 0.97349066

00:29:59.786 --> 00:30:03.124 Let me speed up a little bit because
NOTE Confidence: 0.97349066

00:30:03.124 --> 00:30:05.365 I also want Doctor Stubby to have some
NOTE Confidence: 0.97349066

00:30:05.365 --> 00:30:07.111 time to talk about her experiences.
NOTE Confidence: 0.97349066

00:30:07.120 --> 00:30:09.941 So we're going to turn our attention
NOTE Confidence: 0.97349066

00:30:09.941 --> 00:30:13.636 now to this topic of clinicians and the
NOTE Confidence: 0.97349066

00:30:13.636 --> 00:30:16.959 experience of suicide loss of a patient.

NOTE Confidence: 0.97349066

00:30:16.960 --> 00:30:19.900 So the prevalence for clinicians in

NOTE Confidence: 0.97349066

00:30:19.900 --> 00:30:23.560 experiencing loss of a patient to suicide,

NOTE Confidence: 0.97349066

00:30:23.560 --> 00:30:25.470 they're they're kind of estimates

NOTE Confidence: 0.97349066

00:30:25.470 --> 00:30:27.720 and different stats when you look

NOTE Confidence: 0.97349066

00:30:27.720 --> 00:30:29.200 in different research studies.

NOTE Confidence: 0.97349066

00:30:29.200 --> 00:30:31.293 But what I would say summing up

NOTE Confidence: 0.97349066

00:30:31.293 --> 00:30:33.697 is that probably at least half of

NOTE Confidence: 0.97349066

00:30:33.697 --> 00:30:35.502 psychiatrists will experience the loss

NOTE Confidence: 0.97349066

00:30:35.502 --> 00:30:38.359 of a patient to suicide over their career.

NOTE Confidence: 0.97349066

00:30:38.360 --> 00:30:41.560 It's a bit more front loaded during training.

NOTE Confidence: 0.97349066

00:30:41.560 --> 00:30:44.236 And also other mental health clinicians,

NOTE Confidence: 0.97349066

00:30:44.240 --> 00:30:44.966 psychologists,

NOTE Confidence: 0.97349066

00:30:44.966 --> 00:30:46.418 social workers,

NOTE Confidence: 0.97349066

00:30:46.418 --> 00:30:49.494 counselors will also have some

NOTE Confidence: 0.97349066

00:30:49.494 --> 00:30:52.176 prevalence of experiencing the loss of

NOTE Confidence: 0.97349066

00:30:52.176 --> 00:30:55.624 a patient to suicide when it occurs.
NOTE Confidence: 0.97349066

00:30:55.624 --> 00:30:59.032 It has the potential to have
NOTE Confidence: 0.97349066

00:30:59.032 --> 00:31:02.080 tremendous outcomes and impact on
NOTE Confidence: 0.97349066

00:31:02.080 --> 00:31:04.560 us personally and professionally.
NOTE Confidence: 0.97349066

00:31:04.560 --> 00:31:06.872 And so I'm not going to go into
NOTE Confidence: 0.97349066

00:31:06.872 --> 00:31:08.200 all the findings,
NOTE Confidence: 0.97349066

00:31:08.200 --> 00:31:11.410 but but I what what I want to say is
NOTE Confidence: 0.97349066

00:31:11.508 --> 00:31:14.244 that it's far more impactful than
NOTE Confidence: 0.97349066

00:31:14.244 --> 00:31:17.320 we might think in our cerebral,
NOTE Confidence: 0.97349066

00:31:17.320 --> 00:31:21.076 you know, zipped up clinician identity.
NOTE Confidence: 0.97349066

00:31:21.080 --> 00:31:22.802 If you haven't gone through that
NOTE Confidence: 0.97349066

00:31:22.802 --> 00:31:23.950 or if you haven't
NOTE Confidence: 0.89203167

00:31:24.007 --> 00:31:26.359 paid attention to the literature on this,
NOTE Confidence: 0.89203167

00:31:26.360 --> 00:31:28.610 it it is along the lines
NOTE Confidence: 0.89203167

00:31:28.610 --> 00:31:31.079 of the loss of a person,
NOTE Confidence: 0.89203167

00:31:31.080 --> 00:31:34.480 someone in your personal life.

NOTE Confidence: 0.89203167

00:31:34.480 --> 00:31:37.018 You know, that kind of grief can can be

NOTE Confidence: 0.89203167

00:31:37.018 --> 00:31:39.479 the level of impact psychologically,

NOTE Confidence: 0.89203167

00:31:39.480 --> 00:31:42.040 personally as well as professionally.

NOTE Confidence: 0.89203167

00:31:42.040 --> 00:31:45.435 And because there was so much shame

NOTE Confidence: 0.89203167

00:31:45.435 --> 00:31:48.960 around suicide and frankly stigma even

NOTE Confidence: 0.89203167

00:31:48.960 --> 00:31:52.400 within health systems and within the

NOTE Confidence: 0.89203167

00:31:52.400 --> 00:31:54.400 fields of psychiatry and psychology,

NOTE Confidence: 0.89203167

00:31:54.400 --> 00:31:55.640 until I'd say, you know,

NOTE Confidence: 0.89203167

00:31:55.640 --> 00:31:57.268 really recent decades is,

NOTE Confidence: 0.89203167

00:31:57.268 --> 00:31:59.710 is the scientific effort really shedding

NOTE Confidence: 0.89203167

00:31:59.779 --> 00:32:01.875 a light on this as a health issue.

NOTE Confidence: 0.9548193

00:32:03.920 --> 00:32:07.315 And so that kept so many experiences

NOTE Confidence: 0.9548193

00:32:07.320 --> 00:32:10.407 just locked on lockdown so that people

NOTE Confidence: 0.9548193

00:32:10.407 --> 00:32:13.199 weren't feeling able to to process

NOTE Confidence: 0.9548193

00:32:13.199 --> 00:32:15.977 that experience of loss and potentially

NOTE Confidence: 0.9548193

00:32:15.977 --> 00:32:18.319 mitigate the the kind of harmful,
NOTE Confidence: 0.9548193

00:32:18.320 --> 00:32:20.012 potentially damaging effects
NOTE Confidence: 0.9548193

00:32:20.012 --> 00:32:22.832 on us as clinicians after
NOTE Confidence: 0.9548193

00:32:22.832 --> 00:32:25.480 experiencing the loss of a patient.
NOTE Confidence: 0.9548193

00:32:25.480 --> 00:32:28.450 Now we're not going to be able to go into
NOTE Confidence: 0.9548193

00:32:28.527 --> 00:32:31.719 any kind of breakout groups in this session,
NOTE Confidence: 0.9548193

00:32:31.720 --> 00:32:33.864 but I did want to just pose some
NOTE Confidence: 0.9548193

00:32:33.864 --> 00:32:35.606 questions to you to just have
NOTE Confidence: 0.9548193

00:32:35.606 --> 00:32:37.680 percolating in the back of your mind.
NOTE Confidence: 0.9548193

00:32:37.680 --> 00:32:41.420 And Doctor Steuby and I will
NOTE Confidence: 0.9548193

00:32:41.420 --> 00:32:43.640 stay on the Zoom for, you know,
NOTE Confidence: 0.9548193

00:32:43.640 --> 00:32:45.000 after the talking case,
NOTE Confidence: 0.9548193

00:32:45.000 --> 00:32:47.040 anyone wants to engage in any,
NOTE Confidence: 0.9548193

00:32:47.040 --> 00:32:49.440 you know, more kind of intimate
NOTE Confidence: 0.9548193

00:32:49.440 --> 00:32:50.640 conversation about this.
NOTE Confidence: 0.9548193

00:32:50.640 --> 00:32:55.470 But if you are somebody who has

NOTE Confidence: 0.9548193

00:32:55.470 --> 00:32:58.095 experienced loss or loss of a

NOTE Confidence: 0.9548193

00:32:58.095 --> 00:33:00.525 patient to suicide or the loss

NOTE Confidence: 0.9548193

00:33:00.525 --> 00:33:02.919 of a loved one to suicide,

NOTE Confidence: 0.9548193

00:33:02.920 --> 00:33:05.300 those are experiences that

NOTE Confidence: 0.9548193

00:33:05.300 --> 00:33:08.275 that obviously shape our lives.

NOTE Confidence: 0.9548193

00:33:08.280 --> 00:33:11.123 And I specifically wanted to have

NOTE Confidence: 0.9548193

00:33:11.123 --> 00:33:14.021 us collectively think about what are

NOTE Confidence: 0.9548193

00:33:14.021 --> 00:33:16.015 the activities and interventions

NOTE Confidence: 0.9548193

00:33:16.015 --> 00:33:18.769 that have been the most useful

NOTE Confidence: 0.9548193

00:33:18.769 --> 00:33:21.440 and the most helpful to you.

