WEBVTT

NOTE duration: ”00:52:12.117”

NOTE Confidence: 0.93558323

00:00:00.799 --> 00:00:01.839 Hi. Well, thank you very

NOTE Confidence: 0.93558323

00:00:01.839 --> 00:00:04.500 much, doctor Crystal. Oh, sorry.

NOTE Confidence: 0.9832834

00:00:04.960 --> 00:00:05.920 Well, thank you very much,

NOTE Confidence: 0.9832834

00:00:05.920 --> 00:00:07.460 doctor Crystal, for the generous

NOTE Confidence: 0.9302408

00:00:08.000 --> 00:00:08.500 introduction.

NOTE Confidence: 0.99712086

00:00:09.200 --> 00:00:10.580 So, you know, mental illnesses

NOTE Confidence: 0.97949094

00:00:10.880 --> 00:00:11.860 are the leading,

NOTE Confidence: 0.96782

00:00:12.664 --> 00:00:14.985 leading cause of disability adjusted

NOTE Confidence: 0.96782

00:00:14.985 --> 00:00:16.985 life years globally. So I

NOTE Confidence: 0.96782

00:00:16.985 --> 00:00:18.345 think it's very appropriate that,

NOTE Confidence: 0.96782

00:00:18.345 --> 00:00:19.665 you know, we're having a

NOTE Confidence: 0.96782

00:00:19.665 --> 00:00:20.744 a grand rounds in global

NOTE Confidence: 0.96782

00:00:20.744 --> 00:00:22.505 mental health. So before further

NOTE Confidence: 0.96782

00:00:22.505 --> 00:00:23.885 ado, I wanna introduce,

NOTE Confidence: 0.84596676

00:00:24.585 --> 00:00:25.864 my colleague and co resident,

NOTE Confidence: 0.84596676

00:00:25.864 --> 00:00:26.364 Natje

NOTE Confidence: 0.96992296

00:00:26.825 --> 00:00:28.939 Basilica, who comes to this

NOTE Confidence: 0.96992296

00:00:28.939 --> 00:00:30.460 residency program with a lot

NOTE Confidence: 0.96992296

00:00:30.460 --> 00:00:31.119 of accomplishments.

NOTE Confidence: 0.99842453

00:00:31.900 --> 00:00:33.200 Before his career in medicine,

NOTE Confidence: 0.99117786

00:00:34.140 --> 00:00:35.500 he was the chief of

NOTE Confidence: 0.99117786

00:00:35.500 --> 00:00:36.540 staff for the president of

NOTE Confidence: 0.99117786

00:00:36.540 --> 00:00:38.140 the World Bank, Jim Jim

NOTE Confidence: 0.99117786

00:00:38.140 --> 00:00:39.739 Kim, chief of staff for

NOTE Confidence: 0.99117786

00:00:39.739 --> 00:00:41.260 Paul Farmer. And when I

NOTE Confidence: 0.99117786

00:00:41.260 --> 00:00:42.379 was an undergrad, I actually

NOTE Confidence: 0.99117786

00:00:42.379 --> 00:00:43.725 read a book that he

NOTE Confidence: 0.99117786

00:00:43.725 --> 00:00:44.225 wrote,

NOTE Confidence: 0.98042595

00:00:45.805 --> 00:00:47.245 for my introduction to global

NOTE Confidence: 0.98042595

00:00:47.245 --> 00:00:48.065 health course.

NOTE Confidence: 0.9870284

00:00:48.684 --> 00:00:50.045 And he got his MD

NOTE Confidence: 0.9870284

00:00:50.045 --> 00:00:51.985 PhD from Harvard in economics,

NOTE Confidence: 0.98330235

00:00:52.925 --> 00:00:54.605 and, is, is honored to

NOTE Confidence: 0.98330235

00:00:54.605 --> 00:00:55.650 have him as a colleague.

NOTE Confidence: 0.98330235

00:00:55.890 --> 00:00:57.330 He was also recently voted

NOTE Confidence: 0.98330235

00:00:57.330 --> 00:00:59.170 favorite professor at Harvard by

NOTE Confidence: 0.98330235

00:00:59.170 --> 00:01:00.450 class of twenty twenty five.

NOTE Confidence: 0.98330235

00:01:00.450 --> 00:01:02.290 So he somehow manages to,

NOTE Confidence: 0.98330235

00:01:02.290 --> 00:01:03.510 you know, keep,

NOTE Confidence: 0.9964689

00:01:03.970 --> 00:01:05.830 you know, his teaching responsibilities

NOTE Confidence: 0.9875053

00:01:06.209 --> 00:01:07.090 as well as, you know,

NOTE Confidence: 0.9509374

00:01:08.075 --> 00:01:09.215 being a being an outstanding

NOTE Confidence: 0.9509374

00:01:09.275 --> 00:01:11.435 clinician here. So, before further

NOTE Confidence: 0.9509374

00:01:11.435 --> 00:01:13.215 ado, here's Matt.

NOTE Confidence: 0.9545152

00:01:17.435 --> 00:01:18.715 Thanks so much, Jay. True

NOTE Confidence: 0.9545152

00:01:18.715 --> 00:01:19.515 honor to be up here

NOTE Confidence: 0.9545152

00:01:19.515 --> 00:01:20.555 to speak to every one

NOTE Confidence: 0.9545152

00:01:20.555 --> 00:01:21.060 of you.

NOTE Confidence: 0.99209255

00:01:21.939 --> 00:01:22.899 And, you know, thank you

NOTE Confidence: 0.99209255

00:01:22.899 --> 00:01:23.860 for making this forum where

NOTE Confidence: 0.99209255

00:01:23.860 --> 00:01:24.979 we can explore some, you

NOTE Confidence: 0.99209255

00:01:24.979 --> 00:01:26.340 know, key progress in in

NOTE Confidence: 0.99209255

00:01:26.340 --> 00:01:27.700 this field. So I'll just

NOTE Confidence: 0.99209255

00:01:27.700 --> 00:01:29.539 frame global mental health a

NOTE Confidence: 0.99209255

00:01:29.539 --> 00:01:30.280 little bit.

NOTE Confidence: 0.99808514

00:01:30.740 --> 00:01:31.399 The field,

NOTE Confidence: 0.9372831

00:01:31.700 --> 00:01:32.979 which is, like, a part

NOTE Confidence: 0.9372831

00:01:32.979 --> 00:01:33.700 of the the field of

NOTE Confidence: 0.9372831

00:01:33.700 --> 00:01:35.060 global health is all about

NOTE Confidence: 0.9372831

00:01:35.060 --> 00:01:37.875 inequity. Right? Inequity in, the

NOTE Confidence: 0.9372831

00:01:37.875 --> 00:01:39.235 burden of illness, as Jim

NOTE Confidence: 0.9372831

00:01:39.235 --> 00:01:40.215 mentioned, and equity

NOTE Confidence: 0.9933827

00:01:40.515 --> 00:01:41.815 in access to services.

NOTE Confidence: 0.98046935

00:01:42.275 --> 00:01:44.115 And so, I'm gonna focus

NOTE Confidence: 0.98046935

00:01:44.115 --> 00:01:44.834 a bit of my talk

NOTE Confidence: 0.98046935

00:01:44.834 --> 00:01:46.035 on some of these, on

NOTE Confidence: 0.98046935

00:01:46.035 --> 00:01:47.075 the social determinants of health,

NOTE Confidence: 0.98046935

00:01:47.075 --> 00:01:48.695 some of this unequal burden,

NOTE Confidence: 0.88511556

00:01:49.020 --> 00:01:50.619 but really wanna emphasize and

NOTE Confidence: 0.88511556

00:01:50.619 --> 00:01:51.900 and as as doctor Kristol

NOTE Confidence: 0.88511556

00:01:51.900 --> 00:01:52.619 mentioned that,

NOTE Confidence: 0.94778335

00:01:53.020 --> 00:01:54.320 you know, the the pioneers

NOTE Confidence: 0.94778335

00:01:54.540 --> 00:01:55.340 in our field, but we

NOTE Confidence: 0.94778335

00:01:55.340 --> 00:01:56.860 can say global health or

NOTE Confidence: 0.94778335

00:01:56.860 --> 00:01:58.860 global mental health, have this,

NOTE Confidence: 0.94778335

00:01:58.860 --> 00:02:00.060 you know, unique set of

NOTE Confidence: 0.94778335

00:02:00.060 --> 00:02:00.560 characteristics

NOTE Confidence: 0.98006856

00:02:00.860 --> 00:02:02.380 where they have worked in

NOTE Confidence: 0.98006856

00:02:02.380 --> 00:02:04.245 partnership often for decades and

NOTE Confidence: 0.98006856

00:02:04.245 --> 00:02:04.725 decades,

NOTE Confidence: 0.96516925

00:02:05.045 --> 00:02:08.025 with some, communities in, tremendous

NOTE Confidence: 0.96516925

00:02:08.085 --> 00:02:08.665 need of

NOTE Confidence: 0.9062874

00:02:10.565 --> 00:02:11.445 of, from a health care

NOTE Confidence: 0.9062874

00:02:11.445 --> 00:02:12.565 standpoint. And so I have

NOTE Confidence: 0.9062874

00:02:12.565 --> 00:02:13.605 Paul Farmer up here who's

NOTE Confidence: 0.9062874

00:02:13.605 --> 00:02:15.065 really sort of a pioneer

NOTE Confidence: 0.9062874

00:02:15.205 --> 00:02:16.700 who who works and built

NOTE Confidence: 0.9062874

00:02:16.700 --> 00:02:18.060 organizations in nine different countries.

NOTE Confidence: 0.9062874

00:02:18.060 --> 00:02:19.580 They're working very tightly with

NOTE Confidence: 0.9062874

00:02:19.580 --> 00:02:21.520 communities, and those lessons from

NOTE Confidence: 0.9062874

00:02:21.819 --> 00:02:23.580 on the ground delivery problems

NOTE Confidence: 0.9062874

00:02:23.580 --> 00:02:25.120 are then shared globally,

NOTE Confidence: 0.9974514

00:02:25.580 --> 00:02:27.200 through many political changes,

NOTE Confidence: 0.96573526

00:02:27.580 --> 00:02:28.380 like those that we're going

NOTE Confidence: 0.96573526

00:02:28.380 --> 00:02:29.260 through now and, you know,

NOTE Confidence: 0.96573526

00:02:29.260 --> 00:02:31.360 develop resilient health care delivery,

NOTE Confidence: 0.999686

00:02:32.004 --> 00:02:32.504 infrastructure

NOTE Confidence: 0.96073276

00:02:32.805 --> 00:02:34.165 and lessons that can be,

NOTE Confidence: 0.96073276

00:02:34.165 --> 00:02:36.084 you know, learned through the,

NOTE Confidence: 0.96073276

00:02:36.325 --> 00:02:37.125 to the whole world. And

NOTE Confidence: 0.96073276

00:02:37.125 --> 00:02:38.565 so Vikram Patel, they're our

NOTE Confidence: 0.96073276

00:02:38.565 --> 00:02:39.924 good friends, but, you know,

NOTE Confidence: 0.96073276

00:02:39.924 --> 00:02:41.284 Vikram is probably the biggest

NOTE Confidence: 0.96073276

00:02:41.284 --> 00:02:42.405 name now in global mental

NOTE Confidence: 0.96073276

00:02:42.405 --> 00:02:43.864 health, was also a psychiatrist

NOTE Confidence: 0.96073276

00:02:43.924 --> 00:02:44.745 in his native

NOTE Confidence: 0.93415123

00:02:45.189 --> 00:02:46.469 India for over twenty years

NOTE Confidence: 0.93415123

00:02:46.469 --> 00:02:47.590 and then used those lessons

NOTE Confidence: 0.93415123

00:02:47.590 --> 00:02:48.629 to become one of the,

NOTE Confidence: 0.954162

00:02:48.950 --> 00:02:50.470 you know, highest funded, researchers

NOTE Confidence: 0.954162

00:02:50.470 --> 00:02:51.430 in this area and really

NOTE Confidence: 0.954162

00:02:51.430 --> 00:02:52.790 a global thought leader bringing

NOTE Confidence: 0.954162

00:02:52.790 --> 00:02:53.829 these lessons of equity. And

NOTE Confidence: 0.954162

00:02:53.829 --> 00:02:54.469 I would just point out

NOTE Confidence: 0.954162

00:02:54.469 --> 00:02:55.430 that I think our next

NOTE Confidence: 0.954162

00:02:55.430 --> 00:02:57.109 two speakers, both Jay and

NOTE Confidence: 0.954162

00:02:57.109 --> 00:02:58.230 Marco, has really kind of

NOTE Confidence: 0.954162

00:02:58.230 --> 00:03:00.155 lived this archetypal model where

NOTE Confidence: 0.954162

00:03:00.155 --> 00:03:01.775 you're looking for sustained,

NOTE Confidence: 0.90694344

00:03:02.395 --> 00:03:04.335 knowledge generation at the frontier,

NOTE Confidence: 0.96243906

00:03:05.035 --> 00:03:06.655 working with communities in partnership,

NOTE Confidence: 0.96243906

00:03:06.715 --> 00:03:07.995 and then asking how those

NOTE Confidence: 0.96243906

00:03:07.995 --> 00:03:09.455 lessons can translate to,

NOTE Confidence: 0.9477068

00:03:09.835 --> 00:03:11.730 improving, global mental health equity.

NOTE Confidence: 0.9477068

00:03:11.730 --> 00:03:13.730 It's really, exciting to to

NOTE Confidence: 0.9477068

00:03:13.730 --> 00:03:14.690 have been to co resident

NOTE Confidence: 0.9477068

00:03:14.690 --> 00:03:15.410 with them, and and I

NOTE Confidence: 0.9477068

00:03:15.410 --> 00:03:16.530 can't wait to see where

NOTE Confidence: 0.9477068

00:03:16.530 --> 00:03:17.510 their work will go.

NOTE Confidence: 0.99789125

00:03:18.530 --> 00:03:19.570 I'll just talk a little

NOTE Confidence: 0.99789125

00:03:19.570 --> 00:03:20.370 bit about my,

NOTE Confidence: 0.8977882

00:03:21.650 --> 00:03:23.010 my work in economics right

NOTE Confidence: 0.8977882

00:03:23.010 --> 00:03:23.410 here,

NOTE Confidence: 0.9695177

00:03:23.889 --> 00:03:25.430 some interesting findings,

NOTE Confidence: 0.9777746

00:03:26.335 --> 00:03:27.375 from from tools that we

NOTE Confidence: 0.9777746

00:03:27.375 --> 00:03:28.575 use in our discipline that

NOTE Confidence: 0.9777746

00:03:28.575 --> 00:03:29.775 might, have relevance to the

NOTE Confidence: 0.9777746

00:03:29.775 --> 00:03:30.975 ways that we think about,

NOTE Confidence: 0.99489737

00:03:31.294 --> 00:03:32.895 the unequal distribution of mental

NOTE Confidence: 0.99489737

00:03:32.895 --> 00:03:34.035 health disorders globally.

NOTE Confidence: 0.9060762

00:03:35.055 --> 00:03:36.095 And, you know, so kind

NOTE Confidence: 0.9060762

00:03:36.095 --> 00:03:37.135 of to take a recent

NOTE Confidence: 0.9060762

00:03:37.135 --> 00:03:38.495 review, this is from, World

NOTE Confidence: 0.9060762

00:03:38.495 --> 00:03:40.140 Psychiatry in twenty twenty four,

NOTE Confidence: 0.9060762

00:03:40.380 --> 00:03:41.840 a great review, really emphasizing

NOTE Confidence: 0.9060762

00:03:42.060 --> 00:03:43.280 that we know that adverse,

NOTE Confidence: 0.9836003

00:03:43.980 --> 00:03:45.920 you know, social conditions, especially,

NOTE Confidence: 0.9173139

00:03:47.020 --> 00:03:48.400 from anywhere from in utero

NOTE Confidence: 0.9173139

00:03:48.459 --> 00:03:51.040 to, early childhood to adulthood,

NOTE Confidence: 0.9635267

00:03:51.420 --> 00:03:51.920 obviously,

NOTE Confidence: 0.90999347

00:03:52.540 --> 00:03:53.900 affect risk of a variety

NOTE Confidence: 0.90999347

00:03:53.900 --> 00:03:54.959 of mental health disorders.

NOTE Confidence: 0.93956405

00:03:56.924 --> 00:03:58.465 My teaching kind of straddles

NOTE Confidence: 0.92954195

00:03:58.924 --> 00:04:00.605 two fields. One is, development

NOTE Confidence: 0.92954195

00:04:00.605 --> 00:04:01.565 and global health, and the

NOTE Confidence: 0.92954195

00:04:01.565 --> 00:04:03.165 other, this is kind of

NOTE Confidence: 0.92954195

00:04:03.165 --> 00:04:04.705 the first lecture class of

NOTE Confidence: 0.92954195

00:04:04.845 --> 00:04:05.805 kind of devoted to mental

NOTE Confidence: 0.92954195

00:04:05.805 --> 00:04:07.004 health at a we think

NOTE Confidence: 0.92954195

00:04:07.004 --> 00:04:08.125 at a top Egon department,

NOTE Confidence: 0.92954195

00:04:08.125 --> 00:04:09.510 so trying to fuse these

NOTE Confidence: 0.92954195

00:04:09.510 --> 00:04:10.650 two disciplines together.

NOTE Confidence: 0.9828487

00:04:11.270 --> 00:04:12.390 And one of the kind

NOTE Confidence: 0.9828487

00:04:12.390 --> 00:04:13.350 of interesting things that we

NOTE Confidence: 0.9828487

00:04:13.350 --> 00:04:14.330 encounter is that

NOTE Confidence: 0.8868292

00:04:14.630 --> 00:04:15.610 unlike the rest

NOTE Confidence: 0.9483673

00:04:16.070 --> 00:04:17.270 of global health where we

NOTE Confidence: 0.9483673

00:04:17.270 --> 00:04:18.390 have what's called the Preston

NOTE Confidence: 0.9483673

00:04:18.390 --> 00:04:20.550 curve and health naturally gets

NOTE Confidence: 0.9483673

00:04:20.630 --> 00:04:21.750 or, you know, it tends

NOTE Confidence: 0.9483673

00:04:21.750 --> 00:04:23.350 to get better as country

NOTE Confidence: 0.9483673

00:04:23.350 --> 00:04:25.005 incomes improve, We have kind

NOTE Confidence: 0.9483673

00:04:25.005 --> 00:04:25.805 of the opposite,

NOTE Confidence: 0.92983043

00:04:26.885 --> 00:04:27.945 finding in,

NOTE Confidence: 0.9250172

00:04:29.005 --> 00:04:30.665 in, you know, subjective well-being.

NOTE Confidence: 0.9250172

00:04:30.885 --> 00:04:31.925 And you may have seen

NOTE Confidence: 0.9250172

00:04:31.925 --> 00:04:33.525 this on the front page

NOTE Confidence: 0.9250172

00:04:33.525 --> 00:04:34.665 New York Times obituary

NOTE Confidence: 0.901036

00:04:35.365 --> 00:04:37.365 this month for Richard Easterlin,

NOTE Confidence: 0.901036

00:04:37.365 --> 00:04:37.865 who

NOTE Confidence: 0.9741506

00:04:38.290 --> 00:04:39.650 found the very famous Easterlin

NOTE Confidence: 0.9741506

00:04:39.650 --> 00:04:41.350 paradox, which is that despite

NOTE Confidence: 0.9741506

00:04:41.490 --> 00:04:43.270 rapid growth in,

NOTE Confidence: 0.99797666

00:04:43.730 --> 00:04:44.930 many countries, we don't see

NOTE Confidence: 0.99797666

00:04:44.930 --> 00:04:46.550 a concomitant rise in well-being.

NOTE Confidence: 0.92917085

00:04:47.970 --> 00:04:49.589 And so this has been

NOTE Confidence: 0.92917085

00:04:49.730 --> 00:04:50.450 thought to be one of

NOTE Confidence: 0.92917085

00:04:50.450 --> 00:04:51.910 the biggest puzzles in macroeconomics.

NOTE Confidence: 0.9307373

00:04:52.370 --> 00:04:54.105 Why does why does economic

NOTE Confidence: 0.9643875

00:04:55.545 --> 00:04:56.904 increase in subjective well-being? And

NOTE Confidence: 0.9643875

00:04:56.904 --> 00:04:57.945 here's just a few examples

NOTE Confidence: 0.9643875

00:04:57.945 --> 00:04:59.385 of this of this chart.

NOTE Confidence: 0.9643875

00:04:59.385 --> 00:05:00.345 And as you you'll see

NOTE Confidence: 0.9643875

00:05:00.345 --> 00:05:02.025 my hypothesis that I'm trying

NOTE Confidence: 0.9643875

00:05:02.025 --> 00:05:03.385 to get at is that,

NOTE Confidence: 0.9643875

00:05:03.545 --> 00:05:04.585 there's a there's a lot

NOTE Confidence: 0.9643875

00:05:04.585 --> 00:05:05.945 going on here in the

NOTE Confidence: 0.9643875

00:05:05.945 --> 00:05:07.750 aggregate social changes happening. This

NOTE Confidence: 0.9643875

00:05:07.750 --> 00:05:08.790 is not just about income

NOTE Confidence: 0.9643875

00:05:08.790 --> 00:05:10.070 changes. It's about other changes

NOTE Confidence: 0.9643875

00:05:10.070 --> 00:05:10.810 in society,

NOTE Confidence: 0.9694476

00:05:11.430 --> 00:05:12.870 sometimes very subtle changes. And

NOTE Confidence: 0.9694476

00:05:12.870 --> 00:05:14.230 if we can better characterize

NOTE Confidence: 0.9694476

00:05:14.230 --> 00:05:15.750 those, especially on a quantitative

NOTE Confidence: 0.9694476

00:05:15.750 --> 00:05:16.810 level, it might help us

NOTE Confidence: 0.9452132

00:05:17.190 --> 00:05:18.390 better appreciate some of these

NOTE Confidence: 0.9452132

00:05:18.390 --> 00:05:20.070 other, social determinants of health.

NOTE Confidence: 0.9452132

00:05:20.070 --> 00:05:21.725 So my goals are to

NOTE Confidence: 0.9452132

00:05:21.725 --> 00:05:22.845 think about new ways of

NOTE Confidence: 0.9452132

00:05:22.845 --> 00:05:24.445 using quantitative measure to subtle

NOTE Confidence: 0.9452132

00:05:24.445 --> 00:05:25.565 social determinants of mental health,

NOTE Confidence: 0.9452132

00:05:25.565 --> 00:05:26.705 including transgenerational

NOTE Confidence: 0.8962369

00:05:27.165 --> 00:05:27.985 cultural persistence,

NOTE Confidence: 0.96153915

00:05:28.285 --> 00:05:30.285 an embodiment of these large

NOTE Confidence: 0.96153915

00:05:30.285 --> 00:05:32.205 scale forces of macroeconomic change,

NOTE Confidence: 0.96153915

00:05:32.205 --> 00:05:33.485 and then to leverage causal

NOTE Confidence: 0.96153915

00:05:33.485 --> 00:05:35.264 inference techniques from historical macroeconomics,

NOTE Confidence: 0.96153915

00:05:35.440 --> 00:05:35.940 economics,

NOTE Confidence: 0.956409

00:05:36.480 --> 00:05:38.320 to hopefully begin to unlock,

NOTE Confidence: 0.956409

00:05:38.480 --> 00:05:39.920 again, this hypothesis around the

NOTE Confidence: 0.956409

00:05:39.920 --> 00:05:42.260 Eastland paradox and then identify

NOTE Confidence: 0.956409

00:05:42.480 --> 00:05:44.740 particular risk and protective factors

NOTE Confidence: 0.956409

00:05:44.800 --> 00:05:46.160 for particular mental health disorders.

NOTE Confidence: 0.956409

00:05:46.160 --> 00:05:46.960 And again, I'll show you

NOTE Confidence: 0.956409

00:05:46.960 --> 00:05:48.000 suggested evidence here. I'm not

NOTE Confidence: 0.956409

00:05:48.000 --> 00:05:48.960 saying I'm I'm there by

NOTE Confidence: 0.956409

00:05:48.960 --> 00:05:49.839 any means, but this is

NOTE Confidence: 0.956409

00:05:49.839 --> 00:05:51.134 sort of where we're trying

NOTE Confidence: 0.956409

00:05:51.134 --> 00:05:52.034 to go. So

NOTE Confidence: 0.9616556

00:05:53.615 --> 00:05:54.895 some of the motivation from

NOTE Confidence: 0.9616556

00:05:54.895 --> 00:05:56.335 this comes from, I think,

NOTE Confidence: 0.9616556

00:05:56.335 --> 00:05:57.534 a really interesting set of

NOTE Confidence: 0.9616556

00:05:57.534 --> 00:05:58.034 researching,

NOTE Confidence: 0.9739084

00:05:58.335 --> 00:05:59.315 cognitive psychology.

NOTE Confidence: 0.963355

00:05:59.935 --> 00:06:01.214 Joe Henrich, who started as

NOTE Confidence: 0.963355

00:06:01.214 --> 00:06:02.595 a trained as an anthropologist,

NOTE Confidence: 0.963355

00:06:02.735 --> 00:06:04.250 taught in economics at University

NOTE Confidence: 0.963355

00:06:04.250 --> 00:06:05.210 of British Columbia, is now

NOTE Confidence: 0.963355

00:06:05.210 --> 00:06:06.490 the chair of psychology at

NOTE Confidence: 0.963355

00:06:06.490 --> 00:06:06.990 Harvard,

NOTE Confidence: 0.9335739

00:06:07.370 --> 00:06:08.830 is famous for, you know,

NOTE Confidence: 0.9335739

00:06:09.050 --> 00:06:10.910 essentially finding instead of hypotheses

NOTE Confidence: 0.9335739

00:06:10.970 --> 00:06:12.410 around the weirdest people in

NOTE Confidence: 0.9335739

00:06:12.410 --> 00:06:13.610 the world. So WEIRD stands

NOTE Confidence: 0.9335739

00:06:13.610 --> 00:06:15.789 for Western, educated, industrialized,

NOTE Confidence: 0.80596733

00:06:16.410 --> 00:06:16.910 democratic.

NOTE Confidence: 0.9149222

00:06:17.345 --> 00:06:18.785 And essentially, it's a series

NOTE Confidence: 0.9149222

00:06:18.785 --> 00:06:19.665 of findings that says, hey,

NOTE Confidence: 0.9149222

00:06:19.665 --> 00:06:20.965 most of our cognitive,

NOTE Confidence: 0.96582556

00:06:22.225 --> 00:06:23.985 theories, and our even our

NOTE Confidence: 0.96582556

00:06:23.985 --> 00:06:26.545 our, neuroimaging evidence comes from

NOTE Confidence: 0.96582556

00:06:26.545 --> 00:06:28.145 fairly similar populations from a

NOTE Confidence: 0.96582556

00:06:28.145 --> 00:06:29.880 social learning perspective. And in

NOTE Confidence: 0.96582556

00:06:29.880 --> 00:06:30.680 fact, if you look at

NOTE Confidence: 0.96582556

00:06:30.680 --> 00:06:32.860 the ethnographic record, these societies

NOTE Confidence: 0.96582556

00:06:33.080 --> 00:06:34.540 are pretty unusual,

NOTE Confidence: 0.96473587

00:06:36.120 --> 00:06:37.800 in the following types of

NOTE Confidence: 0.96473587

00:06:37.800 --> 00:06:39.339 ways. So to focus on

NOTE Confidence: 0.96473587

00:06:39.400 --> 00:06:40.940 kinship for a second,

NOTE Confidence: 0.96536404

00:06:41.479 --> 00:06:42.919 having little or no marriage

NOTE Confidence: 0.96536404

00:06:42.919 --> 00:06:44.145 to cousins or other relatives.

