

WEBVTT

NOTE duration:"00:40:02"

NOTE recognizability:0.879

NOTE language:en-us

NOTE Confidence: 0.72703317

00:00:00.000 --> 00:00:03.600 Katie, what an honor.

NOTE Confidence: 0.72703317

00:00:03.600 --> 00:00:07.560 All right, Is that it? That's it.

NOTE Confidence: 0.72703317

00:00:07.560 --> 00:00:09.279 Good morning, everybody.

NOTE Confidence: 0.72703317

00:00:09.279 --> 00:00:12.717 We all get those departmental emails

NOTE Confidence: 0.72703317

00:00:12.720 --> 00:00:14.200 from Doctor Crystal, you know,

NOTE Confidence: 0.72703317

00:00:14.200 --> 00:00:15.880 the very general ones that come out.

NOTE Confidence: 0.72703317

00:00:15.880 --> 00:00:17.714 And then I saw one that said,

NOTE Confidence: 0.72703317

00:00:17.720 --> 00:00:20.119 dear Lisa, and it was, am I getting

NOTE Confidence: 0.72703317

00:00:20.119 --> 00:00:21.610 called to the principal's office?

NOTE Confidence: 0.72703317

00:00:21.610 --> 00:00:25.677 Do I open this now or at the end of my day?

NOTE Confidence: 0.72703317

00:00:25.680 --> 00:00:29.280 Jokes aside, what an honor to be here,

NOTE Confidence: 0.72703317

00:00:29.280 --> 00:00:32.358 to give you stories and impart

NOTE Confidence: 0.72703317

00:00:32.360 --> 00:00:35.152 bits and pieces of my life in the

NOTE Confidence: 0.72703317

00:00:35.152 --> 00:00:37.968 hope that it inspires you and the
NOTE Confidence: 0.72703317

00:00:37.968 --> 00:00:39.988 exceptional honors because I am
NOTE Confidence: 0.72703317

00:00:39.988 --> 00:00:42.320 still learning and growing myself.
NOTE Confidence: 0.72703317

00:00:42.320 --> 00:00:44.678 To this graduating class, we have
NOTE Confidence: 0.72703317

00:00:44.678 --> 00:00:47.639 watched you grow and learn in medicine.
NOTE Confidence: 0.72703317

00:00:47.640 --> 00:00:50.680 This is the end of one kind of
NOTE Confidence: 0.72703317

00:00:50.680 --> 00:00:53.799 learning at the beginning of another.
NOTE Confidence: 0.72703317

00:00:53.800 --> 00:00:55.240 Throughout your residency,
NOTE Confidence: 0.72703317

00:00:55.240 --> 00:00:57.640 you've navigated the intricate landscapes
NOTE Confidence: 0.72703317

00:00:57.640 --> 00:01:00.080 of mental health care in America.
NOTE Confidence: 0.72703317

00:01:00.080 --> 00:01:03.560 Very diverse and often very patient.
NOTE Confidence: 0.72703317

00:01:03.560 --> 00:01:06.072 Very complex patient scenarios.
NOTE Confidence: 0.72703317

00:01:06.072 --> 00:01:09.212 Your dedication to understanding the
NOTE Confidence: 0.72703317

00:01:09.212 --> 00:01:11.998 nuances of psychiatric disorders,
NOTE Confidence: 0.72703317

00:01:12.000 --> 00:01:14.310 coupled with your tireless efforts
NOTE Confidence: 0.72703317

00:01:14.310 --> 00:01:16.158 to provide compassionate care,

NOTE Confidence: 0.72703317

00:01:16.160 --> 00:01:18.920 has undoubtedly shaped you.

NOTE Confidence: 0.72703317

00:01:18.920 --> 00:01:20.378 In these triumphs,

NOTE Confidence: 0.72703317

00:01:20.378 --> 00:01:22.322 you've also confronted challenges

NOTE Confidence: 0.72703317

00:01:22.322 --> 00:01:25.399 that are very unique to psychiatry,

NOTE Confidence: 0.72703317

00:01:25.400 --> 00:01:29.276 navigating stigma within the field itself,

NOTE Confidence: 0.72703317

00:01:29.280 --> 00:01:30.525 addressing systemic barriers

NOTE Confidence: 0.72703317

00:01:30.525 --> 00:01:32.600 to care for your patients,

NOTE Confidence: 0.72703317

00:01:32.600 --> 00:01:34.307 and above all,

NOTE Confidence: 0.72703317

00:01:34.307 --> 00:01:37.152 managing the toll of witnessing

NOTE Confidence: 0.72703317

00:01:37.152 --> 00:01:39.399 human suffering first hand.

NOTE Confidence: 0.72703317

00:01:39.400 --> 00:01:41.614 Your resilience in the face of

NOTE Confidence: 0.72703317

00:01:41.614 --> 00:01:43.641 these obstacles is a testament

NOTE Confidence: 0.72703317

00:01:43.641 --> 00:01:45.996 to your unwavering commitment to

NOTE Confidence: 0.72703317

00:01:45.996 --> 00:01:48.462 the well-being of your patients

NOTE Confidence: 0.72703317

00:01:48.462 --> 00:01:50.997 and your own professional growth.

NOTE Confidence: 0.72703317

00:01:51.000 --> 00:01:54.556 Today, we honor not only your achievements,

NOTE Confidence: 0.72703317

00:01:54.560 --> 00:01:57.698 but also your resilience in overcoming

NOTE Confidence: 0.72703317

00:01:57.698 --> 00:02:00.680 the distinct challenges of residency.

NOTE Confidence: 0.72703317

00:02:00.680 --> 00:02:03.680 Congratulations.

NOTE Confidence: 0.72703317

00:02:03.680 --> 00:02:04.233 Today,

NOTE Confidence: 0.72703317

00:02:04.233 --> 00:02:06.998 as we celebrate your achievements,

NOTE Confidence: 0.72703317

00:02:07.000 --> 00:02:09.552 I would like to ask you all to

NOTE Confidence: 0.72703317

00:02:09.552 --> 00:02:11.918 live the oath with integrity.

NOTE Confidence: 0.72703317

00:02:11.920 --> 00:02:15.028 I will share with you very deeply

NOTE Confidence: 0.72703317

00:02:15.028 --> 00:02:17.164 personal experiences and how

NOTE Confidence: 0.72703317

00:02:17.164 --> 00:02:20.606 this oath has been my guide with

NOTE Confidence: 0.72703317

00:02:20.606 --> 00:02:23.036 the hope that you're inspired.

NOTE Confidence: 0.72703317

00:02:23.040 --> 00:02:25.259 This is actually a picture of the

NOTE Confidence: 0.72703317

00:02:25.259 --> 00:02:27.837 hallway in my medical school in Cuba,

NOTE Confidence: 0.72703317

00:02:27.840 --> 00:02:29.145 El Juramento Hippocratico.

NOTE Confidence: 0.72703317

00:02:29.145 --> 00:02:32.190 To the right of this picture is

NOTE Confidence: 0.72703317

00:02:32.265 --> 00:02:34.437 the we have our anatomy labs.

NOTE Confidence: 0.72703317

00:02:34.440 --> 00:02:36.380 The Hippocratic Oath is attributed

NOTE Confidence: 0.72703317

00:02:36.380 --> 00:02:38.320 to Hippocrates of ancient Greece.

NOTE Confidence: 0.72703317

00:02:38.320 --> 00:02:40.264 It is actually dates back to

NOTE Confidence: 0.72703317

00:02:40.264 --> 00:02:42.638 between the 5th and 3rd century BC,

NOTE Confidence: 0.72703317

00:02:42.640 --> 00:02:46.069 and it is it is part of the Hippocratic

NOTE Confidence: 0.72703317

00:02:46.069 --> 00:02:49.108 Corpus and itself serves as the

NOTE Confidence: 0.72703317

00:02:49.108 --> 00:02:51.678 foundational text for medical ethics.

NOTE Confidence: 0.72703317

00:02:51.680 --> 00:02:53.605 I always like to note here the

NOTE Confidence: 0.72703317

00:02:53.605 --> 00:02:54.880 contrary to popular belief,

NOTE Confidence: 0.72703317

00:02:54.880 --> 00:02:56.610 it does not explicitly contain

NOTE Confidence: 0.72703317

00:02:56.610 --> 00:02:58.919 the the phrase first do no harm.

NOTE Confidence: 0.72703317

00:02:58.920 --> 00:02:59.784 That is,

NOTE Confidence: 0.72703317

00:02:59.784 --> 00:03:02.760 that is really attributed to it quite a lot.

NOTE Confidence: 0.837537276923077

00:03:05.400 --> 00:03:07.976 The modern version of the Hippocratic Oath

NOTE Confidence: 0.837537276923077

00:03:07.976 --> 00:03:10.521 is attributed to Luis Lasagna in 1964.
NOTE Confidence: 0.837537276923077

00:03:10.521 --> 00:03:13.167 Over time, the oath has undergone
NOTE Confidence: 0.837537276923077

00:03:13.167 --> 00:03:15.991 numerous revisions to align with the
NOTE Confidence: 0.837537276923077

00:03:15.991 --> 00:03:18.835 contemporary values of practice in medicine.
NOTE Confidence: 0.837537276923077

00:03:18.840 --> 00:03:21.880 Our oath as physicians encapsulates
NOTE Confidence: 0.837537276923077

00:03:21.880 --> 00:03:24.920 our commitment to ethical practice,
NOTE Confidence: 0.837537276923077

00:03:24.920 --> 00:03:26.268 compassionate care,
NOTE Confidence: 0.837537276923077

00:03:26.268 --> 00:03:29.638 and dedication to our patients.
NOTE Confidence: 0.837537276923077

00:03:29.640 --> 00:03:32.965 Living this oath means embracing
NOTE Confidence: 0.837537276923077

00:03:32.965 --> 00:03:34.960 our moral responsibilities,
NOTE Confidence: 0.837537276923077

00:03:34.960 --> 00:03:37.615 ensuring honesty, transparency,
NOTE Confidence: 0.837537276923077

00:03:37.615 --> 00:03:42.040 and respect in all interactions.
NOTE Confidence: 0.837537276923077

00:03:42.040 --> 00:03:43.800 As you begin your careers,
NOTE Confidence: 0.837537276923077

00:03:43.800 --> 00:03:46.520 let this theme guide you,
NOTE Confidence: 0.837537276923077

00:03:46.520 --> 00:03:49.760 reminding you that integrity is the
NOTE Confidence: 0.837537276923077

00:03:49.760 --> 00:03:52.590 foundation of our practice and the

NOTE Confidence: 0.837537276923077

00:03:52.590 --> 00:03:54.600 key to making a meaningful difference.

NOTE Confidence: 0.907808756875

00:03:57.040 --> 00:04:00.120 I will respect the hard won scientific gains

NOTE Confidence: 0.907808756875

00:04:00.120 --> 00:04:03.357 of those physicians in whose steps I walk.

NOTE Confidence: 0.907808756875

00:04:03.360 --> 00:04:06.360 Many of who are here are here today

NOTE Confidence: 0.907808756875

00:04:06.360 --> 00:04:09.426 and gladly share such knowledge as is

NOTE Confidence: 0.907808756875

00:04:09.426 --> 00:04:12.318 mine with those who are to follow.

NOTE Confidence: 0.907808756875

00:04:12.320 --> 00:04:14.912 These words of the Hippocratic Oath

NOTE Confidence: 0.907808756875

00:04:14.912 --> 00:04:18.439 remind us that we are forever teachers.

NOTE Confidence: 0.907808756875

00:04:18.440 --> 00:04:21.956 See one do one teach one.

NOTE Confidence: 0.907808756875

00:04:21.960 --> 00:04:25.776 In everything that you do, you learn,

NOTE Confidence: 0.907808756875

00:04:25.776 --> 00:04:28.516 you practice and you teach.

NOTE Confidence: 0.907808756875

00:04:28.520 --> 00:04:31.600 We are so very proud of you.

NOTE Confidence: 0.907808756875

00:04:31.600 --> 00:04:33.994 I hope that you're proud of yourselves.

NOTE Confidence: 0.907808756875

00:04:34.000 --> 00:04:36.720 Continue to grow and educate

NOTE Confidence: 0.907808756875

00:04:36.720 --> 00:04:40.280 in every space that you occupy.