NOTE Confidence: 0.9548193

00:33:21.440 --> 00:33:22.238 And you know,

NOTE Confidence: 0.9548193

00:33:22.238 --> 00:33:24.480 maybe we can talk about that because again,

NOTE Confidence: 0.9548193

00:33:24.480 --> 00:33:26.358 there's a small literature around that,

NOTE Confidence: 0.9548193

00:33:26.360 --> 00:33:30.959 but not a not a ton to go on.

NOTE Confidence: 0.9548193

00:33:30.960 --> 00:33:34.624 What we do know is that in

NOTE Confidence: 0.9548193

00:33:34.624 --> 00:33:37.440 the aftermath of suicide,
NOTE Confidence: 0.9548193

00:33:37.440 --> 00:33:40.518 there is an an action that can be taken,
NOTE Confidence: 0.9548193

00:33:40.520 --> 00:33:43.316 a series of actions called postvention,
NOTE Confidence: 0.9548193

00:33:43.320 --> 00:33:47.114 which is so in the context of
NOTE Confidence: 0.9548193

00:33:47.114 --> 00:33:50.959 AK12 school or a medical school.
NOTE Confidence: 0.9548193

00:33:50.960 --> 00:33:51.764 When a student,
NOTE Confidence: 0.9548193

00:33:51.764 --> 00:33:53.640 or a staff member for that matter,
NOTE Confidence: 0.9548193

00:33:53.640 --> 00:33:55.020 dies by suicide,
NOTE Confidence: 0.9548193

00:33:55.020 --> 00:33:57.780 then the leadership has a responsibility
NOTE Confidence: 0.9548193

00:33:57.780 --> 00:34:00.434 to help create an environment
NOTE Confidence: 0.9548193

00:34:00.434 --> 00:34:03.079 through communication and through a
NOTE Confidence: 0.9548193

00:34:03.079 --> 00:34:05.523 series of activities that facilitate
NOTE Confidence: 0.9548193

00:34:05.523 --> 00:34:07.767 the community's healthy grieving
NOTE Confidence: 0.9548193

00:34:07.767 --> 00:34:10.657 process and that reduce the risk
NOTE Confidence: 0.9548193

00:34:10.657 --> 00:34:13.289 of contagion and reduce the risk of
NOTE Confidence: 0.9548193

00:34:13.370 --> 00:34:15.845 effects of unaddressed trauma on

NOTE Confidence: 0.9548193

00:34:15.845 --> 00:34:18.853 the community and and particularly on

NOTE Confidence: 0.9548193

00:34:18.853 --> 00:34:21.518 vulnerable members of the community.

NOTE Confidence: 0.9548193

00:34:21.520 --> 00:34:24.221 And so this is a very detailed,

NOTE Confidence: 0.9548193

00:34:24.221 --> 00:34:27.269 this is a very action plan of you

NOTE Confidence: 0.9548193

00:34:27.269 --> 00:34:30.059 can look at it as a crisis response

NOTE Confidence: 0.9548193

00:34:30.059 --> 00:34:33.168 plan in a way where a team gets

NOTE Confidence: 0.9548193

00:34:33.168 --> 00:34:35.752 together and meets every day for a

NOTE Confidence: 0.9548193

00:34:35.752 --> 00:34:37.684 period of at least a couple weeks

NOTE Confidence: 0.9548193

00:34:37.684 --> 00:34:40.001 and is carrying out the steps of

NOTE Confidence: 0.9548193

00:34:40.001 --> 00:34:41.960 that post vention plan and keeping

NOTE Confidence: 0.9548193

00:34:41.960 --> 00:34:44.272 an eye out for any members of the

NOTE Confidence: 0.9548193

00:34:44.280 --> 00:34:47.106 community that may be vulnerable now.

NOTE Confidence: 0.9548193

00:34:47.106 --> 00:34:50.194 So in the aftermath of a patient loss,

NOTE Confidence: 0.9548193

00:34:50.200 --> 00:34:51.596 patient death to suicide,

NOTE Confidence: 0.9548193

00:34:51.596 --> 00:34:54.126 we can look at the post vention

NOTE Confidence: 0.9548193

00:34:54.126 --> 00:34:57.038 period in a in a slightly shifted way,
NOTE Confidence: 0.9548193

00:34:57.040 --> 00:34:59.872 customized to setting where the goal
NOTE Confidence: 0.9548193

00:34:59.872 --> 00:35:03.165 then is really to give those members
NOTE Confidence: 0.9548193

00:35:03.165 --> 00:35:07.008 of the team the support that they
NOTE Confidence: 0.9548193

00:35:07.008 --> 00:35:09.796 need and the time off that they needed.
NOTE Confidence: 0.9548193

00:35:09.800 --> 00:35:12.716 Anything that could be helpful in
NOTE Confidence: 0.9548193

00:35:12.720 --> 00:35:15.270 the most optimal and goal being
NOTE Confidence: 0.9548193

00:35:15.270 --> 00:35:17.640 that they're processing it through.
NOTE Confidence: 0.9548193

00:35:17.640 --> 00:35:20.286 They have a chance to reflect that
NOTE Confidence: 0.9548193

00:35:20.286 --> 00:35:22.461 They're not feeling a sense of
NOTE Confidence: 0.9548193

00:35:22.461 --> 00:35:24.715 blame or shame where they need not,
NOTE Confidence: 0.9548193

00:35:24.720 --> 00:35:26.325 but they're still going through
NOTE Confidence: 0.9548193

00:35:26.325 --> 00:35:28.320 all of the the appropriate steps.
NOTE Confidence: 0.9548193

00:35:28.320 --> 00:35:29.874 So we'll get into some of that
NOTE Confidence: 0.53165764

00:35:32.280 --> 00:35:34.079 and and I'm going to ask Doctor
NOTE Confidence: 0.53165764

00:35:34.079 --> 00:35:35.538 Steuby to comment on on some

NOTE Confidence: 0.53165764

00:35:35.538 --> 00:35:36.798 of this in just a moment.

NOTE Confidence: 0.53165764

00:35:36.800 --> 00:35:39.400 But postvention strategies in the,

NOTE Confidence: 0.53165764

00:35:39.400 --> 00:35:42.265 let's say a clinical training

NOTE Confidence: 0.53165764

00:35:42.265 --> 00:35:45.696 program could look like embedding

NOTE Confidence: 0.53165764

00:35:45.696 --> 00:35:47.838 suicide prevention education,

NOTE Confidence: 0.53165764

00:35:47.840 --> 00:35:50.762 certainly as part of the routine

NOTE Confidence: 0.53165764

00:35:50.762 --> 00:35:53.703 education and including in that the

NOTE Confidence: 0.53165764

00:35:53.703 --> 00:35:56.192 topic of patient suicide and almost

NOTE Confidence: 0.53165764

00:35:56.192 --> 00:35:58.880 in a way framing in advance of any

NOTE Confidence: 0.53165764

00:35:58.958 --> 00:36:01.198 suicide deaths that may occur.

NOTE Confidence: 0.53165764

00:36:01.200 --> 00:36:02.694 For those trainees,

NOTE Confidence: 0.53165764

00:36:02.694 --> 00:36:05.682 how we might understand the topic

NOTE Confidence: 0.53165764

00:36:05.682 --> 00:36:08.680 of suicide and patient suicide

NOTE Confidence: 0.53165764

00:36:08.680 --> 00:36:10.732 and the postvention response

NOTE Confidence: 0.53165764

00:36:10.732 --> 00:36:13.297 protocol is really to destigmatize

NOTE Confidence: 0.53165764

00:36:13.297 --> 00:36:16.035 and frame the loss For the team.

NOTE Confidence: 0.53165764

00:36:16.040 --> 00:36:18.474 For those who are grieving to

NOTE Confidence: 0.53165764

00:36:18.474 --> 00:36:20.136 provide debriefing opportunities,

NOTE Confidence: 0.53165764

00:36:20.136 --> 00:36:23.460 to really again provide a safety

NOTE Confidence: 0.53165764

00:36:23.544 --> 00:36:26.688 net to reduce the risk of of trauma

NOTE Confidence: 0.53165764

00:36:26.688 --> 00:36:29.608 and contagion and to take proactive

NOTE Confidence: 0.53165764

00:36:29.608 --> 00:36:33.760 steps to create a culture of support.

NOTE Confidence: 0.53165764

00:36:33.760 --> 00:36:35.992 So these are things that are

NOTE Confidence: 0.53165764

00:36:35.992 --> 00:36:38.250 easier said than done at UCSD.

NOTE Confidence: 0.53165764

00:36:38.250 --> 00:36:42.399 Way back when in about 15 or 20 years ago,

NOTE Confidence: 0.53165764

00:36:42.400 --> 00:36:44.752 I had the opportunity to engage

NOTE Confidence: 0.53165764

00:36:44.752 --> 00:36:47.959 with a small group in the residency

NOTE Confidence: 0.53165764

00:36:47.959 --> 00:36:50.554 training program where our residents

NOTE Confidence: 0.53165764

00:36:50.560 --> 00:36:53.332 really led the way on developing

NOTE Confidence: 0.53165764

00:36:53.332 --> 00:36:55.800 the UCSD residency training program

NOTE Confidence: 0.53165764

00:36:55.800 --> 00:36:57.560 suicide loss protocol that that

NOTE Confidence: 0.53165764

00:36:57.560 --> 00:37:00.154 was put into place and it consisted

NOTE Confidence: 0.53165764

00:37:00.154 --> 00:37:02.074 of actual steps and checklists

NOTE Confidence: 0.53165764

00:37:02.074 --> 00:37:04.078 for each member of the team.