NOTE Confidence: 0.96536404

00:06:44.145 --> 00:06:44.964 Most, you know,

NOTE Confidence: 0.92742264

00:06:45.585 --> 00:06:46.865 folks in what are called

NOTE Confidence: 0.92742264

00:06:46.865 --> 00:06:47.904 weird societies, we find this

NOTE Confidence: 0.92742264

00:06:47.904 --> 00:06:48.805 a little bit odd.

NOTE Confidence: 0.8665221

00:06:49.345 --> 00:06:51.425 Twenty five percent of societies

NOTE Confidence: 0.8665221

00:06:51.425 --> 00:06:52.224 share this property in the

NOTE Confidence: 0.8665221

00:06:52.224 --> 00:06:53.264 African African American, meaning, you

NOTE Confidence: 0.8665221

00:06:53.264 --> 00:06:54.625 know, seventy five percent don't.

NOTE Confidence: 0.8665221

00:06:54.625 --> 00:06:55.425 When we think about other

NOTE Confidence: 0.8665221

00:06:55.425 --> 00:06:57.104 things like monogamous marriage, nuclear

NOTE Confidence: 0.8665221

00:06:57.104 --> 00:06:58.464 families, and then you and

NOTE Confidence: 0.8665221

00:06:58.464 --> 00:06:59.284 local residents,

NOTE Confidence: 0.9544721

00:06:59.980 --> 00:07:00.940 you know, those of us

NOTE Confidence: 0.9544721

00:07:00.940 --> 00:07:01.980 that have ever thought about

NOTE Confidence: 0.9544721

00:07:01.980 --> 00:07:04.220 living with, relatives, etcetera, to

NOTE Confidence: 0.9544721

00:07:04.220 --> 00:07:05.820 save money, if there's some

NOTE Confidence: 0.9544721

00:07:05.820 --> 00:07:06.940 kind of taboo around that,

NOTE Confidence: 0.9544721

00:07:06.940 --> 00:07:09.580 again, it's pretty unusual that,

NOTE Confidence: 0.9544721

00:07:09.979 --> 00:07:11.020 the kind of social norm

NOTE Confidence: 0.9544721

00:07:11.020 --> 00:07:11.419 that,

NOTE Confidence: 0.9414925

00:07:11.820 --> 00:07:13.805 you know, new families, couples

NOTE Confidence: 0.9414925

00:07:13.805 --> 00:07:15.325 are are living outside the

NOTE Confidence: 0.9414925

00:07:15.325 --> 00:07:16.385 the household. So,

NOTE Confidence: 0.9921335

00:07:16.765 --> 00:07:17.905 if you add up,

NOTE Confidence: 0.9749955

00:07:18.365 --> 00:07:18.685 most,

NOTE Confidence: 0.9642609

00:07:19.165 --> 00:07:20.445 societies of the twelve hundred

NOTE Confidence: 0.9642609

00:07:20.445 --> 00:07:22.205 sixty five ethnographic atlas share

NOTE Confidence: 0.9642609

00:07:22.205 --> 00:07:23.885 zero of these five kinship

NOTE Confidence: 0.9642609

00:07:23.885 --> 00:07:24.685 features with,

NOTE Confidence: 0.9770632

00:07:25.165 --> 00:07:27.325 with weird societies, and almost

NOTE Confidence: 0.9770632

00:07:27.325 --> 00:07:28.670 none share all five.

NOTE Confidence: 0.9656444

00:07:29.850 --> 00:07:31.850 Henrik's hypothesis, which really extends

NOTE Confidence: 0.9656444

00:07:31.850 --> 00:07:33.390 work from the famous sociologist

NOTE Confidence: 0.9656444

00:07:33.450 --> 00:07:35.690 Max Weber, is, not only

NOTE Confidence: 0.9656444

00:07:35.690 --> 00:07:37.710 that the increasing market penetration

NOTE Confidence: 0.9656444

00:07:37.850 --> 00:07:38.890 has, you know, led to

NOTE Confidence: 0.9656444

00:07:38.890 --> 00:07:39.390 individualization,

NOTE Confidence: 0.9219943

00:07:39.770 --> 00:07:40.845 this is also sort of

NOTE Confidence: 0.94324976

00:07:41.405 --> 00:07:42.845 theory that Marx made famous.

NOTE Confidence: 0.94324976

00:07:42.845 --> 00:07:44.125 But that in particular, there

NOTE Confidence: 0.94324976

00:07:44.125 --> 00:07:45.805 are changes in the the

NOTE Confidence: 0.94324976

00:07:45.805 --> 00:07:48.205 middle ages that the, Catholic

NOTE Confidence: 0.94324976

00:07:48.205 --> 00:07:50.065 church and their institutions were

NOTE Confidence: 0.94324976

00:07:50.285 --> 00:07:51.805 somewhat intentionally trying to fracture

NOTE Confidence: 0.94324976

00:07:51.805 --> 00:07:53.325 kinship bonds into this particular

NOTE Confidence: 0.94324976

00:07:53.325 --> 00:07:54.165 package. So he goes through

NOTE Confidence: 0.94324976

00:07:54.165 --> 00:07:55.259 a whole theory about what

NOTE Confidence: 0.94324976

00:07:55.259 --> 00:07:56.539 their incentives were, why this

NOTE Confidence: 0.94324976

00:07:56.539 --> 00:07:57.979 happened, but does show pretty

NOTE Confidence: 0.94324976

00:07:57.979 --> 00:07:59.180 clear evidence that there was

NOTE Confidence: 0.94324976

00:07:59.180 --> 00:08:01.500 this structural change in kinship

NOTE Confidence: 0.94324976

00:08:01.500 --> 00:08:02.620 and that this has led

NOTE Confidence: 0.94324976

00:08:02.620 --> 00:08:04.080 us to a different,

NOTE Confidence: 0.9154082

00:08:05.180 --> 00:08:06.379 not just set of social

NOTE Confidence: 0.9154082

00:08:06.379 --> 00:08:08.159 norms this way, but, potentially

NOTE Confidence: 0.9154082

00:08:08.220 --> 00:08:09.759 could lead us to, interesting

NOTE Confidence: 0.97724605

00:08:10.685 --> 00:08:11.485 outcomes as I'll try to

NOTE Confidence: 0.97724605

00:08:11.485 --> 00:08:12.285 get to in a second.

NOTE Confidence: 0.97724605

00:08:12.285 --> 00:08:12.785 So

NOTE Confidence: 0.9140063

00:08:13.805 --> 00:08:15.044 that's where the framing the

NOTE Confidence: 0.9140063

00:08:15.164 --> 00:08:16.444 so the evidence comes from

NOTE Confidence: 0.9140063

00:08:16.444 --> 00:08:17.965 the ethnographic ATLAS and the,

NOTE Confidence: 0.9140063

00:08:18.285 --> 00:08:20.205 standard cross cultural survey, twelve

NOTE Confidence: 0.9140063

00:08:20.205 --> 00:08:21.884 hundred sixty five communities. And

NOTE Confidence: 0.9140063

00:08:21.884 --> 00:08:22.925 I'm gonna pull on the

NOTE Confidence: 0.9140063

00:08:22.925 --> 00:08:24.845 methodology of two very famous

NOTE Confidence: 0.9140063

00:08:24.845 --> 00:08:26.880 econ papers to, try to

NOTE Confidence: 0.9140063

00:08:26.880 --> 00:08:27.320 establish,

NOTE Confidence: 0.9727239

00:08:27.760 --> 00:08:29.104 these these results. So one,

NOTE Confidence: 0.9727239

00:08:29.392 --> 00:08:29.680 it's,

NOTE Confidence: 0.80437964

00:08:31.440 --> 00:08:32.480 written Jen Roles, Women in

NOTE Confidence: 0.80437964

00:08:32.480 --> 00:08:34.160 the Plow, which, these,

NOTE Confidence: 0.95289594

00:08:34.640 --> 00:08:36.100 leading development economists,

NOTE Confidence: 0.95869625

00:08:36.960 --> 00:08:38.720 are very interested in how,

NOTE Confidence: 0.95869625

00:08:38.960 --> 00:08:40.160 this you know, when when

NOTE Confidence: 0.95869625

00:08:40.160 --> 00:08:41.380 jobs are scarce, women

NOTE Confidence: 0.9418447

00:08:42.045 --> 00:08:43.005 men should have more right

NOTE Confidence: 0.9418447

00:08:43.005 --> 00:08:44.065 to a job than women.

NOTE Confidence: 0.9418447

00:08:44.285 --> 00:08:45.485 The variation was from three

NOTE Confidence: 0.9418447

00:08:45.485 --> 00:08:47.085 point six percent in Iceland

NOTE Confidence: 0.9418447

00:08:47.085 --> 00:08:48.465 and ninety nine percent Egypt.

NOTE Confidence: 0.973181

00:08:48.845 --> 00:08:49.885 And they wanted to show

NOTE Confidence: 0.973181

00:08:49.885 --> 00:08:51.725 that, some of these features

NOTE Confidence: 0.973181

00:08:51.725 --> 00:08:52.225 of

NOTE Confidence: 0.8887826

00:08:53.405 --> 00:08:54.765 societies in ethnographical record could

NOTE Confidence: 0.8887826

00:08:54.765 --> 00:08:55.950 actually be predicted, in fact,

NOTE Confidence: 0.8887826

00:08:56.110 --> 00:08:57.870 show historical persistence in predicting

NOTE Confidence: 0.8887826

00:08:57.870 --> 00:08:59.410 these modern day social norms.

NOTE Confidence: 0.95350903

00:09:00.190 --> 00:09:02.350 So their approach is to

NOTE Confidence: 0.95350903

00:09:02.350 --> 00:09:04.590 link that data to the,

NOTE Confidence: 0.95350903

00:09:04.910 --> 00:09:06.670 Ethnologue Language Atlas, which is

NOTE Confidence: 0.95350903

00:09:06.670 --> 00:09:07.710 a Language Atlas of the

NOTE Confidence: 0.95350903

00:09:07.710 --> 00:09:08.990 world, can be linked to

NOTE Confidence: 0.95350903

00:09:08.990 --> 00:09:10.510 those different societies. And so

NOTE Confidence: 0.95350903

00:09:10.510 --> 00:09:11.470 here you can see how

NOTE Confidence: 0.95350903

00:09:11.470 --> 00:09:11.835 they link,

NOTE Confidence: 0.9237245

00:09:13.515 --> 00:09:14.715 societies at the plow versus

NOTE Confidence: 0.9237245

00:09:14.715 --> 00:09:15.515 those that didn't have the

NOTE Confidence: 0.9237245

00:09:15.515 --> 00:09:16.955 plow. The hypothesis in their

NOTE Confidence: 0.9237245

00:09:16.955 --> 00:09:17.934 paper was essentially,

NOTE Confidence: 0.8493385

00:09:18.395 --> 00:09:20.075 was goes to anthropologist Esther

NOTE Confidence: 0.8493385

00:09:20.075 --> 00:09:21.595 Boseroff, is that societies at

NOTE Confidence: 0.8493385

00:09:21.595 --> 00:09:22.575 the plow favored,

NOTE Confidence: 0.9722563

00:09:23.755 --> 00:09:25.195 upper body muscular strength and

NOTE Confidence: 0.9722563

00:09:25.195 --> 00:09:26.495 would lead to a higher

NOTE Confidence: 0.9526478

00:09:26.920 --> 00:09:29.000 level of gender segregation in

NOTE Confidence: 0.9526478

00:09:29.000 --> 00:09:30.040 economic roles. And so you

NOTE Confidence: 0.9526478

00:09:30.040 --> 00:09:30.760 see that both in the

NOTE Confidence: 0.9526478

00:09:30.760 --> 00:09:32.600 ethnographic atlas and then using

NOTE Confidence: 0.9526478

00:09:32.600 --> 00:09:34.040 this mapping, they're able to

NOTE Confidence: 0.9526478

00:09:34.040 --> 00:09:35.720 show that indeed a higher

NOTE Confidence: 0.9526478

00:09:35.720 --> 00:09:37.480 fraction of ancestry from traditional

NOTE Confidence: 0.9526478

00:09:37.480 --> 00:09:39.580 plow use communities is associated

NOTE Confidence: 0.9526478

00:09:39.720 --> 00:09:41.500 with higher labour force participation

NOTE Confidence: 0.20531617

00:09:42.184 --> 00:09:42.684 between

NOTE Confidence: 0.9118209

00:09:43.385 --> 00:09:44.745 two thousand, actually, sorry, more

NOTE Confidence: 0.9118209

00:09:44.745 --> 00:09:46.365 plow use is less, and

NOTE Confidence: 0.9118209

00:09:46.505 --> 00:09:48.445 then, other really key outcomes

NOTE Confidence: 0.9118209

00:09:48.505 --> 00:09:49.304 when we think about gender

NOTE Confidence: 0.9118209

00:09:49.304 --> 00:09:51.145 inequality, including share of women

NOTE Confidence: 0.9118209

00:09:51.145 --> 00:09:52.825 in political positions and pretty

NOTE Confidence: 0.9118209

00:09:52.825 --> 00:09:53.910 large average effect sizes.

NOTE Confidence: 0.944947

00:09:54.470 --> 00:09:56.069 Sizes. And, again, so the

NOTE Confidence: 0.944947

00:09:56.069 --> 00:09:57.029 economics focus a lot on

NOTE Confidence: 0.944947

00:09:57.029 --> 00:09:57.990 is how to use causal

NOTE Confidence: 0.944947

00:09:57.990 --> 00:09:59.269 inference when you can't randomize.

NOTE Confidence: 0.944947

00:09:59.269 --> 00:10:00.629 Right? So obviously, it's a

NOTE Confidence: 0.944947

00:10:00.629 --> 00:10:02.389 large scale historical process. So

NOTE Confidence: 0.944947

00:10:02.389 --> 00:10:03.670 we use something called instrumental

NOTE Confidence: 0.944947

00:10:03.670 --> 00:10:04.790 variables, which is really not

NOTE Confidence: 0.944947

00:10:04.949 --> 00:10:06.355 it's a can do, you

NOTE Confidence: 0.944947

00:10:06.355 --> 00:10:07.475 know, random assignment in in

NOTE Confidence: 0.944947

00:10:07.475 --> 00:10:08.755 a randomized controlled trial, but

NOTE Confidence: 0.944947

00:10:08.755 --> 00:10:10.054 we need some other,

NOTE Confidence: 0.8739727

00:10:10.595 --> 00:10:12.054 instrument. So here they use

NOTE Confidence: 0.9027376

00:10:14.035 --> 00:10:16.295 a geological instrument saying there's

NOTE Confidence: 0.9027376

00:10:16.355 --> 00:10:17.475 an environment that could lead

NOTE Confidence: 0.9027376

00:10:17.475 --> 00:10:18.809 to one crop versus another

NOTE Confidence: 0.9027376

00:10:18.890 --> 00:10:19.690 to to create this IV.

NOTE Confidence: 0.9027376

00:10:19.690 --> 00:10:20.410 So I'm just showing that

NOTE Confidence: 0.9027376

00:10:20.410 --> 00:10:21.630 I pull in this methodology

NOTE Confidence: 0.9027376

00:10:21.690 --> 00:10:23.550 and then another very famous

NOTE Confidence: 0.80278265

00:10:24.010 --> 00:10:24.510 experiment.

NOTE Confidence: 0.83297575

00:10:26.010 --> 00:10:26.990 This is one of my

NOTE Confidence: 0.85136205

00:10:27.770 --> 00:10:29.390 thesis advisors and

NOTE Confidence: 0.9591664

00:10:29.929 --> 00:10:31.755 recommenders, and these charts are

NOTE Confidence: 0.9591664

00:10:31.995 --> 00:10:33.515 from a very famous paper,

NOTE Confidence: 0.9591664

00:10:33.515 --> 00:10:35.335 which shows that the,

NOTE Confidence: 0.91065794

00:10:35.675 --> 00:10:36.554 what we want to consider

NOTE Confidence: 0.91065794

00:10:36.554 --> 00:10:37.855 this process of

NOTE Confidence: 0.8540058

00:10:38.155 --> 00:10:39.835 historical institutional change, which are

NOTE Confidence: 0.8540058

00:10:39.835 --> 00:10:40.635 very interested in sort of

NOTE Confidence: 0.8540058

00:10:40.635 --> 00:10:41.135 Westernization.

NOTE Confidence: 0.99847513

00:10:42.235 --> 00:10:42.735 These

NOTE Confidence: 0.92553943

00:10:43.515 --> 00:10:45.515 scholars showed that the death

NOTE Confidence: 0.92553943

00:10:45.515 --> 00:10:47.215 rate of colonial settlers

NOTE Confidence: 0.9751671

00:10:47.940 --> 00:10:50.280 related to the likelihood of,

NOTE Confidence: 0.9648429

00:10:51.540 --> 00:10:53.220 extractive institutions. That's the higher

NOTE Confidence: 0.9648429

00:10:53.220 --> 00:10:54.179 the death rate, the more

NOTE Confidence: 0.9648429

00:10:54.179 --> 00:10:56.580 likely extractive institutions were to

NOTE Confidence: 0.9648429

00:10:56.580 --> 00:10:58.260 be set up in, in

NOTE Confidence: 0.9648429

00:10:58.260 --> 00:11:00.165 European colonies, and then that

NOTE Confidence: 0.9648429

00:11:00.245 --> 00:11:00.644 also,

NOTE Confidence: 0.94208324

00:11:01.125 --> 00:11:01.625 predicts,

NOTE Confidence: 0.95438313

00:11:02.884 --> 00:11:04.005 income today. So it's called

NOTE Confidence: 0.95438313

00:11:04.005 --> 00:11:05.365 an instrumental variable, that log

NOTE Confidence: 0.95438313

00:11:05.365 --> 00:11:06.345 of settler mortality,

NOTE Confidence: 0.98149425

00:11:06.804 --> 00:11:07.704 that's how many,

NOTE Confidence: 0.9031155

00:11:08.644 --> 00:11:10.084 colonial social are dying, they're

NOTE Confidence: 0.9031155

00:11:10.084 --> 00:11:11.125 more more likely to set

NOTE Confidence: 0.9031155

00:11:11.125 --> 00:11:13.144 up these terribly extractive institutions.

NOTE Confidence: 0.9399232

00:11:13.445 --> 00:11:15.045 Obviously, intuition there, but this

NOTE Confidence: 0.9399232

00:11:15.045 --> 00:11:15.990 paper and these,

NOTE Confidence: 0.90120167

00:11:16.709 --> 00:11:17.270 like I showed this in

NOTE Confidence: 0.90120167

00:11:17.270 --> 00:11:18.550 the RTC seminar, these were

NOTE Confidence: 0.90120167

00:11:18.550 --> 00:11:19.370 the only two,

NOTE Confidence: 0.9436122

00:11:20.230 --> 00:11:21.589 graphs shown in the twenty

NOTE Confidence: 0.9436122

00:11:21.589 --> 00:11:22.709 twenty four Nobel Prize in

NOTE Confidence: 0.9436122

00:11:22.709 --> 00:11:24.070 Economics for exactly this work,

NOTE Confidence: 0.9436122

00:11:24.070 --> 00:11:24.870 which went to these three

NOTE Confidence: 0.9436122

00:11:24.870 --> 00:11:25.370 authors,

NOTE Confidence: 0.9690285

00:11:26.230 --> 00:11:28.070 since since that presentation. So

NOTE Confidence: 0.9690285

00:11:28.070 --> 00:11:29.350 I'm trying to extend essentially

NOTE Confidence: 0.9690285

00:11:29.350 --> 00:11:30.790 those two key econ papers

NOTE Confidence: 0.9690285

00:11:30.790 --> 00:11:31.965 into how we think about

NOTE Confidence: 0.9690285

00:11:32.285 --> 00:11:33.645 the global burden of mental

NOTE Confidence: 0.9690285

00:11:33.645 --> 00:11:34.684 health disorders. So I'm gonna

NOTE Confidence: 0.9690285

00:11:34.684 --> 00:11:35.985 look at, these,

NOTE Confidence: 0.9695189

00:11:36.525 --> 00:11:37.565 a set of controls that

NOTE Confidence: 0.9695189

00:11:37.565 --> 00:11:39.485 comes from the ethnographic record

NOTE Confidence: 0.9695189

00:11:39.485 --> 00:11:40.145 as well.

NOTE Confidence: 0.95020103

00:11:41.645 --> 00:11:42.945 To give just some preliminary

NOTE Confidence: 0.95020103

00:11:43.005 --> 00:11:44.605 evidence and suggestive, I think,

NOTE Confidence: 0.95020103

00:11:44.605 --> 00:11:45.665 of of this hypothesis,

NOTE Confidence: 0.9217728

00:11:47.740 --> 00:11:49.579 well-being and hunter gatherer interest

NOTE Confidence: 0.9217728

00:11:49.579 --> 00:11:50.300 rates. So the first thing

NOTE Confidence: 0.9217728

00:11:50.300 --> 00:11:51.500 to look at is societies

NOTE Confidence: 0.9217728

00:11:51.500 --> 00:11:53.019 that seem the least affected

NOTE Confidence: 0.9217728

00:11:53.019 --> 00:11:54.540 by these processes of cultural

NOTE Confidence: 0.9217728

00:11:54.540 --> 00:11:55.759 change. And,

NOTE Confidence: 0.919868

00:11:56.300 --> 00:11:57.339 I think the first to

NOTE Confidence: 0.919868

00:11:57.339 --> 00:11:58.940 report, and this was accepted

NOTE Confidence: 0.919868

00:11:58.940 --> 00:11:59.920 as a single author

NOTE Confidence: 0.9137154

00:12:00.665 --> 00:12:01.865 poster at the APA for

NOTE Confidence: 0.9137154

00:12:01.865 --> 00:12:02.345 the summer,

NOTE Confidence: 0.9956221

00:12:02.985 --> 00:12:03.485 that

NOTE Confidence: 0.86019224

00:12:03.945 --> 00:12:05.645 a fraction of gathering predominant

NOTE Confidence: 0.86019224

00:12:05.865 --> 00:12:08.345 ancestry significantly, policy, predicts country

NOTE Confidence: 0.86019224

00:12:08.345 --> 00:12:09.165 level happiness,

NOTE Confidence: 0.8949305

00:12:10.265 --> 00:12:11.945 and that's robust to country

NOTE Confidence: 0.8949305

00:12:11.945 --> 00:12:13.405 level controls in a variety

NOTE Confidence: 0.8949305

00:12:13.705 --> 00:12:15.870 of historical controls as well.

NOTE Confidence: 0.8949305

00:12:16.270 --> 00:12:17.870 And, find someone looking at

NOTE Confidence: 0.8949305

00:12:17.870 --> 00:12:20.270 hunter hunting or gathering, predominant.

NOTE Confidence: 0.8949305

00:12:20.270 --> 00:12:21.309 Again, these are actually, like,

NOTE Confidence: 0.8949305

00:12:21.309 --> 00:12:22.589 quite strong effect sizes, especially

NOTE Confidence: 0.8949305

00:12:22.589 --> 00:12:23.390 when we map them up

NOTE Confidence: 0.8949305

00:12:23.390 --> 00:12:24.830 to, what we typically think

NOTE Confidence: 0.8949305

00:12:24.830 --> 00:12:25.330 about,

NOTE Confidence: 0.95503056

00:12:26.110 --> 00:12:27.570 GDP or or other predictors.

NOTE Confidence: 0.91993135

00:12:29.605 --> 00:12:31.145 I'm now gonna focus on

NOTE Confidence: 0.91993135

00:12:31.445 --> 00:12:32.485 a couple of disorders. I

NOTE Confidence: 0.91993135

00:12:32.485 --> 00:12:33.605 I don't find strong effects,

NOTE Confidence: 0.91993135

00:12:33.605 --> 00:12:34.645 first of all, in bipolar

NOTE Confidence: 0.91993135

00:12:34.645 --> 00:12:36.325 psychotic disorders, which might be,

NOTE Confidence: 0.93618274

00:12:36.725 --> 00:12:37.605 you could say a bit

NOTE Confidence: 0.93618274

00:12:37.605 --> 00:12:38.565 a bit more expected, but,

NOTE Confidence: 0.93618274

00:12:39.125 --> 00:12:40.404 part of the hypothesis here

NOTE Confidence: 0.93618274

00:12:40.404 --> 00:12:41.125 is that some of the

NOTE Confidence: 0.93618274

00:12:41.125 --> 00:12:42.404 changes in constricts rupture have

NOTE Confidence: 0.93618274

00:12:42.404 --> 00:12:43.625 led to increase in

NOTE Confidence: 0.96874833

00:12:44.270 --> 00:12:46.110 guilt based or internalizing disorders.

NOTE Confidence: 0.96874833

00:12:46.110 --> 00:12:47.390 So I'm gonna focus on

NOTE Confidence: 0.96874833

00:12:47.390 --> 00:12:49.550 substance use disorders and, self

NOTE Confidence: 0.96874833

00:12:49.550 --> 00:12:50.450 harm and suicide.

NOTE Confidence: 0.89196575

00:12:52.030 --> 00:12:53.950 So using the, Ace Moble

NOTE Confidence: 0.89196575

00:12:53.950 --> 00:12:55.470 Johnson and Robinson instrument from

NOTE Confidence: 0.89196575

00:12:55.470 --> 00:12:57.070 this, paper that just won

NOTE Confidence: 0.89196575

00:12:57.070 --> 00:12:58.770 the the Nobel, I find,

NOTE Confidence: 0.89196575

00:12:59.070 --> 00:12:59.570 that

NOTE Confidence: 0.902651

00:13:00.855 --> 00:13:02.615 the expropriation risk, that's the

NOTE Confidence: 0.902651

00:13:02.615 --> 00:13:04.535 stronger the democratic institutions, actually,

NOTE Confidence: 0.902651

00:13:04.535 --> 00:13:06.155 the light more likely these,

NOTE Confidence: 0.92145514

00:13:06.815 --> 00:13:08.615 these, eusasors are. And then

NOTE Confidence: 0.92145514

00:13:08.615 --> 00:13:10.215 using their instrument of log

NOTE Confidence: 0.92145514

00:13:10.215 --> 00:13:12.155 settled mortality, I also find,

NOTE Confidence: 0.94943196

00:13:12.695 --> 00:13:13.835 in in the IV,

NOTE Confidence: 0.91217965

00:13:15.230 --> 00:13:16.190 that the higher the death

NOTE Confidence: 0.91217965

00:13:16.190 --> 00:13:16.910 rate of the coin, the

NOTE Confidence: 0.91217965

00:13:16.910 --> 00:13:19.490 slower the, lower the contemporary

NOTE Confidence: 0.91217965

00:13:19.790 --> 00:13:20.990 prevalence rate of of these

NOTE Confidence: 0.91217965

00:13:20.990 --> 00:13:22.430 disorders. The outcome, by the

NOTE Confidence: 0.91217965

00:13:22.430 --> 00:13:23.470 way, is the twenty nineteen

NOTE Confidence: 0.91217965

00:13:23.470 --> 00:13:24.590 global burden disease to sort

NOTE Confidence: 0.91217965

00:13:24.590 --> 00:13:25.470 of take out the effects

NOTE Confidence: 0.91217965

00:13:25.470 --> 00:13:26.370 of COVID.

