

WEBVTT

NOTE duration:"00:52:03.5130000"

NOTE language:en-us

NOTE Confidence: 0.8645508

00:00:00.000 --> 00:00:00.770 Welcome everyone,

NOTE Confidence: 0.8645508

00:00:00.770 --> 00:00:02.695 we're delighted that you're here.

NOTE Confidence: 0.8645508

00:00:02.700 --> 00:00:05.164 We had a little bit of a

NOTE Confidence: 0.8645508

00:00:05.164 --> 00:00:07.198 technical glitch, but here we are.

NOTE Confidence: 0.8645508

00:00:07.198 --> 00:00:09.190 We have put this together and

NOTE Confidence: 0.8645508

00:00:09.269 --> 00:00:11.149 are very excited about it.

NOTE Confidence: 0.8645508

00:00:11.150 --> 00:00:13.606 My Co hosts and really the brains behind

NOTE Confidence: 0.8645508

00:00:13.606 --> 00:00:15.730 this operation will introduce themselves.

NOTE Confidence: 0.8645508

00:00:15.730 --> 00:00:16.822 We have 5 speakers.

NOTE Confidence: 0.8645508

00:00:16.822 --> 00:00:19.310 I will introduce the 1st 2 speakers and

NOTE Confidence: 0.8645508

00:00:19.310 --> 00:00:21.662 then the other speakers will introduce

NOTE Confidence: 0.8645508

00:00:21.662 --> 00:00:23.819 themselves and introduce our speaker.

NOTE Confidence: 0.8645508

00:00:23.820 --> 00:00:26.988 So which is going to get going with it?

NOTE Confidence: 0.8645508

00:00:26.990 --> 00:00:29.228 And I have the privilege of

NOTE Confidence: 0.8645508

00:00:29.228 --> 00:00:30.720 introducing our most senior.

NOTE Confidence: 0.8645508

00:00:30.720 --> 00:00:33.110 Center today and in fact.

NOTE Confidence: 0.8645508

00:00:33.110 --> 00:00:35.420 The most senior member of our faculty.

NOTE Confidence: 0.8645508

00:00:35.420 --> 00:00:38.003 To give you an idea what we're going to

NOTE Confidence: 0.8645508

00:00:38.003 --> 00:00:41.431 do today is that we're going to go in

NOTE Confidence: 0.8645508

00:00:41.431 --> 00:00:43.369 reverse chronological seniority order.

NOTE Confidence: 0.8645508

00:00:43.370 --> 00:00:47.285 It's almost like a journey to the seat from,

NOTE Confidence: 0.8645508

00:00:47.290 --> 00:00:49.058 you know, fully mature,

NOTE Confidence: 0.8645508

00:00:49.058 --> 00:00:52.529 wonderful all the way to where we start,

NOTE Confidence: 0.8645508

00:00:52.530 --> 00:00:55.140 and we're going to reverse order.

NOTE Confidence: 0.8645508

00:00:55.140 --> 00:00:57.821 So Doctor James Comer Jim Comer is

NOTE Confidence: 0.8645508

00:00:57.821 --> 00:01:00.535 a man who needs no introduction

NOTE Confidence: 0.8645508

00:01:00.535 --> 00:01:02.985 but just as a reminder,

NOTE Confidence: 0.8645508

00:01:02.990 --> 00:01:06.035 Jim is our most senior faculty member.

NOTE Confidence: 0.8645508

00:01:06.040 --> 00:01:06.912 He is.