NOTE Confidence: 0.53165764

00:37:04.080 --> 00:37:05.886 So the chief resident was making sure

NOTE Confidence: 0.53165764

00:37:05.886 --> 00:37:07.640 that some steps are being followed.

NOTE Confidence: 0.53165764

00:37:07.640 --> 00:37:09.131 The attending this,

NOTE Confidence: 0.53165764

00:37:09.131 --> 00:37:11.119 engaging with nursing staff,

NOTE Confidence: 0.53165764

00:37:11.120 --> 00:37:12.240 a whole team approach.

NOTE Confidence: 0.748106143333333

00:37:14.560 --> 00:37:16.744 OK, now there are important ways

NOTE Confidence: 0.748106143333333

00:37:16.744 --> 00:37:18.914 to talk about suicide that I've

NOTE Confidence: 0.748106143333333

00:37:18.914 --> 00:37:20.834 just gone a little bit into.

NOTE Confidence: 0.748106143333333

00:37:20.840 --> 00:37:23.360 This is from the the safe

NOTE Confidence: 0.748106143333333

00:37:23.360 --> 00:37:25.040 messaging guidelines for media.

NOTE Confidence: 0.748106143333333

00:37:25.040 --> 00:37:29.036 But because a suicide death can have

NOTE Confidence: 0.748106143333333

00:37:29.036 --> 00:37:32.242 a ripple effect in a community and

NOTE Confidence: 0.748106143333333

00:37:32.242 --> 00:37:36.440 sometimes the media does get involved,

NOTE Confidence: 0.748106143333333

00:37:36.440 --> 00:37:38.968 it's important to be at least aware that

NOTE Confidence: 0.748106143333333

00:37:38.968 --> 00:37:41.181 that there are there's guidance for how

NOTE Confidence: 0.748106143333333

00:37:41.181 --> 00:37:43.760 to talk to the media about a suicide.

NOTE Confidence: 0.748106143333333

00:37:43.760 --> 00:37:45.566 So please know that the URL is

NOTE Confidence: 0.748106143333333

00:37:45.566 --> 00:37:47.582 down there at the bottom and anyone

NOTE Confidence: 0.748106143333333

00:37:47.582 --> 00:37:49.640 can have access to my slides too.

NOTE Confidence: 0.748106143333333

00:37:49.640 --> 00:37:53.915 By the way, at AFSP we had helped

NOTE Confidence: 0.748106143333333

00:37:53.915 --> 00:37:57.091 create the first tool kit for schools.

NOTE Confidence: 0.748106143333333

00:37:57.091 --> 00:38:00.817 That's the one on the left that we Co

NOTE Confidence: 0.748106143333333

00:38:00.817 --> 00:38:03.312 created with the Suicide Prevention

NOTE Confidence: 0.748106143333333

00:38:03.312 --> 00:38:05.360 Resource Center and the EDC.

NOTE Confidence: 0.748106143333333

00:38:05.360 --> 00:38:07.621 Then we customize that tool kit for

NOTE Confidence: 0.748106143333333

00:38:07.621 --> 00:38:09.801 other settings that you see here and

NOTE Confidence: 0.748106143333333

00:38:09.801 --> 00:38:12.839 we worked with other groups to do that.

NOTE Confidence: 0.748106143333333

00:38:12.840 --> 00:38:13.445 Interestingly,

NOTE Confidence: 0.748106143333333
00:38:13.445 --> 00:38:17.075 when it comes to patient suicide,
NOTE Confidence: 0.748106143333333
00:38:17.080 --> 00:38:19.754 there isn't a zipped up toolkit that
NOTE Confidence: 0.748106143333333
00:38:19.754 --> 00:38:22.859 I'm aware of that's so kind of packaged
NOTE Confidence: 0.748106143333333
00:38:22.859 --> 00:38:25.315 up and therefore many places are
NOTE Confidence: 0.748106143333333
00:38:25.315 --> 00:38:28.160 kind of making their own versions.
NOTE Confidence: 0.748106143333333
00:38:28.160 --> 00:38:29.952 OK, let me just quickly go through
NOTE Confidence: 0.748106143333333
00:38:29.952 --> 00:38:31.199 this and then turn it,
NOTE Confidence: 0.748106143333333
00:38:31.200 --> 00:38:33.748 turn it over to Doctor Stubby to
NOTE Confidence: 0.748106143333333
00:38:33.748 --> 00:38:35.878 make comments on on any of it.
NOTE Confidence: 0.748106143333333
00:38:35.880 --> 00:38:38.310 So there are these like specific
NOTE Confidence: 0.748106143333333
00:38:38.310 --> 00:38:41.219 steps to take for the team or for
NOTE Confidence: 0.748106143333333
00:38:41.219 --> 00:38:42.960 a residency training program,
NOTE Confidence: 0.748106143333333
00:38:42.960 --> 00:38:45.172 a clinical training program.
NOTE Confidence: 0.748106143333333
00:38:45.172 --> 00:38:47.937 Sometimes risk management of the
NOTE Confidence: 0.748106143333333
00:38:47.937 --> 00:38:50.238 hospital needs to be involved.
NOTE Confidence: 0.748106143333333

00:38:50.240 --> 00:38:52.736 Offering a meeting with the family
NOTE Confidence: 0.748106143333333

00:38:52.736 --> 00:38:55.376 of the deceased patient is an
NOTE Confidence: 0.748106143333333

00:38:55.376 --> 00:38:56.352 important consideration.
NOTE Confidence: 0.748106143333333

00:38:56.352 --> 00:38:59.960 We can talk more about that because
NOTE Confidence: 0.748106143333333

00:38:59.960 --> 00:39:01.916 there are some nuances around that,
NOTE Confidence: 0.748106143333333

00:39:01.920 --> 00:39:03.224 but I will tell,
NOTE Confidence: 0.748106143333333

00:39:03.224 --> 00:39:05.607 I will just state my opinion which
NOTE Confidence: 0.748106143333333

00:39:05.607 --> 00:39:08.550 is that we should offer that rather
NOTE Confidence: 0.748106143333333

00:39:08.550 --> 00:39:12.204 than being concerned either because
NOTE Confidence: 0.748106143333333

00:39:12.204 --> 00:39:15.114 of fear of you know,
NOTE Confidence: 0.748106143333333

00:39:15.120 --> 00:39:19.864 legal action or fear of issues
NOTE Confidence: 0.748106143333333

00:39:19.864 --> 00:39:20.712 around confidentiality.
NOTE Confidence: 0.748106143333333

00:39:20.712 --> 00:39:23.680 All of those things can be managed.
NOTE Confidence: 0.748106143333333

00:39:23.680 --> 00:39:25.997 And actually by doing that it's a
NOTE Confidence: 0.748106143333333

00:39:25.997 --> 00:39:28.906 way for the the team to have that
NOTE Confidence: 0.748106143333333

00:39:28.906 --> 00:39:31.599 but but importantly to offer to the

NOTE Confidence: 0.748106143333333
00:39:31.599 --> 00:39:33.939 family to have more information and
NOTE Confidence: 0.748106143333333
00:39:33.939 --> 00:39:36.700 framing of their loved ones loss and
NOTE Confidence: 0.748106143333333
00:39:36.700 --> 00:39:39.114 you can do that without betraying
NOTE Confidence: 0.748106143333333
00:39:39.114 --> 00:39:41.284 confidentiality believe it or not
NOTE Confidence: 0.748106143333333
00:39:41.284 --> 00:39:44.164 and in many cases of course the
NOTE Confidence: 0.748106143333333
00:39:44.164 --> 00:39:46.656 patient was OK with the family being
NOTE Confidence: 0.748106143333333
00:39:46.728 --> 00:39:49.702 engaged so so that that's a bit of
NOTE Confidence: 0.748106143333333
00:39:49.702 --> 00:39:52.280 a nuance there case reviews should
NOTE Confidence: 0.748106143333333
00:39:52.280 --> 00:39:55.184 occur just like normal but needs to
NOTE Confidence: 0.748106143333333
00:39:55.184 --> 00:39:57.480 be done in a way that's supportive
NOTE Confidence: 0.748106143333333
00:39:57.480 --> 00:40:01.476 non judgmental and and not blaming.
NOTE Confidence: 0.748106143333333
00:40:01.480 --> 00:40:03.345 And then offering ongoing support
NOTE Confidence: 0.748106143333333
00:40:03.345 --> 00:40:04.837 or debriefing at UCSD,
NOTE Confidence: 0.748106143333333
00:40:04.840 --> 00:40:07.102 we made sure that trainees could
NOTE Confidence: 0.748106143333333
00:40:07.102 --> 00:40:09.776 meet with someone who wasn't a core
NOTE Confidence: 0.748106143333333