NOTE Confidence: 0.92373765

00:13:28.285 --> 00:13:30.365 Also, again, suggesting that there's

NOTE Confidence: 0.92373765

00:13:30.365 --> 00:13:32.285 a strong cultural influence here

NOTE Confidence: 0.92373765

00:13:32.285 --> 00:13:33.105 is is that

NOTE Confidence: 0.90113425

00:13:33.805 --> 00:13:35.725 the colon colonizer style also

NOTE Confidence: 0.90113425

00:13:35.725 --> 00:13:36.845 really matters for the,

NOTE Confidence: 0.60241705

00:13:37.885 --> 00:13:38.945 prevalence of disorders.

NOTE Confidence: 0.97205037

00:13:39.325 --> 00:13:40.685 Conversely, if you look at

NOTE Confidence: 0.97205037

00:13:40.685 --> 00:13:41.965 some, you know, predictors of

NOTE Confidence: 0.97205037

00:13:41.965 --> 00:13:43.700 kinship in the ethnographic atlas,

NOTE Confidence: 0.97205037

00:13:43.700 --> 00:13:45.059 we can find different effects.

NOTE Confidence: 0.97205037

00:13:45.059 --> 00:13:46.340 So cousin marriage, again, a

NOTE Confidence: 0.97205037

00:13:46.340 --> 00:13:47.080 pretty strong,

NOTE Confidence: 0.9154622

00:13:47.540 --> 00:13:49.620 predictor of non weird kinship

NOTE Confidence: 0.9154622

00:13:49.620 --> 00:13:50.120 structure,

NOTE Confidence: 0.95535606

00:13:50.740 --> 00:13:52.980 is associated with lower rates

NOTE Confidence: 0.95535606

00:13:52.980 --> 00:13:54.440 of alcohol use disorders,

NOTE Confidence: 0.87191856

00:13:54.980 --> 00:13:56.420 versus monogamous marriage, which is

NOTE Confidence: 0.87191856

00:13:56.420 --> 00:13:58.175 assigned with with higher rates.

NOTE Confidence: 0.9811857

00:13:58.475 --> 00:13:59.915 I find very similar results

NOTE Confidence: 0.9811857

00:13:59.915 --> 00:14:01.275 when, looking at drug use

NOTE Confidence: 0.9811857

00:14:01.275 --> 00:14:01.775 disorders,

NOTE Confidence: 0.9520969

00:14:02.715 --> 00:14:03.775 both for institutions,

NOTE Confidence: 0.91423434

00:14:04.475 --> 00:14:06.315 you know, these, colonial institutions,

NOTE Confidence: 0.91423434

00:14:06.315 --> 00:14:08.095 again, increasing the the risk,

NOTE Confidence: 0.9244381

00:14:08.875 --> 00:14:11.035 and then, aggregate kinship score,

NOTE Confidence: 0.9244381

00:14:11.035 --> 00:14:12.015 again, a higher,

NOTE Confidence: 0.99798715

00:14:12.530 --> 00:14:14.470 average kinship score of

NOTE Confidence: 0.90356064

00:14:15.330 --> 00:14:15.830 ancestral

NOTE Confidence: 0.94201815

00:14:16.929 --> 00:14:18.530 groups in any country is

NOTE Confidence: 0.94201815

00:14:18.530 --> 00:14:20.130 associated with a lower level

NOTE Confidence: 0.94201815

00:14:20.130 --> 00:14:22.710 of substance use disorders today.

NOTE Confidence: 0.95175654

00:14:23.250 --> 00:14:24.530 And, again, a similar set

NOTE Confidence: 0.95175654

00:14:24.530 --> 00:14:26.290 of findings with opioid use

NOTE Confidence: 0.95175654

00:14:26.290 --> 00:14:26.790 disorder.

NOTE Confidence: 0.97855586

00:14:28.395 --> 00:14:29.615 Self harm, again,

NOTE Confidence: 0.9220906

00:14:29.995 --> 00:14:31.755 not as robust of results,

NOTE Confidence: 0.9220906

00:14:31.755 --> 00:14:32.795 but this is a a

NOTE Confidence: 0.9220906

00:14:32.795 --> 00:14:34.635 global burden disease aggregate of

NOTE Confidence: 0.9220906

00:14:34.635 --> 00:14:36.635 suicide and self injurious behavior

NOTE Confidence: 0.9220906

00:14:36.635 --> 00:14:38.795 and, again, democratic institutions, and

NOTE Confidence: 0.9220906

00:14:38.795 --> 00:14:40.315 this is and long term

NOTE Confidence: 0.9220906

00:14:40.315 --> 00:14:40.815 mortality,

NOTE Confidence: 0.99903464

00:14:41.195 --> 00:14:41.695 predicting

NOTE Confidence: 0.91062397

00:14:42.370 --> 00:14:43.810 in the expected directions that

NOTE Confidence: 0.91062397

00:14:43.810 --> 00:14:44.709 this sort of Westernization

NOTE Confidence: 0.96647596

00:14:45.970 --> 00:14:47.250 is leading, you know, is

NOTE Confidence: 0.96647596

00:14:47.250 --> 00:14:48.449 associated with, and if you

NOTE Confidence: 0.96647596

00:14:48.449 --> 00:14:49.889 take this as suggestive causal

NOTE Confidence: 0.96647596

00:14:49.889 --> 00:14:50.389 evidence,

NOTE Confidence: 0.9457682

00:14:51.490 --> 00:14:53.189 higher levels of these disorders.

NOTE Confidence: 0.88654554

00:14:55.885 --> 00:14:57.325 So that's sort of shifting,

NOTE Confidence: 0.88654554

00:14:57.325 --> 00:14:58.625 you know, and the hypothesis

NOTE Confidence: 0.88654554

00:14:58.725 --> 00:15:01.265 is, you know, maybe the,

NOTE Confidence: 0.9958116

00:15:01.805 --> 00:15:03.485 as these institutions came through,

NOTE Confidence: 0.9958116

00:15:03.485 --> 00:15:05.345 the fracturing of kinship networks

NOTE Confidence: 0.7763582

00:15:05.725 --> 00:15:06.125 and,

NOTE Confidence: 0.9082618

00:15:06.685 --> 00:15:07.825 the individualization

NOTE Confidence: 0.95322704

00:15:08.204 --> 00:15:09.265 that we see under,

NOTE Confidence: 0.87969077

00:15:09.885 --> 00:15:11.810 the kind of structures of

NOTE Confidence: 0.87969077

00:15:11.810 --> 00:15:12.790 of modern capitalism.

NOTE Confidence: 0.9412815

00:15:13.170 --> 00:15:14.050 They might be weeding the

NOTE Confidence: 0.9412815

00:15:14.050 --> 00:15:15.570 higher incomes but also putting

NOTE Confidence: 0.9412815

00:15:15.570 --> 00:15:16.950 us at risk of certain,

NOTE Confidence: 0.96325547

00:15:17.330 --> 00:15:18.450 disorders, both those that we

NOTE Confidence: 0.96325547

00:15:18.450 --> 00:15:19.890 can measure easily like this

NOTE Confidence: 0.96325547

00:15:19.890 --> 00:15:21.010 and other features, and the

NOTE Confidence: 0.96325547

00:15:21.010 --> 00:15:22.790 combination of those two factors

NOTE Confidence: 0.96325547

00:15:22.850 --> 00:15:24.050 is why we might see

NOTE Confidence: 0.96325547

00:15:24.050 --> 00:15:24.525 the

NOTE Confidence: 0.88475275

00:15:24.925 --> 00:15:26.125 Eastland paradox. But, again, I

NOTE Confidence: 0.88475275

00:15:26.125 --> 00:15:27.085 have a lot more due

NOTE Confidence: 0.88475275

00:15:27.085 --> 00:15:28.125 to work to do to

NOTE Confidence: 0.88475275

00:15:28.125 --> 00:15:28.785 get there.

NOTE Confidence: 0.99889565

00:15:29.485 --> 00:15:30.605 I'll just take one final

NOTE Confidence: 0.99889565

00:15:30.605 --> 00:15:32.125 bit to show how this

NOTE Confidence: 0.99889565

00:15:32.125 --> 00:15:33.485 methodology could be used to

NOTE Confidence: 0.99889565

00:15:33.485 --> 00:15:34.705 maybe better appreciate

NOTE Confidence: 0.96972245

00:15:35.325 --> 00:15:37.745 particular social risk factors for,

NOTE Confidence: 0.91408664

00:15:39.580 --> 00:15:41.360 for particular mental health disorders.

NOTE Confidence: 0.91408664

00:15:41.420 --> 00:15:41.980 So this is,

NOTE Confidence: 0.7977062

00:15:42.940 --> 00:15:44.620 been with my senior thesis

NOTE Confidence: 0.7977062

00:15:44.620 --> 00:15:45.920 advisor, Lal Caplan.

NOTE Confidence: 0.99503654

00:15:46.380 --> 00:15:48.060 The hypothesis here is that

NOTE Confidence: 0.99503654

00:15:48.060 --> 00:15:48.560 anorexia

NOTE Confidence: 0.9295337

00:15:48.940 --> 00:15:49.440 nervosa,

NOTE Confidence: 0.99298614

00:15:50.220 --> 00:15:51.580 might have lower rates of

NOTE Confidence: 0.99298614

00:15:51.580 --> 00:15:54.075 prevalence in matrilineal societies, which

NOTE Confidence: 0.99298614

00:15:54.075 --> 00:15:55.295 are societies in which,

NOTE Confidence: 0.94635004

00:15:55.755 --> 00:15:57.195 kin based lineages based on

NOTE Confidence: 0.94635004

00:15:57.195 --> 00:15:58.395 the mother's family, not the

NOTE Confidence: 0.94635004

00:15:58.395 --> 00:15:59.995 father's. They're typically associated with

NOTE Confidence: 0.94635004

00:15:59.995 --> 00:16:01.435 more political power in the

NOTE Confidence: 0.94635004

00:16:01.435 --> 00:16:03.355 hands of, of women and

NOTE Confidence: 0.94635004

00:16:03.355 --> 00:16:05.350 of female households. And, the

NOTE Confidence: 0.94635004

00:16:05.350 --> 00:16:06.710 the hypothesis essentially that, you

NOTE Confidence: 0.94635004

00:16:06.710 --> 00:16:08.230 know, there's been ethnographic evidence

NOTE Confidence: 0.94635004

00:16:08.230 --> 00:16:09.130 of less object

NOTE Confidence: 0.9077463

00:16:09.510 --> 00:16:11.510 divisation of female bodies, and

NOTE Confidence: 0.9077463

00:16:11.510 --> 00:16:12.790 that might lead to lower

NOTE Confidence: 0.9077463

00:16:12.790 --> 00:16:13.610 rates of prevalence.

NOTE Confidence: 0.774745

00:16:14.550 --> 00:16:16.410 So indeed, we find that

NOTE Confidence: 0.93527824

00:16:17.765 --> 00:16:20.105 ancestral fraction of matrimonial kinship

NOTE Confidence: 0.93527824

00:16:20.245 --> 00:16:21.925 is associated with lower rates

NOTE Confidence: 0.93527824

00:16:21.925 --> 00:16:23.685 of eating disorders in both

NOTE Confidence: 0.93527824

00:16:23.685 --> 00:16:25.305 sexes and females as well.

NOTE Confidence: 0.93527824

00:16:25.365 --> 00:16:26.565 And then there's a very

NOTE Confidence: 0.93527824

00:16:26.565 --> 00:16:27.465 nice instrument

NOTE Confidence: 0.9286075

00:16:27.845 --> 00:16:29.365 in the economics literature, which

NOTE Confidence: 0.9286075

00:16:29.365 --> 00:16:30.745 is coral reef formation.

NOTE Confidence: 0.93560773

00:16:31.170 --> 00:16:33.170 There's a ethnographic work on

NOTE Confidence: 0.93560773

00:16:33.170 --> 00:16:33.670 the,

NOTE Confidence: 0.98072773

00:16:34.130 --> 00:16:35.570 density of coral reefs being,

NOTE Confidence: 0.98072773

00:16:35.890 --> 00:16:37.730 more likely to create, fishing

NOTE Confidence: 0.98072773

00:16:37.730 --> 00:16:38.850 communities, and we also know

NOTE Confidence: 0.98072773

00:16:38.850 --> 00:16:40.130 that fishing communities are more

NOTE Confidence: 0.98072773

00:16:40.130 --> 00:16:41.810 likely to be matrilineal. There's

NOTE Confidence: 0.98072773

00:16:41.810 --> 00:16:43.089 a sense of, when some

NOTE Confidence: 0.98072773

00:16:43.089 --> 00:16:44.290 folks are going out into

NOTE Confidence: 0.98072773

00:16:44.290 --> 00:16:45.649 the water, others are able

NOTE Confidence: 0.98072773

00:16:45.649 --> 00:16:46.529 to maintain more,

NOTE Confidence: 0.90939355

00:16:47.145 --> 00:16:48.205 control over the land,

NOTE Confidence: 0.92304975

00:16:48.665 --> 00:16:49.865 and and associations are important

NOTE Confidence: 0.92304975

00:16:49.865 --> 00:16:51.705 for politics, and that's increased

NOTE Confidence: 0.92304975

00:16:51.705 --> 00:16:54.045 the likelihood of formation of

NOTE Confidence: 0.92304975

00:16:54.105 --> 00:16:54.685 of matrilineal

NOTE Confidence: 0.84034055

00:16:55.385 --> 00:16:57.385 versus patrilineal societies. And so

NOTE Confidence: 0.84034055

00:16:57.385 --> 00:16:58.285 using that instrument,

NOTE Confidence: 0.99883574

00:16:58.825 --> 00:17:00.125 and if you take the

NOTE Confidence: 0.9856186

00:17:00.710 --> 00:17:02.230 exclusion restriction that the only

NOTE Confidence: 0.9856186

00:17:02.230 --> 00:17:03.770 way that this is affecting

NOTE Confidence: 0.95945066

00:17:04.150 --> 00:17:05.350 modern day eating disorders is

NOTE Confidence: 0.95945066

00:17:05.350 --> 00:17:06.630 through this channel, then that's

NOTE Confidence: 0.95945066

00:17:06.630 --> 00:17:08.230 gonna be an instrumental variable

NOTE Confidence: 0.95945066

00:17:08.230 --> 00:17:08.730 for,

NOTE Confidence: 0.86308366

00:17:09.750 --> 00:17:11.290 the effect of maternal kinship

NOTE Confidence: 0.86308366

00:17:11.350 --> 00:17:11.850 on

NOTE Confidence: 0.89155465

00:17:12.805 --> 00:17:14.005 modern eating disorders. Again, we

NOTE Confidence: 0.89155465

00:17:14.005 --> 00:17:14.505 find

NOTE Confidence: 0.96433496

00:17:14.885 --> 00:17:16.805 similarly sized effects that maternal

NOTE Confidence: 0.96433496

00:17:16.805 --> 00:17:17.305 kinship

NOTE Confidence: 0.81902087

00:17:18.005 --> 00:17:19.865 is is associated with

NOTE Confidence: 0.9102411

00:17:20.405 --> 00:17:22.105 lower prevalence of eating disorders

NOTE Confidence: 0.8715885

00:17:22.484 --> 00:17:24.185 in countries today. So,

NOTE Confidence: 0.96947765

00:17:24.805 --> 00:17:26.085 hopefully, you know, trying to

NOTE Confidence: 0.96947765

00:17:26.085 --> 00:17:28.500 establish some interesting findings on,

NOTE Confidence: 0.7563398

00:17:28.820 --> 00:17:30.520 using these techniques,

NOTE Confidence: 0.92321384

00:17:31.700 --> 00:17:33.620 of long duration history, to

NOTE Confidence: 0.92321384

00:17:33.620 --> 00:17:34.740 explain some of the prevalence

NOTE Confidence: 0.92321384

00:17:34.740 --> 00:17:35.960 of these mental health disorders,

NOTE Confidence: 0.92321384

00:17:36.260 --> 00:17:36.760 and,

NOTE Confidence: 0.8690152

00:17:37.460 --> 00:17:38.760 hopefully one day to

NOTE Confidence: 0.69830585

00:17:39.060 --> 00:17:39.705 actually identify

NOTE Confidence: 0.81130415

00:17:44.105 --> 00:17:45.304 so thank you very much

NOTE Confidence: 0.81130415

00:17:45.304 --> 00:17:46.744 for listening to this portion

NOTE Confidence: 0.81130415

00:17:46.744 --> 00:17:47.544 of the talk. And, again,

NOTE Confidence: 0.81130415

00:17:47.544 --> 00:17:48.044 I'm

NOTE Confidence: 0.886158

00:17:48.345 --> 00:17:50.265 really just honored to, introduce

NOTE Confidence: 0.886158

00:17:50.265 --> 00:17:51.304 one of my colleagues, Jay.

NOTE Confidence: 0.886158

00:17:51.304 --> 00:17:52.345 You already heard from from

NOTE Confidence: 0.886158

00:17:52.345 --> 00:17:53.164 doctor Crystal,

NOTE Confidence: 0.99532086

00:17:53.625 --> 00:17:55.929 this, you know, decade plus

NOTE Confidence: 0.99532086

00:17:55.929 --> 00:17:56.970 commitment to a place on

NOTE Confidence: 0.99532086

00:17:56.970 --> 00:17:57.549 the ground.

NOTE Confidence: 0.9746738

00:17:58.490 --> 00:17:59.529 Paul Farmer wrote one of

NOTE Confidence: 0.9746738

00:17:59.529 --> 00:18:01.289 his letters for, medical school.

NOTE Confidence: 0.9746738

00:18:01.289 --> 00:18:01.929 He was a mentor of

NOTE Confidence: 0.9746738

00:18:01.929 --> 00:18:02.809 mine. I know, you know,

NOTE Confidence: 0.9746738

00:18:02.809 --> 00:18:04.169 felt very highly about him

NOTE Confidence: 0.9746738

00:18:04.169 --> 00:18:04.970 and his work and where

NOTE Confidence: 0.9746738

00:18:04.970 --> 00:18:06.250 he would go, and he's

NOTE Confidence: 0.9746738

00:18:06.250 --> 00:18:07.695 been using these lessons,

NOTE Confidence: 0.9722303

00:18:08.795 --> 00:18:10.395 to to generate new understandings

NOTE Confidence: 0.9722303

00:18:10.395 --> 00:18:11.595 about mental health stigma in

NOTE Confidence: 0.9722303

00:18:11.595 --> 00:18:12.475 addition to being the chief

NOTE Confidence: 0.9722303

00:18:12.475 --> 00:18:14.175 resident in RTP. So,

NOTE Confidence: 0.9399807

00:18:14.715 --> 00:18:15.994 really happy to be a

NOTE Confidence: 0.9399807

00:18:15.994 --> 00:18:16.875 co resident with Jay and

NOTE Confidence: 0.9399807

00:18:16.875 --> 00:18:17.675 can't wait to hear what

NOTE Confidence: 0.9399807

00:18:17.675 --> 00:18:18.735 what he's gonna say.

NOTE Confidence: 0.72311664

00:18:25.380 --> 00:18:25.880 Alright.

NOTE Confidence: 0.97410804

00:18:26.340 --> 00:18:27.859 Thank you, Matt, for, the

NOTE Confidence: 0.97410804

00:18:27.859 --> 00:18:28.680 broad overview,

NOTE Confidence: 0.9837329

00:18:29.380 --> 00:18:30.680 and thanks for the introduction

NOTE Confidence: 0.9837329

00:18:30.740 --> 00:18:31.240 to,

NOTE Confidence: 0.85207695

00:18:32.260 --> 00:18:33.400 Jeff. Oh, yeah.

NOTE Confidence: 0.9874084

00:18:34.744 --> 00:18:36.345 So, today, I'm gonna be

NOTE Confidence: 0.9874084

00:18:36.345 --> 00:18:38.505 talking about, my work, in

NOTE Confidence: 0.9874084

00:18:38.505 --> 00:18:39.785 Uganda. And as, you know,

NOTE Confidence: 0.9874084

00:18:39.785 --> 00:18:40.825 Matt said, I've been working

NOTE Confidence: 0.9874084

00:18:40.825 --> 00:18:42.925 there for, ten years now.

NOTE Confidence: 0.9940681

00:18:43.305 --> 00:18:44.665 So I thought I'd start

NOTE Confidence: 0.9940681

00:18:44.665 --> 00:18:45.545 by, you know, talking a

NOTE Confidence: 0.9940681

00:18:45.545 --> 00:18:46.665 little bit about my personal

NOTE Confidence: 0.9940681

00:18:46.665 --> 00:18:47.865 story of, like, what brings

NOTE Confidence: 0.9940681

00:18:47.865 --> 00:18:48.845 me to this work.

NOTE Confidence: 0.95438063

00:18:49.619 --> 00:18:50.580 So the arrows on the

NOTE Confidence: 0.95438063

00:18:50.580 --> 00:18:51.460 map point to all the

NOTE Confidence: 0.95438063

00:18:51.460 --> 00:18:52.740 areas, all all the places

NOTE Confidence: 0.95438063

00:18:52.740 --> 00:18:53.619 that that I've lived in

NOTE Confidence: 0.95438063

00:18:53.619 --> 00:18:54.500 my life. So I've lived

NOTE Confidence: 0.95438063

00:18:54.500 --> 00:18:55.220 in, like, a lot of

NOTE Confidence: 0.95438063

00:18:55.220 --> 00:18:55.720 places.

NOTE Confidence: 0.94611335

00:18:56.340 --> 00:18:57.380 I was born in Seoul,

NOTE Confidence: 0.94611335

00:18:57.380 --> 00:18:58.500 South Korea. I lived there

NOTE Confidence: 0.94611335

00:18:58.500 --> 00:18:59.540 until I was nine. And

NOTE Confidence: 0.94611335

00:18:59.540 --> 00:19:00.740 then, I moved around a

NOTE Confidence: 0.94611335

00:19:00.740 --> 00:19:02.520 lot, like Hawaii, South Florida,

NOTE Confidence: 0.94611335

00:19:02.815 --> 00:19:04.335 Appalachia, parts of the deep

NOTE Confidence: 0.94611335

00:19:04.335 --> 00:19:04.655 south.

NOTE Confidence: 0.956605

00:19:05.535 --> 00:19:06.415 And in a lot of

NOTE Confidence: 0.956605

00:19:06.415 --> 00:19:07.295 the places that I grew

NOTE Confidence: 0.956605

00:19:07.295 --> 00:19:08.415 up, I was the only

NOTE Confidence: 0.956605

00:19:08.415 --> 00:19:09.315 Asian person.

NOTE Confidence: 0.9273878

00:19:10.095 --> 00:19:10.595 And,

NOTE Confidence: 0.97464085

00:19:11.135 --> 00:19:13.295 you know, and it's quite

NOTE Confidence: 0.97464085

00:19:13.295 --> 00:19:14.895 a peculiar thing being the

NOTE Confidence: 0.97464085

00:19:14.895 --> 00:19:16.380 only person that looks like

NOTE Confidence: 0.97464085

00:19:16.380 --> 00:19:17.500 you in a in a

NOTE Confidence: 0.97464085

00:19:17.500 --> 00:19:19.260 place, and it makes people,

NOTE Confidence: 0.97464085

00:19:19.260 --> 00:19:20.380 I feel like, kinda label

NOTE Confidence: 0.97464085

00:19:20.380 --> 00:19:21.820 you as that. And it's

NOTE Confidence: 0.97464085

00:19:21.820 --> 00:19:23.340 very difficult to get past

NOTE Confidence: 0.97464085

00:19:23.340 --> 00:19:24.460 that, in terms of, like,

NOTE Confidence: 0.97464085

00:19:24.460 --> 00:19:26.400 people, like, recognizing your identity,

NOTE Confidence: 0.97464085

00:19:26.619 --> 00:19:27.980 recognizing who you are, like,

NOTE Confidence: 0.97464085

00:19:27.980 --> 00:19:29.295 beyond your race. Right?

NOTE Confidence: 0.9655701

00:19:30.175 --> 00:19:31.375 So I I didn't really

NOTE Confidence: 0.9655701

00:19:31.375 --> 00:19:32.975 feel feel, like, accepted into

NOTE Confidence: 0.9655701

00:19:32.975 --> 00:19:34.255 the American community. I didn't

NOTE Confidence: 0.9655701

00:19:34.255 --> 00:19:35.535 really feel accepted into Korean

NOTE Confidence: 0.9655701

00:19:35.535 --> 00:19:36.895 community anymore because, you know,

NOTE Confidence: 0.9655701

00:19:36.895 --> 00:19:37.555 I was

NOTE Confidence: 0.9721464

00:19:37.855 --> 00:19:39.615 pretty acculturated in America as

NOTE Confidence: 0.9721464

00:19:39.615 --> 00:19:40.015 well. So,

NOTE Confidence: 0.990263

00:19:41.659 --> 00:19:42.779 in some ways that my

NOTE Confidence: 0.990263

00:19:42.779 --> 00:19:44.320 high school self couldn't articulate

NOTE Confidence: 0.82949495

00:19:44.619 --> 00:19:45.500 at the at the time,

NOTE Confidence: 0.82949495

00:19:45.500 --> 00:19:46.159 I felt

NOTE Confidence: 0.9946397

00:19:46.700 --> 00:19:48.220 like I didn't quite develop

NOTE Confidence: 0.9946397

00:19:48.220 --> 00:19:48.940 in the way that I

NOTE Confidence: 0.9946397

00:19:48.940 --> 00:19:49.899 wanted to in terms of

NOTE Confidence: 0.9946397

00:19:49.899 --> 00:19:51.419 my identity, in high school.

NOTE Confidence: 0.9946397

00:19:51.419 --> 00:19:52.700 So I wanted to take

NOTE Confidence: 0.9946397

00:19:52.700 --> 00:19:53.980 a year off before going

NOTE Confidence: 0.9946397

00:19:53.980 --> 00:19:55.659 to college to figure myself

NOTE Confidence: 0.9946397

00:19:55.659 --> 00:19:55.994 out,

NOTE Confidence: 0.94626504

00:19:56.475 --> 00:19:57.755 to see, you know, like,

NOTE Confidence: 0.94626504

00:19:57.755 --> 00:19:59.275 what's important to me of

NOTE Confidence: 0.94626504

00:19:59.275 --> 00:20:00.395 who I am, you know,

NOTE Confidence: 0.94626504

00:20:00.395 --> 00:20:01.615 all these kind of existential,

NOTE Confidence: 0.99873734

00:20:02.075 --> 00:20:02.975 types of questions.

