

WEBVTT

NOTE duration:"01:01:05.3120000"

NOTE language:en-us

NOTE Confidence: 0.89838105

00:00:00.000 --> 00:00:02.292 It's my tremendous pleasure to introduce

NOTE Confidence: 0.89838105

00:00:02.292 --> 00:00:04.184 Andrew, Solid Doctor Andrew Solomon.

NOTE Confidence: 0.89838105

00:00:04.184 --> 00:00:05.688 Welcome back to Yale.

NOTE Confidence: 0.89838105

00:00:05.690 --> 00:00:08.698 When I thought of someone to be the

NOTE Confidence: 0.89838105

00:00:08.698 --> 00:00:10.956 first loudspeaker outside speaker as we

NOTE Confidence: 0.89838105

00:00:10.956 --> 00:00:13.588 passed the peak of the kovid pandemic,

NOTE Confidence: 0.89838105

00:00:13.590 --> 00:00:16.965 doctor Solomon was at the top of my list.

NOTE Confidence: 0.89838105

00:00:16.970 --> 00:00:18.462 Andrews professor of clinical

NOTE Confidence: 0.89838105

00:00:18.462 --> 00:00:20.700 Gayatri at Columbia and a former

NOTE Confidence: 0.89838105

00:00:20.763 --> 00:00:22.989 president of the pen American Center.

NOTE Confidence: 0.89838105

00:00:22.990 --> 00:00:24.151 In some ways,

NOTE Confidence: 0.89838105

00:00:24.151 --> 00:00:26.473 he needs no introduction because he's

NOTE Confidence: 0.89838105

00:00:26.473 --> 00:00:29.295 become such an important part of our

NOTE Confidence: 0.89838105

00:00:29.295 --> 00:00:31.340 Department community over the years.

NOTE Confidence: 0.89838105
00:00:31.340 --> 00:00:33.902 Is my special advisor on LG BDU
NOTE Confidence: 0.89838105
00:00:33.902 --> 00:00:36.427 issues and he's visited us many
NOTE Confidence: 0.89838105
00:00:36.427 --> 00:00:38.667 times speak to our Department?
NOTE Confidence: 0.89838105
00:00:38.670 --> 00:00:41.310 We meet with our trainees advisor
NOTE Confidence: 0.89838105
00:00:41.310 --> 00:00:43.929 LG LBGTQ Interest Group and to
NOTE Confidence: 0.89838105
00:00:43.929 --> 00:00:45.859 share the wonderful movie based
NOTE Confidence: 0.89838105
00:00:45.859 --> 00:00:48.029 on his book far from it.
NOTE Confidence: 0.89838105
00:00:48.030 --> 00:00:51.572 And of course to receive our mental
NOTE Confidence: 0.89838105
00:00:51.572 --> 00:00:53.600 health research advocacy Ward.
NOTE Confidence: 0.89838105
00:00:53.600 --> 00:00:55.245 Many under Zoom Conference to
NOTE Confidence: 0.89838105
00:00:55.245 --> 00:00:56.890 know him through his writings
NOTE Confidence: 0.89838105
00:00:56.946 --> 00:00:58.726 and through his public advocacy,
NOTE Confidence: 0.89838105
00:00:58.730 --> 00:01:00.440 which had been so important
NOTE Confidence: 0.89838105
00:01:00.440 --> 00:01:02.150 in their minds and hearts,
NOTE Confidence: 0.89838105
00:01:02.150 --> 00:01:03.860 to the experience of mental
NOTE Confidence: 0.89838105

00:01:03.860 --> 00:01:05.228 illness and the meaning.
NOTE Confidence: 0.89838105

00:01:05.230 --> 00:01:07.204 An impact of difference in the
NOTE Confidence: 0.89838105

00:01:07.204 --> 00:01:08.939 mental health field is probably
NOTE Confidence: 0.89838105

00:01:08.939 --> 00:01:10.699 best known for two books,
NOTE Confidence: 0.89838105

00:01:10.700 --> 00:01:12.740 in particular the Noonday Demon
NOTE Confidence: 0.89838105

00:01:12.740 --> 00:01:15.549 and far from far from the tree.
NOTE Confidence: 0.89838105

00:01:15.550 --> 00:01:16.588 The Noonday Demon,
NOTE Confidence: 0.89838105

00:01:16.588 --> 00:01:18.664 in which in which answer describes
NOTE Confidence: 0.89838105

00:01:18.664 --> 00:01:20.234 his personal experience with
NOTE Confidence: 0.89838105

00:01:20.234 --> 00:01:22.169 compression in a in place,
NOTE Confidence: 0.89838105

00:01:22.170 --> 00:01:24.378 is it in a broader consideration
NOTE Confidence: 0.89838105

00:01:24.378 --> 00:01:25.830 of depression, as one.
NOTE Confidence: 0.89838105

00:01:25.830 --> 00:01:26.540 Many honors,
NOTE Confidence: 0.89838105

00:01:26.540 --> 00:01:27.960 including the National Book
NOTE Confidence: 0.89838105

00:01:27.960 --> 00:01:29.900 Award for nonfiction in 2000,
NOTE Confidence: 0.89838105

00:01:29.900 --> 00:01:32.468 and one finalist for the Pulitzer

NOTE Confidence: 0.89838105
00:01:32.468 --> 00:01:35.078 Prize in 2002 and was designated
NOTE Confidence: 0.89838105
00:01:35.078 --> 00:01:37.899 by the London times as one of
NOTE Confidence: 0.89838105
00:01:37.899 --> 00:01:40.828 the 100 best books of the decade.
NOTE Confidence: 0.89838105
00:01:40.830 --> 00:01:43.413 An far from the tree which describes
NOTE Confidence: 0.89838105
00:01:43.413 --> 00:01:45.689 how families cope with difference,
NOTE Confidence: 0.89838105
00:01:45.690 --> 00:01:47.626 also won numerous awards,
NOTE Confidence: 0.89838105
00:01:47.626 --> 00:01:50.046 including the National Book Critics
NOTE Confidence: 0.89838105
00:01:50.046 --> 00:01:52.340 Award for nonfiction Welcome Book
NOTE Confidence: 0.89838105
00:01:52.340 --> 00:01:54.938 Award Prize and it would ignited
NOTE Confidence: 0.89838105
00:01:55.019 --> 00:01:56.993 by the New York Times as one
NOTE Confidence: 0.89838105
00:01:56.993 --> 00:01:59.124 of the top ten books of 2012.
NOTE Confidence: 0.89838105
00:01:59.124 --> 00:02:01.684 I thought he would be a particularly
NOTE Confidence: 0.89838105
00:02:01.684 --> 00:02:03.888 appropriate speaker to today
NOTE Confidence: 0.89838105
00:02:03.888 --> 00:02:06.643 because his books and articles
NOTE Confidence: 0.89838105
00:02:06.725 --> 00:02:09.020 address themes are really important
NOTE Confidence: 0.89838105

00:02:09.020 --> 00:02:11.962 to our community at this time.
NOTE Confidence: 0.89838105

00:02:11.962 --> 00:02:15.814 Is writing dress human vulnerability and
NOTE Confidence: 0.89838105

00:02:15.814 --> 00:02:19.559 resilience the challenge of knowing oneself?
NOTE Confidence: 0.89838105

00:02:19.560 --> 00:02:21.100 In the importance of knowing
NOTE Confidence: 0.89838105

00:02:21.100 --> 00:02:22.986 oneself in dealing with the even
NOTE Confidence: 0.89838105

00:02:22.986 --> 00:02:24.441 greater challenge of trying to
NOTE Confidence: 0.89838105

00:02:24.441 --> 00:02:26.050 get to know other people,
NOTE Confidence: 0.89838105

00:02:26.050 --> 00:02:28.696 particularly when they're different from you.
NOTE Confidence: 0.89838105

00:02:28.700 --> 00:02:31.000 In all of his writing,
NOTE Confidence: 0.89838105

00:02:31.000 --> 00:02:33.760 there is an honesty, a transparency,
NOTE Confidence: 0.89838105

00:02:33.760 --> 00:02:35.140 humility, and humanity.
NOTE Confidence: 0.89838105

00:02:35.140 --> 00:02:36.060 That's unique.
NOTE Confidence: 0.89838105

00:02:36.060 --> 00:02:39.245 Is writing weather about his
NOTE Confidence: 0.89838105

00:02:39.245 --> 00:02:41.156 struggle with depression?
NOTE Confidence: 0.89838105

00:02:41.160 --> 00:02:43.758 Death of his analyst or other
NOTE Confidence: 0.89838105

00:02:43.758 --> 00:02:46.449 experiences is both deeply personal and

NOTE Confidence: 0.89838105
00:02:46.449 --> 00:02:49.495 yet it touches on universal issues.
NOTE Confidence: 0.89838105
00:02:49.495 --> 00:02:52.538 So it's a special pleasure
NOTE Confidence: 0.89838105
00:02:52.538 --> 00:02:55.298 to invite back doctor Andrew
NOTE Confidence: 0.89838105
00:02:55.298 --> 00:02:57.970 Solomon random our Department.
NOTE Confidence: 0.89838105
00:02:57.970 --> 00:03:03.300 A River today's psychiatry grant.
NOTE Confidence: 0.89838105
00:03:03.300 --> 00:03:03.816 So Andrew,
NOTE Confidence: 0.89838105
00:03:03.816 --> 00:03:04.848 thank you very much.
NOTE Confidence: 0.91527593
00:03:05.660 --> 00:03:06.644 Well, thank you.
NOTE Confidence: 0.91527593
00:03:06.644 --> 00:03:08.940 It's a great pleasure to be here.
NOTE Confidence: 0.91527593
00:03:08.940 --> 00:03:11.973 I'm going to talk for a bit about my
NOTE Confidence: 0.91527593
00:03:11.973 --> 00:03:13.844 perceptions of mental illness during
NOTE Confidence: 0.91527593
00:03:13.844 --> 00:03:16.910 this time of Kovid and then I will invite
NOTE Confidence: 0.91527593
00:03:16.910 --> 00:03:19.099 any or all of you to ask questions.
NOTE Confidence: 0.91527593
00:03:19.099 --> 00:03:21.332 The easiest way to do that is
NOTE Confidence: 0.91527593
00:03:21.332 --> 00:03:23.039 probably through the chat function.
NOTE Confidence: 0.91527593

00:03:23.040 --> 00:03:25.026 I'm just trying to arrange my
NOTE Confidence: 0.91527593

00:03:25.026 --> 00:03:27.311 screen so that I will be able
NOTE Confidence: 0.91527593

00:03:27.311 --> 00:03:29.800 to see those when I get them and
NOTE Confidence: 0.91527593

00:03:29.800 --> 00:03:31.894 I am happy to answer question.
NOTE Confidence: 0.91527593

00:03:31.900 --> 00:03:34.448 You know, that relate specifically to what
NOTE Confidence: 0.91527593

00:03:34.448 --> 00:03:37.256 I've said or that are in this general.
NOTE Confidence: 0.91527593

00:03:37.260 --> 00:03:39.888 Area, so the question of Kovid
NOTE Confidence: 0.91527593

00:03:39.888 --> 00:03:42.844 an mental health has been a big
NOTE Confidence: 0.91527593

00:03:42.844 --> 00:03:45.434 topic at the moment where in the
NOTE Confidence: 0.91527593

00:03:45.520 --> 00:03:48.358 middle really of a double crisis.
NOTE Confidence: 0.91527593

00:03:48.360 --> 00:03:51.538 There's a crisis in physical health and
NOTE Confidence: 0.91527593

00:03:51.538 --> 00:03:54.337 which were obviously all very aware of,
NOTE Confidence: 0.91527593

00:03:54.340 --> 00:03:57.126 and there's a crisis in mental health
NOTE Confidence: 0.91527593

00:03:57.126 --> 00:03:59.656 and they've been an enormous amount
NOTE Confidence: 0.91527593

00:03:59.656 --> 00:04:01.756 of energy and resources devoted
NOTE Confidence: 0.91527593

00:04:01.756 --> 00:04:04.589 to the crisis in physical health.

NOTE Confidence: 0.91527593

00:04:04.590 --> 00:04:07.350 And there has been much less

NOTE Confidence: 0.91527593

00:04:07.350 --> 00:04:08.730 attention paid to.

NOTE Confidence: 0.91527593

00:04:08.730 --> 00:04:11.621 The crisis in mental health and I've

NOTE Confidence: 0.91527593

00:04:11.621 --> 00:04:14.357 been very concerned that mental health

NOTE Confidence: 0.91527593

00:04:14.357 --> 00:04:17.661 has been being neglected through this period.

NOTE Confidence: 0.91527593

00:04:17.670 --> 00:04:20.118 And while the crisis and physical

NOTE Confidence: 0.91527593

00:04:20.118 --> 00:04:23.030 health we hope is very temporary,

NOTE Confidence: 0.91527593

00:04:23.030 --> 00:04:25.893 the crisis in mental health has the

NOTE Confidence: 0.91527593

00:04:25.893 --> 00:04:28.697 potential to be much longer term

NOTE Confidence: 0.91527593

00:04:28.697 --> 00:04:31.679 and it's terribly important that we

NOTE Confidence: 0.91527593

00:04:31.679 --> 00:04:34.349 recognize the strains that people are

NOTE Confidence: 0.91527593

00:04:34.349 --> 00:04:38.858 under in that we attempt to address them.

NOTE Confidence: 0.91527593

00:04:38.860 --> 00:04:43.510 At the moment I'm at about 40% of

NOTE Confidence: 0.91527593

00:04:43.510 --> 00:04:45.830 Americans report experiencing symptoms,

NOTE Confidence: 0.91527593

00:04:45.830 --> 00:04:49.705 which would constitute a crisis

NOTE Confidence: 0.91527593

00:04:49.705 --> 00:04:52.030 of private health.
NOTE Confidence: 0.91527593

00:04:52.030 --> 00:04:52.910 Mental health,
NOTE Confidence: 0.91527593

00:04:52.910 --> 00:04:53.350 uh,
NOTE Confidence: 0.91527593

00:04:53.350 --> 00:04:56.430 and so we see these enormous skyrocketing
NOTE Confidence: 0.91527593

00:04:56.508 --> 00:04:58.928 rates of particularly depression,
NOTE Confidence: 0.91527593

00:04:58.930 --> 00:05:00.546 and most of all,
NOTE Confidence: 0.91527593

00:05:00.546 --> 00:05:03.699 anxiety and part of the trick is
NOTE Confidence: 0.91527593

00:05:03.699 --> 00:05:06.263 distinguishing between an appropriate
NOTE Confidence: 0.91527593

00:05:06.263 --> 00:05:09.910 response to very difficult times and.
NOTE Confidence: 0.91527593

00:05:09.910 --> 00:05:11.700 The mental health elements that
NOTE Confidence: 0.91527593

00:05:11.700 --> 00:05:14.432 escalate to the point at which they
NOTE Confidence: 0.91527593

00:05:14.432 --> 00:05:16.607 become clinical complaints that warrant
NOTE Confidence: 0.91527593

00:05:16.607 --> 00:05:19.287 a an intervention of some kind and
NOTE Confidence: 0.91527593

00:05:19.287 --> 00:05:21.243 trying to decide when to intervene
NOTE Confidence: 0.91527593

00:05:21.250 --> 00:05:23.959 and how to intervene and what the
NOTE Confidence: 0.91527593

00:05:23.959 --> 00:05:26.539 appropriate way is to look into that.

NOTE Confidence: 0.91527593

00:05:26.540 --> 00:05:28.425 So the prices of mental

NOTE Confidence: 0.91527593

00:05:28.425 --> 00:05:29.933 health has many elements.

NOTE Confidence: 0.91527593

00:05:29.940 --> 00:05:33.236 It's got the fear of being a becoming

NOTE Confidence: 0.91527593

00:05:33.236 --> 00:05:35.928 sick yourself and the sends all the

NOTE Confidence: 0.91527593

00:05:35.928 --> 00:05:38.562 time that the Angel of death is

NOTE Confidence: 0.91527593

00:05:38.562 --> 00:05:41.264 waiting at the door of your house.

NOTE Confidence: 0.91527593

00:05:41.270 --> 00:05:43.902 It has to do with the morning that

NOTE Confidence: 0.91527593

00:05:43.902 --> 00:05:46.308 people are going through for people

NOTE Confidence: 0.91527593

00:05:46.308 --> 00:05:49.271 they have lossed this illness or the

NOTE Confidence: 0.91527593

00:05:49.271 --> 00:05:51.938 fear they have about people who have

NOTE Confidence: 0.91527593

00:05:51.938 --> 00:05:54.224 the illness and whose outcomes physical

NOTE Confidence: 0.91527593

00:05:54.224 --> 00:05:56.510 health outcomes are uncertain or unsure.

NOTE Confidence: 0.91527593

00:05:56.510 --> 00:05:59.550 It has to do with the economic devastation

NOTE Confidence: 0.91527593

00:05:59.550 --> 00:06:02.605 that seems to be we consuming the country.

NOTE Confidence: 0.91527593

00:06:02.610 --> 00:06:05.266 The performance of the stock market in its

NOTE Confidence: 0.91527593

00:06:05.266 --> 00:06:06.800 bizarre irregularities notwithstanding,
NOTE Confidence: 0.91527593

00:06:06.800 --> 00:06:09.236 but an enormous enormous number of
NOTE Confidence: 0.91527593

00:06:09.236 --> 00:06:11.479 people obviously are out of work.
NOTE Confidence: 0.91527593

00:06:11.480 --> 00:06:12.068 Or,
NOTE Confidence: 0.91527593

00:06:12.068 --> 00:06:12.656 uh,
NOTE Confidence: 0.91527593

00:06:12.656 --> 00:06:16.772 unable to continue to pay bills that
NOTE Confidence: 0.91527593

00:06:16.772 --> 00:06:21.440 they have a broad range of industries.
NOTE Confidence: 0.91527593

00:06:21.440 --> 00:06:24.016 And finally it has to do with
NOTE Confidence: 0.91527593

00:06:24.016 --> 00:06:26.744 our response to the problem which
NOTE Confidence: 0.91527593

00:06:26.744 --> 00:06:28.800 has been social isolation.
NOTE Confidence: 0.91527593

00:06:28.800 --> 00:06:31.608 So even at a time when people in
NOTE Confidence: 0.91527593

00:06:31.608 --> 00:06:34.781 many states in the US are beginning
NOTE Confidence: 0.91527593

00:06:34.781 --> 00:06:37.171 to breakthrough social isolation and
NOTE Confidence: 0.93663186

00:06:37.259 --> 00:06:39.091 are ceasing to observe
NOTE Confidence: 0.93663186

00:06:39.091 --> 00:06:40.923 some of its strictures,
NOTE Confidence: 0.93663186

00:06:40.930 --> 00:06:43.516 the isolation continues for a very,

NOTE Confidence: 0.93663186

00:06:43.520 --> 00:06:45.690 very large number of people.

NOTE Confidence: 0.93663186

00:06:45.690 --> 00:06:47.875 Social distancing for an even

NOTE Confidence: 0.93663186

00:06:47.875 --> 00:06:49.623 larger number people people

NOTE Confidence: 0.93663186

00:06:49.623 --> 00:06:51.858 are wearing masks and don't.

NOTE Confidence: 0.93663186

00:06:51.860 --> 00:06:54.284 Have this stimulation of seeing one

NOTE Confidence: 0.93663186

00:06:54.284 --> 00:06:57.683 another space is all of those shifts comes

NOTE Confidence: 0.93663186

00:06:57.683 --> 00:07:00.239 to new significant losses forever for

NOTE Confidence: 0.93663186

00:07:00.314 --> 00:07:03.059 people and very significant stressors.

NOTE Confidence: 0.93663186

00:07:03.060 --> 00:07:05.902 So I'll look at all of them

NOTE Confidence: 0.93663186

00:07:05.902 --> 00:07:08.879 together and the concern of course,

NOTE Confidence: 0.93663186

00:07:08.880 --> 00:07:11.995 is that the mental health crisis is

NOTE Confidence: 0.93663186

00:07:11.995 --> 00:07:15.159 unaddressed in Wuhan when the crisis began.

NOTE Confidence: 0.93663186

00:07:15.160 --> 00:07:17.220 Their the Chinese government

NOTE Confidence: 0.93663186

00:07:17.220 --> 00:07:19.795 imported hundreds of mental health

NOTE Confidence: 0.93663186

00:07:19.795 --> 00:07:22.128 workers to help people in Wuhan.

NOTE Confidence: 0.93663186

00:07:22.130 --> 00:07:23.222 Through the psychological
NOTE Confidence: 0.93663186

00:07:23.222 --> 00:07:24.678 challenges of the crisis,
NOTE Confidence: 0.93663186

00:07:24.680 --> 00:07:26.500 uh, in the United States,
NOTE Confidence: 0.93663186

00:07:26.500 --> 00:07:28.678 there has been no such effort.
NOTE Confidence: 0.93663186

00:07:28.680 --> 00:07:30.864 There had been a patchwork of
NOTE Confidence: 0.93663186

00:07:30.864 --> 00:07:32.320 responses by individual governors.
NOTE Confidence: 0.93663186

00:07:32.320 --> 00:07:34.552 Some of those governor's have in
NOTE Confidence: 0.93663186

00:07:34.552 --> 00:07:36.918 fact brought in people to try to
NOTE Confidence: 0.93663186

00:07:36.918 --> 00:07:39.365 deal with at least some of the mental
NOTE Confidence: 0.93663186

00:07:39.365 --> 00:07:41.785 health ramifications of the problem.
NOTE Confidence: 0.93663186

00:07:41.790 --> 00:07:43.968 But many of them have not.
NOTE Confidence: 0.93663186

00:07:43.970 --> 00:07:44.706 And then,
NOTE Confidence: 0.93663186

00:07:44.706 --> 00:07:46.546 even when mental health services
NOTE Confidence: 0.93663186

00:07:46.546 --> 00:07:48.418 are available to people who
NOTE Confidence: 0.93663186

00:07:48.418 --> 00:07:50.158 recognize the need for them,
NOTE Confidence: 0.93663186

00:07:50.160 --> 00:07:52.240 there's the ongoing problem that.