NOTE Confidence: 0.907808756875

00:04:40.280 --> 00:04:42.312 I did a search at ChatGPT of the
NOTE Confidence: 0.907808756875

00:04:42.312 --> 00:04:44.479 10 most influential psychiatrist.
NOTE Confidence: 0.907808756875

00:04:44.480 --> 00:04:45.680 So you know, it's ChatGPT.
NOTE Confidence: 0.907808756875

00:04:45.680 --> 00:04:48.120 So it's definitely true.
NOTE Confidence: 0.907808756875

00:04:48.120 --> 00:04:51.158 You've had the opportunity to train with
NOTE Confidence: 0.907808756875

00:04:51.158 --> 00:04:54.519 some key opinion leaders in our profession,
NOTE Confidence: 0.907808756875

00:04:54.520 --> 00:04:56.008 Dr. Crystal, Dr.
NOTE Confidence: 0.907808756875

00:04:56.008 --> 00:04:58.719 Sana Cora, Doctor Hilary Bloomberg,
NOTE Confidence: 0.907808756875

00:04:58.719 --> 00:05:00.438 Doctor Rajita Sina,
NOTE Confidence: 0.907808756875

00:05:00.440 --> 00:05:02.738 Doctor Block doctor,
NOTE Confidence: 0.907808756875

00:05:02.738 --> 00:05:05.036 Doctor Chris Pittenger.
NOTE Confidence: 0.907808756875

00:05:05.040 --> 00:05:08.034 These psychiatrists are not only recognized
NOTE Confidence: 0.907808756875

00:05:08.034 --> 00:05:10.999 for their clinical expertise and research,
NOTE Confidence: 0.907808756875

00:05:11.000 --> 00:05:13.350 but also for their innovative
NOTE Confidence: 0.907808756875

00:05:13.350 --> 00:05:15.230 approaches and the significant
NOTE Confidence: 0.907808756875

00:05:15.230 --> 00:05:17.395 impact that these approaches have

NOTE Confidence: 0.907808756875
00:05:17.395 --> 00:05:19.831 had on the field of psychiatry.
NOTE Confidence: 0.907808756875
00:05:19.840 --> 00:05:22.036 Guys, we walk in their steps.
NOTE Confidence: 0.907808756875
00:05:22.040 --> 00:05:26.192 A little story about me.
NOTE Confidence: 0.907808756875
00:05:26.192 --> 00:05:28.264 Guyana, where I was born,
NOTE Confidence: 0.907808756875
00:05:28.264 --> 00:05:30.144 is mostly known for just
NOTE Confidence: 0.907808756875
00:05:30.144 --> 00:05:32.159 the Jonestown Massacre.
NOTE Confidence: 0.907808756875
00:05:32.160 --> 00:05:35.994 It is now on the world's radar because oils,
NOTE Confidence: 0.907808756875
00:05:36.000 --> 00:05:37.665 oil reserves have been found
NOTE Confidence: 0.907808756875
00:05:37.665 --> 00:05:38.997 off of the coast.
NOTE Confidence: 0.907808756875
00:05:39.000 --> 00:05:41.760 I went to Queen's College in the capital.
NOTE Confidence: 0.907808756875
00:05:41.760 --> 00:05:44.040 Ironically the name Queen's College.
NOTE Confidence: 0.907808756875
00:05:44.040 --> 00:05:45.720 It only started admitting
NOTE Confidence: 0.907808756875
00:05:45.720 --> 00:05:49.260 girls in 1975 and it wasn't.
NOTE Confidence: 0.907808756875
00:05:49.260 --> 00:05:51.760 It was an all boys school until then.
NOTE Confidence: 0.907808756875
00:05:51.760 --> 00:05:54.000 For as long as I can remember.
NOTE Confidence: 0.907808756875

00:05:54.000 --> 00:05:56.679 I wanted to go to Yale when I was
NOTE Confidence: 0.907808756875

00:05:56.679 --> 00:05:58.940 17 years old. I had three jobs.
NOTE Confidence: 0.907808756875

00:05:58.940 --> 00:06:01.600 I made the equivalent of one U.S.
NOTE Confidence: 0.907808756875

00:06:01.600 --> 00:06:02.944 dollar an hour.
NOTE Confidence: 0.907808756875

00:06:02.944 --> 00:06:04.736 The undergraduate application fee
NOTE Confidence: 0.907808756875

00:06:04.736 --> 00:06:07.558 for the for Yale was sixty U.S.
NOTE Confidence: 0.907808756875

00:06:07.560 --> 00:06:08.040 dollars.
NOTE Confidence: 0.907808756875

00:06:08.040 --> 00:06:11.400 I did my SAT's and I applied
NOTE Confidence: 0.907808756875

00:06:11.400 --> 00:06:12.936 a few weeks later,
NOTE Confidence: 0.907808756875

00:06:12.936 --> 00:06:14.856 excitedly got the letter addressed
NOTE Confidence: 0.907808756875

00:06:14.856 --> 00:06:19.360 to me from Yale. I did not get it.
NOTE Confidence: 0.907808756875

00:06:19.360 --> 00:06:21.280 It hurt.
NOTE Confidence: 0.907808756875

00:06:21.280 --> 00:06:24.250 We all get to frame lessons
NOTE Confidence: 0.907808756875

00:06:24.250 --> 00:06:25.240 from disappointment.
NOTE Confidence: 0.907808756875

00:06:25.240 --> 00:06:27.235 I'm sure they're mathematicians in the room,
NOTE Confidence: 0.907808756875

00:06:27.240 --> 00:06:29.718 so please start counting with me.

NOTE Confidence: 0.907808756875

00:06:29.720 --> 00:06:34.552 This was rejection #1 while painful,

NOTE Confidence: 0.907808756875

00:06:34.552 --> 00:06:36.640 I kept working,

NOTE Confidence: 0.907808756875

00:06:36.640 --> 00:06:39.792 focused on my goal of being educated at

NOTE Confidence: 0.907808756875

00:06:39.792 --> 00:06:42.598 a prestigious university here in the US.

NOTE Confidence: 0.907808756875

00:06:42.600 --> 00:06:44.304 The picture on the bottom is

NOTE Confidence: 0.907808756875

00:06:44.304 --> 00:06:46.198 the house that I grew up in,

NOTE Confidence: 0.907808756875

00:06:46.200 --> 00:06:47.957 and my parents still live there today.

NOTE Confidence: 0.966334159

00:06:50.680 --> 00:06:53.992 A few years later I was awarded a full

NOTE Confidence: 0.966334159

00:06:53.992 --> 00:06:56.705 scholarship to attend A7 year combined

NOTE Confidence: 0.966334159

00:06:56.705 --> 00:06:59.480 undergraduate medical school program in Cuba,

NOTE Confidence: 0.966334159

00:06:59.480 --> 00:07:02.920 Ciencias Medicas facultad numero Uno.

NOTE Confidence: 0.966334159

00:07:02.920 --> 00:07:04.860 Completely intimidated, I was actually

NOTE Confidence: 0.966334159

00:07:04.860 --> 00:07:07.160 leaving home for the first time.

NOTE Confidence: 0.966334159

00:07:07.160 --> 00:07:09.680 I'd only left the country a couple of times,

NOTE Confidence: 0.966334159

00:07:09.680 --> 00:07:12.634 vacation and then come back living

NOTE Confidence: 0.966334159

00:07:12.634 --> 00:07:14.998 on the socialist island of Cuba,
NOTE Confidence: 0.966334159

00:07:15.000 --> 00:07:17.796 studying in a completely different language.
NOTE Confidence: 0.966334159

00:07:17.800 --> 00:07:20.192 I remember at one point I was actually
NOTE Confidence: 0.966334159

00:07:20.192 --> 00:07:22.773 the only English speaking person at my
NOTE Confidence: 0.966334159

00:07:22.773 --> 00:07:25.320 school in a different political climate,
NOTE Confidence: 0.966334159

00:07:25.320 --> 00:07:28.512 but wanting to serve my community
NOTE Confidence: 0.966334159

00:07:28.512 --> 00:07:31.630 by becoming a medical doctor like
NOTE Confidence: 0.966334159

00:07:31.630 --> 00:07:33.800 most of you did in medical school,
NOTE Confidence: 0.966334159

00:07:33.800 --> 00:07:36.720 I overcame lots of challenges.
NOTE Confidence: 0.966334159

00:07:36.720 --> 00:07:39.760 Still finishing at the top of my class.
NOTE Confidence: 0.966334159

00:07:39.760 --> 00:07:42.274 Internship in Cuba, where I still
NOTE Confidence: 0.966334159

00:07:42.274 --> 00:07:44.600 hold an inactive medical license,
NOTE Confidence: 0.966334159

00:07:44.600 --> 00:07:46.211 involves independent practice.
NOTE Confidence: 0.966334159

00:07:46.211 --> 00:07:49.433 You treat patients as a junior
NOTE Confidence: 0.966334159

00:07:49.433 --> 00:07:51.640 attending and you get a salary.
NOTE Confidence: 0.966334159

00:07:51.640 --> 00:07:53.720 I still remember collecting my

NOTE Confidence: 0.966334159

00:07:53.720 --> 00:07:55.800 first salary as a physician,

NOTE Confidence: 0.966334159

00:07:55.800 --> 00:07:58.040 the equivalent of 25 U.S.

NOTE Confidence: 0.966334159

00:07:58.040 --> 00:07:58.800 dollars.

NOTE Confidence: 0.906063848

00:08:01.000 --> 00:08:03.568 I left Cuba and moved back to the

NOTE Confidence: 0.906063848

00:08:03.568 --> 00:08:05.566 Caribbean where I completed my licensure

NOTE Confidence: 0.906063848

00:08:05.566 --> 00:08:08.483 and training and I was a senior house

NOTE Confidence: 0.906063848

00:08:08.483 --> 00:08:10.778 officer in the Emergency department

NOTE Confidence: 0.906063848

00:08:10.778 --> 00:08:12.712 of Victoria Hospital, pictured below.

NOTE Confidence: 0.906063848

00:08:12.712 --> 00:08:14.920 And that grainy picture at the top was

NOTE Confidence: 0.906063848

00:08:14.972 --> 00:08:17.120 the only one I could find of me in the ER.

NOTE Confidence: 0.906063848

00:08:17.120 --> 00:08:18.932 I didn't wear scrubs.

NOTE Confidence: 0.906063848

00:08:18.932 --> 00:08:21.197 I was always a fashionista.

NOTE Confidence: 0.906063848

00:08:21.200 --> 00:08:24.364 I operated autonomously in an 8 bed

NOTE Confidence: 0.906063848

00:08:24.364 --> 00:08:26.600 emergency room during my shifts.

NOTE Confidence: 0.906063848

00:08:26.600 --> 00:08:29.759 The work was hard and I was burning out.

NOTE Confidence: 0.906063848

00:08:29.760 --> 00:08:31.746 My husband, a native New Yorker
NOTE Confidence: 0.906063848

00:08:31.746 --> 00:08:33.839 and like any typical New Yorker,
NOTE Confidence: 0.906063848

00:08:33.840 --> 00:08:35.616 hates island life.
NOTE Confidence: 0.906063848

00:08:35.616 --> 00:08:36.800 I'm kidding.
NOTE Confidence: 0.906063848

00:08:36.800 --> 00:08:39.120 He hates the nonchalant pace of island life.
NOTE Confidence: 0.906063848

00:08:39.120 --> 00:08:41.720 And so we moved back to the US.
NOTE Confidence: 0.906063848

00:08:41.720 --> 00:08:43.440 As a foreign medical graduate,
NOTE Confidence: 0.906063848

00:08:43.440 --> 00:08:45.414 you guys know how difficult it is
NOTE Confidence: 0.906063848

00:08:45.414 --> 00:08:47.640 to match into any program in the US,
NOTE Confidence: 0.906063848

00:08:47.640 --> 00:08:50.840 let alone a prestigious program.
NOTE Confidence: 0.906063848

00:08:50.840 --> 00:08:54.319 I applied to the Yale psychiatry program,
NOTE Confidence: 0.906063848

00:08:54.320 --> 00:08:57.400 didn't even get an interview.
NOTE Confidence: 0.906063848

00:08:57.400 --> 00:09:00.439 Mathematicians rejection #2
NOTE Confidence: 0.928943760625

00:09:06.060 --> 00:09:08.298 I matched at my number one
NOTE Confidence: 0.928943760625

00:09:08.298 --> 00:09:10.408 choice which was the University
NOTE Confidence: 0.928943760625

00:09:10.408 --> 00:09:13.058 of Kansas Rock Chalk Jayhawk.

NOTE Confidence: 0.928943760625

00:09:13.060 --> 00:09:16.539 I decided to train under Sheldon Prescorn.

NOTE Confidence: 0.928943760625

00:09:16.540 --> 00:09:20.980 He is one of the greatest educators alive.

NOTE Confidence: 0.928943760625

00:09:20.980 --> 00:09:22.380 I get to call him Sheldon now.

NOTE Confidence: 0.928943760625

00:09:22.380 --> 00:09:23.478 That's so weird.

NOTE Confidence: 0.928943760625

00:09:23.478 --> 00:09:26.040 He taught me how to learn and

NOTE Confidence: 0.928943760625

00:09:26.127 --> 00:09:28.197 he taught me how to teach.

NOTE Confidence: 0.928943760625

00:09:28.200 --> 00:09:31.020 He prepared me to reapply here

NOTE Confidence: 0.928943760625

00:09:31.020 --> 00:09:33.600 at Yale and then told me you

NOTE Confidence: 0.928943760625

00:09:33.600 --> 00:09:35.118 would be lucky to have me.

NOTE Confidence: 0.895244151

00:09:37.480 --> 00:09:39.800 When the third opportunity to

NOTE Confidence: 0.895244151

00:09:39.800 --> 00:09:42.120 fulfill my dreams came through,

NOTE Confidence: 0.895244151

00:09:42.120 --> 00:09:44.970 I applied to be chief resident

NOTE Confidence: 0.895244151

00:09:44.970 --> 00:09:46.395 of Intervention psychiatry.