NOTE Confidence: 0.9633557

00:20:03.675 --> 00:20:04.715 So, you know, I thought

NOTE Confidence: 0.9633557

00:20:04.715 --> 00:20:06.155 I knew eastern culture and

NOTE Confidence: 0.9633557

00:20:06.155 --> 00:20:07.434 western culture having lived in

NOTE Confidence: 0.9633557

00:20:07.434 --> 00:20:08.635 Korea and having lived in

NOTE Confidence: 0.9633557

00:20:08.635 --> 00:20:09.940 the US, but I wanted

NOTE Confidence: 0.9633557

00:20:09.940 --> 00:20:11.060 to go somewhere as different

NOTE Confidence: 0.9633557

00:20:11.060 --> 00:20:12.500 as possible to figure out,

NOTE Confidence: 0.9633557

00:20:12.500 --> 00:20:13.940 you know, my identity and

NOTE Confidence: 0.9633557

00:20:13.940 --> 00:20:14.820 what I wanted to do.

NOTE Confidence: 0.9633557

00:20:14.820 --> 00:20:16.740 So I thought, Africa was

NOTE Confidence: 0.9633557

00:20:16.740 --> 00:20:18.100 very different, and I looked

NOTE Confidence: 0.9633557

00:20:18.100 --> 00:20:19.700 for some English speaking countries

NOTE Confidence: 0.9633557

00:20:19.700 --> 00:20:21.380 in Africa. I and Ghana,

NOTE Confidence: 0.9633557

00:20:21.619 --> 00:20:23.195 seems to be, you know,

NOTE Confidence: 0.9633557

00:20:23.195 --> 00:20:24.635 the the place that, that

NOTE Confidence: 0.9633557

00:20:24.635 --> 00:20:25.515 that made sense. So I

NOTE Confidence: 0.9633557

00:20:25.515 --> 00:20:26.555 used money that I saved

NOTE Confidence: 0.9633557

00:20:26.555 --> 00:20:27.755 from high school. I wrote

NOTE Confidence: 0.9633557

00:20:27.755 --> 00:20:29.295 to my university to defer

NOTE Confidence: 0.9633557

00:20:29.435 --> 00:20:30.255 to a year.

NOTE Confidence: 0.9988345

00:20:30.955 --> 00:20:32.475 And then I told my

NOTE Confidence: 0.9988345

00:20:32.475 --> 00:20:34.475 parents that I'm not gonna

NOTE Confidence: 0.9988345

00:20:34.475 --> 00:20:35.100 go to college

NOTE Confidence: 0.95465976

00:20:35.980 --> 00:20:37.340 immediately, and they were very

NOTE Confidence: 0.95465976

00:20:37.340 --> 00:20:38.720 thrilled about that, obviously.

NOTE Confidence: 0.99436164

00:20:39.900 --> 00:20:41.020 And then, and then I

NOTE Confidence: 0.99436164

00:20:41.020 --> 00:20:41.760 went to Ghana.

NOTE Confidence: 0.9098171

00:20:42.780 --> 00:20:43.280 And,

NOTE Confidence: 0.9571271

00:20:43.660 --> 00:20:45.260 living in Ghana, you know,

NOTE Confidence: 0.9571271

00:20:45.260 --> 00:20:46.299 I stayed in this, like,

NOTE Confidence: 0.9571271

00:20:46.299 --> 00:20:47.580 small town. I traveled around

NOTE Confidence: 0.9571271

00:20:47.580 --> 00:20:48.220 for a bit, and then

NOTE Confidence: 0.9571271

00:20:48.220 --> 00:20:48.940 I stayed in this, like,

NOTE Confidence: 0.9571271

00:20:48.940 --> 00:20:49.825 small town. I tried to

NOTE Confidence: 0.9571271

00:20:49.825 --> 00:20:51.125 make a routine for myself.

NOTE Confidence: 0.9571271

00:20:51.345 --> 00:20:52.225 And I just tried to

NOTE Confidence: 0.9571271

00:20:52.385 --> 00:20:53.265 wanted to live like a

NOTE Confidence: 0.9571271

00:20:53.265 --> 00:20:54.165 normal person,

NOTE Confidence: 0.95607865

00:20:54.785 --> 00:20:56.005 you know, in this society,

NOTE Confidence: 0.9180031

00:20:56.625 --> 00:20:57.825 as much as that is

NOTE Confidence: 0.9180031

00:20:57.825 --> 00:20:59.345 possible. Right? So I ran

NOTE Confidence: 0.9180031

00:20:59.345 --> 00:21:00.065 in, like, a room. I

NOTE Confidence: 0.9180031

00:21:00.065 --> 00:21:01.025 had, like, mattress in the

NOTE Confidence: 0.9180031

00:21:01.025 --> 00:21:02.225 floor. And my friends were,

NOTE Confidence: 0.9180031

00:21:02.225 --> 00:21:03.505 you know, Ghanaian guys from,

NOTE Confidence: 0.9180031

00:21:03.505 --> 00:21:04.809 like, sixteen to twenty four

NOTE Confidence: 0.9180031

00:21:04.809 --> 00:21:06.009 years old. We, like, play

NOTE Confidence: 0.9180031

00:21:06.009 --> 00:21:07.369 barefoot soccer. We would like

NOTE Confidence: 0.9180031

00:21:07.369 --> 00:21:08.429 to wrestling contests.

NOTE Confidence: 0.93111557

00:21:08.730 --> 00:21:09.769 And we we would just

NOTE Confidence: 0.93111557

00:21:09.769 --> 00:21:11.450 hang out. Right? As, you

NOTE Confidence: 0.93111557

00:21:11.450 --> 00:21:13.210 know, you'd want and they

NOTE Confidence: 0.93111557

00:21:13.210 --> 00:21:14.889 were friends. And and I

NOTE Confidence: 0.93111557

00:21:14.889 --> 00:21:16.190 guess, say, in this process,

NOTE Confidence: 0.89467233

00:21:17.049 --> 00:21:18.375 it is also very striking

NOTE Confidence: 0.89467233

00:21:18.375 --> 00:21:20.455 the disparity in opportunity, disparity

NOTE Confidence: 0.89467233

00:21:20.455 --> 00:21:21.355 in health care.

NOTE Confidence: 0.9100879

00:21:21.734 --> 00:21:22.775 You know, multiple of my

NOTE Confidence: 0.9100879

00:21:22.775 --> 00:21:24.375 friends had family members died

NOTE Confidence: 0.9100879

00:21:24.375 --> 00:21:25.595 from preventable illnesses,

NOTE Confidence: 0.99059886

00:21:25.975 --> 00:21:26.855 and it just seems so

NOTE Confidence: 0.99059886

00:21:26.855 --> 00:21:28.935 unfair. Right? Like, the price

NOTE Confidence: 0.99059886

00:21:28.935 --> 00:21:30.695 of Starbucks coffee in the

NOTE Confidence: 0.99059886

00:21:30.695 --> 00:21:31.650 US in the right hands

NOTE Confidence: 0.99059886

00:21:31.650 --> 00:21:33.090 at the right time could

NOTE Confidence: 0.99059886

00:21:33.090 --> 00:21:34.869 literally save somebody's life.

NOTE Confidence: 0.92300767

00:21:35.730 --> 00:21:36.690 So I I thought this

NOTE Confidence: 0.92300767

00:21:36.690 --> 00:21:37.590 is so compelling,

NOTE Confidence: 0.99916875

00:21:38.530 --> 00:21:39.030 that

NOTE Confidence: 0.9696416

00:21:39.570 --> 00:21:41.190 and I thought the disparity

NOTE Confidence: 0.9696416

00:21:41.250 --> 00:21:41.910 in global

NOTE Confidence: 0.96474755

00:21:42.290 --> 00:21:43.990 I thought the global disparity

NOTE Confidence: 0.96474755

00:21:44.050 --> 00:21:45.350 was a global emergency.

NOTE Confidence: 0.976766

00:21:46.675 --> 00:21:48.115 And, in the process of

NOTE Confidence: 0.976766

00:21:48.115 --> 00:21:49.234 living in a different place,

NOTE Confidence: 0.976766

00:21:49.234 --> 00:21:50.435 I also thought more about

NOTE Confidence: 0.976766

00:21:50.435 --> 00:21:51.635 my identity, like, what that

NOTE Confidence: 0.976766

00:21:51.635 --> 00:21:52.435 means. Like, do I have

NOTE Confidence: 0.976766

00:21:52.435 --> 00:21:53.234 to be Korean? Do I

NOTE Confidence: 0.976766

00:21:53.234 --> 00:21:54.595 have to be American? What

NOTE Confidence: 0.976766

00:21:54.595 --> 00:21:55.475 does that mean to be

NOTE Confidence: 0.976766

00:21:55.475 --> 00:21:56.435 American, or what does that

NOTE Confidence: 0.976766

00:21:56.435 --> 00:21:57.315 mean to be Korean?

NOTE Confidence: 0.9721386

00:21:58.115 --> 00:21:59.395 So I embrace, like, more

NOTE Confidence: 0.9721386

00:21:59.395 --> 00:22:00.435 of an identity as a

NOTE Confidence: 0.9721386

00:22:00.435 --> 00:22:01.859 global citizen. And to me,

NOTE Confidence: 0.9721386

00:22:01.859 --> 00:22:02.820 that means that I care

NOTE Confidence: 0.9721386

00:22:02.820 --> 00:22:04.340 about all people regardless of

NOTE Confidence: 0.9721386

00:22:04.340 --> 00:22:05.700 where they're from, regardless of

NOTE Confidence: 0.9721386

00:22:05.700 --> 00:22:07.619 their race, and, regard and

NOTE Confidence: 0.9721386

00:22:07.619 --> 00:22:08.980 regardless of their background, that

NOTE Confidence: 0.9721386

00:22:08.980 --> 00:22:10.600 everybody deserves to be treated

NOTE Confidence: 0.9721386

00:22:10.660 --> 00:22:12.180 with the utmost dignity and

NOTE Confidence: 0.9721386

00:22:12.180 --> 00:22:12.680 respect.

NOTE Confidence: 0.9190155

00:22:14.345 --> 00:22:16.265 So in college, at Washington

NOTE Confidence: 0.9190155

00:22:16.265 --> 00:22:17.705 University, I I looked for

NOTE Confidence: 0.9190155

00:22:17.705 --> 00:22:18.205 opportunities

NOTE Confidence: 0.9980566

00:22:18.665 --> 00:22:20.505 to, to, you know, further

NOTE Confidence: 0.9980566

00:22:20.505 --> 00:22:21.865 my experience and further my

NOTE Confidence: 0.9980566

00:22:21.865 --> 00:22:22.365 skills.

NOTE Confidence: 0.9921143

00:22:22.744 --> 00:22:23.225 So,

NOTE Confidence: 0.9957615

00:22:23.545 --> 00:22:24.285 in college,

NOTE Confidence: 0.96692294

00:22:24.984 --> 00:22:25.945 so in my travels, you

NOTE Confidence: 0.96692294

00:22:25.945 --> 00:22:26.665 know, I saw that a

NOTE Confidence: 0.96692294

00:22:26.665 --> 00:22:27.785 lot of people use traditional

NOTE Confidence: 0.96692294

00:22:27.785 --> 00:22:29.244 medicines to treat different

NOTE Confidence: 0.9562713

00:22:29.650 --> 00:22:31.170 illnesses. And I thought this

NOTE Confidence: 0.9562713

00:22:31.170 --> 00:22:32.850 is very interesting because, malaria

NOTE Confidence: 0.9562713

00:22:32.850 --> 00:22:34.850 medication, artemisinin, was discovered from

NOTE Confidence: 0.9562713

00:22:34.850 --> 00:22:36.850 Chinese traditional medications. So I

NOTE Confidence: 0.9562713

00:22:36.850 --> 00:22:38.290 was wondering if, you know,

NOTE Confidence: 0.9562713

00:22:38.609 --> 00:22:40.450 ever anybody had studied African

NOTE Confidence: 0.9562713

00:22:40.450 --> 00:22:40.950 traditional

NOTE Confidence: 0.9694133

00:22:41.330 --> 00:22:42.850 traditional medications in the same

NOTE Confidence: 0.9694133

00:22:42.850 --> 00:22:44.290 way. So I emailed around

NOTE Confidence: 0.9694133

00:22:44.290 --> 00:22:45.945 in college, and, after about

NOTE Confidence: 0.9694133

00:22:45.945 --> 00:22:47.304 twenty cold emails, I found

NOTE Confidence: 0.9694133

00:22:47.304 --> 00:22:48.744 somebody at Oxford, in the

NOTE Confidence: 0.9694133

00:22:48.744 --> 00:22:50.025 UK that does some some

NOTE Confidence: 0.9694133

00:22:50.025 --> 00:22:51.945 research in traditional medicine, and

NOTE Confidence: 0.9694133

00:22:51.945 --> 00:22:53.505 he referred me to, some

NOTE Confidence: 0.9694133

00:22:53.505 --> 00:22:54.505 of some of his colleagues

NOTE Confidence: 0.9694133

00:22:54.505 --> 00:22:55.164 in Uganda.

NOTE Confidence: 0.99720806

00:22:55.465 --> 00:22:56.424 And then I went to

NOTE Confidence: 0.99720806

00:22:56.424 --> 00:22:56.924 Uganda.

NOTE Confidence: 0.98962516

00:22:58.040 --> 00:22:59.100 In in Uganda,

NOTE Confidence: 0.954853

00:22:59.720 --> 00:23:00.919 during the course of the

NOTE Confidence: 0.954853

00:23:00.919 --> 00:23:02.919 research analysis and journalism then,

NOTE Confidence: 0.954853

00:23:03.080 --> 00:23:03.880 I just formed a lot

NOTE Confidence: 0.954853

00:23:03.880 --> 00:23:05.340 of, like, really great relationships

NOTE Confidence: 0.954853

00:23:05.480 --> 00:23:07.720 that still maintain today. So,

NOTE Confidence: 0.954853

00:23:08.040 --> 00:23:08.919 the picture on the right

NOTE Confidence: 0.954853

00:23:08.919 --> 00:23:09.980 is Peter Weiswe.

NOTE Confidence: 0.98227704

00:23:10.280 --> 00:23:12.145 You know, he's my, good

NOTE Confidence: 0.98227704

00:23:12.145 --> 00:23:13.285 mentor. He's,

NOTE Confidence: 0.8726047

00:23:13.665 --> 00:23:14.865 he he's on the the

NOTE Confidence: 0.8726047

00:23:14.865 --> 00:23:16.625 WHO advisory board from maternal

NOTE Confidence: 0.8726047

00:23:16.625 --> 00:23:17.125 health,

NOTE Confidence: 0.9431288

00:23:17.825 --> 00:23:18.945 and, you know, I've had

NOTE Confidence: 0.9431288

00:23:18.945 --> 00:23:20.385 a decade long relationship with

NOTE Confidence: 0.9431288

00:23:20.385 --> 00:23:21.505 them. And in the middle

NOTE Confidence: 0.9431288

00:23:21.505 --> 00:23:22.859 are, you know, Kazindu and

NOTE Confidence: 0.9431288

00:23:23.100 --> 00:23:24.940 Peter, who I've known for

NOTE Confidence: 0.9431288

00:23:24.940 --> 00:23:26.220 ten plus years that remain

NOTE Confidence: 0.9431288

00:23:26.220 --> 00:23:27.179 like good friends. We've seen

NOTE Confidence: 0.9431288

00:23:27.179 --> 00:23:28.540 each other through, you know,

NOTE Confidence: 0.9431288

00:23:28.540 --> 00:23:29.820 through through through life, through,

NOTE Confidence: 0.9431288

00:23:29.820 --> 00:23:31.520 like, marriage, through having kids.

NOTE Confidence: 0.9827037

00:23:31.900 --> 00:23:34.140 And, these relationships, as well

NOTE Confidence: 0.9827037

00:23:34.140 --> 00:23:35.179 as the work, was so

NOTE Confidence: 0.9827037

00:23:35.179 --> 00:23:36.700 compelling that it kept me

NOTE Confidence: 0.9827037

00:23:36.700 --> 00:23:38.720 coming back, year after year.

NOTE Confidence: 0.96885854

00:23:40.034 --> 00:23:40.534 And,

NOTE Confidence: 0.9972138

00:23:41.315 --> 00:23:42.355 in medical school,

NOTE Confidence: 0.99269444

00:23:42.755 --> 00:23:43.955 you know, at that point,

NOTE Confidence: 0.99269444

00:23:43.955 --> 00:23:45.255 I was doing several projects,

NOTE Confidence: 0.99269444

00:23:45.554 --> 00:23:47.174 you know, sending some

NOTE Confidence: 0.95058924

00:23:47.715 --> 00:23:49.315 American students from my, alma

NOTE Confidence: 0.95058924

00:23:49.315 --> 00:23:50.434 mater to go to Uganda

NOTE Confidence: 0.95058924

00:23:50.434 --> 00:23:51.575 to work on some projects.

NOTE Confidence: 0.9241207

00:23:52.274 --> 00:23:53.715 And in twenty eighteen, first

NOTE Confidence: 0.9241207

00:23:53.715 --> 00:23:55.300 year of medical school, medical

NOTE Confidence: 0.9241207

00:23:55.300 --> 00:23:56.740 school friend of mine donated

NOTE Confidence: 0.9241207

00:23:56.740 --> 00:23:58.260 forty thousand dollars, and we

NOTE Confidence: 0.9241207

00:23:58.260 --> 00:24:00.100 started, Empowered through Health, which

NOTE Confidence: 0.9241207

00:24:00.100 --> 00:24:00.740 is a five one c

NOTE Confidence: 0.9241207

00:24:00.740 --> 00:24:01.400 three organization.

NOTE Confidence: 0.96311796

00:24:02.900 --> 00:24:04.020 So our focus is in

NOTE Confidence: 0.96311796

00:24:04.020 --> 00:24:06.200 health care, research and education.

NOTE Confidence: 0.96311796

00:24:06.500 --> 00:24:07.859 So I'll talk briefly about

NOTE Confidence: 0.96311796

00:24:07.859 --> 00:24:08.740 that to kind of give

NOTE Confidence: 0.96311796

00:24:08.740 --> 00:24:09.640 you a background.

NOTE Confidence: 0.96924424

00:24:10.925 --> 00:24:12.205 So the purple district is

NOTE Confidence: 0.96924424

00:24:12.205 --> 00:24:13.405 where we work. It's called

NOTE Confidence: 0.96924424

00:24:13.405 --> 00:24:15.405 Brianda district. So Uganda is

NOTE Confidence: 0.96924424

00:24:15.405 --> 00:24:16.605 a low income country, but,

NOTE Confidence: 0.96924424

00:24:16.605 --> 00:24:17.885 you know, within Uganda, there's

NOTE Confidence: 0.96924424

00:24:17.885 --> 00:24:19.184 a lot of regional disparities

NOTE Confidence: 0.96924424

00:24:19.244 --> 00:24:20.765 as well. So, the area

NOTE Confidence: 0.96924424

00:24:20.765 --> 00:24:21.645 that we work is called

NOTE Confidence: 0.96924424

00:24:21.645 --> 00:24:22.845 the Busoga region. It's one

NOTE Confidence: 0.96924424

00:24:22.845 --> 00:24:24.125 of nine major regions in

NOTE Confidence: 0.96924424

00:24:24.125 --> 00:24:25.725 Uganda. It has approximately about

NOTE Confidence: 0.96924424

00:24:25.725 --> 00:24:26.310 four million

NOTE Confidence: 0.9716438

00:24:26.790 --> 00:24:28.630 people. It consistently has about

NOTE Confidence: 0.9716438

00:24:28.630 --> 00:24:30.090 the second worst health outcomes

NOTE Confidence: 0.9716438

00:24:30.150 --> 00:24:31.350 in Uganda out of all

NOTE Confidence: 0.9716438

00:24:31.350 --> 00:24:32.010 the regions.

NOTE Confidence: 0.93310976

00:24:33.030 --> 00:24:34.470 And when we were picking

NOTE Confidence: 0.93310976

00:24:34.470 --> 00:24:36.170 a site to really make

NOTE Confidence: 0.8957396

00:24:36.710 --> 00:24:38.230 a base for us, we

NOTE Confidence: 0.8957396

00:24:38.230 --> 00:24:39.285 wanted to go where the

NOTE Confidence: 0.8957396

00:24:39.365 --> 00:24:40.965 need was sacred where where

NOTE Confidence: 0.8957396

00:24:40.965 --> 00:24:42.165 there were the most gaps.

NOTE Confidence: 0.8957396

00:24:42.165 --> 00:24:43.685 So we need assessments. We

NOTE Confidence: 0.8957396

00:24:43.685 --> 00:24:44.505 did we did,

NOTE Confidence: 0.9798048

00:24:44.805 --> 00:24:46.645 consult we consulted with government

NOTE Confidence: 0.9798048

00:24:46.645 --> 00:24:47.685 officials, and, you know, we

NOTE Confidence: 0.9798048

00:24:47.685 --> 00:24:48.965 found a community that, you

NOTE Confidence: 0.9798048

00:24:48.965 --> 00:24:50.425 know, didn't really have

NOTE Confidence: 0.96918964

00:24:51.045 --> 00:24:52.725 very consistent access to modern,

NOTE Confidence: 0.96918964

00:24:52.965 --> 00:24:53.865 medical care.

NOTE Confidence: 0.82355285

00:24:55.570 --> 00:24:57.169 So, that's behind the district

NOTE Confidence: 0.82355285

00:24:57.169 --> 00:24:57.990 and then Tunde.

NOTE Confidence: 0.9562929

00:24:58.850 --> 00:25:00.130 So we started a health

NOTE Confidence: 0.9562929

00:25:00.130 --> 00:25:00.630 center,

NOTE Confidence: 0.9590564

00:25:01.010 --> 00:25:02.770 and since we started operating,

NOTE Confidence: 0.9590564

00:25:02.770 --> 00:25:04.210 we've provided care to over

NOTE Confidence: 0.9590564

00:25:04.210 --> 00:25:06.369 fifty thousand people, general medical

NOTE Confidence: 0.9590564

00:25:06.369 --> 00:25:08.450 care, like, maternal maternal care,

NOTE Confidence: 0.9590564

00:25:08.450 --> 00:25:09.490 mental health care.

NOTE Confidence: 0.84971344

00:25:09.904 --> 00:25:11.264 We have, like, collaborations with

NOTE Confidence: 0.84971344

00:25:11.264 --> 00:25:12.304 district for the,

NOTE Confidence: 0.9471414

00:25:12.784 --> 00:25:14.465 referral center for mental health

NOTE Confidence: 0.9471414

00:25:14.465 --> 00:25:16.244 for this whole district, and

NOTE Confidence: 0.9471414

00:25:16.385 --> 00:25:18.465 anecdotally, people from surrounding districts

NOTE Confidence: 0.9471414

00:25:18.465 --> 00:25:19.524 also come. So,

NOTE Confidence: 0.9778772

00:25:19.904 --> 00:25:21.264 I think our catchment area

NOTE Confidence: 0.9778772

00:25:21.264 --> 00:25:22.705 is even, like, you know,

NOTE Confidence: 0.9778772

00:25:22.705 --> 00:25:24.325 more than the district population.

NOTE Confidence: 0.9243209

00:25:25.919 --> 00:25:27.440 And we also run various

NOTE Confidence: 0.9243209

00:25:27.440 --> 00:25:28.799 public health interventions out of

NOTE Confidence: 0.9243209

00:25:28.799 --> 00:25:29.700 the health center.

NOTE Confidence: 0.94159853

00:25:30.559 --> 00:25:32.240 And we began providing psychiatric

NOTE Confidence: 0.94159853

00:25:32.240 --> 00:25:33.619 care in twenty twenty one,

NOTE Confidence: 0.97289616

00:25:34.240 --> 00:25:36.080 in partnership with the district

NOTE Confidence: 0.97289616

00:25:36.080 --> 00:25:37.119 where, you know, it's kinda

NOTE Confidence: 0.97289616

00:25:37.119 --> 00:25:37.919 like, okay. We don't have,

NOTE Confidence: 0.97289616

00:25:37.919 --> 00:25:39.585 like, psychiatric care. We we

NOTE Confidence: 0.97289616

00:25:39.585 --> 00:25:41.605 don't have any, any services

NOTE Confidence: 0.97289616

00:25:41.665 --> 00:25:43.105 available. So, you know, so

NOTE Confidence: 0.97289616

00:25:43.105 --> 00:25:44.305 we can, like, work together

NOTE Confidence: 0.97289616

00:25:44.305 --> 00:25:45.905 to, start this out of

NOTE Confidence: 0.97289616

00:25:45.905 --> 00:25:46.965 our health center.

NOTE Confidence: 0.9485185

00:25:48.385 --> 00:25:49.685 And in terms of education,

NOTE Confidence: 0.9485185

00:25:49.984 --> 00:25:50.705 you know, we do two

NOTE Confidence: 0.9485185

00:25:50.705 --> 00:25:52.225 things with education. One thing

NOTE Confidence: 0.9485185

00:25:52.705 --> 00:25:53.665 one one one,

NOTE Confidence: 0.93469644

00:25:54.350 --> 00:25:56.190 one, avenue is working with

NOTE Confidence: 0.93469644

00:25:56.190 --> 00:25:58.109 predoctoral students. So, like, MD

NOTE Confidence: 0.93469644

00:25:58.109 --> 00:26:00.050 students, master students, and undergraduate

NOTE Confidence: 0.93469644

00:26:00.190 --> 00:26:00.690 students,

NOTE Confidence: 0.9866768

00:26:01.150 --> 00:26:02.910 in both Uganda and America,

NOTE Confidence: 0.9866768

00:26:02.910 --> 00:26:04.050 and we do a simultaneous

NOTE Confidence: 0.96692985

00:26:04.590 --> 00:26:06.190 training model. So that's a

NOTE Confidence: 0.96692985

00:26:06.190 --> 00:26:07.890 global health experiential fellowship.

NOTE Confidence: 0.9330487

00:26:08.575 --> 00:26:09.635 We just recently,

NOTE Confidence: 0.914338

00:26:09.935 --> 00:26:11.295 submitted an article to Global

NOTE Confidence: 0.914338

00:26:11.295 --> 00:26:12.435 Health Science and Practice,

NOTE Confidence: 0.94510776

00:26:12.895 --> 00:26:13.935 about a review of this

NOTE Confidence: 0.94510776

00:26:13.935 --> 00:26:15.535 program that, some people in

NOTE Confidence: 0.94510776

00:26:15.535 --> 00:26:16.415 the department were a part

NOTE Confidence: 0.94510776

00:26:16.415 --> 00:26:18.515 of such as, doctor Rorba,

NOTE Confidence: 0.9590398

00:26:19.535 --> 00:26:20.175 over there.