NOTE Confidence: 0.93663186

00:07:52.240 --> 00:07:52.637 Uh,

NOTE Confidence: 0.93663186

00:07:52.637 --> 00:07:55.019 people don't have insurance that allows

NOTE Confidence: 0.93663186

00:07:55.019 --> 00:07:58.138 them to access those services we all know,

NOTE Confidence: 0.93663186

00:07:58.140 --> 00:08:00.596 or at least most of us know that

NOTE Confidence: 0.93663186

00:08:00.596 --> 00:08:02.585 there had been parody legislation

NOTE Confidence: 0.93663186

00:08:02.585 --> 00:08:05.609 that was designed to ensure that we

NOTE Confidence: 0.93663186

00:08:05.683 --> 00:08:08.651 have the same access to mental health

NOTE Confidence: 0.93663186

00:08:08.651 --> 00:08:10.716 services to physical health services.

NOTE Confidence: 0.93663186

00:08:10.716 --> 00:08:12.681 This is a Department of

NOTE Confidence: 0.93663186

00:08:12.681 --> 00:08:13.860 psychiatry grand rounds.

NOTE Confidence: 0.93663186

00:08:13.860 --> 00:08:16.660 Most of you will know that those

NOTE Confidence: 0.93663186

00:08:16.660 --> 00:08:19.046 services are available on a much

NOTE Confidence: 0.93663186

00:08:19.046 --> 00:08:20.901 more limited basis and then

NOTE Confidence: 0.93663186

00:08:20.901 --> 00:08:22.370 other medical services.

NOTE Confidence: 0.93663186

00:08:22.370 --> 00:08:24.710 And that indeed all medical services

NOTE Confidence: 0.93663186

00:08:24.710 --> 00:08:27.124 in the United States are available
NOTE Confidence: 0.93663186

00:08:27.124 --> 00:08:29.464 on quite a selective basis depending
NOTE Confidence: 0.93663186

00:08:29.464 --> 00:08:32.338 on who has insurance and what kind
NOTE Confidence: 0.93663186

00:08:32.338 --> 00:08:34.358 of insurance those people have.
NOTE Confidence: 0.93663186

00:08:34.360 --> 00:08:36.790 So, uhm, I think, uh,
NOTE Confidence: 0.93663186

00:08:36.790 --> 00:08:39.919 we're uh to be shocked appropriately by
NOTE Confidence: 0.93663186

00:08:39.919 --> 00:08:43.587 the absence of preparedness on this front.
NOTE Confidence: 0.93663186

00:08:43.590 --> 00:08:44.069 Um,
NOTE Confidence: 0.93663186

00:08:44.069 --> 00:08:46.464 there was a study following
NOTE Confidence: 0.93663186

00:08:46.464 --> 00:08:48.940 the H1N1 outbreak in 2013,
NOTE Confidence: 0.93663186

00:08:48.940 --> 00:08:52.335 and it was widely published that said,
NOTE Confidence: 0.93663186

00:08:52.340 --> 00:08:54.730 because pandemic disasters are unique
NOTE Confidence: 0.93663186

00:08:54.730 --> 00:08:57.681 and do not include congregate sites
NOTE Confidence: 0.93663186

00:08:57.681 --> 00:09:00.116 for prolonged support and recovery,
NOTE Confidence: 0.93663186

00:09:00.120 --> 00:09:02.590 they require specific response strategies
NOTE Confidence: 0.93663186

00:09:02.590 --> 00:09:05.540 to ensure the behavioral health needs.

NOTE Confidence: 0.93663186

00:09:05.540 --> 00:09:07.472 Children and families pandemic

NOTE Confidence: 0.93663186

00:09:07.472 --> 00:09:09.887 planning must address these needs,

NOTE Confidence: 0.93663186

00:09:09.890 --> 00:09:11.602 and another said well,

NOTE Confidence: 0.93663186

00:09:11.602 --> 00:09:14.170 information for the medical aspects of

NOTE Confidence: 0.93663186

00:09:14.248 --> 00:09:17.128 disaster surge is increasingly available.

NOTE Confidence: 0.93663186

00:09:17.130 --> 00:09:19.734 There is little guidance for health

NOTE Confidence: 0.93663186

00:09:19.734 --> 00:09:22.510 care facilities on how to manage

NOTE Confidence: 0.93663186

00:09:22.510 --> 00:09:24.905 the psychological aspects of Lord

NOTE Confidence: 0.93663186

00:09:24.905 --> 00:09:27.493 scale disasters that might involve

NOTE Confidence: 0.93663186

00:09:27.493 --> 00:09:30.168 a surge of psychological casualties,

NOTE Confidence: 0.93663186

00:09:30.170 --> 00:09:32.590 so these problems were identified,

NOTE Confidence: 0.93663186

00:09:32.590 --> 00:09:35.548 but nothing was done to ensure

NOTE Confidence: 0.93663186

00:09:35.548 --> 00:09:37.520 that we were in.

NOTE Confidence: 0.93663186

00:09:37.520 --> 00:09:40.600 A better place by the time of

NOTE Confidence: 0.93663186

00:09:40.600 --> 00:09:41.920 the next pandemic,

NOTE Confidence: 0.93663186

00:09:41.920 --> 00:09:44.512 and so we find ourselves very
NOTE Confidence: 0.93663186

00:09:44.512 --> 00:09:46.760 inadequately prepared at this point,
NOTE Confidence: 0.93663186

00:09:46.760 --> 00:09:47.244 uhm?
NOTE Confidence: 0.93663186

00:09:47.244 --> 00:09:48.212 So, uh,
NOTE Confidence: 0.93663186

00:09:48.212 --> 00:09:51.600 the responses to the Cove in situation,
NOTE Confidence: 0.93663186

00:09:51.600 --> 00:09:52.400 I think.
NOTE Confidence: 0.89693826

00:09:56.760 --> 00:10:00.120 People who are very robust who even.
NOTE Confidence: 0.89693826

00:10:00.120 --> 00:10:02.010 If they are saddened or frustrated
NOTE Confidence: 0.89693826

00:10:02.010 --> 00:10:04.288 by some aspects of what's going on,
NOTE Confidence: 0.89693826

00:10:04.290 --> 00:10:07.041 essentially sale on with their mood and
NOTE Confidence: 0.89693826

00:10:07.041 --> 00:10:09.620 their mental health more or less intact.
NOTE Confidence: 0.89693826

00:10:09.620 --> 00:10:12.056 There is a large group of people.
NOTE Confidence: 0.89693826

00:10:12.060 --> 00:10:14.372 I would say the largest of these four
NOTE Confidence: 0.89693826

00:10:14.372 --> 00:10:16.609 groups who are experiencing at troubling
NOTE Confidence: 0.89693826

00:10:16.609 --> 00:10:18.599 levels of anxiety and depression
NOTE Confidence: 0.89693826

00:10:18.599 --> 00:10:21.124 but don't rise to the threshold in

NOTE Confidence: 0.89693826

00:10:21.124 --> 00:10:23.194 clinical illness and those people need.

NOTE Confidence: 0.89693826

00:10:23.194 --> 00:10:24.929 But I felt psychiatric birthday.

NOTE Confidence: 0.89693826

00:10:24.930 --> 00:10:27.674 They need a recognition of the difficulties

NOTE Confidence: 0.89693826

00:10:27.674 --> 00:10:29.954 that they're going through and then they

NOTE Confidence: 0.89693826

00:10:29.954 --> 00:10:32.589 need to do a lot of self regulating.

NOTE Confidence: 0.89693826

00:10:32.590 --> 00:10:34.678 They need to regularize their sleep,

NOTE Confidence: 0.89693826

00:10:34.680 --> 00:10:37.456 they need to try to regularize their eating.

NOTE Confidence: 0.89693826

00:10:37.460 --> 00:10:39.596 They need to try to avoid

NOTE Confidence: 0.89693826

00:10:39.596 --> 00:10:40.664 excessive intake of.

NOTE Confidence: 0.89693826

00:10:40.670 --> 00:10:42.920 Caffeine, alcohol or substances of abuse.

NOTE Confidence: 0.89693826

00:10:42.920 --> 00:10:45.170 They need to make sure they're

NOTE Confidence: 0.89693826

00:10:45.170 --> 00:10:46.295 getting enough exercise.

NOTE Confidence: 0.89693826

00:10:46.300 --> 00:10:48.652 They need to avoid becoming complete

NOTE Confidence: 0.89693826

00:10:48.652 --> 00:10:51.547 junkies who do nothing but watch the news.

NOTE Confidence: 0.89693826

00:10:51.550 --> 00:10:52.902 All day news junkies,

NOTE Confidence: 0.89693826

00:10:52.902 --> 00:10:55.704 I mean that they need all of those
NOTE Confidence: 0.89693826

00:10:55.704 --> 00:10:58.126 sort of methods that are tried and
NOTE Confidence: 0.89693826

00:10:58.126 --> 00:11:01.520 true for helping people to remain in a
NOTE Confidence: 0.89693826

00:11:01.520 --> 00:11:03.226 reasonably balanced place psychologically.
NOTE Confidence: 0.89693826

00:11:03.226 --> 00:11:06.208 The third group are the people who
NOTE Confidence: 0.89693826

00:11:06.208 --> 00:11:08.882 have never before had a mental health
NOTE Confidence: 0.89693826

00:11:08.882 --> 00:11:12.091 diagnosis who are now at the point of
NOTE Confidence: 0.89693826

00:11:12.091 --> 00:11:13.935 meeting those clinical thresholds.
NOTE Confidence: 0.89693826

00:11:13.940 --> 00:11:14.395 Uhm.
NOTE Confidence: 0.89693826

00:11:14.395 --> 00:11:16.670 Depression and anxiety in particular
NOTE Confidence: 0.89693826

00:11:16.670 --> 00:11:19.974 result from the conjunction of a genetic
NOTE Confidence: 0.89693826

00:11:19.974 --> 00:11:22.324 vulnerability or a biological vulnerability,
NOTE Confidence: 0.89693826

00:11:22.330 --> 00:11:23.638 genetic and otherwise,
NOTE Confidence: 0.89693826

00:11:23.638 --> 00:11:25.818 that meets with triggering external
NOTE Confidence: 0.89693826

00:11:25.818 --> 00:11:27.982 circumstances and their level of
NOTE Confidence: 0.89693826

00:11:27.982 --> 00:11:30.027 triggering external circumstances is high,

NOTE Confidence: 0.89693826

00:11:30.030 --> 00:11:31.742 and particularly, I think,

NOTE Confidence: 0.89693826

00:11:31.742 --> 00:11:33.373 relevantly, it is sustained.

NOTE Confidence: 0.89693826

00:11:33.373 --> 00:11:36.717 So there are a lot of people who

NOTE Confidence: 0.89693826

00:11:36.717 --> 00:11:39.832 can deal with the crisis that takes

NOTE Confidence: 0.89693826

00:11:39.832 --> 00:11:42.869 place over a short period of time,

NOTE Confidence: 0.89693826

00:11:42.870 --> 00:11:45.510 and who can then deal with

NOTE Confidence: 0.89693826

00:11:45.510 --> 00:11:47.270 the aftermath of it.

NOTE Confidence: 0.89693826

00:11:47.270 --> 00:11:49.806 There are many people who can cope with

NOTE Confidence: 0.89693826

00:11:49.806 --> 00:11:51.797 something which takes longer if they have

NOTE Confidence: 0.89693826

00:11:51.797 --> 00:11:54.078 a sense of how long it's gonna take,

NOTE Confidence: 0.89693826

00:11:54.080 --> 00:11:55.814 and they can pace themselves who

NOTE Confidence: 0.89693826

00:11:55.814 --> 00:11:57.327 find the indefinite big shapeless

NOTE Confidence: 0.89693826

00:11:57.327 --> 00:11:59.406 have we gotten through the 1st wave?

NOTE Confidence: 0.89693826

00:11:59.410 --> 00:12:01.770 Is there going to be a second wave?

NOTE Confidence: 0.89693826

00:12:01.770 --> 00:12:03.250 What's actually happening to us?

NOTE Confidence: 0.89693826

00:12:03.250 --> 00:12:06.986 When are we going to be able to?
NOTE Confidence: 0.89693826

00:12:06.990 --> 00:12:08.214 Store without a mask?
NOTE Confidence: 0.89693826

00:12:08.214 --> 00:12:10.547 When are we gonna be able to
NOTE Confidence: 0.89693826

00:12:10.547 --> 00:12:11.819 socialize with friends?
NOTE Confidence: 0.89693826

00:12:11.820 --> 00:12:14.538 When are we going to be able to do
NOTE Confidence: 0.89693826

00:12:14.538 --> 00:12:17.338 block all of that chaos and confusion?
NOTE Confidence: 0.89693826

00:12:17.340 --> 00:12:19.085 Conservas triggers and there are
NOTE Confidence: 0.89693826

00:12:19.085 --> 00:12:20.830 people now escalating into clinical
NOTE Confidence: 0.89693826

00:12:20.885 --> 00:12:22.169 states who didn't before,
NOTE Confidence: 0.89693826

00:12:22.170 --> 00:12:24.249 and of course is always when there
NOTE Confidence: 0.89693826

00:12:24.249 --> 00:12:26.310 are very extreme external stressors.
NOTE Confidence: 0.89693826

00:12:26.310 --> 00:12:28.230 Many of those people are inexperienced
NOTE Confidence: 0.89693826

00:12:28.230 --> 00:12:30.449 with the idea of mental illness.
NOTE Confidence: 0.89693826

00:12:30.450 --> 00:12:33.555 They don't know what the approach to it is,
NOTE Confidence: 0.89693826

00:12:33.560 --> 00:12:35.320 but particularly they're often inclined
NOTE Confidence: 0.89693826

00:12:35.320 --> 00:12:37.080 to think that their situation.

NOTE Confidence: 0.89693826

00:12:37.080 --> 00:12:38.880 Is responding to existing difficulties

NOTE Confidence: 0.89693826

00:12:38.880 --> 00:12:41.084 outside of them rather than responding

NOTE Confidence: 0.89693826

00:12:41.084 --> 00:12:42.480 to an internal state,

NOTE Confidence: 0.89693826

00:12:42.480 --> 00:12:44.116 and they presume therefore,

NOTE Confidence: 0.89693826

00:12:44.116 --> 00:12:46.570 but it's not appropriate for them

NOTE Confidence: 0.89693826

00:12:46.639 --> 00:12:48.984 to try to treat the depression or

NOTE Confidence: 0.89693826

00:12:48.984 --> 00:12:51.026 the anxiety that what they have

NOTE Confidence: 0.89693826

00:12:51.026 --> 00:12:53.280 to do is simply wait for external

NOTE Confidence: 0.89693826

00:12:53.280 --> 00:12:54.735 circumstances to change.

NOTE Confidence: 0.89693826

00:12:54.735 --> 00:12:58.130 And I would say as I've said,

NOTE Confidence: 0.89693826

00:12:58.130 --> 00:12:59.555 under other circumstances,

NOTE Confidence: 0.89693826

00:12:59.555 --> 00:13:01.930 the Dickish Eology of depression

NOTE Confidence: 0.89693826

00:13:01.930 --> 00:13:04.558 and anxiety does not dictate the

NOTE Confidence: 0.89693826

00:13:04.558 --> 00:13:06.964 treatment for depression and anxiety if

NOTE Confidence: 0.94351906

00:13:07.040 --> 00:13:09.430 you escalated into clinical depression

NOTE Confidence: 0.94351906

00:13:09.430 --> 00:13:12.202 or anxiety, it's appropriate to pursue
NOTE Confidence: 0.94351906

00:13:12.202 --> 00:13:14.467 treatment whatever the origins maybe.
NOTE Confidence: 0.94351906

00:13:14.470 --> 00:13:17.820 And so we live in a time when those people
NOTE Confidence: 0.94351906

00:13:17.907 --> 00:13:21.428 should be getting good access to therapies
NOTE Confidence: 0.94351906

00:13:21.428 --> 00:13:24.459 that are appropriate medical therapies,
NOTE Confidence: 0.94351906

00:13:24.460 --> 00:13:26.232 biological therapies, medications, and.
NOTE Confidence: 0.94351906

00:13:26.232 --> 00:13:29.289 Or equally to various forms of talk
NOTE Confidence: 0.94351906

00:13:29.289 --> 00:13:31.921 therapy and forms of support that may help
NOTE Confidence: 0.94351906

00:13:31.921 --> 00:13:34.407 them to survive this moment in prices.
NOTE Confidence: 0.94351906

00:13:34.410 --> 00:13:36.965 And then the fourth group are the
NOTE Confidence: 0.94351906

00:13:36.965 --> 00:13:39.598 people who already had a mental health
NOTE Confidence: 0.94351906

00:13:39.598 --> 00:13:42.181 diagnosis of one kind or another and
NOTE Confidence: 0.94351906

00:13:42.181 --> 00:13:44.709 who may have been operating in a state
NOTE Confidence: 0.94351906

00:13:44.709 --> 00:13:47.335 of sustained Dis Timea and those
NOTE Confidence: 0.94351906

00:13:47.335 --> 00:13:50.123 people have been dealing with this
NOTE Confidence: 0.94351906

00:13:50.123 --> 00:13:52.923 timea now need to deal instead with.

NOTE Confidence: 0.94351906

00:13:52.930 --> 00:13:54.795 With Watt as some conditions

NOTE Confidence: 0.94351906

00:13:54.795 --> 00:13:55.914 called double depression,

NOTE Confidence: 0.94351906

00:13:55.920 --> 00:13:58.510 in which the dis timea is now

NOTE Confidence: 0.94351906

00:13:58.510 --> 00:14:01.018 overlaid with an acute episode and

NOTE Confidence: 0.94351906

00:14:01.018 --> 00:14:03.646 to find people in very extreme.

NOTE Confidence: 0.94351906

00:14:03.650 --> 00:14:06.050 Depression, or in paralyzing anxiety,

NOTE Confidence: 0.94351906

00:14:06.050 --> 00:14:08.450 and those people clearly need

NOTE Confidence: 0.94351906

00:14:08.450 --> 00:14:10.370 to have interventions made.

NOTE Confidence: 0.94351906

00:14:10.370 --> 00:14:12.770 Some of them require hospitalization,

NOTE Confidence: 0.94351906

00:14:12.770 --> 00:14:15.650 some of them admin require shifts

NOTE Confidence: 0.94351906

00:14:15.650 --> 00:14:17.090 in medical treatment.

NOTE Confidence: 0.94351906

00:14:17.090 --> 00:14:19.490 Whatever the form of that

NOTE Confidence: 0.94351906

00:14:19.490 --> 00:14:20.930 medical treatment is,

NOTE Confidence: 0.94351906

00:14:20.930 --> 00:14:22.850 all of them require

NOTE Confidence: 0.94351906

00:14:22.850 --> 00:14:24.290 expanded support services.

NOTE Confidence: 0.94351906

00:14:24.290 --> 00:14:27.650 Now the question of social isolation is,
NOTE Confidence: 0.94351906

00:14:27.650 --> 00:14:30.050 I think, a crucial one.
NOTE Confidence: 0.94351906

00:14:30.050 --> 00:14:32.485 We all recognize that social
NOTE Confidence: 0.94351906

00:14:32.485 --> 00:14:34.433 isolation has been effective.
NOTE Confidence: 0.94351906

00:14:34.440 --> 00:14:37.835 In flattening the curve and in bringing
NOTE Confidence: 0.94351906

00:14:37.835 --> 00:14:41.427 about some sort of change and how
NOTE Confidence: 0.94351906

00:14:41.427 --> 00:14:43.977 extreme peoples responses are too.
NOTE Confidence: 0.94351906

00:14:43.980 --> 00:14:47.487 Uh, uh, the physical effects of Kovid?
NOTE Confidence: 0.94351906

00:14:47.490 --> 00:14:51.004 Uhm, but isolation is also very dangerous.
NOTE Confidence: 0.94351906

00:14:51.010 --> 00:14:53.520 People find isolation very difficult.
NOTE Confidence: 0.94351906

00:14:53.520 --> 00:14:56.025 They have always found isolation
NOTE Confidence: 0.94351906

00:14:56.025 --> 00:14:57.027 very difficult.
NOTE Confidence: 0.94351906

00:14:57.030 --> 00:14:59.265 Solitary confinement in prison system
NOTE Confidence: 0.94351906

00:14:59.265 --> 00:15:02.239 and can result in panic attacks
NOTE Confidence: 0.94351906

00:15:02.239 --> 00:15:04.468 and hallucinations. Um, isolation.
NOTE Confidence: 0.94351906

00:15:04.468 --> 00:15:08.100 In fact, I met tends to make people,

NOTE Confidence: 0.94351906
00:15:08.100 --> 00:15:08.916 uh, experience?
NOTE Confidence: 0.94351906
00:15:08.916 --> 00:15:09.732 Uh, uh?
NOTE Confidence: 0.94351906
00:15:09.732 --> 00:15:12.180 Touch deprivation at often it reduces
NOTE Confidence: 0.94351906
00:15:12.249 --> 00:15:13.319 immune response.
NOTE Confidence: 0.94351906
00:15:13.320 --> 00:15:16.085 So when we talk about the issue
NOTE Confidence: 0.94351906
00:15:16.085 --> 00:15:18.613 of isolation when we talk about
NOTE Confidence: 0.94351906
00:15:18.613 --> 00:15:20.708 the idea that isolation maybe
NOTE Confidence: 0.94351906
00:15:20.708 --> 00:15:23.330 twice as dangerous as obesity,
NOTE Confidence: 0.94351906
00:15:23.330 --> 00:15:25.125 we're really talking not only
NOTE Confidence: 0.94351906
00:15:25.125 --> 00:15:27.504 about the fact that it's unpleasant
NOTE Confidence: 0.94351906
00:15:27.504 --> 00:15:30.054 to experience the mental health
NOTE Confidence: 0.94351906
00:15:30.054 --> 00:15:31.584 consequences of isolation,
NOTE Confidence: 0.94351906
00:15:31.590 --> 00:15:34.278 but also about the idea that
NOTE Confidence: 0.94351906
00:15:34.278 --> 00:15:35.622 one's immune responses.
NOTE Confidence: 0.94351906
00:15:35.630 --> 00:15:38.480 In a diminished and with the
NOTE Confidence: 0.94351906

00:15:38.480 --> 00:15:39.905 diminished immune response,
NOTE Confidence: 0.94351906

00:15:39.910 --> 00:15:43.473 people are ill prepared to deal with
NOTE Confidence: 0.94351906

00:15:43.473 --> 00:15:46.080 the physical assault of a virus,
NOTE Confidence: 0.94351906

00:15:46.080 --> 00:15:49.712 so it's very dangerous to have so many
NOTE Confidence: 0.94351906

00:15:49.712 --> 00:15:53.678 people who are in that state of depression,
NOTE Confidence: 0.94351906

00:15:53.680 --> 00:15:56.320 and you know the difficulty of
NOTE Confidence: 0.94351906

00:15:56.320 --> 00:15:58.697 course is determining what the
NOTE Confidence: 0.94351906

00:15:58.697 --> 00:16:00.829 borderline is between appropriate
NOTE Confidence: 0.94351906

00:16:00.829 --> 00:16:03.494 concern that exists when you're
NOTE Confidence: 0.94351906

00:16:03.577 --> 00:16:06.355 looking at something like Kovid and.
NOTE Confidence: 0.94351906

00:16:06.360 --> 00:16:08.205 The more extreme responses that
NOTE Confidence: 0.94351906

00:16:08.205 --> 00:16:10.743 many people have had to um at
NOTE Confidence: 0.94351906

00:16:10.743 --> 00:16:12.603 the crisis in in mental health,
NOTE Confidence: 0.94351906

00:16:12.610 --> 00:16:14.494 there is a very thin membrane
NOTE Confidence: 0.94351906

00:16:14.494 --> 00:16:15.436 between responding appropriately
NOTE Confidence: 0.94351906

00:16:15.436 --> 00:16:16.769 to something difficult.