NOTE Confidence: 0.895244151

00:09:46.400 --> 00:09:48.422 It was only one position that

NOTE Confidence: 0.895244151

00:09:48.422 --> 00:09:50.880 I applied to and I expect and

NOTE Confidence: 0.895244151

00:09:50.880 --> 00:09:52.833 I unexpectedly, Jen is here,
NOTE Confidence: 0.895244151

00:09:52.833 --> 00:09:56.277 got invited to open to apply for all
NOTE Confidence: 0.895244151

00:09:56.277 --> 00:09:59.553 the four open positions here at Yale,
NOTE Confidence: 0.895244151

00:09:59.560 --> 00:10:00.904 all chief resident spots.
NOTE Confidence: 0.895244151

00:10:00.904 --> 00:10:02.920 It was a really nerve wracking
NOTE Confidence: 0.895244151

00:10:02.980 --> 00:10:05.392 experience for me and really frustrating
NOTE Confidence: 0.895244151

00:10:05.392 --> 00:10:07.624 for Doctor Ostroff because he knew
NOTE Confidence: 0.895244151

00:10:07.624 --> 00:10:09.598 that my only intention was to apply
NOTE Confidence: 0.895244151

00:10:09.598 --> 00:10:12.732 for the position in intervention
NOTE Confidence: 0.895244151

00:10:12.732 --> 00:10:14.752 and after after interviewing
NOTE Confidence: 0.895244151

00:10:14.752 --> 00:10:17.120 all day from 8:00 AM to 4:00 PM.
NOTE Confidence: 0.895244151

00:10:17.120 --> 00:10:19.220 He was actually my last interview
NOTE Confidence: 0.895244151

00:10:19.220 --> 00:10:21.835 and all of the other positions were
NOTE Confidence: 0.895244151

00:10:21.835 --> 00:10:24.488 inviting me to do way less work
NOTE Confidence: 0.895244151

00:10:24.569 --> 00:10:26.759 for a Chief resident position.
NOTE Confidence: 0.895244151

00:10:26.760 --> 00:10:28.695 Doctor Diaz called me because

NOTE Confidence: 0.895244151

00:10:28.695 --> 00:10:31.359 Doctor Robal was out at the time,

NOTE Confidence: 0.895244151

00:10:31.360 --> 00:10:33.020 offered me a spot.

NOTE Confidence: 0.895244151

00:10:33.020 --> 00:10:36.600 All four positions were mine to choose from.

NOTE Confidence: 0.895244151

00:10:36.600 --> 00:10:38.987 I chose the one with the most

NOTE Confidence: 0.895244151

00:10:38.987 --> 00:10:41.680 work but with the most opportunity

NOTE Confidence: 0.895244151

00:10:41.680 --> 00:10:44.600 and the rest is history.

NOTE Confidence: 0.895244151

00:10:44.600 --> 00:10:47.120 Doctor Ostroff, for all of you that know him,

NOTE Confidence: 0.895244151

00:10:47.120 --> 00:10:49.718 shows his love by pranking you.

NOTE Confidence: 0.895244151

00:10:49.720 --> 00:10:52.244 Halloween 2019. I won.

NOTE Confidence: 0.895244151

00:10:52.244 --> 00:10:55.399 You guys don't even know.

NOTE Confidence: 0.895244151

00:10:55.400 --> 00:10:57.052 You have no idea how many sacrifices

NOTE Confidence: 0.895244151

00:10:57.052 --> 00:10:59.078 I had to make to the Halloween gods

NOTE Confidence: 0.895244151

00:10:59.078 --> 00:11:01.023 that he would show up for working

NOTE Confidence: 0.895244151

00:11:01.023 --> 00:11:02.598 that pinstripe shirt that day.

NOTE Confidence: 0.951317006363636

00:11:05.960 --> 00:11:08.588 Guys, there's so much to be

NOTE Confidence: 0.951317006363636

00:11:08.588 --> 00:11:10.920 learned from chasing your dreams
NOTE Confidence: 0.951317006363636

00:11:10.920 --> 00:11:13.800 because you sometimes catch them.
NOTE Confidence: 0.951317006363636

00:11:13.800 --> 00:11:16.752 I graduated from Yale four years ago as
NOTE Confidence: 0.951317006363636

00:11:16.752 --> 00:11:19.600 the chief of Intervention psychiatry.
NOTE Confidence: 0.951317006363636

00:11:19.600 --> 00:11:22.080 Mathematicians. You still with me?
NOTE Confidence: 0.951317006363636

00:11:22.080 --> 00:11:25.000 Yale two, me one.
NOTE Confidence: 0.951317006363636

00:11:25.000 --> 00:11:29.011 You see the lessons we learn sometimes
NOTE Confidence: 0.951317006363636

00:11:29.011 --> 00:11:31.324 for rejection, they go and come.
NOTE Confidence: 0.951317006363636

00:11:31.324 --> 00:11:33.500 I don't know, had I got into Yale
NOTE Confidence: 0.951317006363636

00:11:33.500 --> 00:11:35.160 the the two times before that,
NOTE Confidence: 0.951317006363636

00:11:35.160 --> 00:11:37.240 I would I would have even been ready.
NOTE Confidence: 0.92857249

00:11:39.280 --> 00:11:40.714 Like most psychiatrists,
NOTE Confidence: 0.92857249

00:11:40.714 --> 00:11:43.582 I have interests in other areas
NOTE Confidence: 0.92857249

00:11:43.582 --> 00:11:45.640 outside of my primary focus.
NOTE Confidence: 0.92857249

00:11:45.640 --> 00:11:48.215 I was an American Psychiatric
NOTE Confidence: 0.92857249

00:11:48.215 --> 00:11:50.275 Association Diversity Leadership Fellow,

NOTE Confidence: 0.92857249

00:11:50.280 --> 00:11:52.443 and during that time I was detailed

NOTE Confidence: 0.92857249

00:11:52.443 --> 00:11:54.798 to the Council of Psychiatry and Law.

NOTE Confidence: 0.92857249

00:11:54.800 --> 00:11:57.110 I had the opportunity to explore

NOTE Confidence: 0.92857249

00:11:57.110 --> 00:12:00.029 my passion for law and ethics in

NOTE Confidence: 0.92857249

00:12:00.029 --> 00:12:02.199 the area of forensic psychiatry.

NOTE Confidence: 0.92857249

00:12:02.200 --> 00:12:04.729 I read The New Jim Crow very early in

NOTE Confidence: 0.92857249

00:12:04.729 --> 00:12:07.296 my residency and wondered how much

NOTE Confidence: 0.92857249

00:12:07.296 --> 00:12:09.224 my working intervention, psychiatry,

NOTE Confidence: 0.92857249

00:12:09.224 --> 00:12:12.200 could intersect with forensics.

NOTE Confidence: 0.92857249

00:12:12.200 --> 00:12:15.560 I was able to have to interface and

NOTE Confidence: 0.92857249

00:12:15.560 --> 00:12:18.560 work with many national leaders,

NOTE Confidence: 0.92857249

00:12:18.560 --> 00:12:20.198 Doctor Paul Applebaum,

NOTE Confidence: 0.92857249

00:12:20.198 --> 00:12:22.914 Doctor Howard Zonana, Michael Champion,

NOTE Confidence: 0.92857249

00:12:22.914 --> 00:12:25.599 our very own Tobias Wasser,

NOTE Confidence: 0.92857249

00:12:25.600 --> 00:12:27.704 Deb Pinals, Ken Hope,

NOTE Confidence: 0.92857249

00:12:27.704 --> 00:12:29.656 Charles DK, Mike Norco,
NOTE Confidence: 0.92857249

00:12:29.656 --> 00:12:33.240 and so many others on high level position
NOTE Confidence: 0.92857249

00:12:33.325 --> 00:12:36.197 statements and resource documents.
NOTE Confidence: 0.92857249

00:12:36.200 --> 00:12:39.225 I was awarded a prestigious
NOTE Confidence: 0.92857249

00:12:39.225 --> 00:12:40.435 Rappaport Fellowship.
NOTE Confidence: 0.92857249

00:12:40.440 --> 00:12:43.210 The fellowship offers the opportunity
NOTE Confidence: 0.92857249

00:12:43.210 --> 00:12:45.426 for outstanding residents in
NOTE Confidence: 0.92857249

00:12:45.426 --> 00:12:47.854 forensic psychiatry to develop their
NOTE Confidence: 0.92857249

00:12:47.854 --> 00:12:50.554 knowledge and skills in the area.
NOTE Confidence: 0.92857249

00:12:50.560 --> 00:12:52.700 I pursued a fellowship in
NOTE Confidence: 0.92857249

00:12:52.700 --> 00:12:53.556 forensic psychiatry.
NOTE Confidence: 0.92857249

00:12:53.560 --> 00:12:54.576 In fact,
NOTE Confidence: 0.92857249

00:12:54.576 --> 00:12:57.116 after interviewing at a prestigious
NOTE Confidence: 0.92857249

00:12:57.116 --> 00:13:00.312 school in New York City and immediately
NOTE Confidence: 0.92857249

00:13:00.312 --> 00:13:03.480 being offered one of two of their spots,
NOTE Confidence: 0.92857249

00:13:03.480 --> 00:13:05.760 I declined with the intention to

NOTE Confidence: 0.92857249

00:13:05.760 --> 00:13:08.783 stay here at Yale and pursue a

NOTE Confidence: 0.92857249

00:13:08.783 --> 00:13:11.158 fellowship in forensic psychiatry.

NOTE Confidence: 0.92857249

00:13:11.160 --> 00:13:11.748 Unfortunately,

NOTE Confidence: 0.92857249

00:13:11.748 --> 00:13:15.276 Yale did not share that intention,

NOTE Confidence: 0.92857249

00:13:15.280 --> 00:13:18.115 did not extend an offer for fellowship,

NOTE Confidence: 0.92857249

00:13:18.120 --> 00:13:20.880 citing concerns about my writing skills.

NOTE Confidence: 0.92857249

00:13:20.880 --> 00:13:23.572 Mathematicians still with me?

NOTE Confidence: 0.92857249

00:13:23.572 --> 00:13:27.400 Objection #3 In the spirit of threes,

NOTE Confidence: 0.92857249

00:13:27.400 --> 00:13:30.811 I am now serving my third year as an

NOTE Confidence: 0.92857249

00:13:30.811 --> 00:13:33.505 Associate Editor of the Journal of

NOTE Confidence: 0.92857249

00:13:33.505 --> 00:13:36.480 the Academy of Psychiatry and the Law,

NOTE Confidence: 0.92857249

00:13:36.480 --> 00:13:41.048 and editorial written by me on the

NOTE Confidence: 0.92857249

00:13:41.048 --> 00:13:43.864 regulation of ketamine has garnered

NOTE Confidence: 0.92857249

00:13:43.864 --> 00:13:46.712 recognition from both national

NOTE Confidence: 0.92857249

00:13:46.712 --> 00:13:48.848 and international regulatory

NOTE Confidence: 0.92857249

00:13:48.848 --> 00:13:51.720 and academic institutions.

NOTE Confidence: 0.92857249

00:13:51.720 --> 00:13:53.603 This is part of my reports card

NOTE Confidence: 0.92857249

00:13:53.603 --> 00:13:55.757 for when I was three years old.

NOTE Confidence: 0.92857249

00:13:55.760 --> 00:13:56.213 Yes,

NOTE Confidence: 0.92857249

00:13:56.213 --> 00:13:58.931 we give narrative feedbacks to three

NOTE Confidence: 0.92857249

00:13:58.931 --> 00:14:01.998 years to three-year olds in the Caribbean.

NOTE Confidence: 0.92857249

00:14:02.000 --> 00:14:04.034 There's a meme that my daughter once sent me.

NOTE Confidence: 0.92857249

00:14:04.040 --> 00:14:05.559 She said you can't hurt my feelings.

NOTE Confidence: 0.92857249

00:14:05.560 --> 00:14:08.476 My parents are from the Caribbean.

NOTE Confidence: 0.92857249

00:14:08.480 --> 00:14:11.798 They call these the general remarks.

NOTE Confidence: 0.92857249

00:14:11.800 --> 00:14:14.166 The first says this is the most

NOTE Confidence: 0.92857249

00:14:14.166 --> 00:14:16.272 beautiful thing about Lisa's a pupil

NOTE Confidence: 0.92857249

00:14:16.272 --> 00:14:18.312 well primed and ready to receive.

NOTE Confidence: 0.92857249

00:14:18.320 --> 00:14:18.809 However,

NOTE Confidence: 0.92857249

00:14:18.809 --> 00:14:22.232 she has a definite self recognized limit

NOTE Confidence: 0.92857249

00:14:22.232 --> 00:14:26.274 to how much work she will do at any time.

NOTE Confidence: 0.92857249

00:14:26.280 --> 00:14:28.292 Having reached this limit,

NOTE Confidence: 0.92857249

00:14:28.292 --> 00:14:32.120 she simply sits down and does nothing.

NOTE Confidence: 0.92857249

00:14:32.120 --> 00:14:33.667 I will leave those who know me

NOTE Confidence: 0.92857249

00:14:33.667 --> 00:14:35.437 to see if I have changed any.

NOTE Confidence: 0.86373661

00:14:37.800 --> 00:14:41.216 There is so much effort that we

NOTE Confidence: 0.86373661

00:14:41.216 --> 00:14:43.674 put into feedback this sandwich.

NOTE Confidence: 0.86373661

00:14:43.674 --> 00:14:47.153 The truth is I don't eat carbs,

NOTE Confidence: 0.86373661

00:14:47.160 --> 00:14:49.180 so the bread has never

NOTE Confidence: 0.86373661

00:14:49.180 --> 00:14:51.200 been of interest to me.

NOTE Confidence: 0.86373661

00:14:51.200 --> 00:14:54.056 Your lives will change when you

NOTE Confidence: 0.86373661

00:14:54.056 --> 00:14:57.680 figure out what to do with feedback.

NOTE Confidence: 0.86373661

00:14:57.680 --> 00:15:01.090 If all I could share with you was one thing

NOTE Confidence: 0.86373661

00:15:01.171 --> 00:15:04.680 today it would be if like 3 year old Lisa,

NOTE Confidence: 0.86373661

00:15:04.680 --> 00:15:07.718 you are always a student of life.