NOTE Confidence: 0.742947

00:26:20.655 --> 00:26:21.155 And,

NOTE Confidence: 0.9064673

00:26:21.990 --> 00:26:23.510 and, so so, basically, you

NOTE Confidence: 0.9064673

00:26:23.510 --> 00:26:25.030 know, through this simultaneous training

NOTE Confidence: 0.9064673

00:26:25.030 --> 00:26:25.830 model, which is like a

NOTE Confidence: 0.9064673

00:26:25.830 --> 00:26:27.369 five week in person experience,

NOTE Confidence: 0.9862369

00:26:27.990 --> 00:26:28.730 in Uganda,

NOTE Confidence: 0.9101784

00:26:29.590 --> 00:26:31.270 that has both Ugandan and

NOTE Confidence: 0.9101784

00:26:31.270 --> 00:26:33.285 American students, like, working together

NOTE Confidence: 0.9101784

00:26:33.445 --> 00:26:35.705 on research. We found significant

NOTE Confidence: 0.9101784

00:26:35.925 --> 00:26:37.925 increases in research in observable,

NOTE Confidence: 0.9101784

00:26:37.925 --> 00:26:40.005 measurable research skills, in the

NOTE Confidence: 0.9101784

00:26:40.005 --> 00:26:41.925 Ugandan students, and the quality

NOTE Confidence: 0.9101784

00:26:41.925 --> 00:26:43.045 of data was also very

NOTE Confidence: 0.9101784

00:26:43.045 --> 00:26:43.925 rich in terms of, like,

NOTE Confidence: 0.9101784

00:26:43.925 --> 00:26:44.147 what people got out of

NOTE Confidence: 0.9101784

00:26:44.147 --> 00:26:44.325 this experience. So it can

NOTE Confidence: 0.9101784

00:26:44.325 --> 00:26:44.905 be a

NOTE Confidence: 0.8473231

00:26:47.550 --> 00:26:48.530 so it's a new model

NOTE Confidence: 0.8473231

00:26:48.670 --> 00:26:49.710 of working together,

NOTE Confidence: 0.92303205

00:26:50.190 --> 00:26:51.890 of, like, global health, capacity

NOTE Confidence: 0.92303205

00:26:51.950 --> 00:26:52.450 building.

NOTE Confidence: 0.98972994

00:26:53.070 --> 00:26:54.990 And we also do, education

NOTE Confidence: 0.98972994

00:26:54.990 --> 00:26:56.590 in the community, which means,

NOTE Confidence: 0.98972994

00:26:56.590 --> 00:26:57.869 like, public health education, but

NOTE Confidence: 0.98972994

00:26:57.869 --> 00:26:59.170 we're also building a primary

NOTE Confidence: 0.98972994

00:26:59.205 --> 00:27:00.184 school, as well.

NOTE Confidence: 0.9980392

00:27:00.644 --> 00:27:02.164 And, you know, we do

NOTE Confidence: 0.9980392

00:27:02.164 --> 00:27:02.664 sensitization

NOTE Confidence: 0.998757

00:27:02.965 --> 00:27:03.465 regarding,

NOTE Confidence: 0.93826115

00:27:04.085 --> 00:27:04.744 like, menstrual,

NOTE Confidence: 0.892884

00:27:05.365 --> 00:27:06.424 menstrual dignity.

NOTE Confidence: 0.97542846

00:27:06.725 --> 00:27:08.325 We we make reusable pads

NOTE Confidence: 0.97542846

00:27:08.325 --> 00:27:09.684 to distribute them, work with

NOTE Confidence: 0.97542846

00:27:09.684 --> 00:27:11.205 schools to incorporate that into

NOTE Confidence: 0.97542846

00:27:11.205 --> 00:27:12.345 their tuitions too.

NOTE Confidence: 0.9475901

00:27:13.320 --> 00:27:15.240 So global health experiential fellowship

NOTE Confidence: 0.9475901

00:27:15.240 --> 00:27:16.520 has also been like a

NOTE Confidence: 0.9475901

00:27:16.520 --> 00:27:17.880 a very productive vehicle for

NOTE Confidence: 0.9475901

00:27:17.880 --> 00:27:18.919 research as well.

NOTE Confidence: 0.9162898

00:27:19.240 --> 00:27:20.859 So from, GHEF,

NOTE Confidence: 0.98738194

00:27:21.400 --> 00:27:22.520 from twenty twenty three, we

NOTE Confidence: 0.98738194

00:27:22.520 --> 00:27:23.980 have three peer reviewed publications

NOTE Confidence: 0.9373372

00:27:24.520 --> 00:27:26.280 published, three under reviews, I

NOTE Confidence: 0.9373372

00:27:26.280 --> 00:27:27.885 think two with minor revisions

NOTE Confidence: 0.9373372

00:27:27.885 --> 00:27:29.665 and one with major revision,

NOTE Confidence: 0.98861533

00:27:30.365 --> 00:27:31.484 and three more that we're

NOTE Confidence: 0.98861533

00:27:31.484 --> 00:27:32.845 about to submit. So it's

NOTE Confidence: 0.98861533

00:27:32.845 --> 00:27:34.525 become also very, productive as

NOTE Confidence: 0.98861533

00:27:34.525 --> 00:27:35.025 well.

NOTE Confidence: 0.9911654

00:27:36.045 --> 00:27:36.945 So our research,

NOTE Confidence: 0.8740712

00:27:37.405 --> 00:27:38.925 derives from our on the

NOTE Confidence: 0.8740712

00:27:38.925 --> 00:27:40.600 ground work. Right? So when

NOTE Confidence: 0.8740712

00:27:40.600 --> 00:27:42.380 we started psychiatric care,

NOTE Confidence: 0.9984096

00:27:43.240 --> 00:27:44.460 in twenty twenty one,

NOTE Confidence: 0.9310027

00:27:44.919 --> 00:27:46.039 at first, we were getting

NOTE Confidence: 0.9310027

00:27:46.039 --> 00:27:47.080 less than ten patients a

NOTE Confidence: 0.9310027

00:27:47.080 --> 00:27:48.539 month. And it's like,

NOTE Confidence: 0.9471328

00:27:48.919 --> 00:27:49.880 okay. You know, we are

NOTE Confidence: 0.9471328

00:27:49.880 --> 00:27:51.080 serving an area of, like,

NOTE Confidence: 0.9471328

00:27:51.080 --> 00:27:52.279 half a million people. Why

NOTE Confidence: 0.9471328

00:27:52.279 --> 00:27:53.080 why are we only getting,

NOTE Confidence: 0.9471328

00:27:53.080 --> 00:27:54.119 like, less than ten patients

NOTE Confidence: 0.9471328

00:27:54.119 --> 00:27:55.225 a month? Right? And this

NOTE Confidence: 0.9471328

00:27:55.225 --> 00:27:56.184 is an area that didn't

NOTE Confidence: 0.9471328

00:27:56.184 --> 00:27:57.164 really have access

NOTE Confidence: 0.94037265

00:27:57.465 --> 00:27:58.984 to the biomedical mental health

NOTE Confidence: 0.94037265

00:27:58.984 --> 00:28:00.184 care before. Right? And there's

NOTE Confidence: 0.94037265

00:28:00.184 --> 00:28:01.085 a lot of different,

NOTE Confidence: 0.96201

00:28:01.784 --> 00:28:03.784 perceived etiologies of mental health

NOTE Confidence: 0.96201

00:28:03.784 --> 00:28:05.065 and, you know, different people

NOTE Confidence: 0.96201

00:28:05.065 --> 00:28:05.865 that people go to, like

NOTE Confidence: 0.96201

00:28:05.865 --> 00:28:07.804 traditional healers and religious leaders.

NOTE Confidence: 0.96201

00:28:07.970 --> 00:28:08.850 So we thought that the

NOTE Confidence: 0.96201

00:28:08.850 --> 00:28:10.630 first step was to characterize

NOTE Confidence: 0.96201

00:28:10.690 --> 00:28:12.130 and reduce, like, mental illness

NOTE Confidence: 0.96201

00:28:12.130 --> 00:28:13.670 stigma and increase psychoeducation.

NOTE Confidence: 0.99819255

00:28:14.850 --> 00:28:16.230 So I'm gonna talk about

NOTE Confidence: 0.99819255

00:28:16.450 --> 00:28:16.950 that.

NOTE Confidence: 0.9569298

00:28:18.290 --> 00:28:19.490 So we've done some work

NOTE Confidence: 0.9569298

00:28:19.490 --> 00:28:21.585 characterizing mental illness stigma. So,

NOTE Confidence: 0.9569298

00:28:21.905 --> 00:28:22.865 you know, we use a

NOTE Confidence: 0.9569298

00:28:22.865 --> 00:28:23.984 vignette model to kind of,

NOTE Confidence: 0.9569298

00:28:23.984 --> 00:28:25.044 like, characterize

NOTE Confidence: 0.6968076

00:28:25.505 --> 00:28:26.705 what about mental illness is

NOTE Confidence: 0.6968076

00:28:26.705 --> 00:28:27.205 stigmatizing

NOTE Confidence: 0.71891755

00:28:27.665 --> 00:28:28.165 and,

NOTE Confidence: 0.9797997

00:28:28.705 --> 00:28:30.165 and, you know, what conditions

NOTE Confidence: 0.9797997

00:28:30.385 --> 00:28:31.684 might be most stigmatized.

NOTE Confidence: 0.98325425

00:28:32.145 --> 00:28:33.825 So we've done, some work

NOTE Confidence: 0.98325425

00:28:33.825 --> 00:28:34.865 on that. We've done some

NOTE Confidence: 0.98325425

00:28:34.865 --> 00:28:35.105 some,

NOTE Confidence: 0.832802

00:28:36.190 --> 00:28:36.690 interpretive,

NOTE Confidence: 0.9704115

00:28:37.150 --> 00:28:37.650 phenomenological

NOTE Confidence: 0.998616

00:28:37.950 --> 00:28:39.250 analysis on

NOTE Confidence: 0.9965067

00:28:39.630 --> 00:28:41.230 on, you know, theories of

NOTE Confidence: 0.9965067

00:28:41.230 --> 00:28:42.590 mental illness in Uganda as

NOTE Confidence: 0.9965067

00:28:42.590 --> 00:28:43.090 well.

NOTE Confidence: 0.9772267

00:28:43.630 --> 00:28:44.590 And we also have these,

NOTE Confidence: 0.9772267

00:28:44.590 --> 00:28:45.790 like, other works in progress

NOTE Confidence: 0.9772267

00:28:45.790 --> 00:28:47.390 that further characterizes mental illness

NOTE Confidence: 0.9772267

00:28:47.390 --> 00:28:48.510 stigma that, you know, we're

NOTE Confidence: 0.9772267

00:28:48.510 --> 00:28:49.950 hoping to publish within within

NOTE Confidence: 0.9772267

00:28:49.950 --> 00:28:51.445 a within a year that

NOTE Confidence: 0.9772267

00:28:51.445 --> 00:28:52.565 we already have data collected

NOTE Confidence: 0.9772267

00:28:52.565 --> 00:28:53.065 for.

NOTE Confidence: 0.9831503

00:28:53.445 --> 00:28:54.325 So I I'm just gonna

NOTE Confidence: 0.9831503

00:28:54.325 --> 00:28:55.445 give you give an example

NOTE Confidence: 0.9831503

00:28:55.445 --> 00:28:57.045 of a community based intervention

NOTE Confidence: 0.9831503

00:28:57.045 --> 00:28:58.485 that we conducted for mental

NOTE Confidence: 0.9831503

00:28:58.485 --> 00:28:59.785 illness stigma. So,

NOTE Confidence: 0.9699406

00:29:00.245 --> 00:29:01.285 so when we were starting

NOTE Confidence: 0.9699406

00:29:01.285 --> 00:29:03.045 psychiatric care, you know, as

NOTE Confidence: 0.9699406

00:29:03.045 --> 00:29:04.020 I said, you know, not

NOTE Confidence: 0.9699406

00:29:04.020 --> 00:29:05.220 many people are coming. Right?

NOTE Confidence: 0.9699406

00:29:05.220 --> 00:29:06.100 So we thought the first

NOTE Confidence: 0.9699406

00:29:06.100 --> 00:29:07.380 step was, you know, like

NOTE Confidence: 0.9699406

00:29:07.380 --> 00:29:08.040 a program.

NOTE Confidence: 0.99063826

00:29:08.420 --> 00:29:10.020 So what we did was

NOTE Confidence: 0.99063826

00:29:10.020 --> 00:29:11.800 we did some focus groups,

NOTE Confidence: 0.9994723

00:29:12.260 --> 00:29:12.760 to

NOTE Confidence: 0.96094865

00:29:13.140 --> 00:29:14.580 figure out, you know, what

NOTE Confidence: 0.96094865

00:29:14.580 --> 00:29:15.860 people think about, you know,

NOTE Confidence: 0.96094865

00:29:15.860 --> 00:29:17.425 current beliefs and attitudes for

NOTE Confidence: 0.96094865

00:29:17.425 --> 00:29:19.105 severe mental illnesses. So we

NOTE Confidence: 0.96094865

00:29:19.105 --> 00:29:20.485 have four focus group discussions.

NOTE Confidence: 0.9397162

00:29:21.105 --> 00:29:22.145 And from that, we need

NOTE Confidence: 0.9397162

00:29:22.145 --> 00:29:23.445 a list of criteria

NOTE Confidence: 0.93073076

00:29:24.145 --> 00:29:26.305 for a community play, and

NOTE Confidence: 0.93073076

00:29:26.305 --> 00:29:27.105 then we had an open

NOTE Confidence: 0.93073076

00:29:27.105 --> 00:29:28.785 come open competition with everybody

NOTE Confidence: 0.93073076

00:29:28.785 --> 00:29:30.480 in the community that could,

NOTE Confidence: 0.93073076

00:29:30.679 --> 00:29:31.680 you know, they could team

NOTE Confidence: 0.93073076

00:29:31.680 --> 00:29:32.820 up, and they could,

NOTE Confidence: 0.96288526

00:29:33.440 --> 00:29:34.720 and and they could, and

NOTE Confidence: 0.96288526

00:29:34.720 --> 00:29:36.000 and they could, you know,

NOTE Confidence: 0.96288526

00:29:36.000 --> 00:29:37.360 perform a play that met

NOTE Confidence: 0.96288526

00:29:37.360 --> 00:29:38.020 the criteria

NOTE Confidence: 0.9465282

00:29:38.400 --> 00:29:40.260 of destigmatizing mental illness.

NOTE Confidence: 0.98175615

00:29:41.040 --> 00:29:41.520 And,

NOTE Confidence: 0.99503726

00:29:41.840 --> 00:29:42.340 so

NOTE Confidence: 0.89586425

00:29:42.800 --> 00:29:43.760 we chose theater as a

NOTE Confidence: 0.89586425

00:29:43.760 --> 00:29:45.105 medium because it's a a

NOTE Confidence: 0.89586425

00:29:45.105 --> 00:29:46.705 common entertainment medium in rural

NOTE Confidence: 0.89586425

00:29:46.705 --> 00:29:47.205 Uganda.

NOTE Confidence: 0.9372095

00:29:47.905 --> 00:29:49.345 And so four teams competed,

NOTE Confidence: 0.9372095

00:29:49.345 --> 00:29:50.465 won one, and, you know,

NOTE Confidence: 0.9372095

00:29:50.465 --> 00:29:51.505 we had them tour some

NOTE Confidence: 0.9372095

00:29:51.505 --> 00:29:53.105 villages, and they won a

NOTE Confidence: 0.9372095

00:29:53.105 --> 00:29:54.945 monetary prize as well. So

NOTE Confidence: 0.9372095

00:29:54.945 --> 00:29:56.465 we evaluated the effectiveness of

NOTE Confidence: 0.9372095

00:29:56.465 --> 00:29:57.825 the intervention one weekend and

NOTE Confidence: 0.9372095

00:29:57.825 --> 00:29:59.365 one year one week

NOTE Confidence: 0.9688385

00:29:59.690 --> 00:30:00.730 after the intervention and one

NOTE Confidence: 0.9688385

00:30:00.730 --> 00:30:01.390 year in.

NOTE Confidence: 0.9390439

00:30:01.929 --> 00:30:02.809 So this is kinda like

NOTE Confidence: 0.9390439

00:30:02.809 --> 00:30:03.929 the flowchart for,

NOTE Confidence: 0.8872962

00:30:04.410 --> 00:30:05.850 for for for the study.

NOTE Confidence: 0.8872962

00:30:05.850 --> 00:30:07.049 So one hundred and one

NOTE Confidence: 0.8872962

00:30:07.049 --> 00:30:08.730 participants were administered in the

NOTE Confidence: 0.8872962

00:30:08.730 --> 00:30:09.549 initial questionnaire.

NOTE Confidence: 0.9560873

00:30:09.929 --> 00:30:11.290 Seventy seven that attended the

NOTE Confidence: 0.9560873

00:30:11.290 --> 00:30:13.225 initial theater intervention. Fifty seven

NOTE Confidence: 0.9560873

00:30:13.225 --> 00:30:14.345 of the seventy seven were

NOTE Confidence: 0.9560873

00:30:14.345 --> 00:30:16.105 administered a questionnaire one week

NOTE Confidence: 0.9560873

00:30:16.105 --> 00:30:17.385 later, and forty six of

NOTE Confidence: 0.9560873

00:30:17.385 --> 00:30:18.505 fifty seven were found one

NOTE Confidence: 0.9560873

00:30:18.505 --> 00:30:20.185 year later to, ask a

NOTE Confidence: 0.9560873

00:30:20.185 --> 00:30:22.365 questionnaire measuring mental illness stigma.

NOTE Confidence: 0.9874954

00:30:23.385 --> 00:30:24.685 So as you can see,

NOTE Confidence: 0.9621559

00:30:26.010 --> 00:30:27.530 acceptance for those with severe

NOTE Confidence: 0.9621559

00:30:27.530 --> 00:30:28.750 mental illness increased,

NOTE Confidence: 0.9925859

00:30:29.210 --> 00:30:30.890 pretty significantly. The effect size

NOTE Confidence: 0.9925859

00:30:30.890 --> 00:30:32.010 is about one point o,

NOTE Confidence: 0.9925859

00:30:32.250 --> 00:30:33.290 both in the one week

NOTE Confidence: 0.9925859

00:30:33.290 --> 00:30:34.330 follow-up and the one year

NOTE Confidence: 0.9925859

00:30:34.330 --> 00:30:35.390 follow-up as well.

NOTE Confidence: 0.99149513

00:30:36.410 --> 00:30:38.090 And, also, you know, more

NOTE Confidence: 0.99149513

00:30:38.090 --> 00:30:39.770 practically, the number of patients

NOTE Confidence: 0.99149513

00:30:39.770 --> 00:30:40.945 that we're seeing for severe

NOTE Confidence: 0.99149513

00:30:40.945 --> 00:30:42.625 mental illness in Uganda is

NOTE Confidence: 0.99149513

00:30:42.625 --> 00:30:43.745 now over one hundred a

NOTE Confidence: 0.99149513

00:30:43.745 --> 00:30:45.185 month as well. So, you

NOTE Confidence: 0.99149513

00:30:45.185 --> 00:30:46.705 know, although that's not you

NOTE Confidence: 0.99149513

00:30:46.705 --> 00:30:48.325 know, you can't really assume

NOTE Confidence: 0.9720854

00:30:49.265 --> 00:30:50.785 causality there, but, you know,

NOTE Confidence: 0.9720854

00:30:50.785 --> 00:30:51.285 it's

NOTE Confidence: 0.89592844

00:30:51.745 --> 00:30:52.625 you know, they're

NOTE Confidence: 0.9413687

00:30:53.585 --> 00:30:54.625 the it it it has

NOTE Confidence: 0.9413687

00:30:54.625 --> 00:30:55.585 helped in terms of, like,

NOTE Confidence: 0.9413687

00:30:55.585 --> 00:30:56.960 you know, providing more care

NOTE Confidence: 0.9413687

00:30:56.960 --> 00:30:58.260 to more people as well.

NOTE Confidence: 0.9839945

00:30:58.640 --> 00:31:00.000 And we also converted this

NOTE Confidence: 0.9839945

00:31:00.000 --> 00:31:01.600 to, like, a radio intervention

NOTE Confidence: 0.9839945

00:31:01.600 --> 00:31:02.900 too that, we,

NOTE Confidence: 0.94466573

00:31:03.280 --> 00:31:05.060 that we, published about too.

NOTE Confidence: 0.9562276

00:31:05.840 --> 00:31:06.720 So I submitted a k

NOTE Confidence: 0.9562276

00:31:06.720 --> 00:31:07.760 twenty three a few months

NOTE Confidence: 0.9562276

00:31:07.760 --> 00:31:09.760 ago on, you know, furthering

NOTE Confidence: 0.9562276

00:31:09.760 --> 00:31:11.460 the same. So, you know,

NOTE Confidence: 0.89822423

00:31:12.595 --> 00:31:13.075 so so so some of,

NOTE Confidence: 0.89822423

00:31:13.075 --> 00:31:14.695 like, research and, you know,

NOTE Confidence: 0.89822423

00:31:14.914 --> 00:31:15.794 we certainly have a lot

NOTE Confidence: 0.89822423

00:31:15.794 --> 00:31:16.995 of preliminary data on this.

NOTE Confidence: 0.89822423

00:31:16.995 --> 00:31:18.595 So research aim one is

NOTE Confidence: 0.89822423

00:31:18.595 --> 00:31:20.534 to just characterize the media,

NOTE Confidence: 0.9149233

00:31:20.914 --> 00:31:22.195 you know, preferences, like health

NOTE Confidence: 0.9149233

00:31:22.195 --> 00:31:23.794 information delivery networks, like what

NOTE Confidence: 0.9149233

00:31:23.794 --> 00:31:25.575 that's like in this patient.

NOTE Confidence: 0.9256843

00:31:26.210 --> 00:31:27.490 And aim two is to

NOTE Confidence: 0.9256843

00:31:27.490 --> 00:31:29.090 refine the intervention that we

NOTE Confidence: 0.9256843

00:31:29.090 --> 00:31:30.070 already have.

NOTE Confidence: 0.99415743

00:31:30.610 --> 00:31:31.890 Aim three is to assess

NOTE Confidence: 0.99415743

00:31:31.890 --> 00:31:32.630 the feasibility,

NOTE Confidence: 0.9942411

00:31:32.930 --> 00:31:34.770 acceptability, and preliminary efficacy of

NOTE Confidence: 0.9942411

00:31:34.770 --> 00:31:35.430 the intervention.

NOTE Confidence: 0.998095

00:31:36.530 --> 00:31:37.030 So

NOTE Confidence: 0.98603237

00:31:37.490 --> 00:31:38.690 I have five different mentors

NOTE Confidence: 0.98603237

00:31:38.690 --> 00:31:39.910 from five different institutions,

NOTE Confidence: 0.9311539

00:31:40.485 --> 00:31:42.245 k, and two from Uganda

NOTE Confidence: 0.9311539

00:31:42.245 --> 00:31:43.525 and three from US, including,

NOTE Confidence: 0.9311539

00:31:43.845 --> 00:31:46.105 Robert Rosenheck at Yale. So

NOTE Confidence: 0.9311539

00:31:46.245 --> 00:31:47.285 these are some of the,

NOTE Confidence: 0.9311539

00:31:47.605 --> 00:31:48.645 expertise that I hope to

NOTE Confidence: 0.9311539

00:31:48.645 --> 00:31:49.145 gain.

NOTE Confidence: 0.949466

00:31:49.924 --> 00:31:50.424 So

NOTE Confidence: 0.96812123

00:31:51.285 --> 00:31:52.485 I wanna be somebody that

NOTE Confidence: 0.96812123

00:31:52.485 --> 00:31:54.885 can develop interventions, community based

NOTE Confidence: 0.96812123

00:31:54.885 --> 00:31:56.510 interventions, and test the effectiveness

NOTE Confidence: 0.96812123

00:31:56.510 --> 00:31:57.490 of those interventions

NOTE Confidence: 0.9832794

00:31:58.029 --> 00:31:59.870 and scale it up. So

NOTE Confidence: 0.9832794

00:31:59.870 --> 00:32:00.990 I feel like the training

NOTE Confidence: 0.9832794

00:32:00.990 --> 00:32:01.789 that I'm getting in the

NOTE Confidence: 0.9832794

00:32:01.789 --> 00:32:03.549 k is setting the is

NOTE Confidence: 0.9832794

00:32:03.549 --> 00:32:04.610 setting a good stage,

NOTE Confidence: 0.99711066

00:32:05.470 --> 00:32:06.370 for my future,

NOTE Confidence: 0.99863636

00:32:06.830 --> 00:32:07.330 goals.

NOTE Confidence: 0.97806394

00:32:08.565 --> 00:32:09.524 And some of the other,

NOTE Confidence: 0.97806394

00:32:09.764 --> 00:32:11.044 things that, you know, I'm

NOTE Confidence: 0.97806394

00:32:11.044 --> 00:32:12.884 interested into is working with

NOTE Confidence: 0.97806394

00:32:12.884 --> 00:32:14.725 existing communities to improve care

NOTE Confidence: 0.97806394

00:32:14.725 --> 00:32:16.485 delivery as well. So we've

NOTE Confidence: 0.97806394

00:32:16.485 --> 00:32:17.605 we've done, you know, some

NOTE Confidence: 0.97806394

00:32:17.605 --> 00:32:20.184 preliminary work on the existing

NOTE Confidence: 0.99069464

00:32:20.565 --> 00:32:22.424 care delivery networks in Uganda

NOTE Confidence: 0.96851057

00:32:22.725 --> 00:32:23.684 and how we can work

NOTE Confidence: 0.96851057

00:32:23.684 --> 00:32:24.210 with them

NOTE Confidence: 0.98612165

00:32:25.010 --> 00:32:26.529 to, to provide better care.

NOTE Confidence: 0.98612165

00:32:26.529 --> 00:32:27.730 Right? So a lot of

NOTE Confidence: 0.98612165

00:32:27.730 --> 00:32:29.250 people so majority of people

NOTE Confidence: 0.98612165

00:32:29.250 --> 00:32:30.850 in rural Uganda, first go

NOTE Confidence: 0.98612165

00:32:30.850 --> 00:32:32.549 to religious leaders and traditional

NOTE Confidence: 0.98612165

00:32:32.610 --> 00:32:33.590 healers. Right?

NOTE Confidence: 0.9549496

00:32:33.970 --> 00:32:35.090 So we've done some work

NOTE Confidence: 0.9549496

00:32:35.090 --> 00:32:36.929 characterizing that as well as

NOTE Confidence: 0.9549496

00:32:36.929 --> 00:32:38.715 some, you know, some some,

NOTE Confidence: 0.9549496

00:32:39.035 --> 00:32:39.535 some

NOTE Confidence: 0.9116204

00:32:39.915 --> 00:32:41.215 some data on,

NOTE Confidence: 0.99342966

00:32:41.675 --> 00:32:43.675 willingness to collaborate among, like,

NOTE Confidence: 0.99342966

00:32:43.675 --> 00:32:45.915 religious leaders, traditional healers, and

NOTE Confidence: 0.99342966

00:32:45.915 --> 00:32:47.695 biomedical providers as well.

NOTE Confidence: 0.99915147

00:32:48.075 --> 00:32:48.575 So

NOTE Confidence: 0.91670614

00:32:49.595 --> 00:32:50.315 so we're,

NOTE Confidence: 0.9070604

00:32:50.720 --> 00:32:51.220 planning,

NOTE Confidence: 0.9078879

00:32:51.680 --> 00:32:53.300 a r thirty four submission

NOTE Confidence: 0.9078879

00:32:53.360 --> 00:32:54.100 in June.