NOTE Confidence: 0.94351906
00:16:16.770 --> 00:16:17.436 I mean,
NOTE Confidence: 0.94351906
00:16:17.436 --> 00:16:20.100 it would be troubling to see people who
NOTE Confidence: 0.94351906
00:16:20.179 --> 00:16:23.019 don't care at all about what's going on,
NOTE Confidence: 0.94351906
00:16:23.020 --> 00:16:25.042 but we've all seen some of
NOTE Confidence: 0.94351906
00:16:25.042 --> 00:16:26.830 those people on the news.
NOTE Confidence: 0.94351906
00:16:26.830 --> 00:16:29.470 And what is the membrane
NOTE Confidence: 0.94351906
00:16:29.470 --> 00:16:31.054 between that extreme?
NOTE Confidence: 0.94351906
00:16:31.060 --> 00:16:33.250 Between extreme anxiety that's within
NOTE Confidence: 0.94351906
00:16:33.250 --> 00:16:36.910 the realm of what I will loosely call,
NOTE Confidence: 0.94351906
00:16:36.910 --> 00:16:39.160 despite it being loaded word,
NOTE Confidence: 0.94351906
00:16:39.160 --> 00:16:42.384 the normal and the point at which it
NOTE Confidence: 0.94351906
00:16:42.384 --> 00:16:45.906 crosses over into being very deeply troubled,
NOTE Confidence: 0.94351906
00:16:45.910 --> 00:16:46.408 troubling.
NOTE Confidence: 0.94351906
00:16:46.408 --> 00:16:47.902 And isolation has,
NOTE Confidence: 0.94351906
00:16:47.902 --> 00:16:48.400 uh,
NOTE Confidence: 0.9342888

00:16:48.400 --> 00:16:50.482 you know there are two problems
NOTE Confidence: 0.9342888

00:16:50.482 --> 00:16:51.870 of isolation right now.
NOTE Confidence: 0.9342888

00:16:51.870 --> 00:16:53.254 Sartre famously said that
NOTE Confidence: 0.9342888

00:16:53.254 --> 00:16:54.638 hell is other people.
NOTE Confidence: 0.9342888

00:16:54.640 --> 00:16:57.072 And, um, hell, is it, turns out,
NOTE Confidence: 0.9342888

00:16:57.072 --> 00:16:59.494 is also the absence of other people.
NOTE Confidence: 0.9342888

00:16:59.500 --> 00:17:01.804 So, uh, that is to say that people
NOTE Confidence: 0.9342888

00:17:01.804 --> 00:17:03.663 are having a terribly difficult
NOTE Confidence: 0.9342888

00:17:03.663 --> 00:17:06.093 time when they are completely alone,
NOTE Confidence: 0.9342888

00:17:06.100 --> 00:17:08.182 and people are having a terribly
NOTE Confidence: 0.9342888

00:17:08.182 --> 00:17:10.317 difficult time when they are sheltering
NOTE Confidence: 0.9342888

00:17:10.317 --> 00:17:12.690 with a small group of other people,
NOTE Confidence: 0.9342888

00:17:12.690 --> 00:17:15.245 usually people to whom they are related
NOTE Confidence: 0.9342888

00:17:15.245 --> 00:17:18.238 and see no one else for a long time.
NOTE Confidence: 0.9342888

00:17:18.240 --> 00:17:19.684 But see those people.
NOTE Confidence: 0.9342888

00:17:19.684 --> 00:17:22.770 Constantly and all of the all of the time,

NOTE Confidence: 0.9342888

00:17:22.770 --> 00:17:24.648 so the intimacy is difficult and

NOTE Confidence: 0.9342888

00:17:24.648 --> 00:17:26.649 the lack of intimacy is difficult

NOTE Confidence: 0.9342888

00:17:26.649 --> 00:17:28.707 and Ivan cast back to thinking

NOTE Confidence: 0.9342888

00:17:28.707 --> 00:17:30.868 about research I did on depression

NOTE Confidence: 0.9342888

00:17:30.868 --> 00:17:32.284 among the Greenlandic Inuit.

NOTE Confidence: 0.9342888

00:17:32.290 --> 00:17:34.330 And when I went to Greenland,

NOTE Confidence: 0.9342888

00:17:34.330 --> 00:17:36.268 I thought that the reason there

NOTE Confidence: 0.9342888

00:17:36.268 --> 00:17:38.814 was a high rate of depression and

NOTE Confidence: 0.9342888

00:17:38.814 --> 00:17:41.166 suicide among the Inuit must be

NOTE Confidence: 0.9342888

00:17:41.166 --> 00:17:43.369 because it's so cold and so dark

NOTE Confidence: 0.9342888

00:17:43.369 --> 00:17:45.439 for a long period of the year,

NOTE Confidence: 0.9342888

00:17:45.439 --> 00:17:47.560 and they must suffer from a form

NOTE Confidence: 0.9342888

00:17:47.631 --> 00:17:49.719 of seasonal affective disorder.

NOTE Confidence: 0.9342888

00:17:49.720 --> 00:17:51.886 But it turned out that directly

NOTE Confidence: 0.9342888

00:17:51.886 --> 00:17:53.691 quite well suited to, um,

NOTE Confidence: 0.9342888

00:17:53.691 --> 00:17:55.496 the cold and the darkness,
NOTE Confidence: 0.9342888

00:17:55.500 --> 00:17:57.300 and that they aren't particularly
NOTE Confidence: 0.9342888

00:17:57.300 --> 00:17:58.380 troubled by them.
NOTE Confidence: 0.9342888

00:17:58.380 --> 00:18:00.636 The difficulty is that people in
NOTE Confidence: 0.9342888

00:18:00.636 --> 00:18:02.599 Greenland mostly live in relatively
NOTE Confidence: 0.9342888

00:18:02.599 --> 00:18:05.322 small houses because there are is no
NOTE Confidence: 0.9342888

00:18:05.322 --> 00:18:07.384 good source of fuel for electricity
NOTE Confidence: 0.9342888

00:18:07.384 --> 00:18:09.932 in their way to heat a larger house.
NOTE Confidence: 0.9342888

00:18:09.932 --> 00:18:11.737 They live with extended family,
NOTE Confidence: 0.9342888

00:18:11.740 --> 00:18:14.764 and it's too cold and too dark to leave
NOTE Confidence: 0.9342888

00:18:14.764 --> 00:18:18.234 the house for six months out of every year,
NOTE Confidence: 0.9342888

00:18:18.240 --> 00:18:20.170 and so There you are.
NOTE Confidence: 0.9342888

00:18:20.170 --> 00:18:23.082 In a small house with your children
NOTE Confidence: 0.9342888

00:18:23.082 --> 00:18:25.562 and your parents and your in
NOTE Confidence: 0.9342888

00:18:25.562 --> 00:18:27.482 laws and you're all together
NOTE Confidence: 0.9342888

00:18:27.482 --> 00:18:30.250 and you can't argue with anyone.

NOTE Confidence: 0.9342888

00:18:30.250 --> 00:18:32.770 Because if you argue with anyone,

NOTE Confidence: 0.9342888

00:18:32.770 --> 00:18:34.870 there's no place to go.

NOTE Confidence: 0.9342888

00:18:34.870 --> 00:18:37.134 You can't then leave and go away and

NOTE Confidence: 0.9342888

00:18:37.134 --> 00:18:39.246 so an enormous emotional repression

NOTE Confidence: 0.9342888

00:18:39.246 --> 00:18:41.706 has ensued and that emotional

NOTE Confidence: 0.9342888

00:18:41.706 --> 00:18:44.109 repression is extremely dangerous.

NOTE Confidence: 0.9342888

00:18:44.110 --> 00:18:47.470 So we then see in the current situation,

NOTE Confidence: 0.9342888

00:18:47.470 --> 00:18:49.570 people suffering from touch deprivation,

NOTE Confidence: 0.9342888

00:18:49.570 --> 00:18:51.760 which is a well documented

NOTE Confidence: 0.9342888

00:18:51.760 --> 00:18:53.512 phenomenon or touch starvation.

NOTE Confidence: 0.9342888

00:18:53.520 --> 00:18:55.728 And the lack of physical contact

NOTE Confidence: 0.9342888

00:18:55.728 --> 00:18:57.200 with other people becomes

NOTE Confidence: 0.9342888

00:18:57.269 --> 00:18:59.429 extremely difficult and troubling.

NOTE Confidence: 0.9342888

00:18:59.430 --> 00:19:01.535 Zoom cocktail are very well

NOTE Confidence: 0.9342888

00:19:01.535 --> 00:19:04.070 and very nice in their way.

NOTE Confidence: 0.9342888

00:19:04.070 --> 00:19:06.596 Meetings like this one and Cal.
NOTE Confidence: 0.9342888

00:19:06.600 --> 00:19:09.126 Some degree of connection among people,
NOTE Confidence: 0.9342888

00:19:09.130 --> 00:19:11.380 but they don't in fact fully
NOTE Confidence: 0.9342888

00:19:11.380 --> 00:19:13.937 answer the human need for physical
NOTE Confidence: 0.9342888

00:19:13.937 --> 00:19:15.889 contact with other people.
NOTE Confidence: 0.9342888

00:19:15.890 --> 00:19:18.347 And while I don't want to say
NOTE Confidence: 0.9342888

00:19:18.347 --> 00:19:20.020 anything that compromises people's
NOTE Confidence: 0.9342888

00:19:20.020 --> 00:19:22.216 engagement with social distancing,
NOTE Confidence: 0.9342888

00:19:22.220 --> 00:19:24.560 which is obviously absolutely crucial.
NOTE Confidence: 0.9342888

00:19:24.560 --> 00:19:26.709 The containing the further outbreak of a
NOTE Confidence: 0.9342888

00:19:26.709 --> 00:19:29.677 Cove in an problems associated with so good.
NOTE Confidence: 0.9342888

00:19:29.680 --> 00:19:32.910 I do want to say that you have to balance
NOTE Confidence: 0.9342888

00:19:32.992 --> 00:19:35.830 that against the costs of isolation.
NOTE Confidence: 0.9342888

00:19:35.830 --> 00:19:38.944 I had a letter last week from a someone
NOTE Confidence: 0.9342888

00:19:38.944 --> 00:19:41.847 in London who wrote to me to say,
NOTE Confidence: 0.9342888

00:19:41.850 --> 00:19:42.324 uh,

NOTE Confidence: 0.9342888

00:19:42.324 --> 00:19:45.168 that her best friend with previously

NOTE Confidence: 0.9342888

00:19:45.168 --> 00:19:47.007 suffered from depression had

NOTE Confidence: 0.9342888

00:19:47.007 --> 00:19:49.359 kept writing to her to say what

NOTE Confidence: 0.9342888

00:19:49.359 --> 00:19:51.199 a struggle she was having.

NOTE Confidence: 0.9342888

00:19:51.200 --> 00:19:53.230 We had I had the experience of

NOTE Confidence: 0.9342888

00:19:53.230 --> 00:19:54.772 isolation that you felt depressed

NOTE Confidence: 0.9342888

00:19:54.772 --> 00:19:57.188 and she felt very alone that you had

NOTE Confidence: 0.9090512

00:19:57.255 --> 00:19:58.651 no work, that she wasn't

NOTE Confidence: 0.9090512

00:19:58.651 --> 00:20:00.186 able to fill her days.

NOTE Confidence: 0.9090512

00:20:00.190 --> 00:20:02.304 She had been watching a lot of

NOTE Confidence: 0.9090512

00:20:02.304 --> 00:20:04.295 television and the person who wrote

NOTE Confidence: 0.9090512

00:20:04.295 --> 00:20:05.990 to me was extremely concerned

NOTE Confidence: 0.9090512

00:20:05.990 --> 00:20:08.230 and kept saying to her, you know,

NOTE Confidence: 0.9090512

00:20:08.230 --> 00:20:11.140 eventually will be able to break out of this.

NOTE Confidence: 0.9090512

00:20:11.140 --> 00:20:13.387 Eventually will be able to see one

NOTE Confidence: 0.9090512

00:20:13.387 --> 00:20:15.650 another she could hear in her friends,
NOTE Confidence: 0.9090512

00:20:15.650 --> 00:20:17.576 turn a voice that the depression
NOTE Confidence: 0.9090512

00:20:17.576 --> 00:20:19.508 was escalating. This woman said I
NOTE Confidence: 0.9090512

00:20:19.508 --> 00:20:21.440 can't stand being by myself anymore.
NOTE Confidence: 0.9090512

00:20:21.440 --> 00:20:23.372 I can't stand it and, uh,
NOTE Confidence: 0.9090512

00:20:23.372 --> 00:20:25.948 a few days later she hanged herself up.
NOTE Confidence: 0.9090512

00:20:25.950 --> 00:20:28.014 There are people who are dying
NOTE Confidence: 0.9090512

00:20:28.014 --> 00:20:30.378 of Kovid who don't even have it.
NOTE Confidence: 0.9090512

00:20:30.380 --> 00:20:31.496 They're dying of.
NOTE Confidence: 0.9090512

00:20:31.496 --> 00:20:33.356 It's psychological overtones and meanings,
NOTE Confidence: 0.9090512

00:20:33.360 --> 00:20:35.880 and we have to be attentive to how
NOTE Confidence: 0.9090512

00:20:35.880 --> 00:20:38.579 we deal with that crisis and how
NOTE Confidence: 0.9090512

00:20:38.579 --> 00:20:41.035 we deal with the possibility that
NOTE Confidence: 0.9090512

00:20:41.035 --> 00:20:43.375 it even people who don't commit
NOTE Confidence: 0.9090512

00:20:43.375 --> 00:20:46.875 suicide now may suffer a form of PTSD
NOTE Confidence: 0.9090512

00:20:46.875 --> 00:20:50.370 that goes on for years and years.

NOTE Confidence: 0.9090512

00:20:50.370 --> 00:20:51.224 So, uhm,

NOTE Confidence: 0.9090512

00:20:51.224 --> 00:20:54.640 now there's been a lot of looking at,

NOTE Confidence: 0.9090512

00:20:54.640 --> 00:20:55.390 uh, uh,

NOTE Confidence: 0.9090512

00:20:55.390 --> 00:20:58.390 there's been a lot of looking at what

NOTE Confidence: 0.9090512

00:20:58.479 --> 00:21:02.436 the meanings on the ramifications are of, uh?

NOTE Confidence: 0.9090512

00:21:02.436 --> 00:21:04.580 The Cove in situation,

NOTE Confidence: 0.9090512

00:21:04.580 --> 00:21:06.100 and particularly in looking

NOTE Confidence: 0.9090512

00:21:06.100 --> 00:21:07.240 at Florentine origin,

NOTE Confidence: 0.9090512

00:21:07.240 --> 00:21:10.030 is in fact the oldest or one of the

NOTE Confidence: 0.9090512

00:21:10.030 --> 00:21:12.938 oldest medical technologies in the world.

NOTE Confidence: 0.9090512

00:21:12.940 --> 00:21:14.840 The people who were diseased

NOTE Confidence: 0.9090512

00:21:14.840 --> 00:21:16.740 have been put in quarantine,

NOTE Confidence: 0.9090512

00:21:16.740 --> 00:21:19.436 and since the ancient world it was a

NOTE Confidence: 0.9090512

00:21:19.436 --> 00:21:22.438 very common means of dealing with Contagion.

NOTE Confidence: 0.9090512

00:21:22.440 --> 00:21:22.820 However,

NOTE Confidence: 0.9090512

00:21:22.820 --> 00:21:25.100 a quarantine has been for people
NOTE Confidence: 0.9090512

00:21:25.100 --> 00:21:26.240 who are sick,
NOTE Confidence: 0.9090512

00:21:26.240 --> 00:21:29.040 and while it has been awful for
NOTE Confidence: 0.9090512

00:21:29.040 --> 00:21:31.896 the people who are sick and many
NOTE Confidence: 0.9090512

00:21:31.896 --> 00:21:34.860 of them had severe or fatal as uh.
NOTE Confidence: 0.9090512

00:21:34.860 --> 00:21:36.348 Situations, in any case,
NOTE Confidence: 0.9090512

00:21:36.348 --> 00:21:39.142 um patients who are put into isolation
NOTE Confidence: 0.9090512

00:21:39.142 --> 00:21:41.597 to elevated rates of depression,
NOTE Confidence: 0.9090512

00:21:41.600 --> 00:21:42.050 anxiety,
NOTE Confidence: 0.9090512

00:21:42.050 --> 00:21:42.500 PTSD,
NOTE Confidence: 0.9090512

00:21:42.500 --> 00:21:44.750 their physical recovery is slower
NOTE Confidence: 0.9090512

00:21:44.750 --> 00:21:46.919 than the physical recovery of
NOTE Confidence: 0.9090512

00:21:46.919 --> 00:21:49.169 people who are not in isolation,
NOTE Confidence: 0.9090512

00:21:49.170 --> 00:21:51.684 and the prospect that people face
NOTE Confidence: 0.9090512

00:21:51.684 --> 00:21:54.580 and that many people with covert now
NOTE Confidence: 0.9090512

00:21:54.580 --> 00:21:58.020 face of dying alone is a terrible prospect.

NOTE Confidence: 0.9090512
00:21:58.020 --> 00:22:01.008 And it passed people into a
NOTE Confidence: 0.9090512
00:22:01.008 --> 00:22:02.502 very damaged state.
NOTE Confidence: 0.9090512
00:22:02.510 --> 00:22:04.018 Putting people in Quarantine
NOTE Confidence: 0.9090512
00:22:04.018 --> 00:22:06.767 who don't have an illness is a
NOTE Confidence: 0.9090512
00:22:06.767 --> 00:22:08.009 very modern technology.
NOTE Confidence: 0.9090512
00:22:08.010 --> 00:22:10.824 It's been done only a few times
NOTE Confidence: 0.9090512
00:22:10.824 --> 00:22:13.242 before and never on the scale
NOTE Confidence: 0.9090512
00:22:13.242 --> 00:22:15.480 on which is being done now.
NOTE Confidence: 0.9090512
00:22:15.480 --> 00:22:18.168 And so you have people sheltering
NOTE Confidence: 0.9090512
00:22:18.168 --> 00:22:20.434 inside with effectively have no
NOTE Confidence: 0.9090512
00:22:20.434 --> 00:22:22.816 symptoms who are nonetheless in a
NOTE Confidence: 0.9090512
00:22:22.816 --> 00:22:25.359 form of Florentine and the last time
NOTE Confidence: 0.9090512
00:22:25.359 --> 00:22:28.020 that that was tried on any scale was
NOTE Confidence: 0.9090512
00:22:28.020 --> 00:22:30.270 during the SARS outbreak in 2003
NOTE Confidence: 0.9090512
00:22:30.270 --> 00:22:33.419 in a mixed Canada where there was.
NOTE Confidence: 0.9090512

00:22:33.420 --> 00:22:33.816 Uh,
NOTE Confidence: 0.9090512

00:22:33.816 --> 00:22:36.984 a big movement to do that I want
NOTE Confidence: 0.9090512

00:22:36.984 --> 00:22:39.550 to read to you, Richard Chavez.
NOTE Confidence: 0.9090512

00:22:39.550 --> 00:22:42.070 The UM was Ontario Chief Medical
NOTE Confidence: 0.9090512

00:22:42.070 --> 00:22:44.118 Officer wrote about the effects
NOTE Confidence: 0.9090512

00:22:44.118 --> 00:22:45.630 of that foreign gene,
NOTE Confidence: 0.9090512

00:22:45.630 --> 00:22:47.665 which clearly helped to contain
NOTE Confidence: 0.9090512

00:22:47.665 --> 00:22:48.886 the SARS outbreak.
NOTE Confidence: 0.9090512

00:22:48.890 --> 00:22:51.725 He said in the unlikely event of
NOTE Confidence: 0.9090512

00:22:51.725 --> 00:22:53.769 another SARS outbreak in Canada,
NOTE Confidence: 0.9090512

00:22:53.770 --> 00:22:55.894 public health officials should
NOTE Confidence: 0.9090512

00:22:55.894 --> 00:22:57.487 quarantine no one.
NOTE Confidence: 0.9090512

00:22:57.490 --> 00:22:59.922 And his point was not to say that
NOTE Confidence: 0.9090512

00:22:59.922 --> 00:23:01.756 starts isn't contagious or the
NOTE Confidence: 0.9090512

00:23:01.756 --> 00:23:04.060 dealing with the contagion of SARS
NOTE Confidence: 0.9090512

00:23:04.060 --> 00:23:06.169 isn't a real an urgent problem,

NOTE Confidence: 0.9090512

00:23:06.170 --> 00:23:08.620 but that the after effects of that

NOTE Confidence: 0.9090512

00:23:08.620 --> 00:23:10.413 Florentine were so enormous that

NOTE Confidence: 0.9090512

00:23:10.413 --> 00:23:13.109 they may well not have been worth it.