00:40:09.776 --> 00:40:11.954 faculty member so that they could
NOTE Confidence: 0.748106143333333

00:40:11.954 --> 00:40:15.034 have some just sort of privacy around
NOTE Confidence: 0.748106143333333

00:40:15.034 --> 00:40:17.346 their experience of debriefing through
NOTE Confidence: 0.748106143333333

00:40:17.346 --> 00:40:20.076 that experience of patient suicide.
NOTE Confidence: 0.748106143333333

00:40:20.080 --> 00:40:21.965 That was not necessarily considered
NOTE Confidence: 0.748106143333333

00:40:21.965 --> 00:40:22.719 therapy either.
NOTE Confidence: 0.748106143333333

00:40:22.720 --> 00:40:24.556 Those might have been a couple
NOTE Confidence: 0.748106143333333

00:40:24.556 --> 00:40:26.171 sessions that that trainees
NOTE Confidence: 0.748106143333333

00:40:26.171 --> 00:40:30.317 would engage in to to debrief.
NOTE Confidence: 0.748106143333333

00:40:30.320 --> 00:40:32.140 So these are some of the goals
NOTE Confidence: 0.748106143333333

00:40:32.140 --> 00:40:35.238 again for postvention steps.
NOTE Confidence: 0.748106143333333

00:40:35.240 --> 00:40:38.352 Maybe I will at this point invite Doctor
NOTE Confidence: 0.748106143333333

00:40:38.352 --> 00:40:41.077 Stubby to to speak on any of this.
NOTE Confidence: 0.748106143333333

00:40:41.080 --> 00:40:43.555 This was a slide that she provided as well.
NOTE Confidence: 0.5926012

00:40:43.560 --> 00:40:44.440 Doctor Stubby,
NOTE Confidence: 0.5926012

00:40:47.080 --> 00:40:48.998 let me just see what comes next.

NOTE Confidence: 0.5926012

00:40:49.000 --> 00:40:51.160 OK yeah, we're almost to the end here. Is

NOTE Confidence: 0.5926012

00:40:52.880 --> 00:40:54.160 there a way for me to see this?

NOTE Confidence: 0.4860066

00:41:03.040 --> 00:41:06.834 So maybe I'll just start talking here.

NOTE Confidence: 0.4860066

00:41:06.840 --> 00:41:11.944 So we've always looked at suicide prevention.

NOTE Confidence: 0.4860066

00:41:11.944 --> 00:41:16.790 How do we assess, how do we manage in the

NOTE Confidence: 0.4860066

00:41:16.790 --> 00:41:19.680 emergency room, outpatient, etcetera.

NOTE Confidence: 0.4860066

00:41:19.680 --> 00:41:22.800 But actually, it was Doctor Julie

NOTE Confidence: 0.4860066

00:41:22.800 --> 00:41:26.440 Chilton who brought up the idea that

NOTE Confidence: 0.4860066

00:41:26.440 --> 00:41:29.480 we don't talk about postvention.

NOTE Confidence: 0.4860066

00:41:29.480 --> 00:41:31.671 So it's only been in the last

NOTE Confidence: 0.4860066

00:41:31.671 --> 00:41:33.842 maybe five years that we've added

NOTE Confidence: 0.4860066

00:41:33.842 --> 00:41:35.394 this to the curriculum,

NOTE Confidence: 0.4860066

00:41:35.400 --> 00:41:39.360 thinking about how do we manage

NOTE Confidence: 0.4860066

00:41:39.360 --> 00:41:42.104 issues when kids don't get better.

NOTE Confidence: 0.4860066

00:41:42.104 --> 00:41:44.240 So there's a lot of grief.

NOTE Confidence: 0.4860066

00:41:44.240 --> 00:41:45.720 There's a lot of stress,
NOTE Confidence: 0.4860066

00:41:45.720 --> 00:41:48.625 there's a lot of shame that comes
NOTE Confidence: 0.4860066

00:41:48.625 --> 00:41:50.780 from individuals not getting
NOTE Confidence: 0.4860066

00:41:50.780 --> 00:41:53.680 better or dying by suicide.
NOTE Confidence: 0.4860066

00:41:53.680 --> 00:41:55.560 So, yeah,
NOTE Confidence: 0.30240786

00:42:01.240 --> 00:42:04.719 no, this, this is, this is the
NOTE Confidence: 0.30240786

00:42:04.719 --> 00:42:06.758 wrong slide. I want the one with the
NOTE Confidence: 0.30240786

00:42:09.680 --> 00:42:11.945 oh, Christine. There, there, that
NOTE Confidence: 0.30240786

00:42:11.945 --> 00:42:13.396 perfect. OK Like that. She can see.
NOTE Confidence: 0.30240786

00:42:15.240 --> 00:42:16.920 Forget about this mic. OK,
NOTE Confidence: 0.30240786

00:42:16.960 --> 00:42:18.796 Dorothy, just talking to this mic.
NOTE Confidence: 0.30240786

00:42:18.800 --> 00:42:22.490 Yeah, there we go.
NOTE Confidence: 0.30240786

00:42:22.490 --> 00:42:25.484 So everyone wants to know exactly what to
NOTE Confidence: 0.30240786

00:42:25.484 --> 00:42:28.360 do in the instance of a patient suicide.
NOTE Confidence: 0.30240786

00:42:28.360 --> 00:42:30.754 So having a plan before is
NOTE Confidence: 0.30240786

00:42:30.754 --> 00:42:32.720 always really important and even

NOTE Confidence: 0.30240786

00:42:32.720 --> 00:42:34.400 people in private practice,

NOTE Confidence: 0.30240786

00:42:34.400 --> 00:42:35.876 they may not think of this,

NOTE Confidence: 0.30240786

00:42:35.880 --> 00:42:38.226 but it's really important to put

NOTE Confidence: 0.30240786

00:42:38.226 --> 00:42:42.880 together a plan in the unfortunate

NOTE Confidence: 0.30240786

00:42:42.880 --> 00:42:46.120 situation that a patient may die.

NOTE Confidence: 0.30240786

00:42:46.120 --> 00:42:50.053 So here is sort of the plan that Doctor

NOTE Confidence: 0.30240786

00:42:50.053 --> 00:42:53.332 Agarwal and colleagues put together

NOTE Confidence: 0.30240786

00:42:53.332 --> 00:42:56.076 for residency training programs

NOTE Confidence: 0.30240786

00:42:56.080 --> 00:42:59.236 when a patient dies by suicide.

NOTE Confidence: 0.30240786

00:42:59.240 --> 00:43:02.815 So the initial response is

NOTE Confidence: 0.30240786

00:43:02.815 --> 00:43:04.960 to inform supervisors,

NOTE Confidence: 0.30240786

00:43:04.960 --> 00:43:10.652 inform training directors and then we

NOTE Confidence: 0.30240786

00:43:10.652 --> 00:43:15.034 will mobilize a larger group of support.

NOTE Confidence: 0.30240786

00:43:15.040 --> 00:43:21.320 The primary response then is supervisor,

NOTE Confidence: 0.30240786

00:43:21.320 --> 00:43:22.622 resident, discuss,

NOTE Confidence: 0.30240786

00:43:22.622 --> 00:43:28.598 then we go past that to emotional response,
NOTE Confidence: 0.30240786

00:43:28.598 --> 00:43:31.316 talking to families,
NOTE Confidence: 0.9742079

00:43:34.360 --> 00:43:37.400 Risk management is always informed
NOTE Confidence: 0.9742079

00:43:37.400 --> 00:43:41.000 very early and making sure that we
NOTE Confidence: 0.9742079

00:43:41.000 --> 00:43:43.280 have immediate support for residents,
NOTE Confidence: 0.9742079

00:43:43.280 --> 00:43:44.752 including having them take
NOTE Confidence: 0.9742079

00:43:44.752 --> 00:43:46.960 some time off if they want.
NOTE Confidence: 0.9742079

00:43:46.960 --> 00:43:48.680 Some people want time off,
NOTE Confidence: 0.9742079

00:43:48.680 --> 00:43:49.799 some people don't.
NOTE Confidence: 0.91982335

00:43:53.160 --> 00:43:55.491 I guess I want to say a
NOTE Confidence: 0.91982335

00:43:55.491 --> 00:43:57.080 word about toxic shame.
NOTE Confidence: 0.91982335

00:43:57.080 --> 00:44:01.860 Losing a patient to suicide is one of the
NOTE Confidence: 0.91982335

00:44:01.860 --> 00:44:05.480 like nightmares for anyone in mental health.
NOTE Confidence: 0.91982335

00:44:05.480 --> 00:44:09.080 We in order to do our work,
NOTE Confidence: 0.91982335

00:44:09.080 --> 00:44:11.712 we need to feel like we can
NOTE Confidence: 0.91982335

00:44:11.712 --> 00:44:14.628 really make an impact. And we can.