NOTE Confidence: 0.8645508

00:01:06.912 --> 00:01:09.964 He has held all all roles imaginable,
NOTE Confidence: 0.8645508

00:01:09.970 --> 00:01:13.634 including S Dean of admissions as a Dean.
NOTE Confidence: 0.8645508

00:01:13.640 --> 00:01:15.200 Of multicultural and diversity
NOTE Confidence: 0.8645508

00:01:15.200 --> 00:01:16.760 affairs at last count,
NOTE Confidence: 0.8645508

00:01:16.760 --> 00:01:19.100 which is probably wrong by now.
NOTE Confidence: 0.8645508

00:01:19.100 --> 00:01:21.488 Doctor Comer had 45 honorary degrees
NOTE Confidence: 0.8645508

00:01:21.488 --> 00:01:23.780 from institutions all over the world.
NOTE Confidence: 0.8645508

00:01:23.780 --> 00:01:27.680 I could go on and on and on and on.
NOTE Confidence: 0.8645508

00:01:27.680 --> 00:01:30.410 But rather than going on and on,
NOTE Confidence: 0.8645508

00:01:30.410 --> 00:01:33.483 Doctor Comer is going to take us
NOTE Confidence: 0.8645508

00:01:33.483 --> 00:01:36.957 back in time to just a house call.
NOTE Confidence: 0.8645508

00:01:36.960 --> 00:01:38.330 Doctor Comer take it away.
NOTE Confidence: 0.88420373

00:01:39.390 --> 00:01:42.276 Thank you for that kind introduction.
NOTE Confidence: 0.88420373

00:01:42.280 --> 00:01:44.690 Please have the opportunity to
NOTE Confidence: 0.88420373

00:01:44.690 --> 00:01:47.100 describe something that is very
NOTE Confidence: 0.88420373

00:01:47.186 --> 00:01:49.988 meaningful and long lasting with me.

NOTE Confidence: 0.88420373

00:01:49.990 --> 00:01:51.622 Just a house call.

NOTE Confidence: 0.88420373

00:01:51.622 --> 00:01:55.276 I was 25 years old in the last

NOTE Confidence: 0.88420373

00:01:55.276 --> 00:01:58.582 week of my internship in my

NOTE Confidence: 0.88420373

00:01:58.582 --> 00:02:01.419 hometown hospital in East Chicago,

NOTE Confidence: 0.88420373

00:02:01.420 --> 00:02:04.647 IN and covering patient calls for a

NOTE Confidence: 0.88420373

00:02:04.647 --> 00:02:07.478 vacationing doctor, probably in June 1961.

NOTE Confidence: 0.88420373

00:02:07.478 --> 00:02:10.930 Life for me was going very well.

NOTE Confidence: 0.88420373

00:02:10.930 --> 00:02:13.330 My remarkable wife of one year,

NOTE Confidence: 0.88420373

00:02:13.330 --> 00:02:16.530 Shirley and I had a wonderful infant son.

NOTE Confidence: 0.88420373

00:02:16.530 --> 00:02:19.050 My internship had gone very well and

NOTE Confidence: 0.88420373

00:02:19.050 --> 00:02:22.610 I was on my way to design A states

NOTE Confidence: 0.88420373

00:02:22.610 --> 00:02:25.880 public health service to a then required

NOTE Confidence: 0.88420373

00:02:25.880 --> 00:02:28.530 two year military service assignment.

NOTE Confidence: 0.88420373

00:02:28.530 --> 00:02:31.057 I was planning to return home to

NOTE Confidence: 0.88420373

00:02:31.057 --> 00:02:33.399 become a general practice doctor.

NOTE Confidence: 0.88420373

00:02:33.400 --> 00:02:36.000 An ambition I first expressed
NOTE Confidence: 0.88420373

00:02:36.000 --> 00:02:39.110 when I was three years old.
NOTE Confidence: 0.88420373

00:02:39.110 --> 00:02:41.338 I was planning it.
NOTE Confidence: 0.88420373

00:02:41.338 --> 00:02:43.009 Was near twilight.
NOTE Confidence: 0.88420373

00:02:43.010 --> 00:02:45.432 I received a request to attend a
NOTE Confidence: 0.88420373

00:02:45.432 --> 00:02:48.352 new mother in a neat working class
NOTE Confidence: 0.88420373