NOTE Confidence: 0.9101821

00:23:13.110 --> 00:23:15.574 and I have seen as I've looked

NOTE Confidence: 0.9101821

00:23:15.574 --> 00:23:17.918 around many people whom I know or

NOTE Confidence: 0.9101821

00:23:17.918 --> 00:23:20.186 whom I have had some degree of

NOTE Confidence: 0.9101821

00:23:20.186 --> 00:23:22.466 contact with who have lost people,

NOTE Confidence: 0.9101821

00:23:22.470 --> 00:23:24.871 I lost one person to whom I'm

NOTE Confidence: 0.9101821

00:23:24.871 --> 00:23:26.686 extremely close and have now

NOTE Confidence: 0.9101821

00:23:26.686 --> 00:23:28.834 seen a number of friends losing.

NOTE Confidence: 0.9101821

00:23:28.840 --> 00:23:30.288 Parents losing relatives going

NOTE Confidence: 0.9101821

00:23:30.288 --> 00:23:32.850 through all forms of law and having

NOTE Confidence: 0.9101821

00:23:32.850 --> 00:23:35.083 to deal with the difficulty of not

NOTE Confidence: 0.9101821

00:23:35.083 --> 00:23:37.483 being able to go and help the people

NOTE Confidence: 0.9101821

00:23:37.483 --> 00:23:39.272 and being with their parents when

NOTE Confidence: 0.9101821

00:23:39.272 --> 00:23:41.228 their parents are dying of friend
NOTE Confidence: 0.9101821

00:23:41.228 --> 00:23:43.292 of mine described being on FaceTime
NOTE Confidence: 0.9101821

00:23:43.292 --> 00:23:45.682 with her dying father was in and
NOTE Confidence: 0.9101821

00:23:45.682 --> 00:23:47.488 out of consciousness and trying to
NOTE Confidence: 0.9101821

00:23:47.488 --> 00:23:49.824 sing to him over the Internet and
NOTE Confidence: 0.9101821

00:23:49.824 --> 00:23:52.305 she said they were the songs he
NOTE Confidence: 0.9101821

00:23:52.305 --> 00:23:54.681 had sung to her as a child and she
NOTE Confidence: 0.9101821

00:23:54.753 --> 00:23:57.147 felt that in singing them she had
NOTE Confidence: 0.9101821

00:23:57.147 --> 00:23:59.278 some degree of contact with him.
NOTE Confidence: 0.9101821

00:23:59.278 --> 00:24:01.108 But he said the fact.
NOTE Confidence: 0.9101821

00:24:01.110 --> 00:24:03.091 But I didn't know the last time
NOTE Confidence: 0.9101821

00:24:03.091 --> 00:24:04.510 I hug my father,
NOTE Confidence: 0.9101821

00:24:04.510 --> 00:24:06.666 but it would be the last time.
NOTE Confidence: 0.9101821

00:24:06.670 --> 00:24:08.958 The fact that I couldn't go there an
NOTE Confidence: 0.9101821

00:24:08.958 --> 00:24:10.881 provide the comfort of holding his
NOTE Confidence: 0.9101821

00:24:10.881 --> 00:24:13.179 hand while he passed into death was

NOTE Confidence: 0.9101821

00:24:13.179 --> 00:24:15.314 the worst agony that I've ever known.

NOTE Confidence: 0.9101821

00:24:15.320 --> 00:24:16.870 And I've heard similar things

NOTE Confidence: 0.9101821

00:24:16.870 --> 00:24:17.800 from other people.

NOTE Confidence: 0.9101821

00:24:17.800 --> 00:24:19.942 Now there's not only the loss of

NOTE Confidence: 0.9101821

00:24:19.942 --> 00:24:22.118 contact with the person who is died,

NOTE Confidence: 0.9101821

00:24:22.120 --> 00:24:24.660 there is also the aftermath

NOTE Confidence: 0.9101821

00:24:24.660 --> 00:24:26.184 of losing someone.

NOTE Confidence: 0.9101821

00:24:26.190 --> 00:24:28.452 People contact with the other people

NOTE Confidence: 0.9101821

00:24:28.452 --> 00:24:30.613 have survived people who were dying

NOTE Confidence: 0.9101821

00:24:30.613 --> 00:24:32.941 of Ovid don't have AM at funerals in

NOTE Confidence: 0.9101821

00:24:33.004 --> 00:24:35.110 any significant sense of the word.

NOTE Confidence: 0.9101821

00:24:35.110 --> 00:24:37.192 Even if there's a burial that

NOTE Confidence: 0.9101821

00:24:37.192 --> 00:24:39.219 somehow broadcast on zoom is there.

NOTE Confidence: 0.9101821

00:24:39.220 --> 00:24:41.290 Sometimes is we don't have the

NOTE Confidence: 0.9101821

00:24:41.290 --> 00:24:43.061 opportunity to gather with the

NOTE Confidence: 0.9101821

00:24:43.061 --> 00:24:44.369 rest of their families.
NOTE Confidence: 0.9101821

00:24:44.370 --> 00:24:45.399 There, someone I,
NOTE Confidence: 0.9101821

00:24:45.399 --> 00:24:47.800 the person I was very close to,
NOTE Confidence: 0.9101821

00:24:47.800 --> 00:24:50.620 was in fact my cycle analyst.
NOTE Confidence: 0.9101821

00:24:50.620 --> 00:24:53.420 Died, his wife lives in New York.
NOTE Confidence: 0.9101821

00:24:53.420 --> 00:24:55.420 His son a andamia grandchildren
NOTE Confidence: 0.9101821

00:24:55.420 --> 00:24:56.620 live in California.
NOTE Confidence: 0.9101821

00:24:56.620 --> 00:24:57.841 Under ordinary circumstances
NOTE Confidence: 0.9101821

00:24:57.841 --> 00:25:00.283 they would all have gathered in
NOTE Confidence: 0.9101821

00:25:00.283 --> 00:25:02.220 New York and been together.
NOTE Confidence: 0.9101821

00:25:02.220 --> 00:25:04.620 Instead, his widow is by herself.
NOTE Confidence: 0.9101821

00:25:04.620 --> 00:25:06.996 She's by herself in New York
NOTE Confidence: 0.9101821

00:25:06.996 --> 00:25:09.020 with her family someplace else.
NOTE Confidence: 0.9101821

00:25:09.020 --> 00:25:11.020 They talked on the phone.
NOTE Confidence: 0.9101821

00:25:11.020 --> 00:25:12.620 They use whatever other
NOTE Confidence: 0.9101821

00:25:12.620 --> 00:25:13.820 technologies there are.

NOTE Confidence: 0.9101821

00:25:13.820 --> 00:25:16.620 It is not the same as processing

NOTE Confidence: 0.9101821

00:25:16.620 --> 00:25:19.205 someones death in company with the

NOTE Confidence: 0.9101821

00:25:19.205 --> 00:25:21.815 people to whom you feel closest.

NOTE Confidence: 0.9101821

00:25:21.820 --> 00:25:24.046 So something doesn't have to be

NOTE Confidence: 0.9101821

00:25:24.046 --> 00:25:26.220 irrational to become a sickness.

NOTE Confidence: 0.9101821

00:25:26.220 --> 00:25:28.620 The fact that these people are

NOTE Confidence: 0.9101821

00:25:28.620 --> 00:25:29.820 struggling doesn't constitute,

NOTE Confidence: 0.9101821

00:25:29.820 --> 00:25:30.254 uh,

NOTE Confidence: 0.9101821

00:25:30.254 --> 00:25:32.858 something that is not a sickness

NOTE Confidence: 0.9101821

00:25:32.858 --> 00:25:35.417 simply because there's a reason for it.

NOTE Confidence: 0.9101821

00:25:35.420 --> 00:25:37.472 The suffering that people are going

NOTE Confidence: 0.9101821

00:25:37.472 --> 00:25:39.350 through Israel and real suffering

NOTE Confidence: 0.9101821

00:25:39.350 --> 00:25:41.610 escalates into mental illness and

NOTE Confidence: 0.9101821

00:25:41.610 --> 00:25:43.418 mental illness requires treatment.

NOTE Confidence: 0.9101821

00:25:43.420 --> 00:25:45.820 I'm in a truck just briefly

NOTE Confidence: 0.9101821

00:25:45.820 --> 00:25:47.420 about some animal models,
NOTE Confidence: 0.9101821

00:25:47.420 --> 00:25:50.282 and then I'm going to open
NOTE Confidence: 0.9101821

00:25:50.282 --> 00:25:52.680 the floor to questions and.
NOTE Confidence: 0.9101821

00:25:52.680 --> 00:25:54.784 The toxic effects of fear, um,
NOTE Confidence: 0.9101821

00:25:54.784 --> 00:25:56.982 at our uh for long fear sustained
NOTE Confidence: 0.9101821

00:25:56.982 --> 00:25:58.770 here are well documented.
NOTE Confidence: 0.9101821

00:25:58.770 --> 00:26:00.560 A mat part is all,
NOTE Confidence: 0.9101821

00:26:00.560 --> 00:26:01.276 of course,
NOTE Confidence: 0.9101821

00:26:01.276 --> 00:26:04.140 is intended to respond to a momentary crisis.
NOTE Confidence: 0.9101821

00:26:04.140 --> 00:26:06.282 And if you're an antelope and
NOTE Confidence: 0.9101821

00:26:06.282 --> 00:26:07.353 alliance suddenly materializes,
NOTE Confidence: 0.9101821

00:26:07.360 --> 00:26:10.280 the rush of cortisol can be helpful in
NOTE Confidence: 0.9101821

00:26:10.280 --> 00:26:12.728 allowing you to escape and get away.
NOTE Confidence: 0.9101821

00:26:12.730 --> 00:26:14.445 But the kind of sustained
NOTE Confidence: 0.9101821

00:26:14.445 --> 00:26:16.160 stress that we're looking at
NOTE Confidence: 0.9113744

00:26:16.225 --> 00:26:18.427 in the current situation is a

NOTE Confidence: 0.9113744

00:26:18.427 --> 00:26:20.212 very different matter, and, uh,

NOTE Confidence: 0.9113744

00:26:20.212 --> 00:26:22.258 I think it's important that we

NOTE Confidence: 0.9113744

00:26:22.258 --> 00:26:24.900 look at the fact that this is

NOTE Confidence: 0.9113744

00:26:24.900 --> 00:26:26.785 documented not only in humans.

NOTE Confidence: 0.9113744

00:26:26.790 --> 00:26:29.566 Being but as I say in animal models,

NOTE Confidence: 0.9113744

00:26:29.570 --> 00:26:31.532 if you take flies and you

NOTE Confidence: 0.9113744

00:26:31.532 --> 00:26:33.380 put them in South India,

NOTE Confidence: 0.9113744

00:26:33.380 --> 00:26:36.756 isolation for a period of two weeks and

NOTE Confidence: 0.9113744

00:26:36.756 --> 00:26:40.337 which is not such a terribly long time.

NOTE Confidence: 0.9113744

00:26:40.340 --> 00:26:42.980 It's a long time for fly.

NOTE Confidence: 0.9113744

00:26:42.980 --> 00:26:45.095 I suppose you discover that

NOTE Confidence: 0.9113744

00:26:45.095 --> 00:26:47.210 they develop behaviors that are

NOTE Confidence: 0.9113744

00:26:47.284 --> 00:26:49.579 aggressive and that are extreme,

NOTE Confidence: 0.9113744

00:26:49.580 --> 00:26:50.900 uh, extremely injurious.

NOTE Confidence: 0.9113744

00:26:50.900 --> 00:26:53.100 Scored other flies there clearly,

NOTE Confidence: 0.9113744

00:26:53.100 --> 00:26:54.116 profoundly distressed.
NOTE Confidence: 0.9113744

00:26:54.116 --> 00:26:57.164 UM, researchers at Caltech have isolated
NOTE Confidence: 0.9113744

00:26:57.164 --> 00:27:00.292 mice for a period of two weeks and
NOTE Confidence: 0.9113744

00:27:00.292 --> 00:27:02.780 noted increase in fear and aggression,
NOTE Confidence: 0.9113744

00:27:02.780 --> 00:27:04.980 and those researchers have located
NOTE Confidence: 0.9113744

00:27:04.980 --> 00:27:07.620 the problem at the techie kind.
NOTE Confidence: 0.9113744

00:27:07.620 --> 00:27:09.604 In Gene Chapter 2,
NOTE Confidence: 0.9113744

00:27:09.604 --> 00:27:10.596 which encodes.
NOTE Confidence: 0.9113744

00:27:10.600 --> 00:27:13.302 Euro kind and be and which is
NOTE Confidence: 0.9113744

00:27:13.302 --> 00:27:15.404 a neuropeptide active in the
NOTE Confidence: 0.9113744

00:27:15.404 --> 00:27:17.564 Amygdala and in the hypothalamus,
NOTE Confidence: 0.9113744

00:27:17.570 --> 00:27:19.620 and scientists believe, and that,
NOTE Confidence: 0.9113744

00:27:19.620 --> 00:27:22.490 um, a MKB Act throughout the brain,
NOTE Confidence: 0.9113744

00:27:22.490 --> 00:27:23.998 orchestrating the behavioral effects
NOTE Confidence: 0.9113744

00:27:23.998 --> 00:27:26.260 of isolation and humans have a
NOTE Confidence: 0.9113744

00:27:26.317 --> 00:27:28.229 comprable matatu signaling system,

NOTE Confidence: 0.9113744

00:27:28.230 --> 00:27:31.023 which means that there is good evidence

NOTE Confidence: 0.9113744

00:27:31.023 --> 00:27:34.135 and that we will be able to charge

NOTE Confidence: 0.9113744

00:27:34.135 --> 00:27:36.840 at the effects of social isolation,

NOTE Confidence: 0.9113744

00:27:36.840 --> 00:27:39.300 not only socially but also biologically.

NOTE Confidence: 0.9113744

00:27:39.300 --> 00:27:40.848 I don't know that.

NOTE Confidence: 0.9113744

00:27:40.848 --> 00:27:42.783 Anyone is working on that

NOTE Confidence: 0.9113744

00:27:42.783 --> 00:27:44.529 specifically during this crisis,

NOTE Confidence: 0.9113744

00:27:44.530 --> 00:27:46.973 but they should be so your role

NOTE Confidence: 0.9113744

00:27:46.973 --> 00:27:49.209 in the field of psychiatry.

NOTE Confidence: 0.9113744

00:27:49.210 --> 00:27:51.160 It's a thing to consider.

NOTE Confidence: 0.9113744

00:27:51.160 --> 00:27:51.549 Now.

NOTE Confidence: 0.9113744

00:27:51.549 --> 00:27:52.327 In conclusion,

NOTE Confidence: 0.9113744

00:27:52.327 --> 00:27:54.661 I want to talk about the

NOTE Confidence: 0.9113744

00:27:54.661 --> 00:27:56.619 intersection that we're now facing,

NOTE Confidence: 0.9113744

00:27:56.620 --> 00:27:58.570 which is the intersection between

NOTE Confidence: 0.9113744

00:27:58.570 --> 00:28:01.653 Kovid and all of that fear and anxiety
NOTE Confidence: 0.9113744

00:28:01.653 --> 00:28:04.131 that Tobin has brought up and met
NOTE Confidence: 0.9113744

00:28:04.207 --> 00:28:06.673 the protest movement that is taking
NOTE Confidence: 0.9113744

00:28:06.673 --> 00:28:09.100 place after the brutal and horrific
NOTE Confidence: 0.9113744

00:28:09.100 --> 00:28:11.050 murder of George Floyd, Answer.
NOTE Confidence: 0.9113744

00:28:11.050 --> 00:28:12.220 All, I think,
NOTE Confidence: 0.9113744

00:28:12.220 --> 00:28:14.560 aware of how appalling it was,
NOTE Confidence: 0.9113744

00:28:14.560 --> 00:28:17.144 Ben Floyd went down in the way that
NOTE Confidence: 0.9113744

00:28:17.144 --> 00:28:20.081 he did and we all recognize that it
NOTE Confidence: 0.9113744

00:28:20.081 --> 00:28:22.950 is an indication of just how bad
NOTE Confidence: 0.9113744

00:28:22.950 --> 00:28:25.140 racism within law enforcement has
NOTE Confidence: 0.9113744

00:28:25.140 --> 00:28:28.066 become and how urgent it is that we
NOTE Confidence: 0.9113744

00:28:28.066 --> 00:28:30.600 address the problem of that brutality.
NOTE Confidence: 0.9113744

00:28:30.600 --> 00:28:32.124 But the protest movement,
NOTE Confidence: 0.9113744

00:28:32.124 --> 00:28:32.886 you know,
NOTE Confidence: 0.9113744

00:28:32.890 --> 00:28:35.613 has involved a huge number of people

NOTE Confidence: 0.9113744

00:28:35.613 --> 00:28:37.954 who have often gone out without

NOTE Confidence: 0.9113744

00:28:37.954 --> 00:28:40.983 masks and it stirred in many of the

NOTE Confidence: 0.9113744

00:28:40.983 --> 00:28:43.713 people who have not join the protest.

NOTE Confidence: 0.9113744

00:28:43.720 --> 00:28:45.240 Anxiety about an escalation

NOTE Confidence: 0.9113744

00:28:45.240 --> 00:28:46.760 in Contagion of Cobit.

NOTE Confidence: 0.9113744

00:28:46.760 --> 00:28:49.568 It starred in many people a sense that

NOTE Confidence: 0.9113744

00:28:49.568 --> 00:28:51.865 the social order is being disrupted

NOTE Confidence: 0.9113744

00:28:51.865 --> 00:28:54.611 not only by illness but also by

NOTE Confidence: 0.9113744

00:28:54.611 --> 00:28:56.581 these revelation and it's resulting

NOTE Confidence: 0.9113744

00:28:56.581 --> 00:28:59.306 again in a great deal of anxiety,

NOTE Confidence: 0.9113744

00:28:59.306 --> 00:29:01.598 and that anxiety is also rooted

NOTE Confidence: 0.9113744

00:29:01.598 --> 00:29:03.935 in the revelation that has come

NOTE Confidence: 0.9113744

00:29:03.935 --> 00:29:06.986 out of the coded work and that has

NOTE Confidence: 0.9113744

00:29:06.986 --> 00:29:09.188 been mentioned to some degree by

NOTE Confidence: 0.9113744

00:29:09.188 --> 00:29:11.575 the people of protesting is that

NOTE Confidence: 0.9113744

00:29:11.575 --> 00:29:14.350 the people who are dying of Kovid.
NOTE Confidence: 0.9113744

00:29:14.350 --> 00:29:16.834 Are unfairly people who have less
NOTE Confidence: 0.9113744

00:29:16.834 --> 00:29:19.395 economic opportunity and they are in
NOTE Confidence: 0.9113744

00:29:19.395 --> 00:29:21.909 many instances members of racial minorities.
NOTE Confidence: 0.9113744

00:29:21.910 --> 00:29:24.430 So the death rate among African
NOTE Confidence: 0.9113744

00:29:24.430 --> 00:29:26.110 American or black people,
NOTE Confidence: 0.9113744

00:29:26.110 --> 00:29:28.336 or black and Brown people who
NOTE Confidence: 0.9113744

00:29:28.336 --> 00:29:30.762 have kovid is much higher than
NOTE Confidence: 0.9113744

00:29:30.762 --> 00:29:33.354 the mortality rate is among white
NOTE Confidence: 0.9113744

00:29:33.354 --> 00:29:36.064 people who have the same infection
NOTE Confidence: 0.9113744

00:29:36.064 --> 00:29:38.704 and that points to the incredible
NOTE Confidence: 0.9408149

00:29:38.710 --> 00:29:40.342 injustice and unfairness not
NOTE Confidence: 0.9408149

00:29:40.342 --> 00:29:43.330 only if the society as a whole,
NOTE Confidence: 0.9408149

00:29:43.330 --> 00:29:44.539 but specifically of.
NOTE Confidence: 0.9408149

00:29:44.539 --> 00:29:47.360 This is already in a relationship to
NOTE Confidence: 0.9408149

00:29:47.436 --> 00:29:50.476 medical intervention and medical treatment.

NOTE Confidence: 0.9408149

00:29:50.480 --> 00:29:53.576 It's appalling that people who have

NOTE Confidence: 0.9408149

00:29:53.576 --> 00:29:57.087 less wealth are more likely to die

NOTE Confidence: 0.9408149

00:29:57.087 --> 00:30:00.244 if there's a point to the terribly.

NOTE Confidence: 0.9408149

00:30:00.250 --> 00:30:02.970 Hold in our health care system and it

NOTE Confidence: 0.9408149

00:30:02.970 --> 00:30:05.862 has been one of the many topics that

NOTE Confidence: 0.9408149

00:30:05.862 --> 00:30:08.870 have been brought up in the course of

NOTE Confidence: 0.9408149

00:30:08.870 --> 00:30:11.132 the protest movement and it's been

NOTE Confidence: 0.9408149

00:30:11.140 --> 00:30:13.288 very traumatic for people who are

NOTE Confidence: 0.9408149

00:30:13.288 --> 00:30:15.885 themselves in groups that tend to be

NOTE Confidence: 0.9408149

00:30:15.885 --> 00:30:17.710 stigmatized or who are sympathetically

NOTE Confidence: 0.9408149

00:30:17.710 --> 00:30:20.261 groups who tend to be stigmatized and

NOTE Confidence: 0.9408149

00:30:20.261 --> 00:30:22.393 to recognize how dangerous this current

NOTE Confidence: 0.9408149

00:30:22.393 --> 00:30:24.208 situation is for disadvantage people.