NOTE Confidence: 0.86373661

00:15:07.720 --> 00:15:11.822 Feedback is always easy to receive. Guys,

NOTE Confidence: 0.86373661

00:15:11.822 --> 00:15:15.518 if you think feedback in residency was hard,
NOTE Confidence: 0.86373661

00:15:15.520 --> 00:15:18.958 wait until you meet real life.
NOTE Confidence: 0.86373661

00:15:18.960 --> 00:15:23.118 No performance bonus,
NOTE Confidence: 0.86373661

00:15:23.120 --> 00:15:25.520 one star reviews on Google,
NOTE Confidence: 0.86373661

00:15:25.520 --> 00:15:27.320 no patients coming to see you,
NOTE Confidence: 0.86373661

00:15:27.320 --> 00:15:30.200 an empty waiting room.
NOTE Confidence: 0.86373661

00:15:30.200 --> 00:15:32.525 Understand that the feedback is
NOTE Confidence: 0.86373661

00:15:32.525 --> 00:15:35.320 never the rejection that you feel.
NOTE Confidence: 0.86373661

00:15:35.320 --> 00:15:38.834 Remove your own feelings from the feedback.
NOTE Confidence: 0.86373661

00:15:38.840 --> 00:15:41.864 The feedback to the source is
NOTE Confidence: 0.86373661

00:15:41.864 --> 00:15:43.880 the excellence that follows.
NOTE Confidence: 0.86373661

00:15:43.880 --> 00:15:46.944 I know I have so much more rejection
NOTE Confidence: 0.86373661

00:15:46.944 --> 00:15:48.497 and disappointment coming my
NOTE Confidence: 0.86373661

00:15:48.497 --> 00:15:50.639 way even from here within Yale.
NOTE Confidence: 0.86373661

00:15:50.640 --> 00:15:52.563 To the mathematicians,
NOTE Confidence: 0.86373661

00:15:52.563 --> 00:15:58.080 I don't care because I don't ever give up.

NOTE Confidence: 0.86373661

00:15:58.080 --> 00:16:00.504 If, in what you guys view

NOTE Confidence: 0.86373661

00:16:00.504 --> 00:16:02.120 as the harshest feedback,

NOTE Confidence: 0.86373661

00:16:02.120 --> 00:16:05.760 you can find one thing to improve upon,

NOTE Confidence: 0.86373661

00:16:05.760 --> 00:16:11.200 you win. You will find where you belong.

NOTE Confidence: 0.86373661

00:16:11.200 --> 00:16:13.684 I will remain a member of

NOTE Confidence: 0.86373661

00:16:13.684 --> 00:16:15.340 society with special obligation

NOTE Confidence: 0.86373661

00:16:15.418 --> 00:16:17.596 to all my fellow human beings,

NOTE Confidence: 0.86373661

00:16:17.600 --> 00:16:19.796 those of sound mind and body,

NOTE Confidence: 0.86373661

00:16:19.800 --> 00:16:22.840 as well as the infirm.

NOTE Confidence: 0.86373661

00:16:22.840 --> 00:16:25.150 The story that I'm about to share

NOTE Confidence: 0.86373661

00:16:25.150 --> 00:16:27.867 with you next I have never spoken

NOTE Confidence: 0.86373661

00:16:27.867 --> 00:16:29.519 about publicly until today.

NOTE Confidence: 0.86373661

00:16:29.520 --> 00:16:32.560 So you will hold my hand if I get emotional.

NOTE Confidence: 0.86373661

00:16:32.560 --> 00:16:36.480 I may need some grace through this.

NOTE Confidence: 0.86373661

00:16:36.480 --> 00:16:37.956 I grew up in the Caribbean,

NOTE Confidence: 0.86373661

00:16:37.960 --> 00:16:40.300 where at the time the auction
NOTE Confidence: 0.86373661

00:16:40.300 --> 00:16:42.363 to succeed was either becoming
NOTE Confidence: 0.86373661

00:16:42.363 --> 00:16:44.919 a lawyer or becoming a doctor.
NOTE Confidence: 0.86373661

00:16:44.920 --> 00:16:46.318 I did get into law school.
NOTE Confidence: 0.86373661

00:16:46.320 --> 00:16:47.106 That's another story.
NOTE Confidence: 0.86373661

00:16:47.106 --> 00:16:48.154 My father said no,
NOTE Confidence: 0.86373661

00:16:48.160 --> 00:16:51.758 go be a doctor when I was 20 years old.
NOTE Confidence: 0.86373661

00:16:51.760 --> 00:16:52.888 As I mentioned before,
NOTE Confidence: 0.86373661

00:16:52.888 --> 00:16:54.580 I got a full scholarship to
NOTE Confidence: 0.86373661

00:16:54.643 --> 00:16:56.641 study medicine in Cuba from the
NOTE Confidence: 0.86373661

00:16:56.641 --> 00:16:57.640 government of Guyana.
NOTE Confidence: 0.86373661

00:16:57.640 --> 00:16:59.600 That's where I was born.
NOTE Confidence: 0.86373661

00:16:59.600 --> 00:17:01.700 The terms of the scholarship
NOTE Confidence: 0.86373661

00:17:01.700 --> 00:17:02.960 were pretty simple,
NOTE Confidence: 0.86373661

00:17:02.960 --> 00:17:04.800 get good grades and obey
NOTE Confidence: 0.86373661

00:17:04.800 --> 00:17:06.640 the laws of the country.

NOTE Confidence: 0.86373661

00:17:06.640 --> 00:17:08.904 I was in my second year of Med

NOTE Confidence: 0.86373661

00:17:08.904 --> 00:17:10.560 school when I got pregnant.

NOTE Confidence: 0.86373661

00:17:10.560 --> 00:17:12.510 I decided that I could have

NOTE Confidence: 0.86373661

00:17:12.510 --> 00:17:15.520 a baby and finish Med school.

NOTE Confidence: 0.86373661

00:17:15.520 --> 00:17:17.040 As a foreigner in Cuba,

NOTE Confidence: 0.86373661

00:17:17.040 --> 00:17:18.900 you are required to complete the

NOTE Confidence: 0.86373661

00:17:18.900 --> 00:17:21.075 semester in Med school and then return

NOTE Confidence: 0.86373661

00:17:21.075 --> 00:17:24.320 to your home country to have the baby.

NOTE Confidence: 0.86373661

00:17:24.320 --> 00:17:25.360 After that, I could come,

NOTE Confidence: 0.86373661

00:17:25.360 --> 00:17:26.356 I could return,

NOTE Confidence: 0.86373661

00:17:26.356 --> 00:17:28.680 go back to my school and finish.

NOTE Confidence: 0.86373661

00:17:28.680 --> 00:17:29.538 Luckily for me,

NOTE Confidence: 0.86373661

00:17:29.538 --> 00:17:32.095 that meant I had to finish all my

NOTE Confidence: 0.86373661

00:17:32.095 --> 00:17:34.039 classes with hyperemesis gravidarum.

NOTE Confidence: 0.86373661

00:17:34.040 --> 00:17:34.758 In Cuba,

NOTE Confidence: 0.86373661

00:17:34.758 --> 00:17:36.553 Physical Education PE is a
NOTE Confidence: 0.86373661

00:17:36.553 --> 00:17:39.052 class that you have to take up
NOTE Confidence: 0.86373661

00:17:39.052 --> 00:17:41.074 until third year of Med school.
NOTE Confidence: 0.86373661

00:17:41.080 --> 00:17:43.519 So I had to run a mile while pregnant,
NOTE Confidence: 0.86373661

00:17:43.520 --> 00:17:47.192 steal my only C in Med school to date.
NOTE Confidence: 0.86373661

00:17:47.200 --> 00:17:49.672 I finished the year and move
NOTE Confidence: 0.86373661

00:17:49.672 --> 00:17:51.320 back to the Caribbean.
NOTE Confidence: 0.86373661

00:17:51.320 --> 00:17:53.370 I live between Saint Lucia
NOTE Confidence: 0.86373661

00:17:53.370 --> 00:17:55.400 and Saint Vincent and Kaya.
NOTE Confidence: 0.86373661

00:17:55.400 --> 00:17:57.400 Sitting here today with an
NOTE Confidence: 0.86373661

00:17:57.400 --> 00:17:58.600 interest in psychiatry.
NOTE Confidence: 0.86373661

00:17:58.600 --> 00:18:03.240 Don't know why was born in Saint Lucia.
NOTE Confidence: 0.86373661

00:18:03.240 --> 00:18:06.120 Shortly after Kaya was born,
NOTE Confidence: 0.9632541625

00:18:06.120 --> 00:18:10.553 I received a letter that was sent
NOTE Confidence: 0.9632541625

00:18:10.553 --> 00:18:13.790 to my parents house in Guyana saying
NOTE Confidence: 0.9632541625

00:18:13.790 --> 00:18:16.440 that my scholarship was terminated.

NOTE Confidence: 0.9632541625

00:18:16.440 --> 00:18:19.000 The end. Can't go back to Med school,

NOTE Confidence: 0.9632541625

00:18:19.000 --> 00:18:21.180 can't become a doctor.

NOTE Confidence: 0.9632541625

00:18:21.180 --> 00:18:23.360 That was the end.

NOTE Confidence: 0.9632541625

00:18:23.360 --> 00:18:25.120 I appealed to the government,

NOTE Confidence: 0.9632541625

00:18:25.120 --> 00:18:27.296 even to the president.

NOTE Confidence: 0.9632541625

00:18:27.296 --> 00:18:28.720 Nope, that's it, you're pregnant,

NOTE Confidence: 0.9632541625

00:18:28.720 --> 00:18:29.600 you can't go back.

NOTE Confidence: 0.94869012875

00:18:33.560 --> 00:18:35.990 I then appealed to the Cuban

NOTE Confidence: 0.94869012875

00:18:35.990 --> 00:18:36.800 government themselves,

NOTE Confidence: 0.94869012875

00:18:36.800 --> 00:18:38.840 the government of Saint

NOTE Confidence: 0.94869012875

00:18:38.840 --> 00:18:40.880 Vincent and the Grenadines.

NOTE Confidence: 0.94869012875

00:18:40.880 --> 00:18:42.473 Their humanity, compassion,

NOTE Confidence: 0.94869012875

00:18:42.473 --> 00:18:45.128 understanding allowed me to finish

NOTE Confidence: 0.94869012875

00:18:45.128 --> 00:18:48.485 and go back to medical school in Cuba

NOTE Confidence: 0.94869012875

00:18:48.485 --> 00:18:51.199 and graduate as a medical doctor.

NOTE Confidence: 0.972305748888889

00:18:53.640 --> 00:18:55.755 This is the world that I grew up in.
NOTE Confidence: 0.97449146

00:19:01.120 --> 00:19:03.800 A few years later they did the same
NOTE Confidence: 0.97449146

00:19:03.800 --> 00:19:06.918 thing to another female medical student.
NOTE Confidence: 0.97449146

00:19:06.920 --> 00:19:09.456 They terminated her scholarship,
NOTE Confidence: 0.97449146

00:19:09.456 --> 00:19:12.192 she sued them one,
NOTE Confidence: 0.97449146

00:19:12.192 --> 00:19:15.885 got her scholarship reinstated and
NOTE Confidence: 0.97449146

00:19:15.885 --> 00:19:18.075 went back to Cuba and finished.
NOTE Confidence: 0.959596985

00:19:20.640 --> 00:19:23.200 I am not alone.
NOTE Confidence: 0.959596985

00:19:23.200 --> 00:19:24.775 Sabrina Jacobs published
NOTE Confidence: 0.959596985

00:19:24.775 --> 00:19:27.400 findings from Data for Progress.
NOTE Confidence: 0.959596985

00:19:27.400 --> 00:19:29.200 Because this is an election year,
NOTE Confidence: 0.959596985

00:19:29.200 --> 00:19:31.020 I didn't break down this
NOTE Confidence: 0.959596985

00:19:31.020 --> 00:19:32.476 data across party lines.
NOTE Confidence: 0.959596985

00:19:32.480 --> 00:19:33.895 It is available if you
NOTE Confidence: 0.959596985

00:19:33.895 --> 00:19:35.880 want to go to the source.
NOTE Confidence: 0.959596985

00:19:35.880 --> 00:19:38.856 The overwhelming majority of

NOTE Confidence: 0.959596985

00:19:38.856 --> 00:19:42.320 voters are concerned that pregnant

NOTE Confidence: 0.959596985

00:19:42.320 --> 00:19:45.040 workers should have accommodations.

NOTE Confidence: 0.959596985

00:19:45.040 --> 00:19:47.847 However, 40% of them are not concerned

NOTE Confidence: 0.959596985

00:19:47.847 --> 00:19:51.397 about the fair treatment of pregnant mothers.

NOTE Confidence: 0.959596985

00:19:51.400 --> 00:19:53.560 Meaning that they think that it is wrong,

NOTE Confidence: 0.959596985

00:19:53.560 --> 00:19:55.580 but they don't recognize that

NOTE Confidence: 0.959596985

00:19:55.580 --> 00:19:57.196 it's actually a problem.

NOTE Confidence: 0.959596985

00:19:57.200 --> 00:19:58.384 Reminds us of racism.

NOTE Confidence: 0.959596985

00:19:58.384 --> 00:20:00.785 No, I think everybody across the

NOTE Confidence: 0.959596985

00:20:00.785 --> 00:20:03.440 globe says that racism is wrong.