00:02:48.352 --> 00:02:51.058 neighborhood down the street from where
NOTE Confidence: 0.88420373

00:02:51.140 --> 00:02:53.696 I played basketball as a teenager.
NOTE Confidence: 0.88420373

00:02:53.700 --> 00:02:56.577 When no one responded to my Knox,
NOTE Confidence: 0.88420373

00:02:56.580 --> 00:02:59.040 I opened the door, fumbles around,
NOTE Confidence: 0.88420373

00:02:59.040 --> 00:03:03.456 found the switch and turned on the lights.
NOTE Confidence: 0.88420373

00:03:03.460 --> 00:03:06.320 There was a horrendous screeching,
NOTE Confidence: 0.88420373

00:03:06.320 --> 00:03:10.238 grinding sound as roaches covering the
NOTE Confidence: 0.88420373

00:03:10.238 --> 00:03:14.783 yellow ceiling and walls fled to the
NOTE Confidence: 0.88420373

00:03:14.783 --> 00:03:17.828 crevices and cracks seeking safety.
NOTE Confidence: 0.88420373

00:03:17.830 --> 00:03:22.040 I was stunned, shocked, frightened.

NOTE Confidence: 0.88420373

00:03:22.040 --> 00:03:24.638 Still processing what was going on.

NOTE Confidence: 0.88420373

00:03:24.640 --> 00:03:27.979 I looked down and infant twins were

NOTE Confidence: 0.88420373

00:03:27.979 --> 00:03:30.480 asleep in fruit cartons against

NOTE Confidence: 0.88420373

00:03:30.480 --> 00:03:33.896 the entry wall a few feet away.

NOTE Confidence: 0.88420373

00:03:33.900 --> 00:03:34.532 Cherubic.

NOTE Confidence: 0.88420373

00:03:34.532 --> 00:03:36.428 And apparently undisturbed,

NOTE Confidence: 0.88420373

00:03:36.428 --> 00:03:38.956 although they were probably

NOTE Confidence: 0.88420373

00:03:38.956 --> 00:03:42.220 covered by roaches moments before.

NOTE Confidence: 0.88420373

00:03:42.220 --> 00:03:44.220 Little African American boys who

NOTE Confidence: 0.88420373

00:03:44.220 --> 00:03:47.428 looked a lot like me and my brother,

NOTE Confidence: 0.88420373

00:03:47.430 --> 00:03:51.774 not twins, but close a few years before.

NOTE Confidence: 0.88420373

00:03:51.780 --> 00:03:54.205 One gave a singular involuntary

NOTE Confidence: 0.88420373

00:03:54.205 --> 00:03:55.175 facial twitch,

NOTE Confidence: 0.88420373

00:03:55.180 --> 00:03:58.498 which I have since interpreted as

NOTE Confidence: 0.88420373

00:03:58.498 --> 00:04:02.707 in order to help not just stand

NOTE Confidence: 0.88420373

00:04:02.707 --> 00:04:04.588 there do something.
NOTE Confidence: 0.88420373

00:04:04.590 --> 00:04:07.055 I attended the depressed mother
NOTE Confidence: 0.88420373

00:04:07.055 --> 00:04:08.534 arranged social services,
NOTE Confidence: 0.88420373

00:04:08.540 --> 00:04:13.060 stumbled to the door up a few steps.
NOTE Confidence: 0.88420373

00:04:13.060 --> 00:04:16.030 And crumpled onto the sidewalk.
NOTE Confidence: 0.88420373

00:04:16.030 --> 00:04:20.308 I was in deep psychic pain.
NOTE Confidence: 0.88420373

00:04:20.310 --> 00:04:24.237 This could not be in my community.
NOTE Confidence: 0.88420373

00:04:24.240 --> 00:04:28.530 My town in my democracy.
NOTE Confidence: 0.88420373

00:04:28.530 --> 00:04:31.890 Anne did not know that mother
NOTE Confidence: 0.88420373