NOTE Confidence: 0.9408149

00:30:24.210 --> 00:30:26.388 So in the fight for justice,

NOTE Confidence: 0.9408149

00:30:26.390 --> 00:30:29.286 it's a fight not only for legal justice,

NOTE Confidence: 0.9408149

00:30:29.290 --> 00:30:31.290 not only for social justice.
NOTE Confidence: 0.9408149

00:30:31.290 --> 00:30:33.586 Not only for a reform police a
NOTE Confidence: 0.9408149

00:30:33.586 --> 00:30:36.139 core but also for medical justice.
NOTE Confidence: 0.9408149

00:30:36.140 --> 00:30:38.342 And if more people who are
NOTE Confidence: 0.9408149

00:30:38.342 --> 00:30:40.240 disadvantage are dying of Hell.
NOTE Confidence: 0.9408149

00:30:40.240 --> 00:30:42.844 But there are a lot more people,
NOTE Confidence: 0.9408149

00:30:42.850 --> 00:30:45.538 a lot more people who are socially
NOTE Confidence: 0.9408149

00:30:45.538 --> 00:30:47.095 disadvantage toward developing the
NOTE Confidence: 0.9408149

00:30:47.095 --> 00:30:48.815 psychiatric side effects of Co.
NOTE Confidence: 0.9408149

00:30:48.820 --> 00:30:51.460 But those are the people
NOTE Confidence: 0.9408149

00:30:51.460 --> 00:30:54.100 who are the least likely.
NOTE Confidence: 0.9408149

00:30:54.100 --> 00:30:56.596 And joins the least likely to know what's
NOTE Confidence: 0.9408149

00:30:56.596 --> 00:30:58.870 involved in accessing psychiatric care.
NOTE Confidence: 0.9408149

00:30:58.870 --> 00:31:01.294 The least likely to be able to turn
NOTE Confidence: 0.9408149

00:31:01.294 --> 00:31:03.331 around the psychological and psychiatric
NOTE Confidence: 0.9408149

00:31:03.331 --> 00:31:06.055 effects that they are suffering as

NOTE Confidence: 0.9408149

00:31:06.055 --> 00:31:08.558 side effects of the cobit prices and

NOTE Confidence: 0.9408149

00:31:08.558 --> 00:31:10.885 the most likely in many instances to

NOTE Confidence: 0.9408149

00:31:10.885 --> 00:31:13.704 be the people who are dying from those

NOTE Confidence: 0.9408149

00:31:13.704 --> 00:31:16.116 illnesses since the beginning of Co.

NOTE Confidence: 0.9408149

00:31:16.120 --> 00:31:19.360 Bid the number of calls to many suicide

NOTE Confidence: 0.9408149

00:31:19.360 --> 00:31:22.354 hotlines has gone up by as much as 400%.

NOTE Confidence: 0.9408149

00:31:22.360 --> 00:31:24.664 There are huge numbers of people

NOTE Confidence: 0.9408149

00:31:24.664 --> 00:31:26.200 who are contemplating suicide.

NOTE Confidence: 0.9408149

00:31:26.200 --> 00:31:27.304 There are huge numbers,

NOTE Confidence: 0.9408149

00:31:27.304 --> 00:31:28.960 though I'm not aware it's the

NOTE Confidence: 0.9408149

00:31:29.013 --> 00:31:30.833 statistics being fully assembled of

NOTE Confidence: 0.9408149

00:31:30.833 --> 00:31:32.653 people who are committing suicide.

NOTE Confidence: 0.9408149

00:31:32.660 --> 00:31:35.019 There are huge numbers of people who

NOTE Confidence: 0.9408149

00:31:35.019 --> 00:31:36.701 have received social directives to

NOTE Confidence: 0.9408149

00:31:36.701 --> 00:31:39.117 self isolate who are unable to do so,

NOTE Confidence: 0.9408149

00:31:39.120 --> 00:31:41.178 in part because they live in a
NOTE Confidence: 0.9408149

00:31:41.178 --> 00:31:43.320 single room with Seven other people,
NOTE Confidence: 0.9408149

00:31:43.320 --> 00:31:45.528 and in part because their economic
NOTE Confidence: 0.9408149

00:31:45.528 --> 00:31:47.802 duress means that they have to go
NOTE Confidence: 0.9408149

00:31:47.802 --> 00:31:50.270 out and try to do some kind of work
NOTE Confidence: 0.9408149

00:31:50.270 --> 00:31:52.322 and are constantly exposed on the
NOTE Confidence: 0.9408149

00:31:52.322 --> 00:31:54.006 streets and on public transportation,
NOTE Confidence: 0.9408149

00:31:54.006 --> 00:31:56.330 and quite possibly in their workplaces too.
NOTE Confidence: 0.9408149

00:31:56.330 --> 00:31:59.010 The virus in ways that other people with
NOTE Confidence: 0.9408149

00:31:59.010 --> 00:32:00.730 greater privilege don't have to be.
NOTE Confidence: 0.9408149

00:32:00.730 --> 00:32:03.194 So I think that is a terrible
NOTE Confidence: 0.9408149

00:32:03.194 --> 00:32:05.928 shame on the face of our nation.
NOTE Confidence: 0.9408149

00:32:05.930 --> 00:32:07.876 I would just say that when we
NOTE Confidence: 0.9408149

00:32:07.876 --> 00:32:10.138 look at the mortality of turbid,
NOTE Confidence: 0.9408149

00:32:10.140 --> 00:32:12.120 you know there's been an attempt
NOTE Confidence: 0.9408149

00:32:12.120 --> 00:32:14.029 to measure the mortality of Cobit,

NOTE Confidence: 0.9408149

00:32:14.030 --> 00:32:15.836 not only by responding to people

NOTE Confidence: 0.9408149

00:32:15.836 --> 00:32:17.460 who have been specifically diagnosed

NOTE Confidence: 0.9408149

00:32:17.460 --> 00:32:18.567 with the infection,

NOTE Confidence: 0.9408149

00:32:18.570 --> 00:32:20.448 but by looking at the increase

NOTE Confidence: 0.9408149

00:32:20.448 --> 00:32:22.424 in death rate overall over what

NOTE Confidence: 0.9408149

00:32:22.424 --> 00:32:23.748 it would ordinarily be.

NOTE Confidence: 0.9408149

00:32:23.750 --> 00:32:25.688 There has been a significant increase,

NOTE Confidence: 0.9408149

00:32:25.690 --> 00:32:28.930 and I don't have the numbers in front of me,

NOTE Confidence: 0.9408149

00:32:28.930 --> 00:32:31.254 but effectively at the number of people

NOTE Confidence: 0.9408149

00:32:31.254 --> 00:32:34.155 who died in the month of April and May

NOTE Confidence: 0.9408149

00:32:34.155 --> 00:32:36.488 was much higher than in any previous.

NOTE Confidence: 0.9408149

00:32:36.490 --> 00:32:37.513 April and May.

NOTE Confidence: 0.9408149

00:32:37.513 --> 00:32:39.900 We don't know whether all of those

NOTE Confidence: 0.9136678

00:32:39.975 --> 00:32:42.234 people had covet, but given that

NOTE Confidence: 0.9136678

00:32:42.234 --> 00:32:43.666 that's what's going around,

NOTE Confidence: 0.9136678

00:32:43.670 --> 00:32:45.716 it seems likely the Cove it
NOTE Confidence: 0.9136678

00:32:45.716 --> 00:32:47.620 was implicated in those guests.
NOTE Confidence: 0.9136678

00:32:47.620 --> 00:32:49.804 I would say that the people who
NOTE Confidence: 0.9136678

00:32:49.804 --> 00:32:52.516 died in April and May were not only
NOTE Confidence: 0.9136678

00:32:52.516 --> 00:32:54.700 people who had pre existing pulmonary
NOTE Confidence: 0.9136678

00:32:54.700 --> 00:32:56.750 conditions were not only people
NOTE Confidence: 0.9136678

00:32:56.750 --> 00:32:59.464 who are older and who are therefore
NOTE Confidence: 0.9136678

00:32:59.464 --> 00:33:01.254 more vulnerable to this situation,
NOTE Confidence: 0.9136678

00:33:01.260 --> 00:33:03.766 but also people who are psychologically home.
NOTE Confidence: 0.9136678

00:33:03.770 --> 00:33:05.570 We're both escalated into suicide.
NOTE Confidence: 0.9136678

00:33:05.570 --> 00:33:07.510 Whoever depressed immune response.
NOTE Confidence: 0.9136678

00:33:07.510 --> 00:33:11.325 For you for 1000 other reasons have ended
NOTE Confidence: 0.9136678

00:33:11.325 --> 00:33:14.223 up suffering an unfair an unjust death.
NOTE Confidence: 0.9136678

00:33:14.230 --> 00:33:18.087 Whether they have the virus or not.
NOTE Confidence: 0.9136678

00:33:18.090 --> 00:33:20.028 So I will wind up there.
NOTE Confidence: 0.9136678

00:33:20.030 --> 00:33:21.866 I'm very happy to take questions

NOTE Confidence: 0.9136678

00:33:21.866 --> 00:33:24.165 and I am never so clear unzoom

NOTE Confidence: 0.9136678

00:33:24.165 --> 00:33:25.835 of exactly how they work,

NOTE Confidence: 0.9136678

00:33:25.840 --> 00:33:27.947 but I think you can raise hands

NOTE Confidence: 0.9136678

00:33:27.947 --> 00:33:30.357 or you can type them into Jack.

NOTE Confidence: 0.9136678

00:33:30.360 --> 00:33:32.298 So please any questions at all.

NOTE Confidence: 0.9136678

00:33:32.300 --> 00:33:32.950 Very welcome.

NOTE Confidence: 0.78543866

00:33:39.210 --> 00:33:41.978 Oh, someone has a question, I feel certain.

NOTE Confidence: 0.8290149

00:33:50.190 --> 00:33:51.510 You have to. I would remind

NOTE Confidence: 0.8290149

00:33:51.510 --> 00:33:52.740 you have to unmute yourself

NOTE Confidence: 0.8290149

00:33:52.740 --> 00:33:54.215 if you're asking a question.

NOTE Confidence: 0.8290149

00:33:54.220 --> 00:33:55.480 I think everyone is stupid.

NOTE Confidence: 0.95225096

00:33:57.120 --> 00:34:00.099 So I'll get the I'll get the ball rolling

NOTE Confidence: 0.95225096

00:34:00.099 --> 00:34:02.766 one of the one of the challenges that

NOTE Confidence: 0.95225096

00:34:02.766 --> 00:34:05.729 we face in trying to provide support.

NOTE Confidence: 0.95225096

00:34:05.730 --> 00:34:09.010 Uh, uh, two of the health care community

NOTE Confidence: 0.95225096

00:34:09.010 --> 00:34:12.747 is the reluctance to seek help and a
NOTE Confidence: 0.95225096

00:34:12.747 --> 00:34:15.647 kind of martyr mentality where people
NOTE Confidence: 0.95225096

00:34:15.647 --> 00:34:18.881 feel like their the people who they
NOTE Confidence: 0.95225096

00:34:18.881 --> 00:34:22.068 have to take care of everybody else.
NOTE Confidence: 0.95225096

00:34:22.070 --> 00:34:24.794 They can't take time to take
NOTE Confidence: 0.95225096

00:34:24.794 --> 00:34:26.156 care of themselves.
NOTE Confidence: 0.95225096

00:34:26.160 --> 00:34:29.317 Uh, an uh, it's a huge challenge
NOTE Confidence: 0.95225096

00:34:29.317 --> 00:34:33.247 for us to reach the people who who
NOTE Confidence: 0.95225096

00:34:33.247 --> 00:34:37.219 seem to need the help the most and.
NOTE Confidence: 0.95225096

00:34:37.220 --> 00:34:39.886 Just curious if you have
NOTE Confidence: 0.95225096

00:34:39.886 --> 00:34:42.014 any thoughts about that,
NOTE Confidence: 0.95225096

00:34:42.020 --> 00:34:45.744 as as you think about groups of
NOTE Confidence: 0.930489

00:34:45.750 --> 00:34:50.014 people that are struggling at a time like
NOTE Confidence: 0.930489

00:34:50.014 --> 00:34:52.955 this, well the stigma persists around
NOTE Confidence: 0.930489

00:34:52.955 --> 00:34:56.041 anything that appears to be psychiatric
NOTE Confidence: 0.930489

00:34:56.041 --> 00:34:59.605 fragility or a a psychiatric diagnosis.

NOTE Confidence: 0.930489

00:34:59.610 --> 00:35:02.808 If 40% of Americans are now

NOTE Confidence: 0.930489

00:35:02.808 --> 00:35:04.940 experiencing a diagnosable depression,

NOTE Confidence: 0.930489

00:35:04.940 --> 00:35:08.260 anxiety, or other mental illness.

NOTE Confidence: 0.930489

00:35:08.260 --> 00:35:10.744 It seems to me hard to maintain the idea

NOTE Confidence: 0.930489

00:35:10.744 --> 00:35:12.871 that this is a terrible embarrassment

NOTE Confidence: 0.930489

00:35:12.871 --> 00:35:15.460 and the people will think less of you.

NOTE Confidence: 0.930489

00:35:15.460 --> 00:35:17.764 I mean, that's nearly half the people in

NOTE Confidence: 0.930489

00:35:17.764 --> 00:35:19.838 the country who are experiencing this,

NOTE Confidence: 0.930489

00:35:19.840 --> 00:35:21.933 but I think the fear that is

NOTE Confidence: 0.930489

00:35:21.933 --> 00:35:23.599 associated with stigma is enormous,

NOTE Confidence: 0.930489

00:35:23.600 --> 00:35:26.570 and I think the sense that what you need to

NOTE Confidence: 0.930489

00:35:26.639 --> 00:35:29.537 do is be tough and strong and get through.

NOTE Confidence: 0.930489

00:35:29.540 --> 00:35:31.418 This is very powerful, you know.

NOTE Confidence: 0.930489

00:35:31.420 --> 00:35:33.604 I've seen people have said I met,

NOTE Confidence: 0.930489

00:35:33.610 --> 00:35:36.060 you know, it's like being in Auschwitz

NOTE Confidence: 0.930489

00:35:36.060 --> 00:35:38.350 and you have to be a survivor.

NOTE Confidence: 0.930489

00:35:38.350 --> 00:35:40.015 But in Auschwitz there were

NOTE Confidence: 0.930489

00:35:40.015 --> 00:35:41.347 no mental health services,

NOTE Confidence: 0.930489

00:35:41.350 --> 00:35:43.646 and in the United States at the

NOTE Confidence: 0.930489

00:35:43.646 --> 00:35:45.680 moment at least met there are,

NOTE Confidence: 0.930489

00:35:45.680 --> 00:35:47.750 and I think it's incredibly important

NOTE Confidence: 0.930489

00:35:47.750 --> 00:35:49.800 that people recognize that this is

NOTE Confidence: 0.930489

00:35:49.800 --> 00:35:51.340 a different situation from that.

NOTE Confidence: 0.930489

00:35:51.340 --> 00:35:53.671 A lot of people don't know what

NOTE Confidence: 0.930489

00:35:53.671 --> 00:35:54.670 services are available,

NOTE Confidence: 0.930489

00:35:54.670 --> 00:35:56.980 and a lot of people don't recognize

NOTE Confidence: 0.930489

00:35:56.980 --> 00:35:58.659 the problems that they have,

NOTE Confidence: 0.930489

00:35:58.660 --> 00:36:01.657 and that's why I think we also need parent,

NOTE Confidence: 0.930489

00:36:01.660 --> 00:36:02.656 if aggressive outreach,

NOTE Confidence: 0.930489

00:36:02.656 --> 00:36:04.316 because many people will say,

NOTE Confidence: 0.930489

00:36:04.320 --> 00:36:05.990 I mean and upsetting situation,

NOTE Confidence: 0.930489

00:36:05.990 --> 00:36:08.314 an I feel really upset in terrible,

NOTE Confidence: 0.930489

00:36:08.320 --> 00:36:09.415 and they will.

NOTE Confidence: 0.930489

00:36:09.415 --> 00:36:11.970 Resume that whatever is going on with

NOTE Confidence: 0.930489

00:36:12.044 --> 00:36:14.844 them is an appropriate response to the

NOTE Confidence: 0.930489

00:36:14.844 --> 00:36:17.263 situation in which they find themselves

NOTE Confidence: 0.930489

00:36:17.263 --> 00:36:19.963 in point of fact, what's going on?

NOTE Confidence: 0.930489

00:36:19.963 --> 00:36:21.527 You know there is.

NOTE Confidence: 0.930489

00:36:21.530 --> 00:36:22.703 As I said,

NOTE Confidence: 0.930489

00:36:22.703 --> 00:36:24.658 some degree of appropriate response,

NOTE Confidence: 0.930489

00:36:24.660 --> 00:36:27.288 and there is Additionally some enormous

NOTE Confidence: 0.930489

00:36:27.288 --> 00:36:30.368 degree of response that goes in excess

NOTE Confidence: 0.930489

00:36:30.368 --> 00:36:32.453 of that appropriate response and.

NOTE Confidence: 0.930489

00:36:32.460 --> 00:36:33.828 So I think the,

NOTE Confidence: 0.930489

00:36:33.828 --> 00:36:34.170 uh,

NOTE Confidence: 0.930489

00:36:34.170 --> 00:36:36.538 the need is to have programs in which

NOTE Confidence: 0.930489

00:36:36.538 --> 00:36:38.580 we scream people because they aren't
NOTE Confidence: 0.930489

00:36:38.580 --> 00:36:41.115 going to self identify an we need
NOTE Confidence: 0.930489

00:36:41.115 --> 00:36:43.055 to have public health campaigns.
NOTE Confidence: 0.930489

00:36:43.060 --> 00:36:44.770 And we've seen how effective
NOTE Confidence: 0.930489

00:36:44.770 --> 00:36:46.480 Republic of campaign can be.
NOTE Confidence: 0.930489

00:36:46.480 --> 00:36:49.216 I mean, when the isolation started in Wuhan,
NOTE Confidence: 0.930489

00:36:49.220 --> 00:36:50.672 I remember thinking wow,
NOTE Confidence: 0.930489

00:36:50.672 --> 00:36:52.850 that Chinese government with their incredible
NOTE Confidence: 0.930489

00:36:52.903 --> 00:36:55.024 control over their citizenry can do that.
NOTE Confidence: 0.930489

00:36:55.030 --> 00:36:57.076 We could never do that here.
NOTE Confidence: 0.930489

00:36:57.080 --> 00:36:58.448 It turns out, actually,
NOTE Confidence: 0.930489

00:36:58.448 --> 00:37:00.158 we can do it here.
NOTE Confidence: 0.930489

00:37:00.160 --> 00:37:03.008 We can set up a protocols for isolation.
NOTE Confidence: 0.930489

00:37:03.010 --> 00:37:04.850 The city of New York.
NOTE Confidence: 0.930489

00:37:04.850 --> 00:37:05.981 The most crowded,
NOTE Confidence: 0.930489

00:37:05.981 --> 00:37:06.358 hectic,

NOTE Confidence: 0.930489

00:37:06.358 --> 00:37:09.097 frantic place on the earth would be

NOTE Confidence: 0.930489

00:37:09.097 --> 00:37:11.112 completely empty with everybody staying

NOTE Confidence: 0.930489

00:37:11.112 --> 00:37:14.022 inside and not even a car driving down

NOTE Confidence: 0.930489

00:37:14.022 --> 00:37:16.757 at 6th Ave that were driving up 6th Ave.

NOTE Confidence: 0.930489

00:37:16.757 --> 00:37:18.551 I guess it should say that

NOTE Confidence: 0.930489

00:37:18.551 --> 00:37:20.628 was an extraordinary change.

NOTE Confidence: 0.930489

00:37:20.630 --> 00:37:22.961 If we really made an effort to

NOTE Confidence: 0.930489

00:37:22.961 --> 00:37:25.252 inform people a of what the

NOTE Confidence: 0.930489

00:37:25.252 --> 00:37:26.868 symptoms are of depression,

NOTE Confidence: 0.930489

00:37:26.870 --> 00:37:28.358 clinical depression and anxiety

NOTE Confidence: 0.930489

00:37:28.358 --> 00:37:30.900 and be of what the solutions are.

NOTE Confidence: 0.930489

00:37:30.900 --> 00:37:33.658 Ansi of how to access those solutions.

NOTE Confidence: 0.930489

00:37:33.660 --> 00:37:35.716 I think we would have been vast number

NOTE Confidence: 0.930489

00:37:35.716 --> 00:37:37.527 of people who would respond and I

NOTE Confidence: 0.930489

00:37:37.527 --> 00:37:39.572 think part of what has to happen is

NOTE Confidence: 0.930489

00:37:39.572 --> 00:37:41.595 to give those numbers and say this is
NOTE Confidence: 0.930489

00:37:41.595 --> 00:37:43.125 affecting this huge number of people.
NOTE Confidence: 0.930489

00:37:43.130 --> 00:37:45.020 Don't feel ashamed of it and
NOTE Confidence: 0.930489

00:37:45.020 --> 00:37:46.280 that that's part of
NOTE Confidence: 0.92757756

00:37:46.355 --> 00:37:49.243 the messaging that would have to take place.
NOTE Confidence: 0.92757756

00:37:49.250 --> 00:37:51.266 I see there's a question here.
NOTE Confidence: 0.92757756

00:37:51.270 --> 00:37:53.517 Do you have any advice to prevent
NOTE Confidence: 0.92757756

00:37:53.517 --> 00:37:55.244 the mental health side effects
NOTE Confidence: 0.92757756

00:37:55.244 --> 00:37:56.994 for future foreign to you,
NOTE Confidence: 0.92757756

00:37:57.000 --> 00:37:59.359 EG the predicted surge in the fall?
NOTE Confidence: 0.92757756

00:37:59.360 --> 00:38:00.905 Perhaps a public health message
NOTE Confidence: 0.92757756

00:38:00.905 --> 00:38:02.450 to take advantage of mental
NOTE Confidence: 0.92757756

00:38:02.507 --> 00:38:04.079 health challenge health services?
NOTE Confidence: 0.92757756

00:38:04.080 --> 00:38:06.424 Yes, I think that's one of the other
NOTE Confidence: 0.92757756

00:38:06.424 --> 00:38:08.696 problems is that people don't recognize
NOTE Confidence: 0.92757756

00:38:08.696 --> 00:38:11.120 that there are Telehealth Services and

NOTE Confidence: 0.92757756

00:38:11.183 --> 00:38:13.503 they don't want to go into a hospital.

NOTE Confidence: 0.92757756

00:38:13.510 --> 00:38:15.645 I mean, there are many people who

NOTE Confidence: 0.92757756

00:38:15.645 --> 00:38:17.752 are dying of heart conditions or

NOTE Confidence: 0.92757756

00:38:17.752 --> 00:38:20.356 cancer or all kinds of other things.

NOTE Confidence: 0.92757756

00:38:20.360 --> 00:38:22.908 'cause they are so afraid of the

NOTE Confidence: 0.92757756

00:38:22.908 --> 00:38:25.029 risk of Contagion in hospitals,

NOTE Confidence: 0.92757756

00:38:25.030 --> 00:38:26.975 and while for extreme illness

NOTE Confidence: 0.92757756

00:38:26.975 --> 00:38:28.920 and you know the risk,

NOTE Confidence: 0.92757756

00:38:28.920 --> 00:38:31.734 even agent in hospitals now appears

NOTE Confidence: 0.92757756

00:38:31.734 --> 00:38:34.660 to be largely well controlled.