NOTE Confidence: 0.959596985

00:20:03.440 --> 00:20:06.989 But I wonder what percentage of them

NOTE Confidence: 0.959596985

00:20:06.989 --> 00:20:10.240 actually think that this is a problem.

NOTE Confidence: 0.959596985

00:20:10.240 --> 00:20:12.415 the US Equal Opportunity Employment

NOTE Confidence: 0.959596985

00:20:12.415 --> 00:20:14.561 Commission published date in 2022,

NOTE Confidence: 0.959596985

00:20:14.561 --> 00:20:16.566 and these are claims that

NOTE Confidence: 0.959596985

00:20:16.566 --> 00:20:18.640 have been filed with them.
NOTE Confidence: 0.959596985

00:20:18.640 --> 00:20:20.160 The allegations of pregnancy
NOTE Confidence: 0.959596985

00:20:20.160 --> 00:20:22.440 discrimination are part of a subset
NOTE Confidence: 0.959596985

00:20:22.501 --> 00:20:24.281 of discrimination within Title Seven
NOTE Confidence: 0.959596985

00:20:24.281 --> 00:20:26.599 of the Civil Rights Act of 1960.
NOTE Confidence: 0.959596985

00:20:26.600 --> 00:20:28.680 Four,
NOTE Confidence: 0.959596985

00:20:28.680 --> 00:20:33.600 70% of women reported discrimination
NOTE Confidence: 0.959596985

00:20:33.600 --> 00:20:35.880 the grocer part,
NOTE Confidence: 0.959596985

00:20:35.880 --> 00:20:38.814 48% of them reported sexual comments
NOTE Confidence: 0.959596985

00:20:38.814 --> 00:20:41.640 towards them during their pregnancy,
NOTE Confidence: 0.959596985

00:20:41.640 --> 00:20:44.334 and 30% of them reported harassment
NOTE Confidence: 0.959596985

00:20:44.334 --> 00:20:47.279 so severe that some of them quit.
NOTE Confidence: 0.959596985

00:20:47.280 --> 00:20:47.400 With
NOTE Confidence: 0.9142922125

00:20:50.240 --> 00:20:52.360 that, this is 2022.
NOTE Confidence: 0.9142922125

00:20:52.360 --> 00:20:56.919 I lost my scholarship 20 years ago.
NOTE Confidence: 0.9142922125

00:20:56.920 --> 00:20:59.445 Despite facing that discrimination and

NOTE Confidence: 0.9142922125
00:20:59.445 --> 00:21:02.800 losing my scholarship due to pregnancy,
NOTE Confidence: 0.9142922125
00:21:02.800 --> 00:21:05.130 I remain committed to be
NOTE Confidence: 0.9142922125
00:21:05.130 --> 00:21:06.994 to becoming a doctor.
NOTE Confidence: 0.9142922125
00:21:07.000 --> 00:21:08.640 Reflecting on my oath,
NOTE Confidence: 0.9142922125
00:21:08.640 --> 00:21:11.693 it's a reminder that we are members
NOTE Confidence: 0.9142922125
00:21:11.693 --> 00:21:14.717 of society with obligations to all.
NOTE Confidence: 0.9142922125
00:21:14.720 --> 00:21:15.680 I persevered.
NOTE Confidence: 0.9142922125
00:21:15.680 --> 00:21:17.600 I'm here treating patients,
NOTE Confidence: 0.9142922125
00:21:17.600 --> 00:21:18.773 answering my call.
NOTE Confidence: 0.9142922125
00:21:18.773 --> 00:21:21.119 This is Kaya in this pursuit
NOTE Confidence: 0.9142922125
00:21:21.119 --> 00:21:23.318 to become a psychiatrist,
NOTE Confidence: 0.9142922125
00:21:23.320 --> 00:21:25.072 taking some time off of high
NOTE Confidence: 0.9142922125
00:21:25.072 --> 00:21:26.880 school and is our TMS tech.
NOTE Confidence: 0.922181748571429
00:21:32.910 --> 00:21:35.198 I will remember that I do not treat
NOTE Confidence: 0.922181748571429
00:21:35.198 --> 00:21:37.507 a fever chart a cancerous growth,
NOTE Confidence: 0.922181748571429

00:21:37.510 --> 00:21:40.070 but a sick human being whose
NOTE Confidence: 0.922181748571429

00:21:40.070 --> 00:21:42.302 illness may affect that person's
NOTE Confidence: 0.922181748571429

00:21:42.302 --> 00:21:44.830 family and economic stability.
NOTE Confidence: 0.922181748571429

00:21:44.830 --> 00:21:47.140 My responsibility includes
NOTE Confidence: 0.922181748571429

00:21:47.140 --> 00:21:50.990 all of these related problems.
NOTE Confidence: 0.922181748571429

00:21:50.990 --> 00:21:53.198 You see, for those of us who think
NOTE Confidence: 0.922181748571429

00:21:53.198 --> 00:21:55.197 advocacy is not a part of medicine,
NOTE Confidence: 0.922181748571429

00:21:55.200 --> 00:21:57.600 the Hippocratic Oath requires
NOTE Confidence: 0.922181748571429

00:21:57.600 --> 00:22:00.000 us to be advocates.
NOTE Confidence: 0.922181748571429

00:22:00.000 --> 00:22:02.492 One of the most important lessons I
NOTE Confidence: 0.922181748571429

00:22:02.492 --> 00:22:04.911 think I learned through that pregnancy
NOTE Confidence: 0.922181748571429

00:22:04.911 --> 00:22:07.467 discrimination was what it meant to
NOTE Confidence: 0.922181748571429

00:22:07.467 --> 00:22:10.199 me to become a discerning advocate.
NOTE Confidence: 0.922181748571429

00:22:10.200 --> 00:22:12.360 Like every single person of color,
NOTE Confidence: 0.922181748571429

00:22:12.360 --> 00:22:14.845 there comes a point in your career
NOTE Confidence: 0.922181748571429

00:22:14.845 --> 00:22:17.573 where you have to talk about how it

NOTE Confidence: 0.922181748571429
00:22:17.573 --> 00:22:20.038 feels to be ex minority in a space.
NOTE Confidence: 0.922181748571429
00:22:20.040 --> 00:22:21.900 So many different approaches
NOTE Confidence: 0.922181748571429
00:22:21.900 --> 00:22:23.760 to answer this question.
NOTE Confidence: 0.922181748571429
00:22:23.760 --> 00:22:26.958 My favorite was Neil deGrasse Tyson.
NOTE Confidence: 0.922181748571429
00:22:26.960 --> 00:22:29.676 When I heard him answer this question,
NOTE Confidence: 0.922181748571429
00:22:29.680 --> 00:22:32.488 he said I just want to be recognized
NOTE Confidence: 0.922181748571429
00:22:32.488 --> 00:22:35.080 as a phenomenal scientist.
NOTE Confidence: 0.922181748571429
00:22:35.080 --> 00:22:36.240 Funny enough, for me,
NOTE Confidence: 0.922181748571429
00:22:36.240 --> 00:22:38.366 it was the first time I felt
NOTE Confidence: 0.922181748571429
00:22:38.366 --> 00:22:40.298 like I could navigate my work
NOTE Confidence: 0.922181748571429
00:22:40.298 --> 00:22:42.039 and advocacy in my own way.
NOTE Confidence: 0.944210013
00:22:44.320 --> 00:22:47.260 The number of patients receiving
NOTE Confidence: 0.944210013
00:22:47.260 --> 00:22:49.024 intervention treatments in
NOTE Confidence: 0.944210013
00:22:49.024 --> 00:22:51.360 psychiatry remains really low.
NOTE Confidence: 0.944210013
00:22:51.360 --> 00:22:54.260 The number of minorities receiving
NOTE Confidence: 0.944210013

00:22:54.260 --> 00:22:57.280 care and intervention is even worse.
NOTE Confidence: 0.944210013

00:22:57.280 --> 00:22:59.674 This is a Day to note published by KFF.
NOTE Confidence: 0.944210013

00:22:59.680 --> 00:23:01.600 They're an independent health source
NOTE Confidence: 0.944210013

00:23:01.600 --> 00:23:04.040 for health Policy Research and polling.
NOTE Confidence: 0.944210013

00:23:04.040 --> 00:23:05.822 And this is data gathered pre
NOTE Confidence: 0.944210013

00:23:05.822 --> 00:23:07.440 pandemic from the National Health.
NOTE Confidence: 0.944210013

00:23:07.440 --> 00:23:10.920 In the National Health Interview Survey,
NOTE Confidence: 0.944210013

00:23:10.920 --> 00:23:14.064 more than 30% of patients adults
NOTE Confidence: 0.944210013

00:23:14.064 --> 00:23:16.816 with Medicare and Medicare reporting
NOTE Confidence: 0.944210013

00:23:16.816 --> 00:23:19.631 depression and anxiety did not
NOTE Confidence: 0.944210013

00:23:19.631 --> 00:23:22.984 receive any care and more than 50%
NOTE Confidence: 0.944210013

00:23:22.984 --> 00:23:25.480 of blacks reporting anxiety and or
NOTE Confidence: 0.944210013

00:23:25.560 --> 00:23:28.840 depression did not receive care.
NOTE Confidence: 0.944210013

00:23:28.840 --> 00:23:31.320 In our own health systems here at Yale,
NOTE Confidence: 0.944210013

00:23:31.320 --> 00:23:32.256 this is.
NOTE Confidence: 0.944210013

00:23:32.256 --> 00:23:35.194 Data published from 2016 to 2021

NOTE Confidence: 0.944210013

00:23:35.194 --> 00:23:37.570 for patients receiving ketamine

NOTE Confidence: 0.944210013

00:23:37.570 --> 00:23:40.104 and esketamine show that patients

NOTE Confidence: 0.944210013

00:23:40.104 --> 00:23:42.344 were that the patients receiving

NOTE Confidence: 0.944210013

00:23:42.344 --> 00:23:44.396 the treatment were predominantly

NOTE Confidence: 0.944210013

00:23:44.396 --> 00:23:46.556 white and privately insured.

NOTE Confidence: 0.944210013

00:23:46.560 --> 00:23:48.652 Sam did a publish.

NOTE Confidence: 0.944210013

00:23:48.652 --> 00:23:52.247 Sam published some work from 2014 to

NOTE Confidence: 0.944210013

00:23:52.247 --> 00:23:55.222 2017 and they were two minority patients

NOTE Confidence: 0.944210013

00:23:55.222 --> 00:23:58.799 and I actually know one of those patients.

NOTE Confidence: 0.944210013

00:23:58.800 --> 00:24:02.285 My advocacy in medicine is

NOTE Confidence: 0.944210013

00:24:02.285 --> 00:24:05.073 excellence in clinical care.

NOTE Confidence: 0.944210013

00:24:05.080 --> 00:24:08.128 I first have to be able to deliver

NOTE Confidence: 0.944210013

00:24:08.128 --> 00:24:10.501 excellent care to understand and know

NOTE Confidence: 0.944210013

00:24:10.501 --> 00:24:14.118 what it looks like to then advocate for it.

NOTE Confidence: 0.974346975

00:24:16.360 --> 00:24:19.416 You see, for a long time I thought

NOTE Confidence: 0.974346975

00:24:19.416 --> 00:24:21.556 that in my pregnancy discrimination,
NOTE Confidence: 0.974346975

00:24:21.560 --> 00:24:23.996 I took the easy way out,
NOTE Confidence: 0.974346975

00:24:24.000 --> 00:24:27.280 that I didn't fight like that other student
NOTE Confidence: 0.974346975

00:24:27.280 --> 00:24:29.997 and taking the government to court.
NOTE Confidence: 0.974346975

00:24:30.000 --> 00:24:32.520 The truth is, as I grow,
NOTE Confidence: 0.974346975

00:24:32.520 --> 00:24:36.072 I realize we each get to decide how
NOTE Confidence: 0.974346975

00:24:36.072 --> 00:24:39.439 we deploy our efforts in advocacy.
NOTE Confidence: 0.974346975

00:24:39.440 --> 00:24:42.797 And to each of you in the room here,
NOTE Confidence: 0.974346975

00:24:42.800 --> 00:24:44.928 white, black, minority, majority,
NOTE Confidence: 0.974346975

00:24:44.928 --> 00:24:48.765 your method is not less than because
NOTE Confidence: 0.974346975

00:24:48.765 --> 00:24:52.077 it doesn't look like somebody else's.
NOTE Confidence: 0.974346975

00:24:52.080 --> 00:24:53.400 We each get to X.
NOTE Confidence: 0.974346975

00:24:53.400 --> 00:24:56.600 We each get to decide how we advocate our X,
NOTE Confidence: 0.974346975

00:24:56.600 --> 00:24:59.440 our advocacy.
NOTE Confidence: 0.974346975

00:24:59.440 --> 00:25:02.182 My own sense of belonging in
NOTE Confidence: 0.974346975

00:25:02.182 --> 00:25:04.640 places still wavers at times.

NOTE Confidence: 0.974346975

00:25:04.640 --> 00:25:06.956 None of my mentors in intervention

NOTE Confidence: 0.974346975

00:25:06.956 --> 00:25:09.626 psychiatry are women, women of color,

NOTE Confidence: 0.974346975

00:25:09.626 --> 00:25:11.634 even men of color.