NOTE Confidence: 0.9670691

00:32:54.560 --> 00:32:55.600 Initially, I was planning in

NOTE Confidence: 0.9670691

00:32:55.600 --> 00:32:56.880 October, but, you know, doctor

NOTE Confidence: 0.9670691

00:32:56.880 --> 00:32:58.000 Crystal pointed out that I

NOTE Confidence: 0.9670691

00:32:58.000 --> 00:32:59.440 can apply for it in

NOTE Confidence: 0.9670691

00:32:59.440 --> 00:33:01.120 June as a as a

NOTE Confidence: 0.9670691

00:33:01.120 --> 00:33:02.100 resident. So

NOTE Confidence: 0.9594886

00:33:02.960 --> 00:33:04.960 so, so so, basically, one

NOTE Confidence: 0.9594886

00:33:04.960 --> 00:33:06.674 intervention is, you know, this

NOTE Confidence: 0.9594886

00:33:06.674 --> 00:33:08.595 collaborative care model for severe

NOTE Confidence: 0.9594886

00:33:08.595 --> 00:33:09.414 mental illness,

NOTE Confidence: 0.6710058

00:33:09.955 --> 00:33:10.455 utilizing

NOTE Confidence: 0.9943794

00:33:10.995 --> 00:33:12.914 traditional healers, religious leaders, and

NOTE Confidence: 0.9943794

00:33:12.914 --> 00:33:14.054 biomedical providers.

NOTE Confidence: 0.8899

00:33:14.355 --> 00:33:16.274 So researching one is develop

NOTE Confidence: 0.8899

00:33:16.274 --> 00:33:17.955 a culturally tailored collaborative care

NOTE Confidence: 0.8899

00:33:17.955 --> 00:33:20.115 model and two, evaluate the

NOTE Confidence: 0.8899

00:33:20.115 --> 00:33:21.735 feasibility of that intervention.

NOTE Confidence: 0.97717464

00:33:22.980 --> 00:33:23.460 So,

NOTE Confidence: 0.94287306

00:33:24.020 --> 00:33:26.420 there has been, collaborative models

NOTE Confidence: 0.94287306

00:33:26.420 --> 00:33:27.780 for severe mental illness and

NOTE Confidence: 0.94287306

00:33:27.780 --> 00:33:29.700 LMICs. Like, Vikram Patel did

NOTE Confidence: 0.94287306

00:33:29.700 --> 00:33:31.860 one with late, community health

NOTE Confidence: 0.94287306

00:33:31.860 --> 00:33:33.620 providers, but not with, you

NOTE Confidence: 0.94287306

00:33:33.620 --> 00:33:34.900 know, traditional healers and religious

NOTE Confidence: 0.94287306

00:33:34.900 --> 00:33:36.355 leaders. We had graduated did

NOTE Confidence: 0.94287306

00:33:36.355 --> 00:33:37.955 one in Nigeria, but it

NOTE Confidence: 0.94287306

00:33:37.955 --> 00:33:38.835 was in the context of

NOTE Confidence: 0.94287306

00:33:38.835 --> 00:33:40.115 prayer camps. So prayer camps

NOTE Confidence: 0.94287306

00:33:40.115 --> 00:33:41.495 in West Africa are where

NOTE Confidence: 0.94287306

00:33:41.554 --> 00:33:42.755 hundreds of people with severe

NOTE Confidence: 0.94287306

00:33:42.755 --> 00:33:44.295 mental illness are all together,

NOTE Confidence: 0.94287306

00:33:44.355 --> 00:33:45.315 and that's a model that's

NOTE Confidence: 0.94287306

00:33:45.315 --> 00:33:46.915 pretty exclusive to West Africa

NOTE Confidence: 0.94287306

00:33:46.915 --> 00:33:48.674 only. So this is this

NOTE Confidence: 0.94287306

00:33:48.674 --> 00:33:49.895 this could be a template

NOTE Confidence: 0.94287306

00:33:49.955 --> 00:33:51.060 in how we work with

NOTE Confidence: 0.94287306

00:33:51.220 --> 00:33:52.600 with existing care systems

NOTE Confidence: 0.9880023

00:33:52.980 --> 00:33:54.420 in delivering care to severe

NOTE Confidence: 0.9880023

00:33:54.420 --> 00:33:56.100 mental illness, including in the

NOTE Confidence: 0.9880023

00:33:56.100 --> 00:33:56.920 United States.

NOTE Confidence: 0.92930794

00:33:57.780 --> 00:33:58.220 So

NOTE Confidence: 0.9211291

00:33:58.660 --> 00:34:00.020 and another r thirty four,

NOTE Confidence: 0.9211291

00:34:00.180 --> 00:34:01.060 that I have planned, I

NOTE Confidence: 0.9211291

00:34:01.060 --> 00:34:02.580 submitted a pilot grant to,

NOTE Confidence: 0.9211291

00:34:02.820 --> 00:34:03.320 Sierra,

NOTE Confidence: 0.87986445

00:34:04.580 --> 00:34:05.560 regarding this,

NOTE Confidence: 0.70266163

00:34:06.105 --> 00:34:07.065 is a client with care

NOTE Confidence: 0.70266163

00:34:07.065 --> 00:34:09.005 models for for depression. So,

NOTE Confidence: 0.96480584

00:34:09.385 --> 00:34:10.745 you know, group psychotherapy has

NOTE Confidence: 0.96480584

00:34:10.745 --> 00:34:11.945 been shown to be very

NOTE Confidence: 0.96480584

00:34:11.945 --> 00:34:13.385 effective in treating depression in

NOTE Confidence: 0.96480584

00:34:13.385 --> 00:34:14.445 LMI C settings.

NOTE Confidence: 0.97771263

00:34:14.745 --> 00:34:15.625 So, you know, why don't

NOTE Confidence: 0.97771263

00:34:15.625 --> 00:34:16.665 we train people that people

NOTE Confidence: 0.97771263

00:34:16.665 --> 00:34:17.945 already go for depression, like

NOTE Confidence: 0.97771263

00:34:17.945 --> 00:34:19.810 religious leaders, you know, traditional

NOTE Confidence: 0.97771263

00:34:19.869 --> 00:34:20.369 healers,

NOTE Confidence: 0.6871079

00:34:20.830 --> 00:34:22.050 and better the effectiveness?

NOTE Confidence: 0.98757464

00:34:22.510 --> 00:34:23.469 So those are, you know,

NOTE Confidence: 0.98757464

00:34:23.469 --> 00:34:24.910 some of the other, research

NOTE Confidence: 0.98757464

00:34:24.910 --> 00:34:25.650 aims too.

NOTE Confidence: 0.9809096

00:34:26.270 --> 00:34:27.790 And some potential directions that

NOTE Confidence: 0.9809096

00:34:27.790 --> 00:34:29.869 we haven't really, collected preliminary

NOTE Confidence: 0.9809096

00:34:29.869 --> 00:34:31.070 data for, but we're planning

NOTE Confidence: 0.9809096

00:34:31.070 --> 00:34:32.165 to this summer,

NOTE Confidence: 0.99580634

00:34:33.105 --> 00:34:35.025 is, the overlap between education

NOTE Confidence: 0.99580634

00:34:35.025 --> 00:34:36.085 and mental health.

NOTE Confidence: 0.9683044

00:34:36.545 --> 00:34:38.545 So school discontinuation is, like,

NOTE Confidence: 0.9683044

00:34:38.545 --> 00:34:39.525 a major issue,

NOTE Confidence: 0.76600754

00:34:40.225 --> 00:34:41.125 you know,

NOTE Confidence: 0.8288522

00:34:41.505 --> 00:34:43.364 in LMICs and in Uganda,

NOTE Confidence: 0.9688352

00:34:43.665 --> 00:34:45.344 in America too. But, you

NOTE Confidence: 0.9688352

00:34:45.344 --> 00:34:45.844 know,

NOTE Confidence: 0.97565126

00:34:46.610 --> 00:34:47.330 if you go to the

NOTE Confidence: 0.97565126

00:34:47.330 --> 00:34:48.550 school in Uganda,

NOTE Confidence: 0.98107344

00:34:49.010 --> 00:34:49.969 in the area that we

NOTE Confidence: 0.98107344

00:34:49.969 --> 00:34:51.010 work, so there's a lot

NOTE Confidence: 0.98107344

00:34:51.010 --> 00:34:52.690 of regional disparities as well.

NOTE Confidence: 0.98107344

00:34:52.690 --> 00:34:54.290 But, in first grade, there

NOTE Confidence: 0.98107344

00:34:54.290 --> 00:34:55.250 might be two hundred people

NOTE Confidence: 0.98107344

00:34:55.250 --> 00:34:56.130 enrolled. So there's, like, a

NOTE Confidence: 0.98107344

00:34:56.130 --> 00:34:57.410 roster at the school showing

NOTE Confidence: 0.98107344

00:34:57.410 --> 00:34:58.450 you how many people are

NOTE Confidence: 0.98107344

00:34:58.450 --> 00:34:59.744 enrolled in in each grade.

NOTE Confidence: 0.98107344

00:34:59.744 --> 00:35:01.265 So grade one, two hundred

NOTE Confidence: 0.98107344

00:35:01.265 --> 00:35:02.224 people. By the time you

NOTE Confidence: 0.98107344

00:35:02.224 --> 00:35:03.424 get to grade six, like,

NOTE Confidence: 0.98107344

00:35:03.424 --> 00:35:05.045 sixth grade, there's ten people.

NOTE Confidence: 0.97470367

00:35:05.344 --> 00:35:07.025 So school discontinuation is, like,

NOTE Confidence: 0.97470367

00:35:07.025 --> 00:35:08.085 a major issue.

NOTE Confidence: 0.9755197

00:35:08.625 --> 00:35:09.664 So and, you know, it's

NOTE Confidence: 0.9755197

00:35:09.664 --> 00:35:11.744 also I don't associated, like,

NOTE Confidence: 0.9755197

00:35:11.825 --> 00:35:13.204 as, like, a very traumatic

NOTE Confidence: 0.9755197

00:35:13.344 --> 00:35:14.464 experience for a lot of

NOTE Confidence: 0.9755197

00:35:14.464 --> 00:35:14.964 people,

NOTE Confidence: 0.99724495

00:35:15.560 --> 00:35:16.680 not being able to afford

NOTE Confidence: 0.99724495

00:35:16.680 --> 00:35:18.300 to continue going to school.

NOTE Confidence: 0.9106708

00:35:18.920 --> 00:35:19.880 So, like, what if you

NOTE Confidence: 0.9106708

00:35:19.880 --> 00:35:22.120 can combine a psychological and

NOTE Confidence: 0.9106708

00:35:22.120 --> 00:35:23.180 an economic intervention,

NOTE Confidence: 0.97134256

00:35:23.480 --> 00:35:25.400 creating a community mentorship system,

NOTE Confidence: 0.97134256

00:35:25.400 --> 00:35:27.000 a vocational training system in

NOTE Confidence: 0.97134256

00:35:27.000 --> 00:35:27.580 the community

NOTE Confidence: 0.9563298

00:35:28.190 --> 00:35:29.340 that, that

NOTE Confidence: 0.9969461

00:35:29.835 --> 00:35:31.594 that can, you know, empower

NOTE Confidence: 0.9969461

00:35:31.594 --> 00:35:32.795 people at, like, a very

NOTE Confidence: 0.9969461

00:35:32.795 --> 00:35:34.655 critical phase of their lives.

NOTE Confidence: 0.9388312

00:35:35.035 --> 00:35:36.635 So we're collecting some preliminary

NOTE Confidence: 0.9388312

00:35:36.635 --> 00:35:37.915 data for this this summer.

NOTE Confidence: 0.9388312

00:35:38.155 --> 00:35:39.435 So hopefully, this this can

NOTE Confidence: 0.9388312

00:35:39.435 --> 00:35:41.375 become another potential aim.

NOTE Confidence: 0.9378996

00:35:42.390 --> 00:35:43.510 So this is just generally

NOTE Confidence: 0.9378996

00:35:43.510 --> 00:35:45.109 my five year plan. For

NOTE Confidence: 0.9378996

00:35:45.109 --> 00:35:46.150 the sake of simplicity, I

NOTE Confidence: 0.9378996

00:35:46.150 --> 00:35:46.469 made a

NOTE Confidence: 0.9382596

00:35:47.750 --> 00:35:48.890 for the sake of simplicity

NOTE Confidence: 0.9382596

00:35:49.030 --> 00:35:50.309 simplicity, I made the assumption

NOTE Confidence: 0.9382596

00:35:50.309 --> 00:35:51.270 that it'll take each grant

NOTE Confidence: 0.9382596

00:35:51.270 --> 00:35:52.950 one resubmission to receive it.

NOTE Confidence: 0.9568125

00:35:53.829 --> 00:35:55.030 So, you know, several paths

NOTE Confidence: 0.9568125

00:35:55.030 --> 00:35:55.844 to, like, r ones and

NOTE Confidence: 0.9568125

00:35:55.925 --> 00:35:57.685 becoming an independent researcher. I'm

NOTE Confidence: 0.9568125

00:35:57.685 --> 00:35:59.445 also very interested in, taking

NOTE Confidence: 0.9568125

00:35:59.445 --> 00:36:00.965 some of the lessons, centered

NOTE Confidence: 0.9568125

00:36:00.965 --> 00:36:02.645 around community based interventions to

NOTE Confidence: 0.9568125

00:36:02.645 --> 00:36:03.625 the United States.

NOTE Confidence: 0.9701368

00:36:04.005 --> 00:36:05.285 For example, in in the

NOTE Confidence: 0.9701368

00:36:05.285 --> 00:36:06.805 elderly, in the United States,

NOTE Confidence: 0.9701368

00:36:06.805 --> 00:36:08.344 loneliness is a huge epidemic.

NOTE Confidence: 0.9362097

00:36:08.690 --> 00:36:10.050 So is, like, elderly, you

NOTE Confidence: 0.9362097

00:36:10.050 --> 00:36:11.650 know, a common mental illnesses

NOTE Confidence: 0.9362097

00:36:11.650 --> 00:36:13.410 as well. So and and

NOTE Confidence: 0.9362097

00:36:13.410 --> 00:36:15.010 treatment in America, I feel

NOTE Confidence: 0.9362097

00:36:15.010 --> 00:36:15.810 like a lot of times

NOTE Confidence: 0.9362097

00:36:15.810 --> 00:36:17.270 is very devoid of community

NOTE Confidence: 0.9362097

00:36:17.410 --> 00:36:18.450 aspects. So what if we

NOTE Confidence: 0.9362097

00:36:18.450 --> 00:36:19.970 can train activity managers at

NOTE Confidence: 0.9362097

00:36:19.970 --> 00:36:21.489 nursing homes too in providing

NOTE Confidence: 0.9362097

00:36:21.489 --> 00:36:22.470 group psychotherapy,

NOTE Confidence: 0.959371

00:36:22.805 --> 00:36:24.725 right, and measure outcomes that

NOTE Confidence: 0.959371

00:36:24.725 --> 00:36:26.085 way. So so some more

NOTE Confidence: 0.959371

00:36:26.085 --> 00:36:27.845 directions that I'm interested in

NOTE Confidence: 0.959371

00:36:27.845 --> 00:36:29.465 as well, domestically too.

NOTE Confidence: 0.9834932

00:36:31.685 --> 00:36:33.364 So we're gonna actually save

NOTE Confidence: 0.9834932

00:36:33.364 --> 00:36:35.225 questions until the end of

NOTE Confidence: 0.9834932

00:36:35.285 --> 00:36:36.165 the end of,

NOTE Confidence: 0.964156

00:36:36.565 --> 00:36:37.864 our overall talk.

NOTE Confidence: 0.99102587

00:36:38.325 --> 00:36:39.500 But, you know, it's a

NOTE Confidence: 0.99102587

00:36:39.500 --> 00:36:40.640 pleasure to introduce,

NOTE Confidence: 0.9998128

00:36:41.020 --> 00:36:41.520 another

NOTE Confidence: 0.90396225

00:36:41.820 --> 00:36:43.839 one of my, colleagues, Marcus.

NOTE Confidence: 0.9510904

00:36:44.700 --> 00:36:46.219 He's been a he he's

NOTE Confidence: 0.9510904

00:36:46.219 --> 00:36:47.760 a chief resident of,

NOTE Confidence: 0.82197684

00:36:48.619 --> 00:36:49.280 of the residency,

NOTE Confidence: 0.9908731

00:36:49.820 --> 00:36:50.320 currently.

NOTE Confidence: 0.9853813

00:36:51.020 --> 00:36:52.239 He's a member of the

NOTE Confidence: 0.9072281

00:36:53.555 --> 00:36:55.015 Yaqui tribe in Arizona,

NOTE Confidence: 0.97094667

00:36:55.555 --> 00:36:56.835 and he's a leader in

NOTE Confidence: 0.97094667

00:36:56.835 --> 00:36:58.355 his community as well. And,

NOTE Confidence: 0.97094667

00:36:58.515 --> 00:36:59.234 you know, I I had

NOTE Confidence: 0.97094667

00:36:59.234 --> 00:37:00.755 the privilege of visiting him

NOTE Confidence: 0.97094667

00:37:00.755 --> 00:37:01.494 in Tucson,

NOTE Confidence: 0.9684423

00:37:02.434 --> 00:37:03.555 like, last month, and I

NOTE Confidence: 0.9684423

00:37:03.555 --> 00:37:04.535 saw how much

NOTE Confidence: 0.97095877

00:37:04.860 --> 00:37:05.820 how much he means and

NOTE Confidence: 0.97095877

00:37:05.820 --> 00:37:06.620 how much it means that,

NOTE Confidence: 0.97095877

00:37:06.620 --> 00:37:07.660 you know, he's achieved what

NOTE Confidence: 0.97095877

00:37:07.660 --> 00:37:08.620 he has achieved to this

NOTE Confidence: 0.97095877

00:37:08.620 --> 00:37:10.220 degree, to his community, to

NOTE Confidence: 0.97095877

00:37:10.220 --> 00:37:11.260 thousands of people in this

NOTE Confidence: 0.97095877

00:37:11.260 --> 00:37:11.760 community.

NOTE Confidence: 0.95573175

00:37:12.540 --> 00:37:13.500 And I think it's like

NOTE Confidence: 0.95573175

00:37:13.660 --> 00:37:14.620 and, you know, his plan

NOTE Confidence: 0.95573175

00:37:14.620 --> 00:37:15.420 is to go back to

NOTE Confidence: 0.95573175

00:37:15.420 --> 00:37:15.920 Arizona,

NOTE Confidence: 0.92612344

00:37:16.220 --> 00:37:17.980 work with his community, and,

NOTE Confidence: 0.92612344

00:37:18.140 --> 00:37:19.730 you know, empower his community,

NOTE Confidence: 0.92612344

00:37:19.980 --> 00:37:21.474 and better better mental health

NOTE Confidence: 0.92612344

00:37:21.474 --> 00:37:22.295 care. So,

NOTE Confidence: 0.95645374

00:37:22.594 --> 00:37:23.474 so it's an honor to

NOTE Confidence: 0.95645374

00:37:23.474 --> 00:37:24.515 be a co resident with

NOTE Confidence: 0.95645374

00:37:24.515 --> 00:37:25.075 you. And,

NOTE Confidence: 0.8457298

00:37:26.594 --> 00:37:27.955 yeah. And I'll Thanks for

NOTE Confidence: 0.8457298

00:37:27.955 --> 00:37:28.695 that, Dave.

NOTE Confidence: 0.9699715

00:37:33.130 --> 00:37:34.430 Well, good morning, everyone.

NOTE Confidence: 0.97921705

00:37:36.090 --> 00:37:36.590 For

NOTE Confidence: 0.98690164

00:37:36.969 --> 00:37:38.730 time purposes, I'll there will

NOTE Confidence: 0.98690164

00:37:38.730 --> 00:37:39.710 be some slides

NOTE Confidence: 0.9225473

00:37:40.010 --> 00:37:41.290 I skip and also because

NOTE Confidence: 0.9225473

00:37:41.290 --> 00:37:42.410 I just realized I gave

NOTE Confidence: 0.9225473

00:37:42.410 --> 00:37:43.469 Matt the wrong version,

NOTE Confidence: 0.9746615

00:37:44.330 --> 00:37:45.790 but it's mostly there. So

NOTE Confidence: 0.9746615

00:37:46.010 --> 00:37:47.130 we'll jump right into it.

NOTE Confidence: 0.9746615

00:37:47.130 --> 00:37:48.410 It it's kinda fitting. I

NOTE Confidence: 0.9746615

00:37:48.410 --> 00:37:49.344 I didn't I don't think

NOTE Confidence: 0.9746615

00:37:49.344 --> 00:37:50.465 we planned this, but the

NOTE Confidence: 0.9746615

00:37:50.465 --> 00:37:51.665 way we really started with,

NOTE Confidence: 0.9746615

00:37:51.665 --> 00:37:53.425 you know, Matt's, like, systems

NOTE Confidence: 0.9746615

00:37:53.425 --> 00:37:53.925 level

NOTE Confidence: 0.95473295

00:37:54.305 --> 00:37:55.505 kind of view, Jay at

NOTE Confidence: 0.95473295

00:37:55.505 --> 00:37:56.625 the country level, and then

NOTE Confidence: 0.95473295

00:37:56.625 --> 00:37:58.085 going further and further down,

NOTE Confidence: 0.95473295

00:37:58.225 --> 00:37:59.585 looking at the community level

NOTE Confidence: 0.95473295

00:37:59.585 --> 00:38:01.025 and at a much smaller

NOTE Confidence: 0.95473295

00:38:01.025 --> 00:38:01.985 scale of of what I've

NOTE Confidence: 0.95473295

00:38:01.985 --> 00:38:03.125 been doing. So

NOTE Confidence: 0.99879515

00:38:03.780 --> 00:38:05.000 I have been involved,

NOTE Confidence: 0.9999651

00:38:05.460 --> 00:38:05.960 with

NOTE Confidence: 0.94648653

00:38:06.500 --> 00:38:08.280 basically two projects longitudinally

NOTE Confidence: 0.99215996

00:38:08.900 --> 00:38:10.040 since I've been in residency

NOTE Confidence: 0.9889849

00:38:10.420 --> 00:38:12.660 related to, community health needs

NOTE Confidence: 0.9889849

00:38:12.660 --> 00:38:14.820 assessments and stigma reduction. So

NOTE Confidence: 0.9889849

00:38:14.820 --> 00:38:15.940 I'll be talking about two

NOTE Confidence: 0.9889849

00:38:15.940 --> 00:38:17.620 projects mostly because they they

NOTE Confidence: 0.9889849

00:38:17.620 --> 00:38:18.360 tie together.

NOTE Confidence: 0.9582864

00:38:18.705 --> 00:38:19.985 So the first thing I

NOTE Confidence: 0.9582864

00:38:19.985 --> 00:38:20.945 wanna jump in with, just

NOTE Confidence: 0.9582864

00:38:20.945 --> 00:38:21.505 to give you guys a

NOTE Confidence: 0.9582864

00:38:21.505 --> 00:38:22.385 backdrop of, like, who we're

NOTE Confidence: 0.9582864

00:38:22.385 --> 00:38:23.585 talking about. So as Jay

NOTE Confidence: 0.9582864

00:38:23.585 --> 00:38:24.085 mentioned,

NOTE Confidence: 0.97176224

00:38:24.385 --> 00:38:25.505 this is the Pascua Yaqui

NOTE Confidence: 0.97176224

00:38:25.505 --> 00:38:26.864 tribe. This is the tribe

NOTE Confidence: 0.97176224

00:38:26.864 --> 00:38:27.844 that I'm from.

NOTE Confidence: 0.9748231

00:38:28.385 --> 00:38:30.065 There is a unique setup

NOTE Confidence: 0.9748231

00:38:30.065 --> 00:38:31.425 here where the tribe is

NOTE Confidence: 0.9748231

00:38:31.425 --> 00:38:33.185 concentrated in the southwestern United

NOTE Confidence: 0.9748231

00:38:33.185 --> 00:38:34.645 States, both in the US

NOTE Confidence: 0.9748231

00:38:34.760 --> 00:38:35.800 and on the Mexican side

NOTE Confidence: 0.9748231

00:38:35.800 --> 00:38:37.400 of the border. Roughly ten

NOTE Confidence: 0.9748231

00:38:37.400 --> 00:38:37.900 thousand,

NOTE Confidence: 0.99048823

00:38:38.520 --> 00:38:39.800 enrolled members in the United

NOTE Confidence: 0.99048823

00:38:39.800 --> 00:38:41.400 States, another thirty thousand in

NOTE Confidence: 0.99048823

00:38:41.400 --> 00:38:41.900 Mexico.

NOTE Confidence: 0.9542741

00:38:42.440 --> 00:38:44.040 The largest clustering is our

NOTE Confidence: 0.9542741

00:38:44.040 --> 00:38:45.719 reservation in Southern Arizona where

NOTE Confidence: 0.9542741

00:38:45.719 --> 00:38:46.760 I'm from. It's just outside

NOTE Confidence: 0.9542741

00:38:46.760 --> 00:38:47.420 of Tucson.

NOTE Confidence: 0.9724693

00:38:47.925 --> 00:38:49.045 But we do have smaller

NOTE Confidence: 0.9724693

00:38:49.045 --> 00:38:50.965 metro community areas in Tucson

NOTE Confidence: 0.9724693

00:38:50.965 --> 00:38:51.705 and Phoenix,

NOTE Confidence: 0.9699584

00:38:52.245 --> 00:38:53.765 Central Arizona. There's also a

NOTE Confidence: 0.9699584

00:38:53.765 --> 00:38:55.625 small community in Texas and,

NOTE Confidence: 0.8598081

00:38:56.005 --> 00:38:56.905 Southern California,

NOTE Confidence: 0.9904753

00:38:57.525 --> 00:38:58.245 just to give you a

NOTE Confidence: 0.9904753

00:38:58.245 --> 00:38:59.545 backdrop of who this is.

NOTE Confidence: 0.9888065

00:39:00.710 --> 00:39:02.150 And the relevance. Relevance to

NOTE Confidence: 0.9888065

00:39:02.150 --> 00:39:03.910 global health. Native Americans occupy

NOTE Confidence: 0.9888065

00:39:03.910 --> 00:39:05.430 a really odd space in

NOTE Confidence: 0.9888065

00:39:05.430 --> 00:39:06.549 America because, you know, they're

NOTE Confidence: 0.9888065

00:39:06.549 --> 00:39:08.630 American citizens, but they often

NOTE Confidence: 0.9888065

00:39:08.630 --> 00:39:10.069 live in communities that are

NOTE Confidence: 0.9888065

00:39:10.069 --> 00:39:11.509 designated, you know, not entities

NOTE Confidence: 0.9888065

00:39:11.509 --> 00:39:13.045 of the United States. And

NOTE Confidence: 0.9888065

00:39:13.045 --> 00:39:13.844 because of that, there's a

NOTE Confidence: 0.9888065

00:39:13.844 --> 00:39:15.205 lot of different ideas around

NOTE Confidence: 0.9888065

00:39:15.205 --> 00:39:16.725 mental health, around, you know,

NOTE Confidence: 0.9888065

00:39:16.725 --> 00:39:18.005 how treatment is received in

NOTE Confidence: 0.9888065

00:39:18.005 --> 00:39:18.665 these communities.