NOTE Confidence: 0.92757756

00:38:34.660 --> 00:38:35.314 You know,

NOTE Confidence: 0.92757756

00:38:35.314 --> 00:38:36.949 I wouldn't particularly want to

NOTE Confidence: 0.92757756

00:38:36.949 --> 00:38:39.402 go into a hospital right now if

NOTE Confidence: 0.92757756

00:38:39.402 --> 00:38:41.514 I could possibly avoid it myself,

NOTE Confidence: 0.92757756

00:38:41.520 --> 00:38:43.608 but I think people don't understand

NOTE Confidence: 0.92757756

00:38:43.608 --> 00:38:45.290 what the technologies are now.
NOTE Confidence: 0.92757756

00:38:45.290 --> 00:38:46.610 Telemedicine is very useful.
NOTE Confidence: 0.92757756

00:38:46.610 --> 00:38:48.960 It works best for people who have
NOTE Confidence: 0.92757756

00:38:48.960 --> 00:38:50.832 got a computer and an Internet
NOTE Confidence: 0.92757756

00:38:50.832 --> 00:38:52.981 connection and can engage with Challe
NOTE Confidence: 0.92757756

00:38:52.981 --> 00:38:54.896 Health as it's primarily practice,
NOTE Confidence: 0.92757756

00:38:54.900 --> 00:38:57.245 but it's possible even for people who
NOTE Confidence: 0.92757756

00:38:57.245 --> 00:38:59.554 have a telephone and you know most
NOTE Confidence: 0.92757756

00:38:59.554 --> 00:39:02.100 people in the United States have telephone.
NOTE Confidence: 0.92757756

00:39:02.100 --> 00:39:04.158 Certainly not all people have access
NOTE Confidence: 0.92757756

00:39:04.158 --> 00:39:06.566 to a phone, but most people do.
NOTE Confidence: 0.92757756

00:39:06.566 --> 00:39:09.027 I think it's important for people to
NOTE Confidence: 0.92757756

00:39:09.027 --> 00:39:11.013 know what treatment can look like
NOTE Confidence: 0.92757756

00:39:11.013 --> 00:39:13.238 when you can't actually go there,
NOTE Confidence: 0.92757756

00:39:13.240 --> 00:39:15.094 and I think it's very important
NOTE Confidence: 0.92757756

00:39:15.094 --> 00:39:17.285 to make it clear to people that

NOTE Confidence: 0.92757756

00:39:17.285 --> 00:39:19.357 there are and to create in fact

NOTE Confidence: 0.92757756

00:39:19.425 --> 00:39:21.741 situations in which there are central

NOTE Confidence: 0.92757756

00:39:21.741 --> 00:39:23.285 numbers they can call.

NOTE Confidence: 0.92757756

00:39:23.290 --> 00:39:24.630 They get widely advertised

NOTE Confidence: 0.92757756

00:39:24.630 --> 00:39:26.640 on the basis of calling them.

NOTE Confidence: 0.92757756

00:39:26.640 --> 00:39:28.310 There is some kind of

NOTE Confidence: 0.92757756

00:39:28.310 --> 00:39:29.646 telemedicine available to them,

NOTE Confidence: 0.92757756

00:39:29.650 --> 00:39:31.408 but people often don't have the

NOTE Confidence: 0.92757756

00:39:31.408 --> 00:39:33.058 capacity to do because they're

NOTE Confidence: 0.92757756

00:39:33.058 --> 00:39:35.173 depressed because they are anxious

NOTE Confidence: 0.92757756

00:39:35.173 --> 00:39:36.865 because they're overwhelmed because

NOTE Confidence: 0.92757756

00:39:36.923 --> 00:39:38.657 they don't know what's going on.

NOTE Confidence: 0.92757756

00:39:38.660 --> 00:39:40.711 Is the ability to do a lot

NOTE Confidence: 0.92757756

00:39:40.711 --> 00:39:42.499 of research and so did find,

NOTE Confidence: 0.92757756

00:39:42.500 --> 00:39:43.355 well, you know,

NOTE Confidence: 0.92757756

00:39:43.355 --> 00:39:45.707 I could maybe going to these people and
NOTE Confidence: 0.92757756

00:39:45.707 --> 00:39:47.807 they have a connection to those people.
NOTE Confidence: 0.92757756

00:39:47.810 --> 00:39:49.706 and I wonder whether this line is we
NOTE Confidence: 0.92757756

00:39:49.706 --> 00:39:52.226 need to have something centralized and clear.
NOTE Confidence: 0.92757756

00:39:52.230 --> 00:39:54.590 We need to have a National Health log.
NOTE Confidence: 0.92757756

00:39:54.590 --> 00:39:56.636 That would be my primary advice
NOTE Confidence: 0.92757756

00:39:56.636 --> 00:39:58.597 in terms of telemedicine in this
NOTE Confidence: 0.92757756

00:39:58.597 --> 00:40:00.445 crisis is that we need to have.
NOTE Confidence: 0.92757756

00:40:00.450 --> 00:40:02.487 A line we needed to be advertised.
NOTE Confidence: 0.92757756

00:40:02.490 --> 00:40:04.322 We need people to know and then we
NOTE Confidence: 0.92757756

00:40:04.322 --> 00:40:06.526 need to have people there who can
NOTE Confidence: 0.92757756

00:40:06.526 --> 00:40:07.878 pass treatment recommendations on
NOTE Confidence: 0.92757756

00:40:07.878 --> 00:40:09.450 or provide treatment themselves and
NOTE Confidence: 0.92757756

00:40:09.450 --> 00:40:11.979 you can set it up and make it easy.
NOTE Confidence: 0.92757756

00:40:11.979 --> 00:40:14.135 It's hard to do when it's hard to
NOTE Confidence: 0.92757756

00:40:14.135 --> 00:40:16.067 make up the phone all together

NOTE Confidence: 0.92757756

00:40:16.067 --> 00:40:17.033 when you're depressed.

NOTE Confidence: 0.92757756

00:40:17.040 --> 00:40:19.686 It's a lot harder if you don't

NOTE Confidence: 0.92757756

00:40:19.686 --> 00:40:21.370 know who to call.

NOTE Confidence: 0.92757756

00:40:21.370 --> 00:40:22.706 I have another question,

NOTE Confidence: 0.92757756

00:40:22.706 --> 00:40:24.376 if there's no other directly

NOTE Confidence: 0.92757756

00:40:24.376 --> 00:40:25.260 related question,

NOTE Confidence: 0.92757756

00:40:25.260 --> 00:40:27.252 perhaps you could talk about how

NOTE Confidence: 0.92757756

00:40:27.252 --> 00:40:29.325 this impacts kids and adults with

NOTE Confidence: 0.92757756

00:40:29.325 --> 00:40:31.015 special needs or disability and

NOTE Confidence: 0.92757756

00:40:31.015 --> 00:40:33.639 what we can do to advocate for

NOTE Confidence: 0.92757756

00:40:33.639 --> 00:40:35.179 them under these circumstances.

NOTE Confidence: 0.9425916

00:40:35.180 --> 00:40:36.242 Well, it's been,

NOTE Confidence: 0.9425916

00:40:36.242 --> 00:40:38.720 my other topic has been M disabilities,

NOTE Confidence: 0.9425916

00:40:38.720 --> 00:40:40.652 and particularly how families deal with

NOTE Confidence: 0.9425916

00:40:40.652 --> 00:40:42.610 children with differences or disabilities,

NOTE Confidence: 0.9425916

00:40:42.610 --> 00:40:44.764 and obviously all of this becomes
NOTE Confidence: 0.9425916

00:40:44.764 --> 00:40:46.596 more difficult for people who
NOTE Confidence: 0.9425916

00:40:46.596 --> 00:40:48.266 have a range of disabilities.
NOTE Confidence: 0.9425916

00:40:48.270 --> 00:40:51.550 You know, if you have someone who's got.
NOTE Confidence: 0.9425916

00:40:51.550 --> 00:40:53.746 Nonverbal autism then trying to explain
NOTE Confidence: 0.9425916

00:40:53.746 --> 00:40:56.254 to them how to use telemedicine is
NOTE Confidence: 0.9425916

00:40:56.254 --> 00:40:59.280 going to be sort of a losing operation,
NOTE Confidence: 0.9425916

00:40:59.280 --> 00:41:01.968 and there have to be systems in place
NOTE Confidence: 0.9425916

00:41:01.968 --> 00:41:04.081 to help those people, hopefully.
NOTE Confidence: 0.9425916

00:41:04.081 --> 00:41:06.818 There either in facilities where they can
NOTE Confidence: 0.9425916

00:41:06.818 --> 00:41:09.715 be treated or with families will freak them.
NOTE Confidence: 0.9425916

00:41:09.720 --> 00:41:12.002 But of course many such facilities have
NOTE Confidence: 0.9425916

00:41:12.002 --> 00:41:14.331 been emptied out during this crisis and
NOTE Confidence: 0.9425916

00:41:14.331 --> 00:41:16.625 people who were in careful years and
NOTE Confidence: 0.9425916

00:41:16.625 --> 00:41:18.788 years have suddenly been thrown out of
NOTE Confidence: 0.9425916

00:41:18.788 --> 00:41:21.020 the places that are familiar to them.

NOTE Confidence: 0.9425916

00:41:21.020 --> 00:41:23.008 Because Emma of the risk of Contagion

NOTE Confidence: 0.9425916

00:41:23.008 --> 00:41:24.570 in those contained environments,

NOTE Confidence: 0.9425916

00:41:24.570 --> 00:41:26.508 and they've often been put back

NOTE Confidence: 0.9425916

00:41:26.508 --> 00:41:27.154 with families,

NOTE Confidence: 0.9425916

00:41:27.160 --> 00:41:28.912 I mean it luckiest ones have

NOTE Confidence: 0.9425916

00:41:28.912 --> 00:41:30.710 been put back with families,

NOTE Confidence: 0.9425916

00:41:30.710 --> 00:41:32.565 and many of those families don't really

NOTE Confidence: 0.9425916

00:41:32.565 --> 00:41:34.719 know what the appropriate interventions.

NOTE Confidence: 0.9425916

00:41:34.720 --> 00:41:37.216 Are even to get their children

NOTE Confidence: 0.9425916

00:41:37.216 --> 00:41:38.880 through ordinary day-to-day life,

NOTE Confidence: 0.9425916

00:41:38.880 --> 00:41:41.664 and it's difficult to know how

NOTE Confidence: 0.9425916

00:41:41.664 --> 00:41:44.153 much those people are perceiving

NOTE Confidence: 0.9425916

00:41:44.153 --> 00:41:47.369 of the crisis in mental health.

NOTE Confidence: 0.9425916

00:41:47.370 --> 00:41:49.308 Physical health that's going on around

NOTE Confidence: 0.9425916

00:41:49.308 --> 00:41:51.859 them for people with physical disabilities,

NOTE Confidence: 0.9425916

00:41:51.860 --> 00:41:54.366 I think there it's possible to do
NOTE Confidence: 0.9425916

00:41:54.366 --> 00:41:57.102 mostly the same things that I've just
NOTE Confidence: 0.9425916

00:41:57.102 --> 00:41:59.900 talked about and Paula Sims will help
NOTE Confidence: 0.9425916

00:41:59.900 --> 00:42:02.692 line and try to help them get through.
NOTE Confidence: 0.9425916

00:42:02.700 --> 00:42:05.106 But for people with other disabilities
NOTE Confidence: 0.9425916

00:42:05.106 --> 00:42:07.094 and particularly with nonverbal disability
NOTE Confidence: 0.9425916

00:42:07.094 --> 00:42:09.341 or people who've got deafness and who
NOTE Confidence: 0.9425916

00:42:09.341 --> 00:42:12.047 need to access care through an interpreter,
NOTE Confidence: 0.9425916

00:42:12.050 --> 00:42:14.300 that can be a lot harder.
NOTE Confidence: 0.9425916

00:42:14.300 --> 00:42:17.002 and I think the best way that
NOTE Confidence: 0.9425916

00:42:17.002 --> 00:42:18.160 we prepare ourselves.
NOTE Confidence: 0.9425916

00:42:18.160 --> 00:42:20.150 Is my thinking through uh,
NOTE Confidence: 0.9425916

00:42:20.150 --> 00:42:22.845 what the ways are to gain access
NOTE Confidence: 0.9425916

00:42:22.845 --> 00:42:24.890 for those people to caretakers
NOTE Confidence: 0.9425916

00:42:24.890 --> 00:42:27.308 who can in turn access cab?
NOTE Confidence: 0.9278953

00:42:29.790 --> 00:42:32.310 Put my else has asked the question

NOTE Confidence: 0.9278953

00:42:32.310 --> 00:42:34.830 of the hour, which is how about

NOTE Confidence: 0.9278953

00:42:34.830 --> 00:42:36.630 the potential role of responsible,

NOTE Confidence: 0.9278953

00:42:36.630 --> 00:42:39.606 competent federal leadership during this war.

NOTE Confidence: 0.9278953

00:42:39.610 --> 00:42:42.010 Well, it would be nice if we had

NOTE Confidence: 0.9278953

00:42:42.010 --> 00:42:43.330 competent federal leadership.

NOTE Confidence: 0.9278953

00:42:43.330 --> 00:42:45.148 I mean, one of the things

NOTE Confidence: 0.9278953

00:42:45.148 --> 00:42:47.050 that has been most shocking.

NOTE Confidence: 0.9278953

00:42:47.050 --> 00:42:50.083 and I was kind of steering clear of politics,

NOTE Confidence: 0.9278953

00:42:50.090 --> 00:42:53.123 but I won't know is that in other countries,

NOTE Confidence: 0.9278953

00:42:53.130 --> 00:42:54.794 virtually every other country,

NOTE Confidence: 0.9278953

00:42:54.794 --> 00:42:56.874 including countries in the developing

NOTE Confidence: 0.9278953

00:42:56.874 --> 00:42:58.790 world where the resources are scanned

NOTE Confidence: 0.9278953

00:42:58.790 --> 00:43:00.880 there is at least a national policy

NOTE Confidence: 0.9278953

00:43:00.880 --> 00:43:02.966 and we instead of had a president

NOTE Confidence: 0.9278953

00:43:02.966 --> 00:43:05.196 who was trying to use the situation

NOTE Confidence: 0.9278953

00:43:05.196 --> 00:43:07.606 we find ourselves in as the basis
NOTE Confidence: 0.9278953

00:43:07.606 --> 00:43:09.018 for his own electioneering.
NOTE Confidence: 0.9278953

00:43:09.020 --> 00:43:10.344 And who is displayed.
NOTE Confidence: 0.9278953

00:43:10.344 --> 00:43:13.147 Little to no interest in what is involved
NOTE Confidence: 0.9278953

00:43:13.147 --> 00:43:15.403 in helping people who are suffering
NOTE Confidence: 0.9278953

00:43:15.403 --> 00:43:18.299 from Amoco bid to have a coherent response.
NOTE Confidence: 0.9278953

00:43:18.300 --> 00:43:20.526 The business of putting it all on
NOTE Confidence: 0.9278953

00:43:20.526 --> 00:43:22.509 the shoulders of the governance.
NOTE Confidence: 0.9278953

00:43:22.510 --> 00:43:25.318 and I mean the governor in one place.
NOTE Confidence: 0.9278953

00:43:25.320 --> 00:43:27.849 Who says you have to do one thing and
NOTE Confidence: 0.9278953

00:43:27.849 --> 00:43:30.588 a governor right across the border?
NOTE Confidence: 0.9278953

00:43:30.590 --> 00:43:32.285 Who's doing something else has
NOTE Confidence: 0.9278953

00:43:32.285 --> 00:43:34.800 created a kind of chaos of response,
NOTE Confidence: 0.9278953

00:43:34.800 --> 00:43:36.714 but I think it's been unbelievably
NOTE Confidence: 0.9278953

00:43:36.714 --> 00:43:38.660 toxic and that has escalated.
NOTE Confidence: 0.9278953

00:43:38.660 --> 00:43:41.030 People sense of psychological stress and.

NOTE Confidence: 0.9278953

00:43:41.030 --> 00:43:43.538 The feeling of not understanding how

NOTE Confidence: 0.9278953

00:43:43.538 --> 00:43:45.593 the treatment you're getting responds

NOTE Confidence: 0.9278953

00:43:45.593 --> 00:43:47.798 to the a response to the politics

NOTE Confidence: 0.9278953

00:43:47.798 --> 00:43:50.168 of the moment has been appalling,

NOTE Confidence: 0.9278953

00:43:50.170 --> 00:43:52.739 and the manipulation and the city of

NOTE Confidence: 0.9278953

00:43:52.739 --> 00:43:54.299 politicization and the politicization

NOTE Confidence: 0.9278953

00:43:54.299 --> 00:43:56.269 of masks in the stores,

NOTE Confidence: 0.9278953

00:43:56.270 --> 00:43:58.867 that won't let people in without mask

NOTE Confidence: 0.9278953

00:43:58.867 --> 00:44:01.218 all trickle down from a president,

NOTE Confidence: 0.9278953

00:44:01.220 --> 00:44:01.586 who,

NOTE Confidence: 0.9278953

00:44:01.586 --> 00:44:03.782 instead of putting on a mask

NOTE Confidence: 0.9278953

00:44:03.782 --> 00:44:05.800 like even Immanuel Makron dude,

NOTE Confidence: 0.9278953

00:44:05.800 --> 00:44:08.008 who instead had said I'm not

NOTE Confidence: 0.9278953

00:44:08.008 --> 00:44:09.990 going to wear a mask.

NOTE Confidence: 0.9278953

00:44:09.990 --> 00:44:13.617 You don't have to wear a mask out there.

NOTE Confidence: 0.9278953

00:44:13.620 --> 00:44:15.755 I want my election rallies to take
NOTE Confidence: 0.9278953

00:44:15.755 --> 00:44:18.385 place with large numbers of people not
NOTE Confidence: 0.9278953

00:44:18.385 --> 00:44:20.037 practicing social distancing because
NOTE Confidence: 0.9278953

00:44:20.037 --> 00:44:22.180 that plays better on television.
NOTE Confidence: 0.9278953

00:44:22.180 --> 00:44:24.777 That was a statement just from yesterday.
NOTE Confidence: 0.9278953

00:44:24.780 --> 00:44:27.692 It's it's appalling an it's making the
NOTE Confidence: 0.9278953

00:44:27.692 --> 00:44:30.374 situation much worse and that's why we
NOTE Confidence: 0.9278953

00:44:30.374 --> 00:44:32.825 have the highest rate of coded infection
NOTE Confidence: 0.9278953

00:44:32.825 --> 00:44:35.593 in the world and why there's no sign
NOTE Confidence: 0.9278953

00:44:35.593 --> 00:44:38.166 at that rate is being brought down.
NOTE Confidence: 0.9278953

00:44:38.170 --> 00:44:39.658 Other countries have managed
NOTE Confidence: 0.9278953

00:44:39.658 --> 00:44:41.146 Ahmed to largely eliminate,
NOTE Confidence: 0.9278953

00:44:41.150 --> 00:44:43.376 and the problem of this illness.
NOTE Confidence: 0.9278953

00:44:43.380 --> 00:44:45.310 We need world leadership, ideally.
NOTE Confidence: 0.9278953

00:44:45.310 --> 00:44:46.690 But certainly, federal leadership,
NOTE Confidence: 0.9278953

00:44:46.690 --> 00:44:50.760 in its absence, is really a gross deficit.

NOTE Confidence: 0.9278953

00:44:50.760 --> 00:44:52.690 Oh no.

NOTE Confidence: 0.9278953

00:44:52.690 --> 00:44:54.112 There is discussion.

NOTE Confidence: 0.9278953

00:44:54.112 --> 00:44:56.008 There's already discussion about

NOTE Confidence: 0.9278953

00:44:56.008 --> 00:44:57.943 illuminating the relaxed regulations

NOTE Confidence: 0.9278953

00:44:57.943 --> 00:45:01.051 related to have the teller health or

NOTE Confidence: 0.9278953

00:45:01.051 --> 00:45:03.158 decreasing reimbursement for virtual visits.

NOTE Confidence: 0.9278953

00:45:03.160 --> 00:45:05.348 What are your recommendations

NOTE Confidence: 0.9278953

00:45:05.348 --> 00:45:07.536 for Tele health advocacy?

NOTE Confidence: 0.9278953

00:45:07.540 --> 00:45:07.899 Well,

NOTE Confidence: 0.9278953

00:45:07.899 --> 00:45:10.771 I think that the first thing to be

NOTE Confidence: 0.9278953

00:45:10.771 --> 00:45:13.612 done is a lot of good studies on

NOTE Confidence: 0.9278953

00:45:13.612 --> 00:45:16.159 the efficacy of Keller held a gun.

NOTE Confidence: 0.9278953

00:45:16.160 --> 00:45:18.968 Think that we have at this point we have

NOTE Confidence: 0.9278953

00:45:18.968 --> 00:45:20.940 anecdotal experience and there's no

NOTE Confidence: 0.9278953

00:45:20.940 --> 00:45:23.334 question that ever helped helped many,

NOTE Confidence: 0.9278953

00:45:23.340 --> 00:45:25.130 many people under many circumstances.

NOTE Confidence: 0.9278953

00:45:25.130 --> 00:45:26.562 I'm not aware of,

NOTE Confidence: 0.9278953

00:45:26.562 --> 00:45:28.352 at least are having large,

NOTE Confidence: 0.9278953

00:45:28.360 --> 00:45:30.388 well funded studies in which we

NOTE Confidence: 0.9278953

00:45:30.388 --> 00:45:32.177 compare outcomes with Tele health

NOTE Confidence: 0.9278953

00:45:32.177 --> 00:45:34.042 outcomes with no response outcomes

NOTE Confidence: 0.9278953

00:45:34.042 --> 00:45:35.534 with in person visits.

NOTE Confidence: 0.9278953

00:45:35.540 --> 00:45:38.298 I think we need to put together.

NOTE Confidence: 0.926679

00:45:38.300 --> 00:45:40.351 The research, in order to make those

NOTE Confidence: 0.926679

00:45:40.351 --> 00:45:41.925 arguments, but those arguments would then

NOTE Confidence: 0.926679

00:45:41.925 --> 00:45:43.811 have to be made to insurance industry

NOTE Confidence: 0.926679

00:45:43.811 --> 00:45:46.417 that would like not to pay for all these

NOTE Confidence: 0.926679

00:45:46.417 --> 00:45:48.451 telehealth visits and to a federal

NOTE Confidence: 0.926679

00:45:48.451 --> 00:45:50.050 government that couldn't care less.