00:04:31.890 --> 00:04:35.770 from the past high school maybe.
NOTE Confidence: 0.88420373

00:04:35.770 --> 00:04:39.249 And why was their fate so different
NOTE Confidence: 0.88420373

00:04:39.249 --> 00:04:40.740 from my own?
NOTE Confidence: 0.88420373

00:04:40.740 --> 00:04:43.440 The incident just a house call,
NOTE Confidence: 0.88420373

00:04:43.440 --> 00:04:48.390 was a small moment in my life in time.
NOTE Confidence: 0.88420373

00:04:48.390 --> 00:04:51.386 And just happened once.
NOTE Confidence: 0.88420373

00:04:51.386 --> 00:04:55.880 But it greatly deepened already deepening

NOTE Confidence: 0.88420373

00:04:56.000 --> 00:04:59.918 concerns in my mind about poverty.

NOTE Confidence: 0.88420373

00:04:59.920 --> 00:05:04.710 Marginalization, our nation's racial problem.

NOTE Confidence: 0.88420373

00:05:04.710 --> 00:05:07.178 It aroused questions that

NOTE Confidence: 0.88420373

00:05:07.178 --> 00:05:09.646 was slowly but surely.

NOTE Confidence: 0.88420373

00:05:09.650 --> 00:05:13.586 Change the course of my life.

NOTE Confidence: 0.88420373

00:05:13.590 --> 00:05:16.082 The do something charged from that win

NOTE Confidence: 0.88420373

00:05:16.082 --> 00:05:18.969 in the fruit cart and did not go away.

NOTE Confidence: 0.88420373

00:05:18.970 --> 00:05:22.534 The next year I became a volunteer in a

NOTE Confidence: 0.88420373

00:05:22.534 --> 00:05:25.609 volunteer helping agency in Washington DC.

NOTE Confidence: 0.88420373

00:05:25.610 --> 00:05:28.718 Call hospitality house.

NOTE Confidence: 0.88420373

00:05:28.720 --> 00:05:30.885 It gave temporary shelter to

NOTE Confidence: 0.88420373

00:05:30.885 --> 00:05:33.050 young mothers and their children.

NOTE Confidence: 0.88420373

00:05:33.050 --> 00:05:35.600 Who would have otherwise been

NOTE Confidence: 0.88420373

00:05:35.600 --> 00:05:38.150 homeless because they losted public

NOTE Confidence: 0.88420373

00:05:38.233 --> 00:05:40.681 housing apartments as a result of

NOTE Confidence: 0.88420373

00:05:40.681 --> 00:05:43.908 an infamous man in the House rule
NOTE Confidence: 0.88420373

00:05:43.908 --> 00:05:45.924 that required their dismissal.
NOTE Confidence: 0.88420373

00:05:45.930 --> 00:05:48.300 I worked directly with parents and
NOTE Confidence: 0.88420373

00:05:48.300 --> 00:05:50.474 children to restore law services
NOTE Confidence: 0.88420373

00:05:50.474 --> 00:05:51.518 from agencies,
NOTE Confidence: 0.88420373

00:05:51.520 --> 00:05:54.255 schools and other places on
NOTE Confidence: 0.88420373

00:05:54.255 --> 00:05:56.443 which they were dependent.
NOTE Confidence: 0.88420373

00:05:56.450 --> 00:05:59.085 I directly observed the way
NOTE Confidence: 0.88420373

00:05:59.085 --> 00:06:01.720 they were bullied and abused.
NOTE Confidence: 0.9027148

00:06:01.720 --> 00:06:04.600 These were not simply promiscuous,
NOTE Confidence: 0.9027148

00:06:04.600 --> 00:06:06.600 bad, irresponsible young people.
NOTE Confidence: 0.9027148

00:06:06.600 --> 00:06:10.767 Who had not worked hard and had brought
NOTE Confidence: 0.9027148

00:06:10.767 --> 00:06:14.013 hardship upon themselves as many argued?
NOTE Confidence: 0.9027148