NOTE Confidence: 0.91982335

00:44:14.628 --> 00:44:17.120 We can make a really positive impact.

NOTE Confidence: 0.91982335

00:44:17.120 --> 00:44:20.840 We can help decrease suicides,

NOTE Confidence: 0.91982335

00:44:20.840 --> 00:44:23.996 but we can't prevent them all.

NOTE Confidence: 0.91982335

00:44:24.000 --> 00:44:27.120 So because we have that idea,

NOTE Confidence: 0.91982335

00:44:27.120 --> 00:44:31.880 then if a patient does die by suicide,

NOTE Confidence: 0.91982335

00:44:31.880 --> 00:44:34.500 ergo we have failed.

NOTE Confidence: 0.91982335

00:44:34.500 --> 00:44:37.520 We did something wrong and

NOTE Confidence: 0.91982335

00:44:37.520 --> 00:44:39.520 there's a lot of shame.

NOTE Confidence: 0.91982335

00:44:39.520 --> 00:44:40.560 There's a lot of worry.

NOTE Confidence: 0.91982335

00:44:40.560 --> 00:44:41.776 What will people think?

NOTE Confidence: 0.91982335

00:44:41.776 --> 00:44:43.600 Will they think that I'm awful?

NOTE Confidence: 0.91982335

00:44:43.600 --> 00:44:45.076 Am I going to get sued?

NOTE Confidence: 0.91982335

00:44:45.080 --> 00:44:47.400 What's going to happen?

NOTE Confidence: 0.91982335

00:44:47.400 --> 00:44:50.767 And then the culture of medicine is

NOTE Confidence: 0.91982335

00:44:50.767 --> 00:44:53.280 morbidity and mortality conferences.

NOTE Confidence: 0.91982335

00:44:53.280 --> 00:44:54.620 Those are, you know,
NOTE Confidence: 0.91982335

00:44:54.620 --> 00:44:56.860 when things go wrong, you look at,
NOTE Confidence: 0.91982335

00:44:56.860 --> 00:44:58.360 you know what went wrong,
NOTE Confidence: 0.91982335

00:44:58.360 --> 00:44:59.560 how do you do it better?
NOTE Confidence: 0.91982335

00:44:59.560 --> 00:45:02.080 And that is an important thing to do.
NOTE Confidence: 0.91982335

00:45:02.080 --> 00:45:05.638 But calling it morbidity and mortality
NOTE Confidence: 0.9754455

00:45:07.680 --> 00:45:13.240 really can focus on who did things wrong.
NOTE Confidence: 0.9754455

00:45:13.240 --> 00:45:16.088 And so it's really important to both learn
NOTE Confidence: 0.9754455

00:45:16.088 --> 00:45:19.199 are there things that we can do differently,
NOTE Confidence: 0.9754455

00:45:19.200 --> 00:45:22.135 while supporting and reassuring that
NOTE Confidence: 0.9754455

00:45:22.135 --> 00:45:25.692 sometimes we're going to lose someone
NOTE Confidence: 0.9754455

00:45:25.692 --> 00:45:29.440 to suicide no matter what we do?
NOTE Confidence: 0.9754455

00:45:29.440 --> 00:45:31.480 I wanted to say a word
NOTE Confidence: 0.9754455

00:45:31.480 --> 00:45:32.840 about families as well.
NOTE Confidence: 0.9754455

00:45:32.840 --> 00:45:34.940 Speaking of toxic shame,
NOTE Confidence: 0.9754455

00:45:34.940 --> 00:45:39.150 the idea of meeting with a family when

NOTE Confidence: 0.9754455

00:45:39.150 --> 00:45:43.025 you were the clinician and the person

NOTE Confidence: 0.9754455

00:45:43.025 --> 00:45:47.036 has died and you feel really responsible,

NOTE Confidence: 0.9754455

00:45:47.040 --> 00:45:49.480 you feel really upset.

NOTE Confidence: 0.9754455

00:45:49.480 --> 00:45:54.132 It is really important to engage the family

NOTE Confidence: 0.9754455

00:45:54.132 --> 00:45:58.360 for the family's sake and for your sake.

NOTE Confidence: 0.9754455

00:45:58.360 --> 00:46:01.666 Families typically know that they have

NOTE Confidence: 0.9754455

00:46:01.666 --> 00:46:05.360 a loved one that has been suicidal,

NOTE Confidence: 0.9754455

00:46:05.360 --> 00:46:07.520 probably for a while,

NOTE Confidence: 0.9754455

00:46:07.520 --> 00:46:11.600 and they may also be feeling toxic shame.

NOTE Confidence: 0.9754455

00:46:11.600 --> 00:46:15.532 Probably occasionally there's even more

NOTE Confidence: 0.9754455

00:46:15.532 --> 00:46:18.760 guilt that goes around when you say,

NOTE Confidence: 0.9754455

00:46:18.760 --> 00:46:21.805 oh, thank God, I've been dealing with

NOTE Confidence: 0.9754455

00:46:21.805 --> 00:46:25.760 them all this time and it's over.

NOTE Confidence: 0.9754455

00:46:25.760 --> 00:46:27.320 No one will ever say that,

NOTE Confidence: 0.9754455

00:46:27.320 --> 00:46:30.536 but there may be that and people feel

NOTE Confidence: 0.9754455

00:46:30.536 --> 00:46:32.759 extremely guilty over that as well.
NOTE Confidence: 0.9754455

00:46:32.760 --> 00:46:36.120 So really thinking about how complex it is,
NOTE Confidence: 0.9754455

00:46:36.120 --> 00:46:39.020 how to bring families in and support,
NOTE Confidence: 0.9754455

00:46:39.020 --> 00:46:41.520 and as a training program,
NOTE Confidence: 0.9754455

00:46:41.520 --> 00:46:43.524 as an institution,
NOTE Confidence: 0.9754455

00:46:43.524 --> 00:46:48.200 how do we support every single member
NOTE Confidence: 0.9754455

00:46:48.200 --> 00:46:52.230 of our group if they do happen to
NOTE Confidence: 0.9754455

00:46:52.230 --> 00:46:55.151 have a patient die by suicide or
NOTE Confidence: 0.9754455

00:46:55.151 --> 00:46:58.157 have some other really bad outcome?
NOTE Confidence: 0.9754455

00:46:58.160 --> 00:47:02.038 And for those of you who have,
NOTE Confidence: 0.9754455

00:47:02.040 --> 00:47:04.000 I hope that you've had that support
NOTE Confidence: 0.9754455

00:47:04.000 --> 00:47:04.840 that you need.
NOTE Confidence: 0.9754455

00:47:04.840 --> 00:47:07.384 I hope you've been able to go through
NOTE Confidence: 0.9754455

00:47:07.384 --> 00:47:09.801 that grieving process because so many
NOTE Confidence: 0.9754455

00:47:09.801 --> 00:47:13.320 people will just live with it for years
NOTE Confidence: 0.9754455

00:47:13.320 --> 00:47:17.073 as sort of a badge of shame and concern.

NOTE Confidence: 0.9754455

00:47:17.080 --> 00:47:19.300 And the other thing that was

NOTE Confidence: 0.9754455

00:47:19.300 --> 00:47:22.097 alluded to is the idea of how

NOTE Confidence: 0.9754455

00:47:22.097 --> 00:47:24.157 does it change your practice?

NOTE Confidence: 0.9754455

00:47:24.160 --> 00:47:28.660 So the next person you see in the emergency

NOTE Confidence: 0.9754455

00:47:28.660 --> 00:47:32.396 room who says I'm feeling suicidal,

NOTE Confidence: 0.9754455

00:47:32.400 --> 00:47:34.906 it's going to be a natural reaction

NOTE Confidence: 0.9754455

00:47:34.906 --> 00:47:37.359 not to want to take any risk.

NOTE Confidence: 0.9754455

00:47:37.360 --> 00:47:41.599 And I think that that's OK for a while,

NOTE Confidence: 0.9754455

00:47:41.600 --> 00:47:43.724 but obviously we don't want to

NOTE Confidence: 0.9754455

00:47:43.724 --> 00:47:45.984 put people in the hospital that

NOTE Confidence: 0.9754455

00:47:45.984 --> 00:47:48.679 don't need to be in the hospital.

NOTE Confidence: 0.9754455

00:47:48.680 --> 00:47:51.998 So the idea of it changing,

NOTE Confidence: 0.9754455

00:47:52.000 --> 00:47:55.210 decreasing our ability to really

NOTE Confidence: 0.9754455

00:47:55.210 --> 00:47:57.778 think objectively and putting

NOTE Confidence: 0.9754455

00:47:57.778 --> 00:48:00.239 more of a fear mindset.