NOTE Confidence: 0.926679

00:45:50.050 --> 00:45:51.500 So did studies are important

NOTE Confidence: 0.926679

00:45:51.500 --> 00:45:53.290 and will be the first step.

NOTE Confidence: 0.926679

00:45:53.290 --> 00:45:56.530 But there's still a long way to go.

NOTE Confidence: 0.926679

00:45:56.530 --> 00:45:59.416 Um, here's one in your travels.

NOTE Confidence: 0.926679

00:45:59.420 --> 00:46:02.228 If you experience other cultural rituals

NOTE Confidence: 0.926679

00:46:02.228 --> 00:46:04.664 or techniques that enhance resilience

NOTE Confidence: 0.926679

00:46:04.664 --> 00:46:07.598 into other situations of isolation or

NOTE Confidence: 0.926679

00:46:07.598 --> 00:46:10.508 funeral rites, that could be helpful.

NOTE Confidence: 0.926679

00:46:10.508 --> 00:46:14.357 Now, IE helpful practices in times of duress,

NOTE Confidence: 0.926679

00:46:14.360 --> 00:46:17.390 suppression, or war. Well.

NOTE Confidence: 0.926679

00:46:17.390 --> 00:46:19.970 The rituals that I've encountered have

NOTE Confidence: 0.926679

00:46:19.970 --> 00:46:22.359 always involved people coming together.

NOTE Confidence: 0.926679

00:46:22.360 --> 00:46:24.490 I mean, I reported from Afghanistan

NOTE Confidence: 0.926679

00:46:24.490 --> 00:46:27.025 during the early days of the American

NOTE Confidence: 0.926679

00:46:27.025 --> 00:46:28.775 invasion in February of 2002,

NOTE Confidence: 0.926679

00:46:28.780 --> 00:46:30.652 and I recorded from Libya at

NOTE Confidence: 0.926679

00:46:30.652 --> 00:46:33.069 the end of the Kadhafi period,

NOTE Confidence: 0.926679

00:46:33.070 --> 00:46:35.618 and even in societies that were in
NOTE Confidence: 0.926679

00:46:35.618 --> 00:46:38.068 total chaos when there was a death,
NOTE Confidence: 0.926679

00:46:38.070 --> 00:46:40.502 there was a kind of pause in the
NOTE Confidence: 0.926679

00:46:40.502 --> 00:46:42.709 chaos and people came together,
NOTE Confidence: 0.926679

00:46:42.710 --> 00:46:45.542 maybe not as many people as we have
NOTE Confidence: 0.926679

00:46:45.542 --> 00:46:47.698 come together in a peaceful time,
NOTE Confidence: 0.926679

00:46:47.700 --> 00:46:49.950 but they were still human beings.
NOTE Confidence: 0.926679

00:46:49.950 --> 00:46:52.056 In contact with other human beings,
NOTE Confidence: 0.926679

00:46:52.060 --> 00:46:53.810 that is really the essence,
NOTE Confidence: 0.926679

00:46:53.810 --> 00:46:56.099 I think of all of the cultural
NOTE Confidence: 0.926679

00:46:56.099 --> 00:46:58.019 rituals that exist around death,
NOTE Confidence: 0.926679

00:46:58.020 --> 00:47:00.126 and it's the thing of which
NOTE Confidence: 0.926679

00:47:00.126 --> 00:47:01.530 we are currently deprived.
NOTE Confidence: 0.926679

00:47:01.530 --> 00:47:02.541 Having said that,
NOTE Confidence: 0.926679

00:47:02.541 --> 00:47:06.098 I think that you know it is better to have.
NOTE Confidence: 0.926679

00:47:06.100 --> 00:47:07.164 I mean,

NOTE Confidence: 0.926679

00:47:07.164 --> 00:47:10.356 if someone I know just had.

NOTE Confidence: 0.926679

00:47:10.360 --> 00:47:12.824 A a telemedicine funeral in I mean up

NOTE Confidence: 0.926679

00:47:12.824 --> 00:47:14.789 telling Medison Absolute zoom funeral,

NOTE Confidence: 0.926679

00:47:14.790 --> 00:47:17.254 in which even though she was the only

NOTE Confidence: 0.926679

00:47:17.254 --> 00:47:20.250 one at the graveside or I think machine,

NOTE Confidence: 0.926679

00:47:20.250 --> 00:47:22.616 her daughters who are at the graveside

NOTE Confidence: 0.926679

00:47:22.616 --> 00:47:25.233 that they had a camera setup and they

NOTE Confidence: 0.926679

00:47:25.233 --> 00:47:27.923 knew that a huge number of people were

NOTE Confidence: 0.926679

00:47:27.923 --> 00:47:30.471 watching and the people who were watching

NOTE Confidence: 0.926679

00:47:30.480 --> 00:47:33.208 when it was over sent messages of concern.

NOTE Confidence: 0.926679

00:47:33.210 --> 00:47:35.978 I think we need to figure out techniques

NOTE Confidence: 0.926679

00:47:35.978 --> 00:47:38.657 in which people know how to do that,

NOTE Confidence: 0.926679

00:47:38.660 --> 00:47:40.720 which it becomes a standard.

NOTE Confidence: 0.926679

00:47:40.720 --> 00:47:43.730 Enterprise to uh to make that available,

NOTE Confidence: 0.926679

00:47:43.730 --> 00:47:44.130 uh,

NOTE Confidence: 0.926679

00:47:44.130 --> 00:47:46.130 in which people are responsive
NOTE Confidence: 0.926679

00:47:46.130 --> 00:47:48.460 to the sense of absence.
NOTE Confidence: 0.926679

00:47:48.460 --> 00:47:49.736 and I also think,
NOTE Confidence: 0.926679

00:47:49.736 --> 00:47:53.620 and I know this is my possibly controversial.
NOTE Confidence: 0.926679

00:47:53.620 --> 00:47:55.770 I also think that sometimes,
NOTE Confidence: 0.926679

00:47:55.770 --> 00:47:57.060 especially if, uh,
NOTE Confidence: 0.926679

00:47:57.060 --> 00:48:00.070 in this instance the window is uninfected,
NOTE Confidence: 0.926679

00:48:00.070 --> 00:48:03.510 there are moments when you can then either.
NOTE Confidence: 0.926679

00:48:03.510 --> 00:48:06.520 If you can't go to the funeral,
NOTE Confidence: 0.926679

00:48:06.520 --> 00:48:09.960 you can actually go and see the person,
NOTE Confidence: 0.926679

00:48:09.960 --> 00:48:11.680 possibly at 6 feet.
NOTE Confidence: 0.926679

00:48:11.680 --> 00:48:12.110 Distance,
NOTE Confidence: 0.926679

00:48:12.110 --> 00:48:12.720 I mean,
NOTE Confidence: 0.926679

00:48:12.720 --> 00:48:15.160 if you can't have awake and you can
NOTE Confidence: 0.926679

00:48:15.239 --> 00:48:17.679 have a Siva and you can't have any
NOTE Confidence: 0.926679

00:48:17.679 --> 00:48:20.243 of these other rituals that usually

NOTE Confidence: 0.926679
00:48:20.243 --> 00:48:23.057 bring people together in their morning,
NOTE Confidence: 0.926679
00:48:23.060 --> 00:48:24.960 you can have individual visits
NOTE Confidence: 0.926679
00:48:24.960 --> 00:48:26.860 outside with Mass under controlled
NOTE Confidence: 0.926679
00:48:26.925 --> 00:48:28.650 circumstances and you can prioritize
NOTE Confidence: 0.926679
00:48:28.650 --> 00:48:31.152 those and you can come up with
NOTE Confidence: 0.926679
00:48:31.152 --> 00:48:33.294 parameters and that are dictated by
NOTE Confidence: 0.926679
00:48:33.294 --> 00:48:35.102 religious leaders and by cultural
NOTE Confidence: 0.926679
00:48:35.102 --> 00:48:37.286 leaders and of what is acceptable,
NOTE Confidence: 0.926679
00:48:37.290 --> 00:48:38.385 what is unacceptable,
NOTE Confidence: 0.926679
00:48:38.385 --> 00:48:39.480 what is available,
NOTE Confidence: 0.926679
00:48:39.480 --> 00:48:41.315 what is unavailable and come
NOTE Confidence: 0.926679
00:48:41.315 --> 00:48:43.750 together as a community of support.
NOTE Confidence: 0.926679
00:48:43.750 --> 00:48:46.278 Even when you have to physically be there,
NOTE Confidence: 0.926679
00:48:46.280 --> 00:48:48.430 holding your arm around someone
NOTE Confidence: 0.926679
00:48:48.430 --> 00:48:50.580 shoulder at the great site.
NOTE Confidence: 0.777153078

00:48:50.580 --> 00:48:54.138 Um? I have one more here.
NOTE Confidence: 0.777153078

00:48:54.140 --> 00:48:55.952 Thank you for highlighting
NOTE Confidence: 0.777153078

00:48:55.952 --> 00:48:57.764 the nature of disease.
NOTE Confidence: 0.777153078

00:48:57.770 --> 00:49:00.040 Social isolation racism is pervasive,
NOTE Confidence: 0.777153078

00:49:00.040 --> 00:49:01.088 longstanding stressors,
NOTE Confidence: 0.777153078

00:49:01.088 --> 00:49:04.232 and in particular the elegant Aikikai
NOTE Confidence: 0.777153078

00:49:04.232 --> 00:49:06.850 Ninjew study by Zelikow ski at Al.
NOTE Confidence: 0.777153078

00:49:06.850 --> 00:49:09.754 How do you think appreciation of
NOTE Confidence: 0.777153078

00:49:09.754 --> 00:49:11.690 these pervasive stressors should
NOTE Confidence: 0.777153078

00:49:11.767 --> 00:49:14.447 change the nature of psychiatric
NOTE Confidence: 0.777153078

00:49:14.447 --> 00:49:17.127 treatment for stress related disorders?
NOTE Confidence: 0.777153078

00:49:17.130 --> 00:49:19.895 You know we live in stressful times.
NOTE Confidence: 0.777153078

00:49:19.900 --> 00:49:21.880 We're living in stressful times.
NOTE Confidence: 0.777153078

00:49:21.880 --> 00:49:24.449 Even before kovid came along we have
NOTE Confidence: 0.777153078

00:49:24.449 --> 00:49:27.378 lived in stressful times with the extreme
NOTE Confidence: 0.777153078

00:49:27.378 --> 00:49:29.138 polarization of American politics

NOTE Confidence: 0.777153078

00:49:29.138 --> 00:49:31.557 that it's been stressful for people

NOTE Confidence: 0.777153078

00:49:31.557 --> 00:49:34.156 at either end of the spectrum we're

NOTE Confidence: 0.777153078

00:49:34.156 --> 00:49:36.928 living in Ms stressful times because of,

NOTE Confidence: 0.777153078

00:49:36.930 --> 00:49:39.306 you know a million different things.

NOTE Confidence: 0.777153078

00:49:39.310 --> 00:49:42.159 The information revolution we now live in

NOTE Confidence: 0.777153078

00:49:42.159 --> 00:49:44.449 stressful times because we can't travel.

NOTE Confidence: 0.777153078

00:49:44.450 --> 00:49:46.118 We previously lived in

NOTE Confidence: 0.777153078

00:49:46.118 --> 00:49:47.369 stressful times because.

NOTE Confidence: 0.777153078

00:49:47.370 --> 00:49:49.505 You were on airplanes all the time,

NOTE Confidence: 0.777153078

00:49:49.510 --> 00:49:52.066 or if we were people who had fewer privileges

NOTE Confidence: 0.777153078

00:49:52.066 --> 00:49:54.389 and warrant on airplanes all the time.

NOTE Confidence: 0.777153078

00:49:54.390 --> 00:49:56.376 We lived in stressful times because

NOTE Confidence: 0.777153078

00:49:56.376 --> 00:49:58.760 the social safety net has been so

NOTE Confidence: 0.777153078

00:49:58.760 --> 00:50:00.430 profoundly eroded and the support.

NOTE Confidence: 0.777153078

00:50:00.430 --> 00:50:02.610 But we are struggling,

NOTE Confidence: 0.777153078

00:50:02.610 --> 00:50:05.880 have been adamant so profoundly undermined.

NOTE Confidence: 0.777153078

00:50:05.880 --> 00:50:09.541 So I think that we need to

NOTE Confidence: 0.777153078

00:50:09.541 --> 00:50:12.895 recognize that stress is a really

NOTE Confidence: 0.777153078

00:50:12.895 --> 00:50:16.237 basic problem in the 21st century,

NOTE Confidence: 0.777153078

00:50:16.240 --> 00:50:20.176 and that figuring out ways to figure out

NOTE Confidence: 0.777153078

00:50:20.176 --> 00:50:24.957 ways to deal with that stress is incredibly,

NOTE Confidence: 0.777153078

00:50:24.960 --> 00:50:26.655 is incredibly important.

NOTE Confidence: 0.777153078

00:50:26.655 --> 00:50:28.915 And obviously there are

NOTE Confidence: 0.777153078

00:50:28.915 --> 00:50:31.580 medications that help people too.

NOTE Confidence: 0.777153078

00:50:31.580 --> 00:50:33.400 Deal with short term stress,

NOTE Confidence: 0.777153078

00:50:33.400 --> 00:50:36.064 but we don't want to go to having an

NOTE Confidence: 0.777153078

00:50:36.064 --> 00:50:38.500 entire population that's on diazepam.

NOTE Confidence: 0.777153078

00:50:38.500 --> 00:50:40.320 A rope as a lab.

NOTE Confidence: 0.777153078

00:50:40.320 --> 00:50:42.813 What we want to do is to have a

NOTE Confidence: 0.777153078

00:50:42.813 --> 00:50:45.017 population with people learn better

NOTE Confidence: 0.777153078

00:50:45.017 --> 00:50:46.869 techniques for managing stress,

NOTE Confidence: 0.777153078

00:50:46.870 --> 00:50:47.920 and there's mindfulness.

NOTE Confidence: 0.777153078

00:50:47.920 --> 00:50:50.870 And there are all kinds of other things,

NOTE Confidence: 0.777153078

00:50:50.870 --> 00:50:53.110 but I would also say in relation

NOTE Confidence: 0.777153078

00:50:53.110 --> 00:50:55.239 to Ms dress that difficult.

NOTE Confidence: 0.777153078

00:50:55.240 --> 00:50:57.376 Though this time has been many

NOTE Confidence: 0.777153078

00:50:57.376 --> 00:50:59.663 people I've spoken to have said

NOTE Confidence: 0.777153078

00:50:59.663 --> 00:51:02.027 that while they are very frightened.

NOTE Confidence: 0.777153078

00:51:02.030 --> 00:51:04.112 The stripping back of their lives

NOTE Confidence: 0.777153078

00:51:04.112 --> 00:51:05.831 to relatively simple lives because

NOTE Confidence: 0.777153078

00:51:05.831 --> 00:51:08.007 they stay at home and they don't go

NOTE Confidence: 0.777153078

00:51:08.007 --> 00:51:10.382 out and they aren't involved in a

NOTE Confidence: 0.777153078

00:51:10.382 --> 00:51:12.085 great many social interaction for

NOTE Confidence: 0.777153078

00:51:12.085 --> 00:51:14.095 all of its deficits and challenges

NOTE Confidence: 0.777153078

00:51:14.095 --> 00:51:15.959 has also reduced in some ways.

NOTE Confidence: 0.777153078

00:51:15.960 --> 00:51:16.896 Their stress levels,

NOTE Confidence: 0.777153078

00:51:16.896 --> 00:51:19.843 and so I think if we stand to learn
NOTE Confidence: 0.777153078

00:51:19.843 --> 00:51:21.568 things from this experience and
NOTE Confidence: 0.777153078

00:51:21.568 --> 00:51:23.410 I very much hope we do.
NOTE Confidence: 0.777153078

00:51:23.410 --> 00:51:25.850 One of the things I hope will learn
NOTE Confidence: 0.777153078

00:51:25.850 --> 00:51:28.408 is that it's possible for all of us
NOTE Confidence: 0.777153078

00:51:28.408 --> 00:51:30.870 to slow down our lives with that.
NOTE Confidence: 0.777153078

00:51:30.870 --> 00:51:32.940 Our lives evaporating in disappearing.
NOTE Confidence: 0.777153078

00:51:32.940 --> 00:51:35.577 And I hope that on the far side of
NOTE Confidence: 0.777153078

00:51:35.577 --> 00:51:38.214 this we carry that sense of how we
NOTE Confidence: 0.777153078

00:51:38.214 --> 00:51:40.864 can limit the stress of our day-to-day
NOTE Confidence: 0.777153078

00:51:40.864 --> 00:51:43.633 lives and limit the range of our
NOTE Confidence: 0.777153078

00:51:43.633 --> 00:51:45.498 activity and remained fully productive
NOTE Confidence: 0.777153078

00:51:45.498 --> 00:51:48.416 and fully engaged in lots and lots going on.
NOTE Confidence: 0.777153078

00:51:48.420 --> 00:51:50.812 I also think we need to have better
NOTE Confidence: 0.777153078

00:51:50.812 --> 00:51:52.549 situations for emergency workers,
NOTE Confidence: 0.777153078

00:51:52.550 --> 00:51:54.884 the emergency workers in this crisis

NOTE Confidence: 0.777153078

00:51:54.884 --> 00:51:57.385 have done so much and it worked

NOTE Confidence: 0.777153078

00:51:57.385 --> 00:51:59.770 so hard and had been so in gay,

NOTE Confidence: 0.777153078

00:51:59.770 --> 00:52:01.930 and I think it's frightening to

NOTE Confidence: 0.777153078

00:52:01.930 --> 00:52:03.010 think have little.

NOTE Confidence: 0.777153078

00:52:03.010 --> 00:52:03.673 Uh,

NOTE Confidence: 0.777153078

00:52:03.673 --> 00:52:06.988 they have been given space

NOTE Confidence: 0.777153078

00:52:06.988 --> 00:52:09.640 for alleviation of their

NOTE Confidence: 0.8791404

00:52:09.766 --> 00:52:13.085 stress. Um? Ashley Clayton has raised

NOTE Confidence: 0.8791404

00:52:13.085 --> 00:52:16.350 her hand actually Flake and you want

NOTE Confidence: 0.9215573

00:52:16.350 --> 00:52:18.210 to speak? Yeah, I'm first.

NOTE Confidence: 0.9215573

00:52:18.210 --> 00:52:20.800 Thank you so much for this talk.

NOTE Confidence: 0.9215573

00:52:20.800 --> 00:52:23.035 This is fantastic and I had

NOTE Confidence: 0.9215573

00:52:23.035 --> 00:52:24.910 a question or concern that's

NOTE Confidence: 0.9215573

00:52:24.910 --> 00:52:26.833 actually related to with John

NOTE Confidence: 0.9215573

00:52:26.833 --> 00:52:28.970 was raised in his question, but

NOTE Confidence: 0.9215573

00:52:28.970 --> 00:52:31.190 I think one thing for me
NOTE Confidence: 0.9215573

00:52:31.190 --> 00:52:34.190 both personally and also a lot of people
NOTE Confidence: 0.9215573

00:52:34.190 --> 00:52:36.760 I've talked to is the threshold for
NOTE Confidence: 0.9215573

00:52:36.760 --> 00:52:38.982 seeking help for mental health related
NOTE Confidence: 0.9215573

00:52:38.982 --> 00:52:41.965 concerns is now raised right? I mean it.
NOTE Confidence: 0.9215573

00:52:41.965 --> 00:52:44.215 Or seeking medical attention in general,
NOTE Confidence: 0.9215573

00:52:44.220 --> 00:52:46.254 we've seen you know, admissions for
NOTE Confidence: 0.9215573

00:52:46.254 --> 00:52:49.460 heart attack and stroke go down in the D.
NOTE Confidence: 0.9215573

00:52:49.460 --> 00:52:52.220 Um, and you know, I know there's been
NOTE Confidence: 0.9215573

00:52:52.220 --> 00:52:54.192 this big prevention movement and
NOTE Confidence: 0.9215573

00:52:54.192 --> 00:52:56.976 kind of went the time to intervene
NOTE Confidence: 0.9215573

00:52:56.976 --> 00:52:59.234 as before stage for mental health,
NOTE Confidence: 0.9215573

00:52:59.234 --> 00:53:01.490 but where a lot of people,
NOTE Confidence: 0.9215573

00:53:01.490 --> 00:53:02.994 both for myself included.
NOTE Confidence: 0.9215573

00:53:02.994 --> 00:53:05.619 I have an incredible psychiatric team that
NOTE Confidence: 0.9215573

00:53:05.619 --> 00:53:08.640 I've been working with for a long time,

NOTE Confidence: 0.9215573

00:53:08.640 --> 00:53:10.515 but my threshold for reaching

NOTE Confidence: 0.9215573

00:53:10.515 --> 00:53:12.392 out to them is like,

NOTE Confidence: 0.9215573

00:53:12.392 --> 00:53:16.530 do I need to be in the emergency room or not?

NOTE Confidence: 0.9215573

00:53:16.530 --> 00:53:18.798 Because there's this message of right

NOTE Confidence: 0.9215573

00:53:18.798 --> 00:53:21.280 this overburdening of the medical system.

NOTE Confidence: 0.9215573

00:53:21.280 --> 00:53:23.020 Everyone is stretched so thin

NOTE Confidence: 0.9215573

00:53:23.020 --> 00:53:24.750 and I've heard that um,

NOTE Confidence: 0.9215573

00:53:24.750 --> 00:53:27.625 kind of in my peer communities as well.

NOTE Confidence: 0.9215573

00:53:27.625 --> 00:53:29.850 And so I'm just concerned.

NOTE Confidence: 0.9215573

00:53:29.850 --> 00:53:31.653 How long that will last,

NOTE Confidence: 0.9215573

00:53:31.653 --> 00:53:33.820 even as the health care system.

NOTE Confidence: 0.9215573

00:53:33.820 --> 00:53:37.000 You know, we flatten the curve.

NOTE Confidence: 0.9215573

00:53:37.000 --> 00:53:38.230 There's more.