00:06:14.020 --> 00:06:16.470 Congressman Mendel rivers from South
NOTE Confidence: 0.9027148

00:06:16.470 --> 00:06:19.496 Carolina and his Deep South colleagues
NOTE Confidence: 0.9027148

00:06:19.496 --> 00:06:22.926 appeared to take delight in finding every

NOTE Confidence: 0.9027148

00:06:22.926 --> 00:06:26.104 platform he could to blame them and make

NOTE Confidence: 0.9027148

00:06:26.104 --> 00:06:30.960 them feel bad for the sins of his fathers.

NOTE Confidence: 0.9027148

00:06:30.960 --> 00:06:34.314 But these young families were trapped

NOTE Confidence: 0.9027148

00:06:34.314 --> 00:06:37.745 by a complex American history and

NOTE Confidence: 0.9027148

00:06:37.745 --> 00:06:41.039 system that I eventually came to

NOTE Confidence: 0.9027148

00:06:41.039 --> 00:06:44.324 understand as put and held in place

NOTE Confidence: 0.9027148

00:06:44.324 --> 00:06:48.740 by the force and power of racism.

NOTE Confidence: 0.9027148

00:06:48.740 --> 00:06:52.233 My concern grew into an effort to

NOTE Confidence: 0.9027148

00:06:52.233 --> 00:06:55.024 better understand what was going on

NOTE Confidence: 0.9027148

00:06:55.024 --> 00:06:57.029 and what could be done.

NOTE Confidence: 0.9027148

00:06:57.030 --> 00:06:59.736 To a commitment to try to

NOTE Confidence: 0.9027148

00:06:59.736 --> 00:07:01.540 do something more effective,

NOTE Confidence: 0.9027148

00:07:01.540 --> 00:07:03.344 more effective for myself,

NOTE Confidence: 0.9027148

00:07:03.344 --> 00:07:07.088 for the children, families, and society.

NOTE Confidence: 0.9027148

00:07:07.090 --> 00:07:09.274 The need to better understand the

NOTE Confidence: 0.9027148

00:07:09.274 --> 00:07:11.888 problem led to training in public health.
NOTE Confidence: 0.9027148

00:07:11.890 --> 00:07:14.218 Adult and child psychiatry.
NOTE Confidence: 0.9027148

00:07:14.218 --> 00:07:17.710 And learning for my own lives.
NOTE Confidence: 0.9027148

00:07:17.710 --> 00:07:19.408 Life experience probably
NOTE Confidence: 0.9027148

00:07:19.408 --> 00:07:22.238 help more than anything else.
NOTE Confidence: 0.9027148

00:07:22.240 --> 00:07:24.256 The question it raised,
NOTE Confidence: 0.9027148

00:07:24.256 --> 00:07:26.776 why did my similar background
NOTE Confidence: 0.9027148

00:07:26.776 --> 00:07:29.678 and capacities lead to different
NOTE Confidence: 0.9027148

00:07:29.678 --> 00:07:33.490 opportunities for me and others like me?
NOTE Confidence: 0.9027148

00:07:33.490 --> 00:07:36.436 Often attending the same schools and
NOTE Confidence: 0.9027148

00:07:36.436 --> 00:07:40.350 how an whether a community or nation.
NOTE Confidence: 0.9027148

00:07:40.350 --> 00:07:42.815 Could compensate for past and
NOTE Confidence: 0.9027148

00:07:42.815 --> 00:07:44.294 present in equities?
NOTE Confidence: 0.9027148

00:07:44.300 --> 00:07:46.610 And probably because the strategy
NOTE Confidence: 0.9027148

00:07:46.610 --> 00:07:50.070 and to love my family had been
NOTE Confidence: 0.9027148

00:07:50.070 --> 00:07:52.198 education and school success.

NOTE Confidence: 0.9027148

00:07:52.200 --> 00:07:55.380 I turned to education and schools.