NOTE Confidence: 0.9754455

00:48:00.240 --> 00:48:03.440 So those are my comments at this point,
NOTE Confidence: 0.9754455

00:48:03.440 --> 00:48:07.120 but these are what we have put together.
NOTE Confidence: 0.9754455

00:48:07.120 --> 00:48:10.034 And I know the outpatient clinic also
NOTE Confidence: 0.9754455

00:48:10.034 --> 00:48:13.838 has a real protocol for postvention,
NOTE Confidence: 0.9754455

00:48:13.840 --> 00:48:18.200 postvention for patients or postvention.
NOTE Confidence: 0.9754455

00:48:18.200 --> 00:48:20.000 God forbid that any of
NOTE Confidence: 0.9754455

00:48:20.000 --> 00:48:21.440 the clinicians might die.
NOTE Confidence: 0.6849506

00:48:24.240 --> 00:48:25.860 Thank you, Doctor Stubby.
NOTE Confidence: 0.6849506

00:48:25.860 --> 00:48:27.075 That's really helpful.
NOTE Confidence: 0.9566375

00:48:30.720 --> 00:48:34.570 Yeah. On the topic of, you know,
NOTE Confidence: 0.9566375

00:48:34.570 --> 00:48:37.826 not wanting to take the risk after
NOTE Confidence: 0.9566375

00:48:37.826 --> 00:48:40.156 losing a patient to suicide,
NOTE Confidence: 0.9566375

00:48:40.160 --> 00:48:42.960 what I will say is that the challenge
NOTE Confidence: 0.9566375

00:48:42.960 --> 00:48:45.646 in in the suicide prevention
NOTE Confidence: 0.9566375

00:48:45.646 --> 00:48:49.445 movement today is really important.
NOTE Confidence: 0.9566375

00:48:49.445 --> 00:48:52.350 And it's that there's a there's a

NOTE Confidence: 0.9566375

00:48:52.431 --> 00:48:54.943 belief and I think it's somewhat

NOTE Confidence: 0.9566375

00:48:54.943 --> 00:48:58.658 data-driven that we've been relying

NOTE Confidence: 0.9566375

00:48:58.658 --> 00:49:02.606 on sort of hospitalization as a as a

NOTE Confidence: 0.9566375

00:49:02.606 --> 00:49:04.390 two prong thing either go home or be

NOTE Confidence: 0.9566375

00:49:04.451 --> 00:49:06.413 hospitalized rather than looking at all

NOTE Confidence: 0.9566375

00:49:06.413 --> 00:49:08.758 of the interim steps that can be taken.

NOTE Confidence: 0.9566375

00:49:08.760 --> 00:49:11.056 And so there's a there is something

NOTE Confidence: 0.9566375

00:49:11.056 --> 00:49:13.742 of a movement within the lived

NOTE Confidence: 0.9566375

00:49:13.742 --> 00:49:16.457 experience community that feels that

NOTE Confidence: 0.9566375

00:49:16.457 --> 00:49:18.283 involuntary hospitalization has been

NOTE Confidence: 0.9566375

00:49:18.283 --> 00:49:20.726 over utilized and has been potentially

NOTE Confidence: 0.9566375

00:49:20.726 --> 00:49:24.556 traumatizing and unhelpful for some

NOTE Confidence: 0.9566375

00:49:24.560 --> 00:49:26.240 that that is really a challenge.

NOTE Confidence: 0.9566375

00:49:26.240 --> 00:49:28.696 I think where where we need to go

NOTE Confidence: 0.9566375

00:49:28.696 --> 00:49:31.695 next in our field is to really be

NOTE Confidence: 0.9566375

00:49:31.695 --> 00:49:33.624 developing and evaluating more tools
NOTE Confidence: 0.9566375

00:49:33.624 --> 00:49:36.853 for inpatient at as well as with with
NOTE Confidence: 0.9566375

00:49:36.853 --> 00:49:39.349 suicide risk reduction in mind knowing
NOTE Confidence: 0.9566375

00:49:39.349 --> 00:49:41.974 that the post discharge period is
NOTE Confidence: 0.9566375

00:49:41.974 --> 00:49:44.554 actually the most high risk period
NOTE Confidence: 0.9566375

00:49:44.560 --> 00:49:46.625 for people who were hospitalized
NOTE Confidence: 0.9566375

00:49:46.625 --> 00:49:48.277 for suicide related reasons.
NOTE Confidence: 0.9566375

00:49:48.280 --> 00:49:48.640 So
NOTE Confidence: 0.5272414

00:49:51.000 --> 00:49:53.800 OK, so let's let's wrap up and really
NOTE Confidence: 0.5272414

00:49:53.800 --> 00:49:57.050 open it up to any questions or comments
NOTE Confidence: 0.5272414

00:49:57.050 --> 00:49:59.400 which we really would welcome.
NOTE Confidence: 0.5272414

00:49:59.400 --> 00:50:02.652 So I'll just kind of wrap up our our
NOTE Confidence: 0.5272414

00:50:02.652 --> 00:50:05.522 formal part of our talk by saying that
NOTE Confidence: 0.5272414

00:50:05.522 --> 00:50:08.252 there that the steps of postvention
NOTE Confidence: 0.5272414

00:50:08.252 --> 00:50:10.959 after suicide loss of a patient are
NOTE Confidence: 0.5272414

00:50:10.959 --> 00:50:13.160 are very important to go through.

NOTE Confidence: 0.5272414

00:50:13.160 --> 00:50:16.730 As Doctor Stuby said, it's really ideal

NOTE Confidence: 0.5272414

00:50:16.730 --> 00:50:19.932 to have your protocol outlined, you know,

NOTE Confidence: 0.5272414

00:50:19.932 --> 00:50:22.440 at a time when you're not in the crisis mode,

NOTE Confidence: 0.5272414

00:50:22.440 --> 00:50:24.246 because this is something that requires

NOTE Confidence: 0.5272414

00:50:24.246 --> 00:50:26.319 things to really be thought through.

NOTE Confidence: 0.5272414

00:50:26.320 --> 00:50:28.690 If you have yet to develop it in in your

NOTE Confidence: 0.5272414

00:50:28.752 --> 00:50:32.358 training program, anyone who's here,

NOTE Confidence: 0.5272414

00:50:32.360 --> 00:50:35.055 then be sure to engage the trainees

NOTE Confidence: 0.5272414

00:50:35.055 --> 00:50:37.423 themselves as well so that they can

NOTE Confidence: 0.5272414

00:50:37.423 --> 00:50:40.520 weigh in on what how engaging in,

NOTE Confidence: 0.5272414

00:50:40.520 --> 00:50:42.984 you know, in support, debriefing,

NOTE Confidence: 0.5272414

00:50:42.984 --> 00:50:44.480 time off, etcetera,

NOTE Confidence: 0.5272414

00:50:44.480 --> 00:50:47.480 because it's nuanced how people

NOTE Confidence: 0.5272414

00:50:47.480 --> 00:50:49.720 perceive those this protocol.

NOTE Confidence: 0.91169316

00:50:52.240 --> 00:50:56.264 OK, so in summary, suicide loss is a

NOTE Confidence: 0.91169316

00:50:56.264 --> 00:51:00.477 unique and profound type of bereavement.
NOTE Confidence: 0.91169316

00:51:00.480 --> 00:51:03.114 The understanding of suicide it can
NOTE Confidence: 0.91169316

00:51:03.114 --> 00:51:06.247 be a critical part of helping lost
NOTE Confidence: 0.91169316

00:51:06.247 --> 00:51:09.264 survivors to heal and maybe moving on
NOTE Confidence: 0.91169316

00:51:09.347 --> 00:51:11.692 into other actions like advocacy which
NOTE Confidence: 0.91169316

00:51:11.692 --> 00:51:15.200 can also be part of the healing process
NOTE Confidence: 0.91169316

00:51:15.200 --> 00:51:18.434 and also very important for the suicide
NOTE Confidence: 0.91169316

00:51:18.434 --> 00:51:21.256 prevention field and supporting clinicians.
NOTE Confidence: 0.91169316

00:51:21.256 --> 00:51:24.416 Experience after patient suicide is
NOTE Confidence: 0.91169316

00:51:24.416 --> 00:51:30.060 critical and and again because it suicide
NOTE Confidence: 0.91169316

00:51:30.060 --> 00:51:33.900 in a state of rising public health crisis.
NOTE Confidence: 0.91169316

00:51:33.900 --> 00:51:35.800 From a statistical standpoint,
NOTE Confidence: 0.91169316

00:51:35.800 --> 00:51:37.512 the base rate is still low and so
NOTE Confidence: 0.91169316

00:51:37.512 --> 00:51:39.277 we don't encounter this every day,
NOTE Confidence: 0.91169316

00:51:39.280 --> 00:51:39.988 thank goodness.
NOTE Confidence: 0.91169316

00:51:39.988 --> 00:51:42.820 But it's all the more reason to have

NOTE Confidence: 0.91169316

00:51:42.888 --> 00:51:45.125 your your supportive steps outlined in

NOTE Confidence: 0.91169316

00:51:45.125 --> 00:51:47.664 advance in order to optimize outcomes

NOTE Confidence: 0.91169316

00:51:47.664 --> 00:51:51.680 for clinicians, trainees, and families.