NOTE Confidence: 0.9215573

00:53:38.230 --> 00:53:39.520 Availability of services,

NOTE Confidence: 0.9215573

00:53:39.520 --> 00:53:41.240 Telehealth Services and things.

NOTE Confidence: 0.9215573

00:53:41.240 --> 00:53:44.680 But how long that that kind of internal
NOTE Confidence: 0.9215573

00:53:44.680 --> 00:53:47.275 threshold for people will remain raised?
NOTE Confidence: 0.9215573

00:53:47.275 --> 00:53:49.450 and I think the larger
NOTE Confidence: 0.9215573

00:53:49.450 --> 00:53:51.130 implications of that of,
NOTE Confidence: 0.9215573

00:53:51.130 --> 00:53:51.990 you know,
NOTE Confidence: 0.9215573

00:53:51.990 --> 00:53:55.000 only seeking help help and only really
NOTE Confidence: 0.9228361

00:53:55.000 --> 00:53:56.720 intervening in acute crisis.
NOTE Confidence: 0.9209945

00:53:59.240 --> 00:54:02.376 Well, I mean to quote our old friend
NOTE Confidence: 0.9209945

00:54:02.376 --> 00:54:04.598 Benjamin Franklin an ounce of prevention
NOTE Confidence: 0.9209945

00:54:04.598 --> 00:54:07.635 is worth a pound of cure and I think
NOTE Confidence: 0.9209945

00:54:07.635 --> 00:54:10.108 at the moment there is so much stress
NOTE Confidence: 0.9209945

00:54:10.108 --> 00:54:12.474 and there is so much mental illness
NOTE Confidence: 0.9209945

00:54:12.474 --> 00:54:14.501 in circulation that people are really
NOTE Confidence: 0.9209945

00:54:14.501 --> 00:54:17.140 focusing on pure rather than on prevention.
NOTE Confidence: 0.9209945

00:54:17.140 --> 00:54:19.756 and I don't know that we have the
NOTE Confidence: 0.9209945

00:54:19.756 --> 00:54:22.407 resources to turn that around right now.

NOTE Confidence: 0.9209945

00:54:22.410 --> 00:54:25.758 I mean, I don't think we can start doing

NOTE Confidence: 0.9209945

00:54:25.758 --> 00:54:28.486 prevention and give up on cure, I just only.

NOTE Confidence: 0.9209945

00:54:28.486 --> 00:54:31.694 We have the the scope for that and I think we

NOTE Confidence: 0.9209945

00:54:31.694 --> 00:54:34.249 can't abandoned the people who are in prices,

NOTE Confidence: 0.9209945

00:54:34.250 --> 00:54:35.948 but it is to be hoped.

NOTE Confidence: 0.9209945

00:54:35.950 --> 00:54:38.326 I guess is that on the far side of

NOTE Confidence: 0.9209945

00:54:38.326 --> 00:54:40.953 the most acute phase of this crisis

NOTE Confidence: 0.9209945

00:54:40.953 --> 00:54:43.552 will recognize what can be done by

NOTE Confidence: 0.9209945

00:54:43.552 --> 00:54:45.883 way of prevention so that people are.

NOTE Confidence: 0.9209945

00:54:45.890 --> 00:54:48.015 More resilient when they come

NOTE Confidence: 0.9209945

00:54:48.015 --> 00:54:50.140 to situations like this one.

NOTE Confidence: 0.9209945

00:54:50.140 --> 00:54:51.644 But having said before,

NOTE Confidence: 0.9209945

00:54:51.644 --> 00:54:53.900 there should be a public health

NOTE Confidence: 0.9209945

00:54:53.969 --> 00:54:57.000 response in which, uh.

NOTE Confidence: 0.9209945

00:54:57.000 --> 00:54:59.250 Fine or whatever the technique is.

NOTE Confidence: 0.9209945

00:54:59.250 --> 00:55:01.608 Beltone gets used for the hotline
NOTE Confidence: 0.9209945

00:55:01.608 --> 00:55:03.577 or something along those lines
NOTE Confidence: 0.9209945

00:55:03.577 --> 00:55:04.877 is put into place.
NOTE Confidence: 0.9209945

00:55:04.880 --> 00:55:06.930 The UM.
NOTE Confidence: 0.9209945

00:55:06.930 --> 00:55:09.128 Perative right now I think is also
NOTE Confidence: 0.9209945

00:55:09.128 --> 00:55:11.715 to say to people if you are not
NOTE Confidence: 0.9209945

00:55:11.715 --> 00:55:13.860 yet really in an acute crisis,
NOTE Confidence: 0.9209945

00:55:13.860 --> 00:55:16.276 but feel like you're headed that way you
NOTE Confidence: 0.9209945

00:55:16.276 --> 00:55:18.806 two through the temp to access telemedicine.
NOTE Confidence: 0.9209945

00:55:18.810 --> 00:55:20.796 And if you have had severe
NOTE Confidence: 0.9209945

00:55:20.796 --> 00:55:22.770 depression or anxiety in the past,
NOTE Confidence: 0.9209945

00:55:22.770 --> 00:55:24.750 you know get everyone in order.
NOTE Confidence: 0.9209945

00:55:24.750 --> 00:55:27.270 I mean, I speak as someone who has suffered
NOTE Confidence: 0.9209945

00:55:27.270 --> 00:55:29.368 from severe depression and anxiety.
NOTE Confidence: 0.9209945

00:55:29.370 --> 00:55:31.680 I got in touch with my therapist.
NOTE Confidence: 0.9209945

00:55:31.680 --> 00:55:32.670 I said look,

NOTE Confidence: 0.9209945

00:55:32.670 --> 00:55:34.320 I'm feeling kind of fragile.

NOTE Confidence: 0.9209945

00:55:34.320 --> 00:55:36.300 These are the concerns I have.

NOTE Confidence: 0.9209945

00:55:36.300 --> 00:55:39.380 This is how well I'm dealing with them.

NOTE Confidence: 0.9209945

00:55:39.380 --> 00:55:41.524 I seem not so far not have escalated

NOTE Confidence: 0.9209945

00:55:41.524 --> 00:55:43.380 into a clinical depression,

NOTE Confidence: 0.9209945

00:55:43.380 --> 00:55:46.188 but I have people on tap or ready

NOTE Confidence: 0.9209945

00:55:46.188 --> 00:55:48.700 to help me when and as I do,

NOTE Confidence: 0.9209945

00:55:48.700 --> 00:55:50.698 and that's a very privileged position.

NOTE Confidence: 0.9209945

00:55:50.700 --> 00:55:52.680 I realized that you have people

NOTE Confidence: 0.9209945

00:55:52.680 --> 00:55:55.136 on the team who were already in

NOTE Confidence: 0.9209945

00:55:55.136 --> 00:55:57.248 place and to have the resources

NOTE Confidence: 0.9209945

00:55:57.248 --> 00:55:59.356 to be able to talk to them,

NOTE Confidence: 0.9209945

00:55:59.360 --> 00:56:01.961 but I think if the people you know I

NOTE Confidence: 0.9209945

00:56:01.961 --> 00:56:04.356 started off with those four categories,

NOTE Confidence: 0.9209945

00:56:04.360 --> 00:56:07.348 I think if the people who I said require

NOTE Confidence: 0.9209945

00:56:07.348 --> 00:56:10.128 what I thought psychiatric first aid.
NOTE Confidence: 0.9209945

00:56:10.130 --> 00:56:11.225 Are paying attention.
NOTE Confidence: 0.9209945

00:56:11.225 --> 00:56:13.780 There are ways that they can prevent
NOTE Confidence: 0.9209945

00:56:13.849 --> 00:56:15.739 themselves from escalating into the
NOTE Confidence: 0.9209945

00:56:15.739 --> 00:56:18.424 Group 3 in that analysis where the
NOTE Confidence: 0.9209945

00:56:18.424 --> 00:56:20.614 people who are having their first
NOTE Confidence: 0.9209945

00:56:20.614 --> 00:56:23.000 really serious here and I think back
NOTE Confidence: 0.9209945

00:56:23.000 --> 00:56:25.839 to what John said at the beginning,
NOTE Confidence: 0.9209945

00:56:25.840 --> 00:56:27.946 we need to destigmatize those efforts
NOTE Confidence: 0.9209945

00:56:27.946 --> 00:56:30.794 and we need to say to people you
NOTE Confidence: 0.9209945

00:56:30.794 --> 00:56:33.366 know if you're feeling really bad and
NOTE Confidence: 0.9209945

00:56:33.366 --> 00:56:35.556 if you're having terrible insomnia,
NOTE Confidence: 0.9209945

00:56:35.560 --> 00:56:37.798 and if you're waking up feeling
NOTE Confidence: 0.9209945

00:56:37.798 --> 00:56:38.544 incredibly anxious,
NOTE Confidence: 0.9209945

00:56:38.550 --> 00:56:41.280 or whatever the panoply of cyst symptoms.
NOTE Confidence: 0.9209945

00:56:41.280 --> 00:56:43.544 Maybe if you want to address that Patrick,

NOTE Confidence: 0.9209945

00:56:43.550 --> 00:56:44.970 leave something you need to,

NOTE Confidence: 0.9209945

00:56:44.970 --> 00:56:47.170 you need to find a way to do it and

NOTE Confidence: 0.9209945

00:56:47.242 --> 00:56:49.447 that needs to be a public health

NOTE Confidence: 0.9209945

00:56:49.447 --> 00:56:51.065 campaign and then the resources

NOTE Confidence: 0.9209945

00:56:51.065 --> 00:56:53.481 have to be there so the ones we've

NOTE Confidence: 0.9209945

00:56:53.490 --> 00:56:55.122 said that two people there are

NOTE Confidence: 0.9209945

00:56:55.122 --> 00:56:56.210 services that they can

NOTE Confidence: 0.8956671

00:56:56.261 --> 00:56:56.620 access.

NOTE Confidence: 0.8792003

00:56:59.200 --> 00:57:02.790 I will do this if you one more question and

NOTE Confidence: 0.8792003

00:57:02.874 --> 00:57:06.130 then I knew were running a little over.

NOTE Confidence: 0.8792003

00:57:06.130 --> 00:57:09.980 I'm find his Dave You are, but here we are.

NOTE Confidence: 0.8792003

00:57:09.980 --> 00:57:11.520 Therapist meeting with patients,

NOTE Confidence: 0.8792003

00:57:11.520 --> 00:57:13.060 isolation of calla health

NOTE Confidence: 0.8792003

00:57:13.060 --> 00:57:14.600 versus fear of Contagion.

NOTE Confidence: 0.8792003

00:57:14.600 --> 00:57:16.880 Much more equalization between both

NOTE Confidence: 0.8792003

00:57:16.880 --> 00:57:19.500 parties you to shared anxieties etc.

NOTE Confidence: 0.8792003

00:57:19.500 --> 00:57:22.272 Uh, well there's no question that

NOTE Confidence: 0.8792003

00:57:22.272 --> 00:57:24.944 people who are practitioners of mental

NOTE Confidence: 0.8792003

00:57:24.944 --> 00:57:27.548 health care are also having a rough

NOTE Confidence: 0.8792003

00:57:27.548 --> 00:57:30.706 time at the 40% of the population who

NOTE Confidence: 0.8792003

00:57:30.706 --> 00:57:33.151 have currently got clinical symptoms

NOTE Confidence: 0.8792003

00:57:33.151 --> 00:57:35.859 includes any number of people who are

NOTE Confidence: 0.8792003

00:57:35.859 --> 00:57:38.610 working in the field of mental health.

NOTE Confidence: 0.8792003

00:57:38.610 --> 00:57:40.602 There are some instances in which

NOTE Confidence: 0.8792003

00:57:40.602 --> 00:57:42.337 for a psychiatrist or psychologist

NOTE Confidence: 0.8792003

00:57:42.337 --> 00:57:44.703 or therapist to say I'm having a

NOTE Confidence: 0.8792003

00:57:44.703 --> 00:57:46.924 rough time too is immensely helpful

NOTE Confidence: 0.8792003

00:57:46.924 --> 00:57:49.138 and allows the patient to understand

NOTE Confidence: 0.8792003

00:57:49.140 --> 00:57:50.900 this is happening to everyone.

NOTE Confidence: 0.8792003

00:57:50.900 --> 00:57:52.838 There are some instances in which

NOTE Confidence: 0.8792003

00:57:52.838 --> 00:57:54.961 it's very unhelpful and makes the

NOTE Confidence: 0.8792003

00:57:54.961 --> 00:57:56.509 patient feel terribly insecure,

NOTE Confidence: 0.8792003

00:57:56.510 --> 00:57:58.998 but it's been work done on what degree

NOTE Confidence: 0.8792003

00:57:58.998 --> 00:58:01.146 of disclosure can be affected within

NOTE Confidence: 0.8792003

00:58:01.146 --> 00:58:02.606 relationship between a therapist

NOTE Confidence: 0.8792003

00:58:02.606 --> 00:58:03.880 and a patient.

NOTE Confidence: 0.8792003

00:58:03.880 --> 00:58:05.920 There is an allowed stuff on

NOTE Confidence: 0.8792003

00:58:05.920 --> 00:58:08.088 transference and on the ways in

NOTE Confidence: 0.8792003

00:58:08.088 --> 00:58:10.296 which you engage with friends friend.

NOTE Confidence: 0.8792003

00:58:10.300 --> 00:58:11.800 In terms of psychodynamic therapies,

NOTE Confidence: 0.8792003

00:58:11.800 --> 00:58:14.482 but even in terms of other forms of therapy,

NOTE Confidence: 0.8792003

00:58:14.490 --> 00:58:15.148 that's true.

NOTE Confidence: 0.8792003

00:58:15.148 --> 00:58:16.793 Mental health practitioners and there

NOTE Confidence: 0.8792003

00:58:16.793 --> 00:58:19.270 are many of you on this line right now.

NOTE Confidence: 0.8792003

00:58:19.270 --> 00:58:21.377 Need to attend to their own mental

NOTE Confidence: 0.8792003

00:58:21.377 --> 00:58:23.668 health as well as they can in order

NOTE Confidence: 0.8792003

00:58:23.668 --> 00:58:25.550 to be helpful to their feature,
NOTE Confidence: 0.8792003

00:58:25.550 --> 00:58:27.601 because the thing that is really most
NOTE Confidence: 0.8792003

00:58:27.601 --> 00:58:29.739 helpful if there's going to be disclosure,
NOTE Confidence: 0.8792003

00:58:29.740 --> 00:58:31.602 is to say I've been having a
NOTE Confidence: 0.8792003

00:58:31.602 --> 00:58:33.020 lot of similar symptoms,
NOTE Confidence: 0.8792003

00:58:33.020 --> 00:58:34.664 but I've been doing some things
NOTE Confidence: 0.8792003

00:58:34.664 --> 00:58:36.609 that seem to have really helped,
NOTE Confidence: 0.8792003

00:58:36.610 --> 00:58:38.110 and here's what they are.
NOTE Confidence: 0.8792003

00:58:38.110 --> 00:58:39.600 The equalizing if the relationship
NOTE Confidence: 0.8792003

00:58:39.600 --> 00:58:40.792 between psychiatrists and patience,
NOTE Confidence: 0.8792003

00:58:40.800 --> 00:58:42.072 I think, is frequently.
NOTE Confidence: 0.8792003

00:58:42.072 --> 00:58:44.250 Very helpful, so long as it's containing.
NOTE Confidence: 0.8792003

00:58:44.250 --> 00:58:46.427 I mean I think being a psychiatrist
NOTE Confidence: 0.8792003

00:58:46.427 --> 00:58:48.324 who breaks down in tears and
NOTE Confidence: 0.8792003

00:58:48.324 --> 00:58:50.112 says I can't stand this either.
NOTE Confidence: 0.8792003

00:58:50.120 --> 00:58:52.532 I don't know what I'm going to do I

NOTE Confidence: 0.8792003

00:58:52.532 --> 00:58:54.989 think about suicide every day is not

NOTE Confidence: 0.8792003

00:58:54.989 --> 00:58:57.849 reassuring to a patient who is in his office.

NOTE Confidence: 0.8792003

00:58:57.850 --> 00:59:00.550 Being able to say as a

NOTE Confidence: 0.8792003

00:59:00.550 --> 00:59:02.350 psychiatrist that you've had.

NOTE Confidence: 0.8792003

00:59:02.350 --> 00:59:02.768 No,

NOTE Confidence: 0.8792003

00:59:02.768 --> 00:59:05.694 you faced various difficulties of your own.

NOTE Confidence: 0.8792003

00:59:05.700 --> 00:59:07.638 And manage come through them in.

NOTE Confidence: 0.8792003

00:59:07.640 --> 00:59:10.216 Here are some things that might be helpful,

NOTE Confidence: 0.8792003

00:59:10.220 --> 00:59:12.604 and they really apply to everyone in this

NOTE Confidence: 0.8792003

00:59:12.604 --> 00:59:15.385 time of national prices can be very useful,

NOTE Confidence: 0.8792003

00:59:15.390 --> 00:59:17.400 so that's a complex balance and

NOTE Confidence: 0.8792003

00:59:17.400 --> 00:59:19.366 we could probably talk about it

NOTE Confidence: 0.8792003

00:59:19.366 --> 00:59:21.319 for the next three or four hours

NOTE Confidence: 0.8792003

00:59:21.319 --> 00:59:23.468 and still not fully resolved yet.

NOTE Confidence: 0.8792003

00:59:23.470 --> 00:59:25.459 But I do think that there is a sense

NOTE Confidence: 0.8792003

00:59:25.459 --> 00:59:27.945 in which the members of the psychiatric

NOTE Confidence: 0.8792003

00:59:27.945 --> 00:59:30.213 profession are vulnerable an I think

NOTE Confidence: 0.8792003

00:59:30.213 --> 00:59:32.421 the pressure to sustain the appearance

NOTE Confidence: 0.8792003

00:59:32.421 --> 00:59:34.132 of invulnerability can be enormous

NOTE Confidence: 0.8792003

00:59:34.132 --> 00:59:35.752 and can be very counterproductive

NOTE Confidence: 0.8792003

00:59:35.752 --> 00:59:38.090 both for the psychiatrist and for the.

NOTE Confidence: 0.8792003

00:59:38.090 --> 00:59:38.398 Agent,

NOTE Confidence: 0.8792003

00:59:38.398 --> 00:59:40.554 and I'm thinking of course of the

NOTE Confidence: 0.8792003

00:59:40.554 --> 00:59:42.535 woman who is running the emergency

NOTE Confidence: 0.8792003

00:59:42.535 --> 00:59:44.895 room in at the Allen Medical Center

NOTE Confidence: 0.8792003

00:59:44.895 --> 00:59:46.585 in the North of Manhattan,

NOTE Confidence: 0.8792003

00:59:46.590 --> 00:59:48.879 who killed herself about a month ago.

NOTE Confidence: 0.8792003

00:59:48.880 --> 00:59:50.520 Now I think it is.

NOTE Confidence: 0.89541435

00:59:50.520 --> 00:59:53.000 Another story was all over the papers and

NOTE Confidence: 0.89541435

00:59:53.000 --> 00:59:55.775 most of you probably saw, but I thought,

NOTE Confidence: 0.89541435

00:59:55.775 --> 00:59:58.120 OK, there was someone who felt she

NOTE Confidence: 0.89541435

00:59:58.198 --> 01:00:00.459 had to be strong and powerful in.

NOTE Confidence: 0.89541435

01:00:00.460 --> 01:00:02.452 Relation to everyone and what is

NOTE Confidence: 0.89541435

01:00:02.452 --> 01:00:05.704 it that we do with someone who is

NOTE Confidence: 0.89541435

01:00:05.704 --> 01:00:07.548 under those terrible pressures?

NOTE Confidence: 0.89541435

01:00:07.550 --> 01:00:10.308 Are we taking care of those people?

NOTE Confidence: 0.89541435

01:00:10.310 --> 01:00:12.374 And frankly, I mean she was

NOTE Confidence: 0.89541435

01:00:12.374 --> 01:00:15.039 seeing a lot of patients dying.

NOTE Confidence: 0.89541435

01:00:15.040 --> 01:00:18.240 But if you are in psychology or psychiatry

NOTE Confidence: 0.89541435

01:00:18.240 --> 01:00:21.199 and you're at the moment seeing a lot

NOTE Confidence: 0.89541435

01:00:21.199 --> 01:00:24.099 of patients who are in desperate shape,

NOTE Confidence: 0.89541435

01:00:24.100 --> 01:00:25.282 that's very taxing.

NOTE Confidence: 0.89541435

01:00:25.282 --> 01:00:28.040 Even if you yourself are quite resilient,

NOTE Confidence: 0.89541435

01:00:28.040 --> 01:00:29.270 that's very taxing.

NOTE Confidence: 0.89541435

01:00:29.270 --> 01:00:30.500 It's very taxing.

NOTE Confidence: 0.89541435

01:00:30.500 --> 01:00:32.956 If we mostly have dealt with the worried,

NOTE Confidence: 0.89541435

01:00:32.960 --> 01:00:35.408 well can suddenly be dealing with
NOTE Confidence: 0.89541435

01:00:35.408 --> 01:00:37.415 one person after another who's
NOTE Confidence: 0.89541435

01:00:37.415 --> 01:00:39.831 in a state of despair and we need
NOTE Confidence: 0.89541435

01:00:39.831 --> 01:00:42.038 for the profession to provide.
NOTE Confidence: 0.89541435

01:00:42.040 --> 01:00:45.208 Not a facility so that those people have
NOTE Confidence: 0.89541435

01:00:45.208 --> 01:00:48.328 not received in our sustained in there cat.
NOTE Confidence: 0.89541435

01:00:48.330 --> 01:00:50.395 I think that's it.
NOTE Confidence: 0.89541435

01:00:50.395 --> 01:00:51.940 That's it OK.
NOTE Confidence: 0.9069161

01:00:52.560 --> 01:00:54.304 Andrew, thanks so much
NOTE Confidence: 0.9069161

01:00:54.304 --> 01:00:55.176 wonderful presentation.
NOTE Confidence: 0.9069161

01:00:55.180 --> 01:00:57.400 Really thoughtful and and helpful
NOTE Confidence: 0.9069161

01:00:57.400 --> 01:01:00.410 discussion as always were in your dead.
NOTE Confidence: 0.9069161

01:01:00.410 --> 01:01:02.960 And thank you so much for
NOTE Confidence: 0.9069161

01:01:02.960 --> 01:01:05.312 for speaking with us today.