NOTE Confidence: 0.974346975

00:25:11.640 --> 00:25:14.050 You will find yourselves in

NOTE Confidence: 0.974346975

00:25:14.050 --> 00:25:16.460 rooms and spaces sometimes where

NOTE Confidence: 0.974346975

00:25:16.547 --> 00:25:18.877 there's no reflection of you.

NOTE Confidence: 0.974346975

00:25:18.880 --> 00:25:21.624 I am here to be the reflection

NOTE Confidence: 0.974346975

00:25:21.624 --> 00:25:22.800 for somebody else.

NOTE Confidence: 0.974346975

00:25:22.800 --> 00:25:25.008 I get to frame what my

NOTE Confidence: 0.974346975

00:25:25.008 --> 00:25:26.480 own advocacy looks like.

NOTE Confidence: 0.9686404925

00:25:31.280 --> 00:25:34.105 Using your voice with integrity

NOTE Confidence: 0.9686404925

00:25:34.105 --> 00:25:35.800 means speaking honestly,

NOTE Confidence: 0.9686404925

00:25:35.800 --> 00:25:39.199 authentically, and responsibly.

NOTE Confidence: 0.9686404925

00:25:39.200 --> 00:25:42.700 Our words are a reflection of our

NOTE Confidence: 0.9686404925

00:25:42.700 --> 00:25:45.032 character and we must understand

NOTE Confidence: 0.9686404925

00:25:45.032 --> 00:25:48.520 the impact they can have on others.
NOTE Confidence: 0.9686404925

00:25:48.520 --> 00:25:50.700 Understanding that your delivery
NOTE Confidence: 0.9686404925

00:25:50.700 --> 00:25:52.880 can obscure your message.
NOTE Confidence: 0.9686404925

00:25:52.880 --> 00:25:55.320 My husband can attest that
NOTE Confidence: 0.9686404925

00:25:55.320 --> 00:25:57.760 I'm still working on this.
NOTE Confidence: 0.9686404925

00:25:57.760 --> 00:26:00.168 Before advocating for others,
NOTE Confidence: 0.9686404925

00:26:00.168 --> 00:26:05.173 please take the time to gather as much
NOTE Confidence: 0.9686404925

00:26:05.173 --> 00:26:08.398 information and inform your approach.
NOTE Confidence: 0.9686404925

00:26:08.400 --> 00:26:10.779 Guard your integrity.
NOTE Confidence: 0.9686404925

00:26:10.779 --> 00:26:13.158 During my residency,
NOTE Confidence: 0.9686404925

00:26:13.160 --> 00:26:15.701 I had a report made against me
NOTE Confidence: 0.9686404925

00:26:15.701 --> 00:26:18.709 from a from a fellow resident that
NOTE Confidence: 0.9686404925

00:26:18.709 --> 00:26:21.457 I denied a patient a procedure
NOTE Confidence: 0.9686404925

00:26:21.546 --> 00:26:23.880 in intervention psychiatry.
NOTE Confidence: 0.9686404925

00:26:23.880 --> 00:26:26.010 She said that she was advocating
NOTE Confidence: 0.9686404925

00:26:26.010 --> 00:26:27.075 for her patient.

NOTE Confidence: 0.9686404925

00:26:27.080 --> 00:26:29.920 She did not clearly understand

NOTE Confidence: 0.9686404925

00:26:29.920 --> 00:26:33.195 the indications for each procedure

NOTE Confidence: 0.9686404925

00:26:33.195 --> 00:26:35.160 in intervention psychiatry.

NOTE Confidence: 0.9686404925

00:26:35.160 --> 00:26:37.179 Guard your integrity.

NOTE Confidence: 0.9686404925

00:26:37.179 --> 00:26:39.896 Gather the information before

NOTE Confidence: 0.9686404925

00:26:39.896 --> 00:26:42.680 you make your case.

NOTE Confidence: 0.9686404925

00:26:42.680 --> 00:26:45.720 I will not be ashamed to say I know not,

NOTE Confidence: 0.9686404925

00:26:45.720 --> 00:26:48.080 nor will I fail to call in my

NOTE Confidence: 0.9686404925

00:26:48.080 --> 00:26:49.730 colleagues on the skill of

NOTE Confidence: 0.9686404925

00:26:49.730 --> 00:26:51.375 another is required or needed

NOTE Confidence: 0.9686404925

00:26:51.375 --> 00:26:52.904 for a patient's recovery.

NOTE Confidence: 0.9686404925

00:26:52.904 --> 00:26:54.200 In the Caribbean,

NOTE Confidence: 0.9686404925

00:26:54.200 --> 00:26:57.359 we have a phrase that don't run your mouth.

NOTE Confidence: 0.9686404925

00:26:57.360 --> 00:26:59.360 This is basically what the

NOTE Confidence: 0.9686404925

00:26:59.360 --> 00:27:00.960 Hippocratic O translates to.

NOTE Confidence: 0.23470825

00:27:04.280 --> 00:27:07.896 Oops, the perimeter of ignorance.

NOTE Confidence: 0.23470825

00:27:07.896 --> 00:27:09.800 Again, you guys can tell I

NOTE Confidence: 0.23470825

00:27:09.800 --> 00:27:10.920 like Neil deGrasse Tyson.

NOTE Confidence: 0.23470825

00:27:10.920 --> 00:27:14.064 In 2005, he eloquently he wrote this eloquent

NOTE Confidence: 0.23470825

00:27:14.064 --> 00:27:16.759 paper called the Perimeter of Ignorance.

NOTE Confidence: 0.23470825

00:27:16.760 --> 00:27:18.200 If you ever have a chance to read it,

NOTE Confidence: 0.23470825

00:27:18.200 --> 00:27:21.008 please do. He eloquently explores in

NOTE Confidence: 0.23470825

00:27:21.008 --> 00:27:23.522 it the boundaries between scientific

NOTE Confidence: 0.23470825

00:27:23.522 --> 00:27:25.758 knowledge and the unknown.

NOTE Confidence: 0.23470825

00:27:25.760 --> 00:27:29.840 He argues the the greatest discoveries

NOTE Confidence: 0.23470825

00:27:29.840 --> 00:27:32.722 often happen in this perimeter where

NOTE Confidence: 0.23470825

00:27:32.722 --> 00:27:35.132 our understanding meets this vast

NOTE Confidence: 0.23470825

00:27:35.132 --> 00:27:38.477 expanse of what we yet do not know.

NOTE Confidence: 0.23470825

00:27:38.480 --> 00:27:40.886 He emphasizes that the pursuit of

NOTE Confidence: 0.23470825

00:27:40.886 --> 00:27:43.040 knowledge is a continuous journey

NOTE Confidence: 0.23470825

00:27:43.040 --> 00:27:46.256 driven by curiosity and desire to

NOTE Confidence: 0.23470825

00:27:46.256 --> 00:27:48.400 push beyond current limits.

NOTE Confidence: 0.23470825

00:27:48.400 --> 00:27:50.506 I will make Katie proud and

NOTE Confidence: 0.23470825

00:27:50.506 --> 00:27:52.400 says this is my Yale.

NOTE Confidence: 0.23470825

00:27:52.400 --> 00:27:54.041 He emphasizes here,

NOTE Confidence: 0.23470825

00:27:54.041 --> 00:27:56.776 and the amazing lesson is

NOTE Confidence: 0.23470825

00:27:56.776 --> 00:28:00.039 that as our knowledge grows,

NOTE Confidence: 0.23470825

00:28:00.040 --> 00:28:02.715 so does that perimeter of

NOTE Confidence: 0.23470825

00:28:02.715 --> 00:28:04.320 ignorance surrounding it.

NOTE Confidence: 0.23470825

00:28:04.320 --> 00:28:06.430 He advocates for embracing the

NOTE Confidence: 0.23470825

00:28:06.430 --> 00:28:09.221 unknown with a sense of wonder

NOTE Confidence: 0.23470825

00:28:09.221 --> 00:28:12.201 and a commitment to rigorous

NOTE Confidence: 0.23470825

00:28:12.201 --> 00:28:13.393 scientific investigation.

NOTE Confidence: 0.23470825

00:28:13.400 --> 00:28:16.358 This is the practice of medicine.

NOTE Confidence: 0.23470825

00:28:16.360 --> 00:28:18.520 Embracing the unknown and

NOTE Confidence: 0.23470825

00:28:18.520 --> 00:28:20.680 being honest about it,

NOTE Confidence: 0.973282841666667

00:28:22.720 --> 00:28:24.676 knowing what we do not know,
NOTE Confidence: 0.973282841666667

00:28:24.680 --> 00:28:26.360 is the most powerful thing.
NOTE Confidence: 0.865938694444444

00:28:28.520 --> 00:28:32.192 The care of my patients is my North Star.
NOTE Confidence: 0.865938694444444

00:28:32.200 --> 00:28:34.516 I have both professionals and trainees
NOTE Confidence: 0.865938694444444

00:28:34.516 --> 00:28:37.955 ask me all the time how to be an expert.
NOTE Confidence: 0.865938694444444

00:28:37.960 --> 00:28:40.473 My son Storm is not here today
NOTE Confidence: 0.865938694444444

00:28:40.473 --> 00:28:42.359 because he elected to finish.
NOTE Confidence: 0.865938694444444

00:28:42.360 --> 00:28:44.763 He is in the final of a basketball tournament
NOTE Confidence: 0.865938694444444

00:28:44.763 --> 00:28:47.960 and he says, Mom, my team needs me.
NOTE Confidence: 0.865938694444444

00:28:47.960 --> 00:28:50.599 He's apparently really also good at something
NOTE Confidence: 0.865938694444444

00:28:50.599 --> 00:28:52.632 called Fortnite along with basketball.
NOTE Confidence: 0.865938694444444

00:28:52.632 --> 00:28:56.460 And if you asked him how to move from
NOTE Confidence: 0.865938694444444

00:28:56.460 --> 00:28:59.314 a novice to an expert, his response
NOTE Confidence: 0.865938694444444

00:28:59.314 --> 00:29:02.513 is always you got to keep playing.
NOTE Confidence: 0.865938694444444

00:29:02.520 --> 00:29:06.078 Hours of work, lots of failure,
NOTE Confidence: 0.865938694444444

00:29:06.080 --> 00:29:10.320 sacrifice, looking at that failure,

NOTE Confidence: 0.865938694444444
00:29:10.320 --> 00:29:13.800 examining it and trying again.
NOTE Confidence: 0.865938694444444
00:29:13.800 --> 00:29:16.340 There is no shortcut.
NOTE Confidence: 0.865938694444444
00:29:16.340 --> 00:29:18.880 Stop looking for one.
NOTE Confidence: 0.865938694444444
00:29:18.880 --> 00:29:21.400 There is no work life balance.
NOTE Confidence: 0.865938694444444
00:29:21.400 --> 00:29:24.442 Not to the beginning anyway for
NOTE Confidence: 0.865938694444444
00:29:24.442 --> 00:29:27.640 anyone that is ultra successful.
NOTE Confidence: 0.865938694444444
00:29:27.640 --> 00:29:31.920 If you want to work life balance that is OK,
NOTE Confidence: 0.865938694444444
00:29:31.920 --> 00:29:33.636 but don't expect greatness.
NOTE Confidence: 0.865938694444444
00:29:33.636 --> 00:29:37.425 You will walk a very frustrated path if you
NOTE Confidence: 0.865938694444444
00:29:37.425 --> 00:29:40.071 think that reward does not require work.
NOTE Confidence: 0.9375234025
00:29:45.280 --> 00:29:48.250 I understood very well my perimeter
NOTE Confidence: 0.9375234025
00:29:48.250 --> 00:29:50.552 of ignorance and for those that
NOTE Confidence: 0.9375234025
00:29:50.552 --> 00:29:52.192 have seen my lecturer knows,
NOTE Confidence: 0.9375234025
00:29:52.200 --> 00:29:54.958 know that this is one of my
NOTE Confidence: 0.9375234025
00:29:54.958 --> 00:29:56.640 favorite quotes from Rumi.
NOTE Confidence: 0.9375234025

00:29:56.640 --> 00:29:58.080 When setting out on a journey,
NOTE Confidence: 0.9375234025

00:29:58.080 --> 00:30:00.282 do not seek advice from those
NOTE Confidence: 0.9375234025

00:30:00.282 --> 00:30:02.200 that have never left home.
NOTE Confidence: 0.9375234025

00:30:02.200 --> 00:30:04.528 I wanted to understand the business
NOTE Confidence: 0.9375234025

00:30:04.528 --> 00:30:06.886 of medicine and wanted to understand
NOTE Confidence: 0.9375234025

00:30:06.886 --> 00:30:10.360 what I didn't know, so I went to folks
NOTE Confidence: 0.9375234025

00:30:10.360 --> 00:30:12.880 who have journeyed away from home.
NOTE Confidence: 0.9375234025

00:30:12.880 --> 00:30:14.038 A very good friend of mine,
NOTE Confidence: 0.9375234025

00:30:14.040 --> 00:30:16.008 now Doctor Steve Levine,
NOTE Confidence: 0.9375234025

00:30:16.008 --> 00:30:18.960 is a pioneer in outpatient ketamine
NOTE Confidence: 0.9375234025

00:30:18.960 --> 00:30:21.771 during its early stages of psychiatric use.
NOTE Confidence: 0.9375234025

00:30:21.771 --> 00:30:23.517 He actually started quite a few
NOTE Confidence: 0.9375234025

00:30:23.517 --> 00:30:25.240 clinics here on the Northeast.
NOTE Confidence: 0.9375234025

00:30:25.240 --> 00:30:26.236 He will hate me for this,
NOTE Confidence: 0.9375234025

00:30:26.240 --> 00:30:27.740 but if you're interested in learning
NOTE Confidence: 0.9375234025

00:30:27.740 --> 00:30:29.320 about the early days of ketamine,

NOTE Confidence: 0.9375234025

00:30:29.320 --> 00:30:31.045 his original videos are still

NOTE Confidence: 0.9375234025

00:30:31.045 --> 00:30:32.080 on the Internet.