NOTE Confidence: 0.91169316

00:51:51.680 --> 00:51:54.896 Here are some resources that Doctor

NOTE Confidence: 0.91169316

00:51:54.896 --> 00:51:57.040 Stubby was is recommending.

NOTE Confidence: 0.91169316

00:51:57.040 --> 00:51:58.640 The one that I'm in I I would,

NOTE Confidence: 0.91169316

00:51:58.640 --> 00:51:59.480 I don't.

NOTE Confidence: 0.91169316

00:51:59.480 --> 00:52:03.240 I don't know what video that is of me.

NOTE Confidence: 0.91169316

00:52:03.240 --> 00:52:06.280 But on our AFSP website we have many,

NOTE Confidence: 0.91169316

00:52:06.280 --> 00:52:11.433 many resources for lost survivors as well as

NOTE Confidence: 0.91169316

00:52:11.433 --> 00:52:13.659 our chapters even offer clinician training

NOTE Confidence: 0.91169316

00:52:13.659 --> 00:52:16.358 on suicide bereavement on that topic.

NOTE Confidence: 0.91169316

00:52:16.360 --> 00:52:18.796 And then I've just put together some

NOTE Confidence: 0.91169316

00:52:18.796 --> 00:52:22.160 of my favorite articles on this topic,

NOTE Confidence: 0.91169316

00:52:22.160 --> 00:52:24.794 including Doctor Stubby's recent one

NOTE Confidence: 0.91169316

00:52:24.794 --> 00:52:26.678 called When Prevention Is Not Enough.

NOTE Confidence: 0.91169316

00:52:26.680 --> 00:52:27.280 I really,

NOTE Confidence: 0.91169316

00:52:27.280 --> 00:52:28.780 really loved her article that

NOTE Confidence: 0.91169316

00:52:28.780 --> 00:52:30.080 she wrote for Focus.

NOTE Confidence: 0.91169316

00:52:30.080 --> 00:52:32.664 That was a special issue of Focus that

NOTE Confidence: 0.91169316

00:52:32.664 --> 00:52:35.560 I guest edited on the topic of suicide.

NOTE Confidence: 0.91169316

00:52:35.560 --> 00:52:35.888 OK,

NOTE Confidence: 0.91169316

00:52:35.888 --> 00:52:37.856 and I will stop there and

NOTE Confidence: 0.91169316

00:52:37.856 --> 00:52:39.520 invite questions or comments.

NOTE Confidence: 0.9174619

00:52:50.520 --> 00:52:56.440 I I would like to add a few words

NOTE Confidence: 0.9174619

00:52:56.440 --> 00:53:02.808 and and I unfortunately two years ago

NOTE Confidence: 0.9174619

00:53:02.808 --> 00:53:07.074 lost my first patient to suicide and

NOTE Confidence: 0.9174619

00:53:07.074 --> 00:53:10.422 it was especially traumatizing for me

NOTE Confidence: 0.9174619

00:53:10.422 --> 00:53:13.630 having lived through my older sister's

NOTE Confidence: 0.9174619

00:53:13.630 --> 00:53:16.920 suicide in 1993 when she was 20.

NOTE Confidence: 0.9174619

00:53:16.920 --> 00:53:23.704 I was 19 and my younger sister was

NOTE Confidence: 0.9174619

00:53:23.704 --> 00:53:28.354 17 and of course I think we're we're

NOTE Confidence: 0.9174619

00:53:28.354 --> 00:53:32.000 caught because while you know we want to

NOTE Confidence: 0.9174619

00:53:32.000 --> 00:53:34.394 obviously do everything to help the family.

NOTE Confidence: 0.9174619

00:53:34.400 --> 00:53:36.626 What we hear from our malpractice insurance

NOTE Confidence: 0.9174619

00:53:36.626 --> 00:53:39.080 is do not reach out to the family.

NOTE Confidence: 0.9174619

00:53:39.080 --> 00:53:41.320 At least that has been my experience

NOTE Confidence: 0.9174619

00:53:41.320 --> 00:53:42.280 and and the

NOTE Confidence: 0.83539426

00:53:44.360 --> 00:53:47.360 circulating wisdom in the in

NOTE Confidence: 0.83539426

00:53:47.360 --> 00:53:48.932 the psychiatric community.

NOTE Confidence: 0.83539426

00:53:48.932 --> 00:53:53.676 And I will say I did reach out to PRMS,

NOTE Confidence: 0.83539426

00:53:53.680 --> 00:53:56.370 my malpractice provider and explained

NOTE Confidence: 0.83539426

00:53:56.370 --> 00:54:00.737 that I also did want to reach out to

NOTE Confidence: 0.83539426

00:54:00.737 --> 00:54:05.719 the family and and they were, you know,

NOTE Confidence: 0.83539426

00:54:05.719 --> 00:54:08.677 said said be careful about that,

NOTE Confidence: 0.83539426

00:54:08.680 --> 00:54:12.280 but weren't as anti as I had been told.

NOTE Confidence: 0.83539426

00:54:12.280 --> 00:54:14.320 And I was also curious because I said,
NOTE Confidence: 0.83539426

00:54:14.320 --> 00:54:16.320 you know, knowing the literature
NOTE Confidence: 0.83539426

00:54:16.320 --> 00:54:18.320 and what happens to clinicians,
NOTE Confidence: 0.83539426

00:54:18.320 --> 00:54:23.516 physicians who lose somebody to suicide.
NOTE Confidence: 0.83539426

00:54:23.520 --> 00:54:25.746 And you have a vested interest
NOTE Confidence: 0.83539426

00:54:25.746 --> 00:54:28.370 now in my mental and physical
NOTE Confidence: 0.83539426

00:54:28.370 --> 00:54:30.478 health considering you are,
NOTE Confidence: 0.83539426

00:54:30.480 --> 00:54:33.438 you know, responsible kind of for,
NOTE Confidence: 0.83539426

00:54:33.440 --> 00:54:37.118 for my continued good medical care.
NOTE Confidence: 0.83539426

00:54:37.120 --> 00:54:40.174 Do you have any resources for
NOTE Confidence: 0.83539426

00:54:40.174 --> 00:54:43.056 psychiatrists who go through this to
NOTE Confidence: 0.83539426

00:54:43.056 --> 00:54:46.072 keep them up and running and in and
NOTE Confidence: 0.83539426

00:54:46.166 --> 00:54:49.238 doing a good job And they said why?
NOTE Confidence: 0.83539426

00:54:49.240 --> 00:54:51.795 No, we've never even heard of that.
NOTE Confidence: 0.83539426

00:54:51.800 --> 00:54:53.146 And witness,
NOTE Confidence: 0.83539426

00:54:53.146 --> 00:54:55.838 if you find resources,

NOTE Confidence: 0.83539426

00:54:55.840 --> 00:54:57.598 would you bring them to us?

NOTE Confidence: 0.83539426

00:54:57.600 --> 00:54:59.556 We don't offer that at all.

NOTE Confidence: 0.83539426

00:54:59.560 --> 00:55:04.595 So I would put that in in Doctor mutier's

NOTE Confidence: 0.83539426

00:55:04.595 --> 00:55:09.675 ear as a a potential way of finding

NOTE Confidence: 0.83539426

00:55:09.680 --> 00:55:12.270 those psychiatrists who really are

NOTE Confidence: 0.83539426

00:55:12.270 --> 00:55:15.759 struggling after the death of a patient.

NOTE Confidence: 0.83539426

00:55:15.760 --> 00:55:20.796 And then I will also say that I

NOTE Confidence: 0.83539426

00:55:20.796 --> 00:55:23.180 personally benefited from some

NOTE Confidence: 0.83539426

00:55:23.180 --> 00:55:26.160 of the American Foundation for

NOTE Confidence: 0.83539426

00:55:26.257 --> 00:55:30.136 Suicide Prevention's resources and

NOTE Confidence: 0.83539426

00:55:30.136 --> 00:55:34.076 activities after my sister died.