NOTE Confidence: 0.9667454

00:39:19.525 --> 00:39:20.965 The other just pure relevance

NOTE Confidence: 0.9667454

00:39:20.965 --> 00:39:22.025 point from a psychiatric

NOTE Confidence: 0.9457567

00:39:22.965 --> 00:39:24.645 standpoint is, you know, Native

NOTE Confidence: 0.9457567

00:39:24.645 --> 00:39:25.445 Americans, if you look at

NOTE Confidence: 0.9457567

00:39:25.445 --> 00:39:26.185 health disparities

NOTE Confidence: 0.98570853

00:39:26.580 --> 00:39:27.480 for substance use,

NOTE Confidence: 0.99644583

00:39:27.860 --> 00:39:29.000 for trauma disorders,

NOTE Confidence: 0.9937076

00:39:29.460 --> 00:39:30.580 highest rate of any ethnic

NOTE Confidence: 0.9937076

00:39:30.580 --> 00:39:31.700 group, and it's really not

NOTE Confidence: 0.9937076

00:39:31.700 --> 00:39:32.200 close.

NOTE Confidence: 0.9249674

00:39:32.739 --> 00:39:34.280 There's also a really,

NOTE Confidence: 0.98424757

00:39:34.660 --> 00:39:35.320 you know,

NOTE Confidence: 0.9820337

00:39:36.260 --> 00:39:37.380 lot of research out there

NOTE Confidence: 0.9820337

00:39:37.380 --> 00:39:38.580 that talks about the completion

NOTE Confidence: 0.9820337

00:39:38.580 --> 00:39:39.940 of suicide in these communities

NOTE Confidence: 0.9820337

00:39:39.940 --> 00:39:41.045 being really just off the

NOTE Confidence: 0.9820337

00:39:41.045 --> 00:39:42.665 charts. And despite these

NOTE Confidence: 0.8703558

00:39:42.965 --> 00:39:43.945 depths of despair,

NOTE Confidence: 0.9684956

00:39:44.405 --> 00:39:45.765 very often, you know, there's

NOTE Confidence: 0.9684956

00:39:45.765 --> 00:39:46.805 not a lot of access

NOTE Confidence: 0.9684956

00:39:46.805 --> 00:39:48.405 to behavioral health centers and

NOTE Confidence: 0.9684956

00:39:48.405 --> 00:39:50.245 services, and really a lot

NOTE Confidence: 0.9684956

00:39:50.245 --> 00:39:52.245 of resistance for native communities

NOTE Confidence: 0.9684956

00:39:52.245 --> 00:39:53.605 to engage with Western medicine.

NOTE Confidence: 0.9684956

00:39:53.605 --> 00:39:54.485 And we'll talk a little

NOTE Confidence: 0.9684956

00:39:54.485 --> 00:39:55.385 bit about why.

NOTE Confidence: 0.99504536

00:39:57.070 --> 00:39:58.109 Don't just take my word

NOTE Confidence: 0.99504536

00:39:58.109 --> 00:39:58.750 for it. So this is

NOTE Confidence: 0.99504536

00:39:58.750 --> 00:39:59.570 from the CDC.

NOTE Confidence: 0.9993495

00:39:59.950 --> 00:40:01.469 This was released in twenty

NOTE Confidence: 0.9993495

00:40:01.469 --> 00:40:03.469 twenty one. This trend goes

NOTE Confidence: 0.9993495

00:40:03.469 --> 00:40:05.230 back much further than twenty

NOTE Confidence: 0.9993495

00:40:05.230 --> 00:40:05.730 fifteen.

NOTE Confidence: 0.991804

00:40:06.109 --> 00:40:07.230 That top blue bar you

NOTE Confidence: 0.991804

00:40:07.230 --> 00:40:09.390 see there is the, suicide

NOTE Confidence: 0.991804

00:40:09.390 --> 00:40:10.589 completion rate by,

NOTE Confidence: 0.95586616

00:40:11.454 --> 00:40:13.295 Native Americans. And then that

NOTE Confidence: 0.95586616

00:40:13.295 --> 00:40:14.655 black bar there is the

NOTE Confidence: 0.95586616

00:40:14.655 --> 00:40:15.855 white population in the US.

NOTE Confidence: 0.95586616

00:40:15.855 --> 00:40:17.614 That dotted gray line is

NOTE Confidence: 0.95586616

00:40:17.614 --> 00:40:18.895 the US average. And then

NOTE Confidence: 0.95586616

00:40:18.895 --> 00:40:20.674 everyone else kinda clusters together.

NOTE Confidence: 0.95580405

00:40:20.974 --> 00:40:21.855 As you can see, one

NOTE Confidence: 0.95580405

00:40:21.855 --> 00:40:22.815 of the odd things, twenty

NOTE Confidence: 0.95580405

00:40:22.815 --> 00:40:24.060 nineteen, I guess not odd,

NOTE Confidence: 0.95580405

00:40:24.140 --> 00:40:26.140 not surprising. This disparity started

NOTE Confidence: 0.95580405

00:40:26.140 --> 00:40:27.180 to worsen a little bit.

NOTE Confidence: 0.95580405

00:40:27.180 --> 00:40:28.719 We think in response to

NOTE Confidence: 0.95580405

00:40:28.860 --> 00:40:30.160 the COVID nineteen pandemic,

NOTE Confidence: 0.94452125

00:40:31.100 --> 00:40:32.780 all minority populations saw a

NOTE Confidence: 0.94452125

00:40:32.780 --> 00:40:33.900 little bit of an increase

NOTE Confidence: 0.94452125

00:40:33.900 --> 00:40:34.640 around then.

NOTE Confidence: 0.96878684

00:40:35.820 --> 00:40:37.340 I like to include this

NOTE Confidence: 0.96878684

00:40:37.340 --> 00:40:38.140 just to give people a

NOTE Confidence: 0.96878684

00:40:38.140 --> 00:40:39.435 backdrop of what we're dealing

NOTE Confidence: 0.96878684

00:40:39.435 --> 00:40:40.355 with and also just show,

NOTE Confidence: 0.96878684

00:40:40.355 --> 00:40:41.275 you know, the disparity is

NOTE Confidence: 0.96878684

00:40:41.275 --> 00:40:42.815 pretty significant in these communities,

NOTE Confidence: 0.96878684

00:40:42.875 --> 00:40:43.375 particularly

NOTE Confidence: 0.9897085

00:40:44.075 --> 00:40:46.235 for native populations living in

NOTE Confidence: 0.9897085

00:40:46.235 --> 00:40:47.295 reservation communities.

NOTE Confidence: 0.9242822

00:40:48.795 --> 00:40:50.475 So what have we been

NOTE Confidence: 0.9242822

00:40:50.475 --> 00:40:51.855 doing about it? So back,

NOTE Confidence: 0.9686831

00:40:52.315 --> 00:40:54.480 in twenty twenty two, during

NOTE Confidence: 0.9686831

00:40:54.480 --> 00:40:56.020 my PGY2 year,

NOTE Confidence: 0.96521014

00:40:56.320 --> 00:40:58.500 I used my case rotation

NOTE Confidence: 0.96521014

00:40:58.560 --> 00:41:00.480 here at Yale, the, clinical

NOTE Confidence: 0.96521014

00:41:00.480 --> 00:41:03.140 and academic selective experience to

NOTE Confidence: 0.96521014

00:41:03.280 --> 00:41:04.880 basically work with my tribal

NOTE Confidence: 0.96521014

00:41:04.880 --> 00:41:05.700 health department

NOTE Confidence: 0.99913067

00:41:06.015 --> 00:41:06.515 on

NOTE Confidence: 0.9949115

00:41:06.894 --> 00:41:08.734 what was our first really

NOTE Confidence: 0.9949115

00:41:08.734 --> 00:41:09.234 broad

NOTE Confidence: 0.9161481

00:41:09.535 --> 00:41:11.454 community health needs assessments focused

NOTE Confidence: 0.9161481

00:41:11.454 --> 00:41:13.055 on behavioral health. And to

NOTE Confidence: 0.9161481

00:41:13.055 --> 00:41:14.174 do this with,

NOTE Confidence: 0.92181593

00:41:15.135 --> 00:41:16.414 basically to do this with

NOTE Confidence: 0.92181593

00:41:16.414 --> 00:41:18.335 validated scales and screening metrics,

NOTE Confidence: 0.92181593

00:41:18.335 --> 00:41:19.535 because we didn't have a

NOTE Confidence: 0.92181593

00:41:19.535 --> 00:41:21.055 lot of people utilizing behavioral

NOTE Confidence: 0.92181593

00:41:21.055 --> 00:41:22.400 healthcare services, unfortunately.

NOTE Confidence: 0.97200954

00:41:22.940 --> 00:41:24.059 Although we had a suspicion

NOTE Confidence: 0.97200954

00:41:24.059 --> 00:41:25.260 based on national trends that

NOTE Confidence: 0.97200954

00:41:25.260 --> 00:41:25.900 there should be a lot

NOTE Confidence: 0.97200954

00:41:25.900 --> 00:41:26.880 of this in the community.

NOTE Confidence: 0.9894699

00:41:27.500 --> 00:41:28.859 So we ended up getting

NOTE Confidence: 0.9894699

00:41:28.859 --> 00:41:29.980 a pretty good sample size.

NOTE Confidence: 0.9894699

00:41:29.980 --> 00:41:30.780 This was more than I'd

NOTE Confidence: 0.9894699

00:41:30.780 --> 00:41:32.059 ever been surveyed for behavioral

NOTE Confidence: 0.9894699

00:41:32.059 --> 00:41:33.520 health purposes in my community.

NOTE Confidence: 0.967524

00:41:33.975 --> 00:41:34.614 Keep in mind, like I

NOTE Confidence: 0.967524

00:41:34.614 --> 00:41:36.295 said, the reservation's roughly about

NOTE Confidence: 0.967524

00:41:36.295 --> 00:41:37.675 five thousand ish people,

NOTE Confidence: 0.98910403

00:41:37.975 --> 00:41:39.095 but we were surveying people

NOTE Confidence: 0.98910403

00:41:39.095 --> 00:41:40.235 also in the surrounding,

NOTE Confidence: 0.99448025

00:41:40.614 --> 00:41:41.435 metro areas.

NOTE Confidence: 0.996588

00:41:41.815 --> 00:41:43.255 So we ended up,

NOTE Confidence: 0.9997441

00:41:43.575 --> 00:41:44.075 having

NOTE Confidence: 0.93879753

00:41:45.255 --> 00:41:46.535 PHQ score on there, a

NOTE Confidence: 0.93879753

00:41:46.535 --> 00:41:48.135 PC five, an audit for

NOTE Confidence: 0.93879753

00:41:48.135 --> 00:41:49.835 alcohol use disorder screening.

NOTE Confidence: 0.8863683

00:41:50.430 --> 00:41:51.089 Not surprising.

NOTE Confidence: 0.9783979

00:41:51.390 --> 00:41:52.510 Some of the results per

NOTE Confidence: 0.9783979

00:41:52.510 --> 00:41:53.230 se as far as, like,

NOTE Confidence: 0.9783979

00:41:53.230 --> 00:41:54.349 what we were expecting was

NOTE Confidence: 0.9783979

00:41:54.349 --> 00:41:55.150 in line with you know,

NOTE Confidence: 0.9783979

00:41:55.150 --> 00:41:55.869 we know there's a high

NOTE Confidence: 0.9783979

00:41:55.869 --> 00:41:57.070 prevalence of trauma. We know

NOTE Confidence: 0.9783979

00:41:57.070 --> 00:41:58.050 there's a high prevalence

NOTE Confidence: 0.9514742

00:41:58.670 --> 00:42:00.290 of potentially PTSD,

NOTE Confidence: 0.9994924

00:42:00.829 --> 00:42:01.329 anxiety,

NOTE Confidence: 0.9993337

00:42:01.869 --> 00:42:03.170 substance use disorders.

NOTE Confidence: 0.963265

00:42:03.550 --> 00:42:04.510 The thing that we were

NOTE Confidence: 0.963265

00:42:04.510 --> 00:42:05.925 trying to kinda demonstrate was

NOTE Confidence: 0.963265

00:42:05.925 --> 00:42:07.385 even people who were screening

NOTE Confidence: 0.963265

00:42:07.445 --> 00:42:09.605 positive on these metrics were

NOTE Confidence: 0.963265

00:42:09.605 --> 00:42:10.805 not reaching out for health

NOTE Confidence: 0.963265

00:42:10.805 --> 00:42:12.405 care services, and even less

NOTE Confidence: 0.963265

00:42:12.405 --> 00:42:14.085 were being seen. So, really,

NOTE Confidence: 0.963265

00:42:14.085 --> 00:42:15.605 we're seeing almost nobody who's

NOTE Confidence: 0.963265

00:42:15.605 --> 00:42:16.505 screening positive.

NOTE Confidence: 0.9902257

00:42:17.045 --> 00:42:19.239 And our question is why?

NOTE Confidence: 0.9902257

00:42:19.239 --> 00:42:20.440 What's going on? Why is

NOTE Confidence: 0.9902257

00:42:20.440 --> 00:42:22.219 nobody utilizing what's out there?

NOTE Confidence: 0.9902257

00:42:22.360 --> 00:42:23.239 Because the tribe does have

NOTE Confidence: 0.9902257

00:42:23.239 --> 00:42:24.600 a behavioral health department that

NOTE Confidence: 0.9902257

00:42:24.600 --> 00:42:25.880 has really expanded and has

NOTE Confidence: 0.9902257

00:42:25.880 --> 00:42:27.320 really, you know, tried to

NOTE Confidence: 0.9902257

00:42:27.320 --> 00:42:28.920 to bring in people to

NOTE Confidence: 0.9902257

00:42:28.920 --> 00:42:30.120 to receive treatment. But we

NOTE Confidence: 0.9902257

00:42:30.120 --> 00:42:31.260 got a lot of responses

NOTE Confidence: 0.9902257

00:42:31.320 --> 00:42:32.964 like this. So things talking

NOTE Confidence: 0.9902257

00:42:32.964 --> 00:42:34.744 about stigma, talking about

NOTE Confidence: 0.95660824

00:42:35.045 --> 00:42:37.125 concerns related to being judged.

NOTE Confidence: 0.95660824

00:42:37.125 --> 00:42:38.165 And, I mean, the other

NOTE Confidence: 0.95660824

00:42:38.165 --> 00:42:39.045 flavor we got from a

NOTE Confidence: 0.95660824

00:42:39.045 --> 00:42:39.844 lot of people in some

NOTE Confidence: 0.95660824

00:42:39.844 --> 00:42:41.224 of these qualitative feedbacks

NOTE Confidence: 0.98804724

00:42:41.605 --> 00:42:42.885 were related to people saying

NOTE Confidence: 0.98804724

00:42:42.885 --> 00:42:44.005 that's not a medical problem.

NOTE Confidence: 0.98804724

00:42:44.005 --> 00:42:45.045 I wouldn't go to someone

NOTE Confidence: 0.98804724

00:42:45.045 --> 00:42:45.925 for that. That's the family

NOTE Confidence: 0.98804724

00:42:45.925 --> 00:42:47.160 problem. That's a unit problem.

NOTE Confidence: 0.98804724

00:42:47.160 --> 00:42:48.760 That's a community problem. Why

NOTE Confidence: 0.98804724

00:42:48.760 --> 00:42:49.559 would I talk to my

NOTE Confidence: 0.98804724

00:42:49.559 --> 00:42:50.619 doctor about that?

NOTE Confidence: 0.9654873

00:42:51.239 --> 00:42:52.119 The other piece of it

NOTE Confidence: 0.9654873

00:42:52.119 --> 00:42:53.500 was there was, you know,

NOTE Confidence: 0.9654873

00:42:53.640 --> 00:42:55.020 we gleaned a lot of

NOTE Confidence: 0.99743146

00:42:55.640 --> 00:42:56.140 evidence

NOTE Confidence: 0.98699605

00:42:56.440 --> 00:42:56.940 suggesting

NOTE Confidence: 0.9674688

00:42:57.480 --> 00:42:58.599 there wasn't a lot of

NOTE Confidence: 0.9674688

00:42:58.599 --> 00:43:00.460 health literacy related to behavioral

NOTE Confidence: 0.9674688

00:43:00.520 --> 00:43:01.755 health and and frankly, just

NOTE Confidence: 0.9674688

00:43:01.755 --> 00:43:02.995 a lot of internalized stigma

NOTE Confidence: 0.9674688

00:43:02.995 --> 00:43:03.815 around it.

NOTE Confidence: 0.99734217

00:43:04.195 --> 00:43:04.695 So

NOTE Confidence: 0.9938821

00:43:04.995 --> 00:43:07.155 how I, you know, attempted

NOTE Confidence: 0.9938821

00:43:07.155 --> 00:43:09.155 to continue this project and

NOTE Confidence: 0.9938821

00:43:09.155 --> 00:43:09.655 continue,

NOTE Confidence: 0.99881405

00:43:10.594 --> 00:43:11.715 you know, addressing some of

NOTE Confidence: 0.99881405

00:43:11.715 --> 00:43:12.455 these disparities

NOTE Confidence: 0.9780774

00:43:12.995 --> 00:43:14.130 was through,

NOTE Confidence: 0.9389694

00:43:14.570 --> 00:43:16.170 I was fortunate to get

NOTE Confidence: 0.9389694

00:43:16.170 --> 00:43:17.610 some funding through the APA

NOTE Confidence: 0.9389694

00:43:17.610 --> 00:43:18.989 SAMHSA fellowship to,

NOTE Confidence: 0.9545481

00:43:19.850 --> 00:43:21.370 pilot a project that I

NOTE Confidence: 0.9545481

00:43:21.370 --> 00:43:23.370 call Project STAR, strengthening tribal

NOTE Confidence: 0.9545481

00:43:23.370 --> 00:43:24.830 awareness and resilience.

NOTE Confidence: 0.96341574

00:43:26.335 --> 00:43:27.135 Fun fact, for those of

NOTE Confidence: 0.96341574

00:43:27.135 --> 00:43:28.015 you who are interested in,

NOTE Confidence: 0.96341574

00:43:28.015 --> 00:43:30.575 like, Native American cosmology and

NOTE Confidence: 0.96341574

00:43:30.575 --> 00:43:32.175 origin stories, for a lot

NOTE Confidence: 0.96341574

00:43:32.175 --> 00:43:32.995 of Mesoamerican

NOTE Confidence: 0.9469576

00:43:33.295 --> 00:43:34.895 tribes in particular, they will

NOTE Confidence: 0.9469576

00:43:34.895 --> 00:43:36.255 refer to themselves as the

NOTE Confidence: 0.9469576

00:43:36.255 --> 00:43:37.295 people of the stars. You

NOTE Confidence: 0.9469576

00:43:37.295 --> 00:43:38.255 can look at it a

NOTE Confidence: 0.9469576

00:43:38.255 --> 00:43:39.375 bunch of different ways, but

NOTE Confidence: 0.9469576

00:43:39.375 --> 00:43:40.415 the cheeky name is kind

NOTE Confidence: 0.9469576

00:43:40.415 --> 00:43:41.850 of a nod to to

NOTE Confidence: 0.9469576

00:43:41.850 --> 00:43:42.590 that origin.

NOTE Confidence: 0.9971085

00:43:43.610 --> 00:43:44.890 So what were our objectives?

NOTE Confidence: 0.9971085

00:43:44.890 --> 00:43:45.770 What were we trying to

NOTE Confidence: 0.9971085

00:43:45.770 --> 00:43:46.350 do here?

NOTE Confidence: 0.98529655

00:43:46.730 --> 00:43:48.489 Number one, just community engagement.

NOTE Confidence: 0.98529655

00:43:48.489 --> 00:43:49.950 So we really wanted to

NOTE Confidence: 0.98529655

00:43:50.090 --> 00:43:51.610 bring the community in, educate

NOTE Confidence: 0.98529655

00:43:51.610 --> 00:43:53.070 community members about

NOTE Confidence: 0.9956287

00:43:53.450 --> 00:43:53.690 the

NOTE Confidence: 0.99965644

00:43:55.094 --> 00:43:55.594 about

NOTE Confidence: 0.97665775

00:43:56.215 --> 00:43:58.055 how, behavioral health is important

NOTE Confidence: 0.97665775

00:43:58.055 --> 00:43:59.175 and also do it in

NOTE Confidence: 0.97665775

00:43:59.175 --> 00:44:01.255 a culturally appropriate way. We

NOTE Confidence: 0.97665775

00:44:01.255 --> 00:44:02.855 wanted to open the dialogue

NOTE Confidence: 0.97665775

00:44:02.855 --> 00:44:04.135 and really just get community

NOTE Confidence: 0.97665775

00:44:04.135 --> 00:44:05.255 members, you know, out in

NOTE Confidence: 0.97665775

00:44:05.255 --> 00:44:06.455 the open talking about this

NOTE Confidence: 0.97665775

00:44:06.455 --> 00:44:08.079 and bringing in people with

NOTE Confidence: 0.97665775

00:44:08.079 --> 00:44:09.599 lived experience, which goes with

NOTE Confidence: 0.97665775

00:44:09.599 --> 00:44:11.040 our collaborative partnership. So with

NOTE Confidence: 0.97665775

00:44:11.040 --> 00:44:11.920 the grant, I was able

NOTE Confidence: 0.97665775

00:44:11.920 --> 00:44:13.700 to bring in speakers who,

NOTE Confidence: 0.97665775

00:44:13.839 --> 00:44:14.960 you know, we paid them

NOTE Confidence: 0.97665775

00:44:14.960 --> 00:44:15.920 whether they were,

NOTE Confidence: 0.9529364

00:44:16.960 --> 00:44:18.400 some were tribal members, some

NOTE Confidence: 0.9529364

00:44:18.400 --> 00:44:20.020 were involved just with the

NOTE Confidence: 0.9529364

00:44:20.160 --> 00:44:21.599 tribal health department and and

NOTE Confidence: 0.9529364

00:44:21.599 --> 00:44:23.119 the behavioral health department and,

NOTE Confidence: 0.9529364

00:44:23.119 --> 00:44:24.185 you know, doing work with

NOTE Confidence: 0.9529364

00:44:24.185 --> 00:44:25.465 the MAT clinic that we

NOTE Confidence: 0.9529364

00:44:25.465 --> 00:44:26.745 have there or, you know,

NOTE Confidence: 0.9529364

00:44:26.745 --> 00:44:27.565 as counselors.

NOTE Confidence: 0.99722666

00:44:28.105 --> 00:44:28.605 And

NOTE Confidence: 0.9805591

00:44:29.145 --> 00:44:30.185 the other piece of it

NOTE Confidence: 0.9805591

00:44:30.185 --> 00:44:31.864 was really compiling a list

NOTE Confidence: 0.9805591

00:44:31.864 --> 00:44:33.385 of resources and, and just

NOTE Confidence: 0.9805591

00:44:33.385 --> 00:44:34.585 kind of educating the masses,

NOTE Confidence: 0.9805591

00:44:34.585 --> 00:44:35.705 like, these are the services

NOTE Confidence: 0.9805591

00:44:35.705 --> 00:44:36.665 out there, this is something

NOTE Confidence: 0.9805591

00:44:36.665 --> 00:44:37.705 that medicine can help with,

NOTE Confidence: 0.9805591

00:44:37.705 --> 00:44:39.039 this is something that our

NOTE Confidence: 0.9805591

00:44:39.039 --> 00:44:40.079 services can help with, we

NOTE Confidence: 0.9805591

00:44:40.079 --> 00:44:41.279 need to start utilizing these

NOTE Confidence: 0.9805591

00:44:41.279 --> 00:44:42.559 and, and also there's an

NOTE Confidence: 0.9805591

00:44:42.559 --> 00:44:44.640 incorporation of alternative med practices

NOTE Confidence: 0.9805591

00:44:44.640 --> 00:44:45.519 for the tribe too. So

NOTE Confidence: 0.9805591

00:44:45.519 --> 00:44:46.559 we wanted to just let

NOTE Confidence: 0.9805591

00:44:46.559 --> 00:44:47.519 people know that you don't

NOTE Confidence: 0.9805591

00:44:47.519 --> 00:44:48.239 have to choose one or

NOTE Confidence: 0.9805591

00:44:48.239 --> 00:44:48.880 the other, there is a

NOTE Confidence: 0.9805591

00:44:48.880 --> 00:44:50.079 bridge that's available. And we're

NOTE Confidence: 0.9805591

00:44:50.079 --> 00:44:51.460 trying to increase that.

NOTE Confidence: 0.95781964

00:44:52.055 --> 00:44:53.095 So how we went about

NOTE Confidence: 0.95781964

00:44:53.095 --> 00:44:53.595 it.

NOTE Confidence: 0.9846012

00:44:54.855 --> 00:44:56.315 There is a community

NOTE Confidence: 0.986758

00:44:57.015 --> 00:44:58.955 attitudes of mental illness scale.

NOTE Confidence: 0.986758

00:44:59.175 --> 00:45:00.695 There's not a lot of

NOTE Confidence: 0.986758

00:45:00.695 --> 00:45:02.135 great scales out there for

NOTE Confidence: 0.986758

00:45:02.135 --> 00:45:03.415 assessing stigma. This one I've

NOTE Confidence: 0.986758

00:45:03.415 --> 00:45:04.535 seen replicated in a lot

NOTE Confidence: 0.986758

00:45:04.535 --> 00:45:06.589 of different languages and studies.

NOTE Confidence: 0.9752148

00:45:07.369 --> 00:45:08.890 Essentially, a higher score on

NOTE Confidence: 0.9752148

00:45:08.890 --> 00:45:10.489 that correlates with a more

NOTE Confidence: 0.9752148

00:45:10.489 --> 00:45:12.170 positive attitude towards mental illness.

NOTE Confidence: 0.9752148

00:45:12.170 --> 00:45:13.309 So we did this before,

NOTE Confidence: 0.9909238

00:45:13.690 --> 00:45:15.049 the project started. We gathered

NOTE Confidence: 0.9909238

00:45:15.049 --> 00:45:16.890 some demographic data. We ran

NOTE Confidence: 0.9909238

00:45:16.890 --> 00:45:18.329 a whole awareness campaign that

NOTE Confidence: 0.9909238

00:45:18.329 --> 00:45:19.864 went over the course

NOTE Confidence: 0.95317733

00:45:20.165 --> 00:45:21.765 of, really, actively about six

NOTE Confidence: 0.95317733

00:45:21.765 --> 00:45:22.565 months, but in terms of

NOTE Confidence: 0.95317733

00:45:22.565 --> 00:45:23.925 the planning and everything else,

NOTE Confidence: 0.95317733

00:45:23.925 --> 00:45:24.965 it's over the course of

NOTE Confidence: 0.95317733

00:45:24.965 --> 00:45:26.085 a year. And then the

NOTE Confidence: 0.95317733

00:45:26.085 --> 00:45:28.005 crux of our opening the

NOTE Confidence: 0.95317733

00:45:28.005 --> 00:45:29.765 dialogue, opening the conversation to

NOTE Confidence: 0.95317733

00:45:29.765 --> 00:45:30.965 the community were these town

NOTE Confidence: 0.95317733

00:45:30.965 --> 00:45:32.730 hall style events where, you

NOTE Confidence: 0.95317733

00:45:32.730 --> 00:45:33.950 know, I flew back periodically.

NOTE Confidence: 0.9632004

00:45:34.330 --> 00:45:35.950 We would have these broadcast

NOTE Confidence: 0.9991128

00:45:36.410 --> 00:45:36.910 on

NOTE Confidence: 0.93135047

00:45:37.369 --> 00:45:38.969 the tribe social media pages.