NOTE Confidence: 0.9375234025

00:30:32.080 --> 00:30:33.515 So that thing your mom always says,

NOTE Confidence: 0.9375234025

00:30:33.520 --> 00:30:34.759 but don't put it on the Internet,

NOTE Confidence: 0.9375234025

00:30:34.760 --> 00:30:36.578 it's there forever.

NOTE Confidence: 0.9375234025

00:30:36.578 --> 00:30:38.396 It actually is.

NOTE Confidence: 0.9375234025

00:30:38.400 --> 00:30:39.840 I reached out to him.

NOTE Confidence: 0.9375234025

00:30:39.840 --> 00:30:42.280 I will let him tell you that story.

NOTE Confidence: 0.9375234025

00:30:42.280 --> 00:30:43.995 The first conversation I had with him,

NOTE Confidence: 0.9375234025

00:30:44.000 --> 00:30:46.160 I was actually standing in

NOTE Confidence: 0.9375234025

00:30:46.160 --> 00:30:49.240 the lobby of the YPH hospital.

NOTE Confidence: 0.9375234025

00:30:49.240 --> 00:30:50.356 Over the years.

NOTE Confidence: 0.9375234025

00:30:50.356 --> 00:30:52.960 He did not give me the playbook.

NOTE Confidence: 0.9375234025

00:30:52.960 --> 00:30:55.920 He gave me the gift of his lessons

NOTE Confidence: 0.9375234025

00:30:55.920 --> 00:30:58.800 learned from feedback and his setbacks.

NOTE Confidence: 0.9375234025

00:30:58.800 --> 00:31:00.092 His direction ultimately paved
NOTE Confidence: 0.9375234025

00:31:00.092 --> 00:31:02.761 the way for me to be in many
NOTE Confidence: 0.9375234025

00:31:02.761 --> 00:31:04.753 leadership spaces that I am today.
NOTE Confidence: 0.870881487857143

00:31:07.000 --> 00:31:08.412 Doctor Michael Vollmer, he's,
NOTE Confidence: 0.870881487857143

00:31:08.412 --> 00:31:11.595 he also has a very extensive background in
NOTE Confidence: 0.870881487857143

00:31:11.595 --> 00:31:13.740 emergency medicine, if you didn't know.
NOTE Confidence: 0.870881487857143

00:31:13.740 --> 00:31:16.466 I think the only thing that tells you is
NOTE Confidence: 0.870881487857143

00:31:16.466 --> 00:31:18.678 that we both have impatience in common.
NOTE Confidence: 0.870881487857143

00:31:18.680 --> 00:31:20.576 The phenomenal thing that he did
NOTE Confidence: 0.870881487857143

00:31:20.576 --> 00:31:23.061 was he introduced me to others in
NOTE Confidence: 0.870881487857143

00:31:23.061 --> 00:31:24.597 Connecticut in private practice,
NOTE Confidence: 0.870881487857143

00:31:24.600 --> 00:31:26.730 but with models that I didn't
NOTE Confidence: 0.870881487857143

00:31:26.730 --> 00:31:29.712 work with Hash P sliding scale.
NOTE Confidence: 0.870881487857143

00:31:29.712 --> 00:31:32.552 In recognizing his own limits,
NOTE Confidence: 0.870881487857143

00:31:32.560 --> 00:31:34.608 he was able to push me in the
NOTE Confidence: 0.870881487857143

00:31:34.608 --> 00:31:36.174 directions to get the information

NOTE Confidence: 0.870881487857143
00:31:36.174 --> 00:31:38.160 and the answers that I needed.
NOTE Confidence: 0.870881487857143
00:31:38.160 --> 00:31:40.960 I also did my homework.
NOTE Confidence: 0.870881487857143
00:31:40.960 --> 00:31:43.168 I looked at the folks with MBAs and
NOTE Confidence: 0.870881487857143
00:31:43.168 --> 00:31:45.225 then looked at the coffee shop in
NOTE Confidence: 0.870881487857143
00:31:45.225 --> 00:31:47.080 Stratford where I like Cafe Talia.
NOTE Confidence: 0.870881487857143
00:31:47.080 --> 00:31:48.268 Successful businesses.
NOTE Confidence: 0.870881487857143
00:31:48.268 --> 00:31:52.026 I joined the Small Businesses Administration,
NOTE Confidence: 0.870881487857143
00:31:52.026 --> 00:31:55.956 taking their feedback and guidance.
NOTE Confidence: 0.870881487857143
00:31:55.960 --> 00:31:58.138 One of my mentors through SCORE
NOTE Confidence: 0.870881487857143
00:31:58.138 --> 00:32:00.558 was actually a former CEO of Timex.
NOTE Confidence: 0.870881487857143
00:32:00.560 --> 00:32:03.400 Another mentor was a Provost of a university.
NOTE Confidence: 0.870881487857143
00:32:03.400 --> 00:32:06.304 Here they read my business plan
NOTE Confidence: 0.870881487857143
00:32:06.304 --> 00:32:07.756 and redlined it.
NOTE Confidence: 0.870881487857143
00:32:07.760 --> 00:32:09.420 My husband also gives me
NOTE Confidence: 0.870881487857143
00:32:09.420 --> 00:32:11.080 fantastic feedback all the time.
NOTE Confidence: 0.870881487857143

00:32:11.080 --> 00:32:13.416 At one point I wanted to open a
NOTE Confidence: 0.870881487857143

00:32:13.416 --> 00:32:15.357 coffee shop with a yoga studio.
NOTE Confidence: 0.870881487857143

00:32:15.360 --> 00:32:16.680 Still a dream of mine,
NOTE Confidence: 0.870881487857143

00:32:16.680 --> 00:32:18.280 but he redlined that business.
NOTE Confidence: 0.870881487857143

00:32:18.280 --> 00:32:21.160 Planned very hard as well.
NOTE Confidence: 0.870881487857143

00:32:21.160 --> 00:32:23.448 I know when to say I don't know
NOTE Confidence: 0.870881487857143

00:32:23.448 --> 00:32:24.958 and when to get help.
NOTE Confidence: 0.956023423

00:32:27.040 --> 00:32:28.696 As I set out to deliver
NOTE Confidence: 0.956023423

00:32:28.696 --> 00:32:29.800 care in the community,
NOTE Confidence: 0.956023423

00:32:29.800 --> 00:32:34.000 I was faced many daunting questions.
NOTE Confidence: 0.956023423

00:32:34.000 --> 00:32:35.944 The one that was most important to me
NOTE Confidence: 0.956023423

00:32:35.944 --> 00:32:38.165 is that I wanted to provide the same
NOTE Confidence: 0.956023423

00:32:38.165 --> 00:32:39.973 quality and standard of care that
NOTE Confidence: 0.956023423

00:32:39.973 --> 00:32:41.538 patients would have getting through
NOTE Confidence: 0.956023423

00:32:41.538 --> 00:32:43.800 the doors of Yale New Haven Hospital.
NOTE Confidence: 0.956023423

00:32:43.800 --> 00:32:46.839 I wanted to do that in the community.

NOTE Confidence: 0.956023423

00:32:46.840 --> 00:32:49.920 Was that even possible?

NOTE Confidence: 0.956023423

00:32:49.920 --> 00:32:52.236 I knew I wanted to make

NOTE Confidence: 0.956023423

00:32:52.236 --> 00:32:53.394 intervention treatments accessible.

NOTE Confidence: 0.956023423

00:32:53.400 --> 00:32:54.640 I had to take insurance.

NOTE Confidence: 0.956023423

00:32:54.640 --> 00:32:56.920 I had to figure it out.

NOTE Confidence: 0.956023423

00:32:56.920 --> 00:33:00.420 I built an environment that is so

NOTE Confidence: 0.956023423

00:33:00.420 --> 00:33:04.798 beautiful for people of all walks of life.

NOTE Confidence: 0.956023423

00:33:04.800 --> 00:33:06.160 Katie mentioned it earlier,

NOTE Confidence: 0.956023423

00:33:06.160 --> 00:33:09.091 but I want you to know that the thing

NOTE Confidence: 0.956023423

00:33:09.091 --> 00:33:11.790 that I am a most proud of is when

NOTE Confidence: 0.956023423

00:33:11.790 --> 00:33:14.555 colleagues ask me to treat their families.

NOTE Confidence: 0.956023423

00:33:14.560 --> 00:33:19.195 That to me is the testament of my excellence.

NOTE Confidence: 0.956023423

00:33:19.200 --> 00:33:20.744 Clinically, my outpatient life

NOTE Confidence: 0.956023423

00:33:20.744 --> 00:33:22.674 has not been without challenges.

NOTE Confidence: 0.956023423

00:33:22.680 --> 00:33:24.520 You guys know these buttons.

NOTE Confidence: 0.956023423

00:33:24.520 --> 00:33:25.285 Ask the audience,
NOTE Confidence: 0.956023423

00:33:25.285 --> 00:33:27.411 Phone a friend 5050 you think of these
NOTE Confidence: 0.956023423

00:33:27.411 --> 00:33:29.115 as your options in clinical care.
NOTE Confidence: 0.956023423

00:33:29.120 --> 00:33:31.760 This is exactly what we do.
NOTE Confidence: 0.956023423

00:33:31.760 --> 00:33:32.432 I had my first,
NOTE Confidence: 0.956023423

00:33:32.432 --> 00:33:34.039 I do my own Ivs in the office.
NOTE Confidence: 0.956023423

00:33:34.040 --> 00:33:36.320 I had the one, the first one in Extravis 8.
NOTE Confidence: 0.956023423

00:33:36.320 --> 00:33:38.558 I called my phone, a friend,
NOTE Confidence: 0.956023423

00:33:38.560 --> 00:33:41.638 an ER doctor in New Jersey,
NOTE Confidence: 0.956023423

00:33:41.640 --> 00:33:42.600 his name is Patrick.
NOTE Confidence: 0.956023423

00:33:42.600 --> 00:33:43.560 We affectionately call him.
NOTE Confidence: 0.956023423

00:33:43.560 --> 00:33:44.925 Rocky answered immediately.
NOTE Confidence: 0.956023423

00:33:44.925 --> 00:33:48.760 When I treated my first acute trauma patient,
NOTE Confidence: 0.956023423

00:33:48.760 --> 00:33:50.695 I called Jerry.
NOTE Confidence: 0.956023423

00:33:50.695 --> 00:33:53.275 Sana Cora answered immediately.
NOTE Confidence: 0.956023423

00:33:53.280 --> 00:33:54.560 When I had patients,

NOTE Confidence: 0.956023423

00:33:54.560 --> 00:33:56.958 two patients with the same rare adverse

NOTE Confidence: 0.956023423

00:33:56.958 --> 00:33:59.436 events to both ketamine and esketamine,

NOTE Confidence: 0.956023423

00:33:59.440 --> 00:34:01.876 I called Sheldon and I called Jerry.

NOTE Confidence: 0.956023423

00:34:01.880 --> 00:34:03.720 I think I promised them

NOTE Confidence: 0.956023423

00:34:03.720 --> 00:34:05.040 that I'd write case reports.

NOTE Confidence: 0.956023423

00:34:05.040 --> 00:34:07.360 I will get to it, I promise.

NOTE Confidence: 0.956023423

00:34:07.360 --> 00:34:10.080 But they answered immediately.

NOTE Confidence: 0.956023423

00:34:10.080 --> 00:34:14.760 As you step into this new phase of your life,

NOTE Confidence: 0.956023423

00:34:14.760 --> 00:34:16.785 carry this reverence for the

NOTE Confidence: 0.956023423

00:34:16.785 --> 00:34:20.520 unknown with you and ask for help.

NOTE Confidence: 0.956023423

00:34:20.520 --> 00:34:22.434 Building and relying on a supportive

NOTE Confidence: 0.956023423

00:34:22.434 --> 00:34:24.083 network has always been paramount

NOTE Confidence: 0.956023423

00:34:24.083 --> 00:34:25.040 to my journey,

NOTE Confidence: 0.956023423

00:34:25.040 --> 00:34:29.276 both professionally as well as personally.

NOTE Confidence: 0.956023423

00:34:29.280 --> 00:34:30.093 The reality is,

NOTE Confidence: 0.956023423

00:34:30.093 --> 00:34:31.719 and I think in fourth year,
NOTE Confidence: 0.956023423

00:34:31.720 --> 00:34:32.659 you realize it,
NOTE Confidence: 0.956023423

00:34:32.659 --> 00:34:35.326 that the limited time frame of of residency
NOTE Confidence: 0.956023423

00:34:35.326 --> 00:34:37.780 can't encompass and we can't teach
NOTE Confidence: 0.956023423

00:34:37.780 --> 00:34:40.157 you everything that you need to know.
NOTE Confidence: 0.956023423

00:34:40.160 --> 00:34:42.712 But what I am confident in is that
NOTE Confidence: 0.956023423

00:34:42.712 --> 00:34:45.477 we have equipped you with a framework
NOTE Confidence: 0.956023423

00:34:45.477 --> 00:34:48.158 and a mindset to embrace lifelong
NOTE Confidence: 0.956023423

00:34:48.158 --> 00:34:51.476 learning and always strive for excellence.
NOTE Confidence: 0.956023423

00:34:51.480 --> 00:34:52.317 During the pandemic,
NOTE Confidence: 0.956023423

00:34:52.317 --> 00:34:54.640 I think we all took a collective pause,
NOTE Confidence: 0.956023423

00:34:54.640 --> 00:34:56.050 lots of introspection.
NOTE Confidence: 0.956023423

00:34:56.050 --> 00:34:58.870 Medscape helped us out and did
NOTE Confidence: 0.956023423

00:34:58.870 --> 00:35:02.552 a a survey of of about 13,000
NOTE Confidence: 0.956023423

00:35:02.552 --> 00:35:04.636 physicians across 29 specialties.
NOTE Confidence: 0.956023423

00:35:04.640 --> 00:35:05.718 As you guys can see up there,

NOTE Confidence: 0.956023423

00:35:05.720 --> 00:35:07.670 it's clearly too late to

NOTE Confidence: 0.956023423

00:35:07.670 --> 00:35:08.840 become a dermatologist.