NOTE Confidence: 0.83539426

00:55:34.080 --> 00:55:34.432 Strangely,

NOTE Confidence: 0.83539426

00:55:34.432 --> 00:55:35.840 my sister and I,

NOTE Confidence: 0.83539426

00:55:35.840 --> 00:55:37.604 we just wanted to talk to someone

NOTE Confidence: 0.83539426

00:55:37.604 --> 00:55:39.470 the day after she died that

NOTE Confidence: 0.83539426

00:55:39.470 --> 00:55:40.878 could understand our experience.
NOTE Confidence: 0.83539426

00:55:40.880 --> 00:55:43.064 We even reached out to somebody we
NOTE Confidence: 0.83539426

00:55:43.064 --> 00:55:45.060 didn't know who who was the older
NOTE Confidence: 0.83539426

00:55:45.060 --> 00:55:47.247 sister of of a girl in our high
NOTE Confidence: 0.83539426

00:55:47.247 --> 00:55:49.119 school who had died by suicide,
NOTE Confidence: 0.83539426

00:55:49.120 --> 00:55:53.680 thinking 'cause we we just were so lost.
NOTE Confidence: 0.83539426

00:55:53.680 --> 00:55:56.837 And that need to kind of have
NOTE Confidence: 0.83539426

00:55:56.840 --> 00:55:59.250 some people who might understand
NOTE Confidence: 0.83539426

00:55:59.250 --> 00:56:02.937 was so strong for the two of us
NOTE Confidence: 0.83539426

00:56:02.937 --> 00:56:04.517 in our teenage years.
NOTE Confidence: 0.83539426

00:56:04.520 --> 00:56:04.980 Also,
NOTE Confidence: 0.83539426

00:56:04.980 --> 00:56:08.200 my parents had the wisdom of having
NOTE Confidence: 0.83539426

00:56:08.200 --> 00:56:10.239 my older sister's psychologist come
NOTE Confidence: 0.83539426

00:56:10.239 --> 00:56:13.189 to the house prior to the funeral and
NOTE Confidence: 0.83539426

00:56:13.189 --> 00:56:15.397 and help us talk through it and why.
NOTE Confidence: 0.83539426

00:56:15.400 --> 00:56:19.400 And my sister and I had questions

NOTE Confidence: 0.83539426

00:56:19.400 --> 00:56:21.422 we weren't comfortable asking my

NOTE Confidence: 0.83539426

00:56:21.422 --> 00:56:23.152 parents because we didn't want

NOTE Confidence: 0.83539426

00:56:23.152 --> 00:56:25.560 to make them feel bad or guilty.

NOTE Confidence: 0.83539426

00:56:25.560 --> 00:56:27.868 That really that psychologist

NOTE Confidence: 0.83539426

00:56:27.868 --> 00:56:30.753 could help us work through.

NOTE Confidence: 0.83539426

00:56:30.760 --> 00:56:34.908 Then my dad and I several years later did

NOTE Confidence: 0.83539426

00:56:34.908 --> 00:56:38.039 the Out of the Darkness walk in Chicago,

NOTE Confidence: 0.83539426

00:56:38.040 --> 00:56:38.838 where, you know,

NOTE Confidence: 0.83539426

00:56:38.838 --> 00:56:39.636 through the night,

NOTE Confidence: 0.83539426

00:56:39.640 --> 00:56:43.248 I think we walked 12 miles or so

NOTE Confidence: 0.83539426

00:56:43.248 --> 00:56:47.039 with other survivors and really got

NOTE Confidence: 0.83539426

00:56:47.039 --> 00:56:50.717 some meaning and sense of connection.

NOTE Confidence: 0.83539426

00:56:50.720 --> 00:56:53.426 I also participated in the Suicide

NOTE Confidence: 0.83539426

00:56:53.426 --> 00:56:56.020 Loss Survivors Day when I was

NOTE Confidence: 0.83539426

00:56:56.020 --> 00:56:57.795 a medical student at UCSF,

NOTE Confidence: 0.83539426

00:56:57.800 --> 00:57:01.190 which was helpful and in the
NOTE Confidence: 0.83539426

00:57:01.190 --> 00:57:03.076 immediate aftermath, You know,
NOTE Confidence: 0.83539426

00:57:03.076 --> 00:57:03.832 in 1993,
NOTE Confidence: 0.83539426

00:57:03.832 --> 00:57:06.100 my parents didn't and I don't
NOTE Confidence: 0.83539426

00:57:06.186 --> 00:57:07.998 didn't know about AFSP.
NOTE Confidence: 0.83539426

00:57:08.000 --> 00:57:10.400 My parents went to Compassionate
NOTE Confidence: 0.83539426

00:57:10.400 --> 00:57:14.480 Friends a support group for for parents
NOTE Confidence: 0.83539426

00:57:14.480 --> 00:57:20.470 what what I now offer residency when
NOTE Confidence: 0.83539426

00:57:20.470 --> 00:57:24.775 when when they're coming up with a
NOTE Confidence: 0.83539426

00:57:24.775 --> 00:57:29.552 postvention protocol is giving our residents,
NOTE Confidence: 0.83539426

00:57:29.552 --> 00:57:32.498 our clinicians ideas of what
NOTE Confidence: 0.83539426

00:57:32.498 --> 00:57:33.476 they could offer.
NOTE Confidence: 0.83539426

00:57:33.480 --> 00:57:37.110 You know the AFSP website has
NOTE Confidence: 0.83539426

00:57:37.110 --> 00:57:42.018 a support group by zip code.
NOTE Confidence: 0.83539426

00:57:42.018 --> 00:57:42.876 You know,
NOTE Confidence: 0.83539426

00:57:42.876 --> 00:57:45.450 find a support group page for

NOTE Confidence: 0.6515461

00:57:45.538 --> 00:57:48.666 you can offer to parents telling them

NOTE Confidence: 0.6515461

00:57:48.666 --> 00:57:51.888 about things later on, what when

NOTE Confidence: 0.6515461

00:57:51.888 --> 00:57:55.128 they're after that more acute period.

NOTE Confidence: 0.6515461

00:57:55.128 --> 00:57:58.960 But but while we feel so helpless and and so

NOTE Confidence: 0.6514504

00:58:02.280 --> 00:58:03.920 like we didn't do enough,

NOTE Confidence: 0.6514504

00:58:03.920 --> 00:58:05.890 there are still ways that

NOTE Confidence: 0.6514504

00:58:05.890 --> 00:58:08.400 you can help a family even

NOTE Confidence: 0.6514504

00:58:08.400 --> 00:58:10.640 after your patient is gone.

NOTE Confidence: 0.6514504

00:58:10.640 --> 00:58:13.208 So thank you so much Doctor

NOTE Confidence: 0.6514504

00:58:13.208 --> 00:58:15.520 Moutier and and Doctor Stuby.

NOTE Confidence: 0.6514504

00:58:15.520 --> 00:58:18.400 I'm so grateful to you both.

NOTE Confidence: 0.9288705

00:58:19.960 --> 00:58:21.865 Thank you Doctor Chilton and

NOTE Confidence: 0.9288705

00:58:21.865 --> 00:58:24.303 thank you so much for sharing

NOTE Confidence: 0.9288705

00:58:24.303 --> 00:58:26.864 your your both your professional

NOTE Confidence: 0.9288705

00:58:26.864 --> 00:58:29.912 and personal journey with this.

NOTE Confidence: 0.9288705

00:58:29.912 --> 00:58:32.872 I think it's when we,
NOTE Confidence: 0.9288705

00:58:32.872 --> 00:58:36.136 when we go through these experiences
NOTE Confidence: 0.9288705

00:58:36.136 --> 00:58:39.820 and we have the opportunity to process
NOTE Confidence: 0.9288705

00:58:39.820 --> 00:58:42.760 and kind of come back to center,
NOTE Confidence: 0.9288705

00:58:42.760 --> 00:58:46.095 it does give us a new lens on things
NOTE Confidence: 0.9288705

00:58:46.095 --> 00:58:47.880 and many of us do get involved.
NOTE Confidence: 0.9288705

00:58:47.880 --> 00:58:50.320 It's you know, I'm devoting my whole career.
NOTE Confidence: 0.9288705

00:58:50.320 --> 00:58:53.479 I've been at AFSP for 10 years now and
NOTE Confidence: 0.9288705

00:58:53.479 --> 00:58:56.336 it is a privilege and and there's so
NOTE Confidence: 0.9288705

00:58:56.336 --> 00:58:58.552 much hope actually for change to come
NOTE Confidence: 0.9288705

00:58:58.552 --> 00:59:00.848 and greater investments on the part of
NOTE Confidence: 0.9288705

00:59:00.848 --> 00:59:02.999 our federal government and so forth.
NOTE Confidence: 0.9288705

00:59:03.000 --> 00:59:04.684 A lot is changing.
NOTE Confidence: 0.9288705

00:59:04.684 --> 00:59:07.934 So I really thank you all and you
NOTE Confidence: 0.9288705

00:59:07.934 --> 00:59:09.938 know thank you for for devoting
NOTE Confidence: 0.9288705

00:59:09.938 --> 00:59:12.623 the time and and your work with

NOTE Confidence: 0.9288705

00:59:12.623 --> 00:59:14.633 patients more than anything else.

NOTE Confidence: 0.9288705

00:59:14.640 --> 00:59:16.292 So thank you and and again I'll

NOTE Confidence: 0.9288705

00:59:16.292 --> 00:59:17.000 I'll stick around.

NOTE Confidence: 0.9288705

00:59:17.000 --> 00:59:18.624 I know people have to go on to

NOTE Confidence: 0.9288705

00:59:18.624 --> 00:59:20.079 their next meetings and things,

NOTE Confidence: 0.9288705

00:59:20.080 --> 00:59:22.236 but I'll stay on in case anyone

NOTE Confidence: 0.9288705

00:59:22.236 --> 00:59:23.760 wants to engage further.

NOTE Confidence: 0.9227225

00:59:24.920 --> 00:59:26.640 Thank you so much. Thank you so much.