NOTE Confidence: 0.93135047

00:45:38.969 --> 00:45:40.190 They're still up on their

NOTE Confidence: 0.93135047

00:45:40.250 --> 00:45:41.609 Facebook live pages, and they

NOTE Confidence: 0.93135047

00:45:41.609 --> 00:45:42.890 save the videos and catalog

NOTE Confidence: 0.93135047

00:45:42.890 --> 00:45:43.550 them there.

NOTE Confidence: 0.9991225

00:45:44.250 --> 00:45:45.450 And we would have people

NOTE Confidence: 0.9991225

00:45:45.450 --> 00:45:46.109 who were

NOTE Confidence: 0.9915739

00:45:46.425 --> 00:45:47.945 experts in, you know, community

NOTE Confidence: 0.9915739

00:45:47.945 --> 00:45:49.705 mental health, native health, native

NOTE Confidence: 0.9915739

00:45:49.705 --> 00:45:50.205 well-being,

NOTE Confidence: 0.9704518

00:45:50.505 --> 00:45:51.545 people who were doing work

NOTE Confidence: 0.9704518

00:45:51.545 --> 00:45:52.745 in the community. They each

NOTE Confidence: 0.9704518

00:45:52.745 --> 00:45:54.025 had, like, a different topic

NOTE Confidence: 0.9704518

00:45:54.025 --> 00:45:55.465 and focus, which we'll we'll

NOTE Confidence: 0.9704518

00:45:55.465 --> 00:45:56.344 talk about. And then at

NOTE Confidence: 0.9704518

00:45:56.344 --> 00:45:57.065 the end of it all,

NOTE Confidence: 0.9704518

00:45:57.065 --> 00:45:59.065 basically, we repeated the the

NOTE Confidence: 0.9704518

00:45:59.065 --> 00:46:00.585 scale, and we were looking

NOTE Confidence: 0.9704518

00:46:00.585 --> 00:46:02.640 at attendees versus non attendees

NOTE Confidence: 0.9704518

00:46:02.640 --> 00:46:04.400 in person. A crude metric,

NOTE Confidence: 0.9704518

00:46:04.400 --> 00:46:05.440 but really more so just

NOTE Confidence: 0.9704518

00:46:05.440 --> 00:46:06.900 to kind of get people

NOTE Confidence: 0.9704518

00:46:07.119 --> 00:46:08.000 involved in this and see

NOTE Confidence: 0.9704518

00:46:08.000 --> 00:46:08.799 if this is something we

NOTE Confidence: 0.9704518

00:46:08.799 --> 00:46:10.579 should sustainably do moving forward.

NOTE Confidence: 0.94246066

00:46:12.160 --> 00:46:13.440 So I just wanna show

NOTE Confidence: 0.94246066

00:46:13.440 --> 00:46:14.160 you guys, like, what the

NOTE Confidence: 0.94246066

00:46:14.160 --> 00:46:15.280 scale is. It's a cool,

NOTE Confidence: 0.94246066

00:46:15.280 --> 00:46:16.799 nifty little tool, basically, that,

NOTE Confidence: 0.94246066

00:46:16.799 --> 00:46:17.934 you know, it scores it

NOTE Confidence: 0.94246066

00:46:17.934 --> 00:46:19.555 on a Likert style scale.

NOTE Confidence: 0.94246066

00:46:19.694 --> 00:46:22.015 And, the long form is

NOTE Confidence: 0.94246066

00:46:22.015 --> 00:46:22.915 forty questions.

NOTE Confidence: 0.9943945

00:46:23.775 --> 00:46:24.974 The short form, which has

NOTE Confidence: 0.9943945

00:46:24.974 --> 00:46:26.974 been validated and replicated against

NOTE Confidence: 0.9943945

00:46:26.974 --> 00:46:27.454 itself,

NOTE Confidence: 0.9897625

00:46:27.775 --> 00:46:29.135 is only twenty questions. So

NOTE Confidence: 0.9897625

00:46:29.135 --> 00:46:30.815 it's not really cumbersome from

NOTE Confidence: 0.9897625

00:46:30.815 --> 00:46:32.640 a time standpoint. It's pretty,

NOTE Confidence: 0.9897625

00:46:32.719 --> 00:46:34.420 oops, pretty easy to,

NOTE Confidence: 0.99917597

00:46:35.200 --> 00:46:36.239 go about it in that

NOTE Confidence: 0.99917597

00:46:36.239 --> 00:46:36.739 way.

NOTE Confidence: 0.834283

00:46:39.200 --> 00:46:40.019 Whoops, sorry.

NOTE Confidence: 0.9647608

00:46:41.359 --> 00:46:42.319 Just to talk about like

NOTE Confidence: 0.9647608

00:46:42.319 --> 00:46:43.599 our community messaging and our

NOTE Confidence: 0.9647608

00:46:43.599 --> 00:46:45.219 meetings, what they look like.

NOTE Confidence: 0.9647608

00:46:45.440 --> 00:46:45.940 So,

NOTE Confidence: 0.99921376

00:46:46.319 --> 00:46:47.619 we have a

NOTE Confidence: 0.9840704

00:46:48.295 --> 00:46:49.114 pretty nifty,

NOTE Confidence: 0.96764874

00:46:50.535 --> 00:46:51.655 youth council who does a

NOTE Confidence: 0.96764874

00:46:51.655 --> 00:46:53.114 lot of social media messaging.

NOTE Confidence: 0.96764874

00:46:53.175 --> 00:46:54.535 And we really just ramped

NOTE Confidence: 0.96764874

00:46:54.535 --> 00:46:56.135 that up during, you know,

NOTE Confidence: 0.96764874

00:46:56.135 --> 00:46:57.415 the time of my project

NOTE Confidence: 0.96764874

00:46:57.415 --> 00:46:58.855 to bring awareness to things

NOTE Confidence: 0.96764874

00:46:58.855 --> 00:47:00.455 related to addiction, things related

NOTE Confidence: 0.96764874

00:47:00.455 --> 00:47:01.915 to behavioral health services.

NOTE Confidence: 0.99008477

00:47:02.500 --> 00:47:03.860 We also had a lot

NOTE Confidence: 0.99008477

00:47:03.860 --> 00:47:05.140 of these signs posted out

NOTE Confidence: 0.99008477

00:47:05.140 --> 00:47:06.500 in the community with tribal

NOTE Confidence: 0.99008477

00:47:06.500 --> 00:47:08.500 symbols, tribal language, numbers to

NOTE Confidence: 0.99008477

00:47:08.500 --> 00:47:10.900 crisis lines, numbers to alternative

NOTE Confidence: 0.99008477

00:47:10.900 --> 00:47:12.340 medicine, to Centered Spirit, which

NOTE Confidence: 0.99008477

00:47:12.340 --> 00:47:13.540 is the main behavioral health

NOTE Confidence: 0.99008477

00:47:13.540 --> 00:47:14.360 center there.

NOTE Confidence: 0.9523904

00:47:14.864 --> 00:47:16.065 Everybody I knew in the

NOTE Confidence: 0.9523904

00:47:16.065 --> 00:47:17.185 community, I made sure to

NOTE Confidence: 0.9523904

00:47:17.185 --> 00:47:18.465 give them multiple signs as

NOTE Confidence: 0.9523904

00:47:18.465 --> 00:47:19.825 we're at every gate, every

NOTE Confidence: 0.9523904

00:47:19.825 --> 00:47:20.325 door,

NOTE Confidence: 0.97021484

00:47:20.864 --> 00:47:22.545 the community wellness center, all

NOTE Confidence: 0.97021484

00:47:22.545 --> 00:47:23.364 over the place.

NOTE Confidence: 0.9732636

00:47:24.705 --> 00:47:25.665 But the crux of it,

NOTE Confidence: 0.9732636

00:47:25.665 --> 00:47:26.625 as I mentioned, were these

NOTE Confidence: 0.9732636

00:47:26.625 --> 00:47:27.985 events. So these mind matters

NOTE Confidence: 0.9732636

00:47:27.985 --> 00:47:29.450 town hall events, as I

NOTE Confidence: 0.9732636

00:47:29.450 --> 00:47:31.049 mentioned, we we broadcast them

NOTE Confidence: 0.9732636

00:47:31.049 --> 00:47:32.009 on Zoom. We had them

NOTE Confidence: 0.9732636

00:47:32.009 --> 00:47:34.009 on Facebook Live. The tribal

NOTE Confidence: 0.9732636

00:47:34.009 --> 00:47:35.289 media team was involved. And

NOTE Confidence: 0.9732636

00:47:35.289 --> 00:47:36.569 all of these people were

NOTE Confidence: 0.9732636

00:47:36.569 --> 00:47:38.250 either community members or people

NOTE Confidence: 0.9732636

00:47:38.250 --> 00:47:40.250 directly involved with health care

NOTE Confidence: 0.9732636

00:47:40.250 --> 00:47:41.849 for the tribe and, behavioral

NOTE Confidence: 0.9732636

00:47:41.849 --> 00:47:42.349 health.

NOTE Confidence: 0.9859217

00:47:42.725 --> 00:47:43.844 We had sessions focused on

NOTE Confidence: 0.9859217

00:47:43.844 --> 00:47:44.344 addiction,

NOTE Confidence: 0.96838385

00:47:44.725 --> 00:47:47.445 on youth resilience, on, trauma

NOTE Confidence: 0.96838385

00:47:47.445 --> 00:47:48.725 and resilience healing, which ended

NOTE Confidence: 0.96838385

00:47:48.725 --> 00:47:50.725 up being our most well

NOTE Confidence: 0.96838385

00:47:50.725 --> 00:47:52.245 attended in person and also

NOTE Confidence: 0.96838385

00:47:52.245 --> 00:47:54.245 just offline, like, by views

NOTE Confidence: 0.96838385

00:47:54.245 --> 00:47:56.344 and videos shared, session.

NOTE Confidence: 0.98015505

00:47:57.260 --> 00:47:58.540 The in person sessions, obviously,

NOTE Confidence: 0.98015505

00:47:58.540 --> 00:47:59.420 you know, we had food.

NOTE Confidence: 0.98015505

00:47:59.420 --> 00:48:00.540 We had, like, these speakers

NOTE Confidence: 0.98015505

00:48:00.540 --> 00:48:01.500 come in. They were paid

NOTE Confidence: 0.98015505

00:48:01.500 --> 00:48:02.400 for their time.

NOTE Confidence: 0.9848781

00:48:03.660 --> 00:48:05.099 The lived experience side of

NOTE Confidence: 0.9848781

00:48:05.099 --> 00:48:06.480 things, I can't underscore

NOTE Confidence: 0.79159594

00:48:07.180 --> 00:48:07.920 just because

NOTE Confidence: 0.9978509

00:48:08.219 --> 00:48:08.960 there was

NOTE Confidence: 0.9112061

00:48:09.465 --> 00:48:11.225 this gentleman up here, you

NOTE Confidence: 0.9112061

00:48:11.225 --> 00:48:12.925 know, talked about his journey.

NOTE Confidence: 0.9112061

00:48:13.145 --> 00:48:14.605 Oops, sorry. Back.

NOTE Confidence: 0.44021106

00:48:17.465 --> 00:48:17.965 Whites.

NOTE Confidence: 0.8738902

00:48:18.425 --> 00:48:19.485 Whoops, sorry.

NOTE Confidence: 0.9700267

00:48:21.380 --> 00:48:22.580 One of these gentlemen's here

NOTE Confidence: 0.9700267

00:48:22.580 --> 00:48:23.700 was, part of the, the

NOTE Confidence: 0.9700267

00:48:23.700 --> 00:48:25.380 tribal methadone program and talked

NOTE Confidence: 0.9700267

00:48:25.380 --> 00:48:26.739 about, you know, his time

NOTE Confidence: 0.9700267

00:48:26.739 --> 00:48:28.739 and, and how recovery does

NOTE Confidence: 0.9700267

00:48:28.739 --> 00:48:30.260 happen. Really just giving people

NOTE Confidence: 0.9700267

00:48:30.260 --> 00:48:31.620 voice and hope. And it's

NOTE Confidence: 0.9700267

00:48:31.620 --> 00:48:32.739 something that means a lot

NOTE Confidence: 0.9700267

00:48:32.739 --> 00:48:33.700 more when it's coming from

NOTE Confidence: 0.9700267

00:48:33.700 --> 00:48:34.920 someone, you know, essentially.

NOTE Confidence: 0.9951628

00:48:36.355 --> 00:48:37.415 Really well attended

NOTE Confidence: 0.72845256

00:48:37.955 --> 00:48:38.435 our,

NOTE Confidence: 0.9998349

00:48:38.915 --> 00:48:39.415 viewership

NOTE Confidence: 0.99633765

00:48:39.715 --> 00:48:40.215 for

NOTE Confidence: 0.95899904

00:48:40.915 --> 00:48:42.355 the most popular video we

NOTE Confidence: 0.95899904

00:48:42.355 --> 00:48:43.875 had online was like fifteen

NOTE Confidence: 0.95899904

00:48:43.875 --> 00:48:45.075 thousand or something. So we

NOTE Confidence: 0.95899904

00:48:45.075 --> 00:48:46.035 had, I mean, we got

NOTE Confidence: 0.95899904

00:48:46.035 --> 00:48:47.155 to a pretty big audience

NOTE Confidence: 0.95899904

00:48:47.155 --> 00:48:48.960 considering this was shared beyond

NOTE Confidence: 0.95899904

00:48:48.960 --> 00:48:50.080 just, you know, our tribal

NOTE Confidence: 0.95899904

00:48:50.080 --> 00:48:51.520 community, but other tribal communities

NOTE Confidence: 0.95899904

00:48:51.520 --> 00:48:52.880 in Arizona who are interested

NOTE Confidence: 0.95899904

00:48:52.880 --> 00:48:54.080 in the model and interested

NOTE Confidence: 0.95899904

00:48:54.080 --> 00:48:55.040 in kind of how to

NOTE Confidence: 0.95899904

00:48:55.040 --> 00:48:55.840 get the word out about

NOTE Confidence: 0.95899904

00:48:55.840 --> 00:48:56.580 these services.

NOTE Confidence: 0.99804616

00:48:58.480 --> 00:49:00.160 I'll talk about outcomes. There's

NOTE Confidence: 0.99804616

00:49:00.160 --> 00:49:01.760 some typos on this next

NOTE Confidence: 0.99804616

00:49:01.760 --> 00:49:02.260 slide.

NOTE Confidence: 0.93198913

00:49:03.015 --> 00:49:04.214 You know, effectively, what we

NOTE Confidence: 0.93198913

00:49:04.214 --> 00:49:05.255 were able to show and

NOTE Confidence: 0.93198913

00:49:05.255 --> 00:49:07.094 see was there is at

NOTE Confidence: 0.93198913

00:49:07.094 --> 00:49:08.135 least in the short term,

NOTE Confidence: 0.93198913

00:49:08.135 --> 00:49:09.674 some change related to attitudes,

NOTE Confidence: 0.97299105

00:49:10.214 --> 00:49:12.295 stigmatizing attitudes towards mental illness.

NOTE Confidence: 0.97299105

00:49:12.295 --> 00:49:13.275 So unsurprisingly,

NOTE Confidence: 0.95814323

00:49:13.815 --> 00:49:14.714 people who,

NOTE Confidence: 0.9681745

00:49:15.739 --> 00:49:17.760 showed up in person pre

NOTE Confidence: 0.9681745

00:49:17.819 --> 00:49:19.420 any of this exposure, pre

NOTE Confidence: 0.9681745

00:49:19.420 --> 00:49:20.160 any of the

NOTE Confidence: 0.9527281

00:49:20.460 --> 00:49:22.460 teachings or psychoeducation, they already

NOTE Confidence: 0.9527281

00:49:22.460 --> 00:49:23.579 had a higher score. They

NOTE Confidence: 0.9527281

00:49:23.579 --> 00:49:24.940 were already less stigmatizing on

NOTE Confidence: 0.9527281

00:49:24.940 --> 00:49:25.739 mental health, but that makes

NOTE Confidence: 0.9527281

00:49:25.739 --> 00:49:27.020 sense because they're interested in

NOTE Confidence: 0.9527281

00:49:27.020 --> 00:49:28.785 this. But But even for

NOTE Confidence: 0.9527281

00:49:28.785 --> 00:49:29.825 that group, we were able

NOTE Confidence: 0.9527281

00:49:29.825 --> 00:49:31.364 to see a mild increase.

NOTE Confidence: 0.978123

00:49:31.665 --> 00:49:32.945 The biggest increase we saw

NOTE Confidence: 0.978123

00:49:32.945 --> 00:49:33.825 was actually for people who

NOTE Confidence: 0.978123

00:49:33.825 --> 00:49:35.105 didn't attend anything in person.

NOTE Confidence: 0.978123

00:49:35.105 --> 00:49:36.405 So whether that was them

NOTE Confidence: 0.978123

00:49:36.545 --> 00:49:38.625 attending via just online, seeing

NOTE Confidence: 0.978123

00:49:38.625 --> 00:49:40.005 the messaging in the community.

NOTE Confidence: 0.95762485

00:49:40.385 --> 00:49:41.969 We have a a nifty

NOTE Confidence: 0.95762485

00:49:41.969 --> 00:49:43.330 little app called Nixle where

NOTE Confidence: 0.95762485

00:49:43.330 --> 00:49:44.610 I can basically news blast

NOTE Confidence: 0.95762485

00:49:44.610 --> 00:49:46.369 and give people announcements about

NOTE Confidence: 0.95762485

00:49:46.369 --> 00:49:47.810 ongoings in the tribe at

NOTE Confidence: 0.95762485

00:49:47.810 --> 00:49:48.610 any time. So it gives

NOTE Confidence: 0.95762485

00:49:48.610 --> 00:49:49.489 me the ears of, like,

NOTE Confidence: 0.95762485

00:49:49.489 --> 00:49:50.550 five thousand people.

NOTE Confidence: 0.9886797

00:49:51.489 --> 00:49:52.770 Whether it's just that, whether

NOTE Confidence: 0.9886797

00:49:52.770 --> 00:49:53.810 it was just hearing from

NOTE Confidence: 0.9886797

00:49:53.810 --> 00:49:54.310 word-of-mouth,

NOTE Confidence: 0.9430525

00:49:54.610 --> 00:49:55.670 there's some changes

NOTE Confidence: 0.9161048

00:49:56.065 --> 00:49:57.505 effectively. We're trying to replicate

NOTE Confidence: 0.9161048

00:49:57.505 --> 00:49:58.945 this and see kind of

NOTE Confidence: 0.9161048

00:49:58.945 --> 00:49:59.985 similar to Jay's project if

NOTE Confidence: 0.9161048

00:49:59.985 --> 00:50:01.585 there's longitudinal results at six

NOTE Confidence: 0.9161048

00:50:01.585 --> 00:50:02.785 months at one year, which

NOTE Confidence: 0.9161048

00:50:02.785 --> 00:50:04.085 will happen this year.

NOTE Confidence: 0.81226987

00:50:05.185 --> 00:50:05.685 Qualitatively,

NOTE Confidence: 0.9971722

00:50:06.945 --> 00:50:08.385 we did have quite a

NOTE Confidence: 0.9971722

00:50:08.385 --> 00:50:08.885 bit

NOTE Confidence: 0.9460538

00:50:09.390 --> 00:50:11.069 of resource guides that came

NOTE Confidence: 0.9460538

00:50:11.069 --> 00:50:11.950 out of this. And just

NOTE Confidence: 0.9460538

00:50:11.950 --> 00:50:13.390 also, we, you know, had

NOTE Confidence: 0.9460538

00:50:13.390 --> 00:50:14.510 like QR codes and things

NOTE Confidence: 0.9460538

00:50:14.510 --> 00:50:15.309 that are sent out to

NOTE Confidence: 0.9460538

00:50:15.309 --> 00:50:16.910 people just as reminders. Like

NOTE Confidence: 0.9460538

00:50:16.910 --> 00:50:17.789 this is where you find

NOTE Confidence: 0.9460538

00:50:17.789 --> 00:50:19.150 all the services, even if

NOTE Confidence: 0.9460538

00:50:19.150 --> 00:50:20.109 you're not going within the

NOTE Confidence: 0.9460538

00:50:20.109 --> 00:50:21.230 tribe, but some people are

NOTE Confidence: 0.9460538

00:50:21.230 --> 00:50:22.270 reluctant to because they don't

NOTE Confidence: 0.9460538

00:50:22.270 --> 00:50:23.230 want to run into people

NOTE Confidence: 0.9460538

00:50:23.230 --> 00:50:23.805 they know.

NOTE Confidence: 0.98243374

00:50:24.364 --> 00:50:25.484 This is where you find

NOTE Confidence: 0.98243374

00:50:25.484 --> 00:50:26.844 services in Tucson or, you

NOTE Confidence: 0.98243374

00:50:26.844 --> 00:50:28.625 know, Southern Arizona type thing.

NOTE Confidence: 0.9927602

00:50:29.405 --> 00:50:30.224 For scalability,

NOTE Confidence: 0.9507423

00:50:31.165 --> 00:50:32.605 so I'm part of a

NOTE Confidence: 0.9507423

00:50:32.605 --> 00:50:33.724 center through the University of

NOTE Confidence: 0.9507423

00:50:33.724 --> 00:50:36.045 Arizona that recently formed focus

NOTE Confidence: 0.9507423

00:50:36.045 --> 00:50:37.665 on native American health.

NOTE Confidence: 0.96688944

00:50:38.230 --> 00:50:39.750 This center, right now has

NOTE Confidence: 0.96688944

00:50:39.750 --> 00:50:41.670 partnerships with multiple tribes in

NOTE Confidence: 0.96688944

00:50:41.670 --> 00:50:43.110 the Four Corners region, some

NOTE Confidence: 0.96688944

00:50:43.110 --> 00:50:44.489 in the Midwest now.

NOTE Confidence: 0.988409

00:50:44.950 --> 00:50:46.150 They're interested in this project.

NOTE Confidence: 0.988409

00:50:46.150 --> 00:50:47.110 We're trying to figure out

NOTE Confidence: 0.988409

00:50:47.110 --> 00:50:48.150 a way to scale it

NOTE Confidence: 0.988409

00:50:48.150 --> 00:50:48.870 so that we can have

NOTE Confidence: 0.988409

00:50:48.870 --> 00:50:49.910 a similar model and a

NOTE Confidence: 0.988409

00:50:49.910 --> 00:50:51.935 curriculum built where tribes who

NOTE Confidence: 0.988409

00:50:51.935 --> 00:50:52.535 are kind of in the

NOTE Confidence: 0.988409

00:50:52.535 --> 00:50:54.795 process of developing their behavioral

NOTE Confidence: 0.988409

00:50:54.855 --> 00:50:56.135 health centers and really ramping

NOTE Confidence: 0.988409

00:50:56.135 --> 00:50:57.495 up services and connection can

NOTE Confidence: 0.988409

00:50:57.495 --> 00:50:57.995 start,

NOTE Confidence: 0.9532636

00:50:58.535 --> 00:50:59.975 with something at least. Some

NOTE Confidence: 0.9532636

00:50:59.975 --> 00:51:00.935 kind of way to to

NOTE Confidence: 0.9532636

00:51:00.935 --> 00:51:02.055 know that we're we're addressing

NOTE Confidence: 0.9532636

00:51:02.055 --> 00:51:04.235 stigma, we're addressing service underutilization.

NOTE Confidence: 0.94197905

00:51:07.329 --> 00:51:08.869 Just to give some acknowledgements

NOTE Confidence: 0.94197905

00:51:09.010 --> 00:51:10.369 to to these folks. So,

NOTE Confidence: 0.9589237

00:51:11.170 --> 00:51:12.950 our medical director, doctor Renteria,

NOTE Confidence: 0.9589237

00:51:13.089 --> 00:51:13.489 this dude,

NOTE Confidence: 0.99144405

00:51:14.210 --> 00:51:15.170 been with the tribe for

NOTE Confidence: 0.99144405

00:51:15.170 --> 00:51:16.530 a long time. He,

NOTE Confidence: 0.99874735

00:51:16.930 --> 00:51:18.609 was my primary care doc

NOTE Confidence: 0.99874735

00:51:18.609 --> 00:51:19.430 growing up.

NOTE Confidence: 0.9981995

00:51:20.195 --> 00:51:22.035 He's been super involved with

NOTE Confidence: 0.9981995

00:51:22.035 --> 00:51:23.315 a lot of efforts. He's

NOTE Confidence: 0.9981995

00:51:23.315 --> 00:51:24.915 approaching retirement, which I worry

NOTE Confidence: 0.9981995

00:51:24.915 --> 00:51:25.415 about.

NOTE Confidence: 0.9622513

00:51:26.515 --> 00:51:27.955 Our tribal health department has

NOTE Confidence: 0.9622513

00:51:27.955 --> 00:51:28.995 partnered with me for a

NOTE Confidence: 0.9622513

00:51:28.995 --> 00:51:30.275 number of endeavors, and we

NOTE Confidence: 0.9622513

00:51:30.275 --> 00:51:31.815 have a great working relationship

NOTE Confidence: 0.9622513

00:51:31.955 --> 00:51:32.835 as well as with our

NOTE Confidence: 0.9622513

00:51:32.835 --> 00:51:34.215 tribal council and obviously

NOTE Confidence: 0.944008

00:51:34.560 --> 00:51:35.920 APA SAMHSA for putting the

NOTE Confidence: 0.944008

00:51:35.920 --> 00:51:36.980 bill for this specifically.

NOTE Confidence: 0.9677783

00:51:38.800 --> 00:51:40.400 And then one last shameless

NOTE Confidence: 0.9677783

00:51:40.400 --> 00:51:42.239 plug. So upcoming next month,

NOTE Confidence: 0.9677783

00:51:42.239 --> 00:51:43.760 the Global Health Group will

NOTE Confidence: 0.9677783

00:51:43.760 --> 00:51:44.960 have one of our seminar

NOTE Confidence: 0.9677783

00:51:44.960 --> 00:51:46.719 series speakers, Doctor. Maval, coming

NOTE Confidence: 0.9677783

00:51:46.719 --> 00:51:48.425 in to talk about his

NOTE Confidence: 0.9677783

00:51:48.425 --> 00:51:50.425 work in, building bridges across

NOTE Confidence: 0.9677783

00:51:50.425 --> 00:51:52.685 the globe, developing joint collaboration,

NOTE Confidence: 0.74878013

00:51:53.225 --> 00:51:53.885 and interprofessional

NOTE Confidence: 0.9965421

00:51:54.425 --> 00:51:55.325 addiction education.

NOTE Confidence: 0.96707594

00:51:57.545 --> 00:51:58.905 I know we're ahead of

NOTE Confidence: 0.96707594

00:51:58.905 --> 00:52:00.185 time or maybe right on

NOTE Confidence: 0.96707594

00:52:00.185 --> 00:52:01.465 time, but I didn't wanna

NOTE Confidence: 0.96707594

00:52:01.465 --> 00:52:02.940 leave a chance for questions

NOTE Confidence: 0.96707594

00:52:03.000 --> 00:52:04.120 for everyone because I know

NOTE Confidence: 0.96707594

00:52:04.120 --> 00:52:05.020 we kind of deferred

NOTE Confidence: 0.94889027

00:52:05.560 --> 00:52:06.760 till the end. So if

NOTE Confidence: 0.94889027

00:52:06.760 --> 00:52:07.320 you guys wanna