NOTE Confidence: 0.956023423

00:35:08.840 --> 00:35:11.336 And curiously you see that oncologists

NOTE Confidence: 0.956023423

00:35:11.336 --> 00:35:13.958 are less burnt out than we are.

NOTE Confidence: 0.956023423

00:35:13.960 --> 00:35:16.488 I would have never guessed that as a

NOTE Confidence: 0.956023423

00:35:16.488 --> 00:35:18.637 multiple choice answer to that question.

NOTE Confidence: 0.956023423

00:35:18.640 --> 00:35:20.708 But we are the gurus of self-care.

NOTE Confidence: 0.956023423

00:35:20.708 --> 00:35:23.348 Spending time with family and

NOTE Confidence: 0.956023423

00:35:23.348 --> 00:35:26.559 friends is how we stay happy.

NOTE Confidence: 0.843454217142857

00:35:30.200 --> 00:35:32.140 The renowned Harvard study

NOTE Confidence: 0.843454217142857

00:35:32.140 --> 00:35:34.532 spanning 80 decades, 8 decades,

NOTE Confidence: 0.843454217142857

00:35:34.532 --> 00:35:37.328 80 years, serves as a poignant

NOTE Confidence: 0.843454217142857

00:35:37.328 --> 00:35:39.120 reminder that ultimately,

NOTE Confidence: 0.843454217142857

00:35:39.120 --> 00:35:42.662 the source of happiness lies in

NOTE Confidence: 0.843454217142857

00:35:42.662 --> 00:35:44.917 the quality of our relationships.

NOTE Confidence: 0.843454217142857

00:35:44.920 --> 00:35:46.520 In fact, for those psychotherapists
NOTE Confidence: 0.843454217142857

00:35:46.520 --> 00:35:48.120 in the room you tell,
NOTE Confidence: 0.843454217142857

00:35:48.120 --> 00:35:50.283 we have all been taught that a
NOTE Confidence: 0.843454217142857

00:35:50.283 --> 00:35:52.120 person's response to psychotherapy,
NOTE Confidence: 0.843454217142857

00:35:52.120 --> 00:35:55.225 the measure is what is the quality of their
NOTE Confidence: 0.843454217142857

00:35:55.225 --> 00:35:57.560 personal relationships that they have.
NOTE Confidence: 0.843454217142857

00:35:57.560 --> 00:35:59.520 As we navigate our careers,
NOTE Confidence: 0.843454217142857

00:35:59.520 --> 00:36:00.624 nurturing authentic
NOTE Confidence: 0.843454217142857

00:36:00.624 --> 00:36:02.280 connections with colleagues,
NOTE Confidence: 0.843454217142857

00:36:02.280 --> 00:36:05.976 patience and our widest and our
NOTE Confidence: 0.843454217142857

00:36:05.976 --> 00:36:08.440 wider community becomes indispensable
NOTE Confidence: 0.843454217142857

00:36:08.440 --> 00:36:11.320 for measuring our fulfillment.
NOTE Confidence: 0.843454217142857

00:36:11.320 --> 00:36:13.984 My philosophy encapsulates fairness,
NOTE Confidence: 0.843454217142857

00:36:13.984 --> 00:36:17.314 kindness and paying it forward.
NOTE Confidence: 0.843454217142857

00:36:17.320 --> 00:36:20.176 These guide my approach in both
NOTE Confidence: 0.843454217142857

00:36:20.176 --> 00:36:22.080 business and professional interactions.

NOTE Confidence: 0.843454217142857
00:36:22.080 --> 00:36:25.800 I will not help someone that is selfish.
NOTE Confidence: 0.843454217142857
00:36:25.800 --> 00:36:28.176 In my role as a business owner and a
NOTE Confidence: 0.843454217142857
00:36:28.176 --> 00:36:31.052 medical director, I appreciate my team.
NOTE Confidence: 0.843454217142857
00:36:31.052 --> 00:36:34.640 I placed unwavering trust in my team,
NOTE Confidence: 0.843454217142857
00:36:34.640 --> 00:36:38.520 allowing them the freedom to grow and excel.
NOTE Confidence: 0.843454217142857
00:36:38.520 --> 00:36:41.112 I will share with you that I have
NOTE Confidence: 0.843454217142857
00:36:41.112 --> 00:36:44.020 treated 21 patients with ketamine and
NOTE Confidence: 0.843454217142857
00:36:44.020 --> 00:36:47.058 esketamine and still left work by
NOTE Confidence: 0.843454217142857
00:36:47.058 --> 00:36:50.034 3:00 PM to catch my 4:00 yoga class.
NOTE Confidence: 0.843454217142857
00:36:50.040 --> 00:36:52.875 I firmly believe the strength of my
NOTE Confidence: 0.843454217142857
00:36:52.875 --> 00:36:56.976 team is a reflection to our collective
NOTE Confidence: 0.843454217142857
00:36:56.976 --> 00:36:59.440 dedication and mutual support.
NOTE Confidence: 0.843454217142857
00:36:59.440 --> 00:37:01.728 Casey, Patrick, Nora, Jesus,
NOTE Confidence: 0.843454217142857
00:37:01.728 --> 00:37:04.016 Terrell have been instrumental
NOTE Confidence: 0.843454217142857
00:37:04.016 --> 00:37:06.480 in my success story.
NOTE Confidence: 0.843454217142857

00:37:06.480 --> 00:37:09.630 While building any team is an
NOTE Confidence: 0.843454217142857

00:37:09.630 --> 00:37:11.844 iterative process, each member,
NOTE Confidence: 0.843454217142857

00:37:11.844 --> 00:37:15.872 regardless of whether they remained or left,
NOTE Confidence: 0.843454217142857

00:37:15.872 --> 00:37:17.540 imparted valuable lessons
NOTE Confidence: 0.843454217142857

00:37:17.540 --> 00:37:20.320 that have shaped my journey.
NOTE Confidence: 0.843454217142857

00:37:20.320 --> 00:37:23.316 As we embark on a second location,
NOTE Confidence: 0.843454217142857

00:37:23.320 --> 00:37:27.040 I am reminded that investing in this team,
NOTE Confidence: 0.843454217142857

00:37:27.040 --> 00:37:28.400 I'm included in this team.
NOTE Confidence: 0.843454217142857

00:37:28.400 --> 00:37:31.046 So investing in myself is not
NOTE Confidence: 0.843454217142857

00:37:31.046 --> 00:37:33.400 just about the business goals,
NOTE Confidence: 0.843454217142857

00:37:33.400 --> 00:37:35.525 but about creating a positive
NOTE Confidence: 0.843454217142857

00:37:35.525 --> 00:37:38.560 impact on them and our community.
NOTE Confidence: 0.843454217142857

00:37:38.560 --> 00:37:40.880 Southport, Connecticut, here we come.
NOTE Confidence: 0.843454217142857

00:37:40.880 --> 00:37:44.756 Mathematicians, I know you're still there.
NOTE Confidence: 0.843454217142857

00:37:44.760 --> 00:37:46.800 Our department's mission
NOTE Confidence: 0.843454217142857

00:37:46.800 --> 00:37:50.200 statement was revised last year.

NOTE Confidence: 0.843454217142857
00:37:50.200 --> 00:37:52.966 I share this portion that resonates
NOTE Confidence: 0.843454217142857
00:37:52.966 --> 00:37:55.759 with my message to you today.
NOTE Confidence: 0.843454217142857
00:37:55.760 --> 00:37:57.962 Yale's mission is to improve the
NOTE Confidence: 0.843454217142857
00:37:57.962 --> 00:38:00.240 world for generations to come through
NOTE Confidence: 0.843454217142857
00:38:00.240 --> 00:38:02.160 outstanding research and scholarship,
NOTE Confidence: 0.843454217142857
00:38:02.160 --> 00:38:03.386 education, preservation,
NOTE Confidence: 0.843454217142857
00:38:03.386 --> 00:38:04.612 and practice.
NOTE Confidence: 0.843454217142857
00:38:04.612 --> 00:38:07.677 This mission lives through us,
NOTE Confidence: 0.843454217142857
00:38:07.680 --> 00:38:09.880 through you as you graduate
NOTE Confidence: 0.843454217142857
00:38:09.880 --> 00:38:11.960 and continue to and continue
NOTE Confidence: 0.843454217142857
00:38:11.960 --> 00:38:13.480 on this professional journey.
NOTE Confidence: 0.96583464
00:38:16.440 --> 00:38:18.920 Recently, I went to Kansas.
NOTE Confidence: 0.96583464
00:38:18.920 --> 00:38:20.960 Mariela, who was like a daughter to me.
NOTE Confidence: 0.96583464
00:38:20.960 --> 00:38:24.314 She graduated medical school a
NOTE Confidence: 0.96583464
00:38:24.314 --> 00:38:26.826 few weeks ago and I had the honor
NOTE Confidence: 0.96583464

00:38:26.826 --> 00:38:29.794 of performing her hooding as we
NOTE Confidence: 0.96583464

00:38:29.794 --> 00:38:32.433 have all done here in the room.
NOTE Confidence: 0.96583464

00:38:32.440 --> 00:38:35.158 The graduating class recited the SIP,
NOTE Confidence: 0.96583464

00:38:35.160 --> 00:38:36.720 the Hippocratic Oath.
NOTE Confidence: 0.96583464

00:38:36.720 --> 00:38:39.320 It was such a reminder.
NOTE Confidence: 0.96583464

00:38:39.320 --> 00:38:41.424 I would like to invite you all with
NOTE Confidence: 0.96583464

00:38:41.424 --> 00:38:43.558 me in the room today to stand.
NOTE Confidence: 0.968061958888889

00:38:47.080 --> 00:38:49.078 I would like you to say this with me
NOTE Confidence: 0.947608995714286

00:38:52.200 --> 00:38:55.119 if I do not violate this oath.
NOTE Confidence: 0.947608995714286

00:38:55.120 --> 00:38:58.318 May I enjoy life and art,
NOTE Confidence: 0.947608995714286

00:38:58.320 --> 00:39:00.912 respected while I live,
NOTE Confidence: 0.947608995714286

00:39:00.912 --> 00:39:04.152 and remembered with affection thereafter.
NOTE Confidence: 0.947608995714286

00:39:04.160 --> 00:39:06.582 May I act, may I always act
NOTE Confidence: 0.947608995714286

00:39:06.582 --> 00:39:09.567 so as to preserve the finest
NOTE Confidence: 0.947608995714286

00:39:09.567 --> 00:39:12.035 traditions of my calling.
NOTE Confidence: 0.947608995714286

00:39:12.040 --> 00:39:14.398 May I long experience the joy.

NOTE Confidence: 0.7909062333333333
00:39:17.760 --> 00:39:19.596 Thank you, you can say it.
NOTE Confidence: 0.7909062333333333
00:39:19.600 --> 00:39:23.976 Thank you experiencing that joy of
NOTE Confidence: 0.7909062333333333
00:39:23.976 --> 00:39:27.480 healing those who seek our help.
NOTE Confidence: 0.7909062333333333
00:39:27.480 --> 00:39:28.995 Thank you so much for
NOTE Confidence: 0.7909062333333333
00:39:28.995 --> 00:39:30.920 allowing me to share my part,
NOTE Confidence: 0.7909062333333333
00:39:30.920 --> 00:39:33.475 the parts of my life with you.
NOTE Confidence: 0.7909062333333333
00:39:33.480 --> 00:39:36.078 I hope my stories have illustrated
NOTE Confidence: 0.7909062333333333
00:39:36.078 --> 00:39:38.840 how the power of resilience,
NOTE Confidence: 0.7909062333333333
00:39:38.840 --> 00:39:40.176 continuous learning,
NOTE Confidence: 0.7909062333333333
00:39:40.176 --> 00:39:42.180 and incorporating feedback
NOTE Confidence: 0.7909062333333333
00:39:42.180 --> 00:39:46.400 have been vital to my journey.
NOTE Confidence: 0.7909062333333333
00:39:46.400 --> 00:39:49.851 I hope you share my dedication to
NOTE Confidence: 0.7909062333333333
00:39:49.851 --> 00:39:52.320 lifelong learning and to my Yale
NOTE Confidence: 0.7909062333333333
00:39:52.320 --> 00:39:55.498 and the importance of being open and
NOTE Confidence: 0.7909062333333333
00:39:55.498 --> 00:39:58.639 honest of what we yet do not know.
NOTE Confidence: 0.7909062333333333

00:39:58.640 --> 00:39:59.200 Thank you.