NOTE Confidence: 0.848912

00:07:57.470 --> 00:08:01.494 My mother and father were two year six

NOTE Confidence: 0.848912

00:08:01.494 --> 00:08:04.779 years school attendees rural South,

NOTE Confidence: 0.848912

00:08:04.780 --> 00:08:09.268 the urban north migrants carriers of a warm,

NOTE Confidence: 0.848912

00:08:09.270 --> 00:08:11.874 protective and promotive black

NOTE Confidence: 0.848912

00:08:11.874 --> 00:08:14.478 Southern Baptist church culture.

NOTE Confidence: 0.848912

00:08:14.480 --> 00:08:16.960 Who supported their five children

NOTE Confidence: 0.848912

00:08:16.960 --> 00:08:20.102 through work as a steel mill

NOTE Confidence: 0.848912

00:08:20.102 --> 00:08:22.398 laborer and domestic worker,

NOTE Confidence: 0.848912

00:08:22.400 --> 00:08:24.640 providing a childhood development

NOTE Confidence: 0.848912

00:08:24.640 --> 00:08:28.000 experience that powered us to collectively

NOTE Confidence: 0.848912

00:08:28.082 --> 00:08:31.664 achieve 13 college degrees and successful

NOTE Confidence: 0.848912

00:08:31.664 --> 00:08:34.052 professional careers and contributions.

NOTE Confidence: 0.848912

00:08:34.060 --> 00:08:37.240 Thinking from my lived life.

NOTE Confidence: 0.848912

00:08:37.240 --> 00:08:42.520 How school and Hospitality house experiences?

NOTE Confidence: 0.848912

00:08:42.520 --> 00:08:44.684 My research question became,
NOTE Confidence: 0.848912

00:08:44.684 --> 00:08:47.930 would it be possible to create
NOTE Confidence: 0.848912

00:08:48.024 --> 00:08:49.950 conditions in school?
NOTE Confidence: 0.848912

00:08:49.950 --> 00:08:52.825 That could support and approximate
NOTE Confidence: 0.848912

00:08:52.825 --> 00:08:55.700 the kind of developmental experiences
NOTE Confidence: 0.848912

00:08:55.783 --> 00:08:58.576 in school that we received at home.
NOTE Confidence: 0.848912

00:08:58.580 --> 00:09:02.570 And use the evidence to provide the
NOTE Confidence: 0.848912

00:09:02.570 --> 00:09:05.695 creation of social and education
NOTE Confidence: 0.848912

00:09:05.695 --> 00:09:08.965 policy and practices that would
NOTE Confidence: 0.848912

00:09:08.965 --> 00:09:11.990 make this widely possible.
NOTE Confidence: 0.848912

00:09:11.990 --> 00:09:15.006 The effort is still a work in progress,
NOTE Confidence: 0.848912

00:09:15.010 --> 00:09:17.518 but the point here.
NOTE Confidence: 0.848912

00:09:17.520 --> 00:09:20.080 Is that it was just a house call?
NOTE Confidence: 0.848912

00:09:20.080 --> 00:09:22.080 They've got the ball rolling.
NOTE Confidence: 0.848912

00:09:22.080 --> 00:09:24.070 Thank you for this opportunity.
NOTE Confidence: 0.85173625

00:09:27.660 --> 00:09:30.868 Thank you doctor Comer.

NOTE Confidence: 0.85173625

00:09:30.870 --> 00:09:33.540 Thank you Doctor Comeron boy.

NOTE Confidence: 0.85173625

00:09:33.540 --> 00:09:36.020 Where has that rolling ball

NOTE Confidence: 0.85173625

00:09:36.020 --> 00:09:38.020 lead us to? Thank you.

NOTE Confidence: 0.8927542

00:09:40.850 --> 00:09:43.226 We are. We move on now.

NOTE Confidence: 0.8927542

00:09:43.230 --> 00:09:45.810 As I said in developmentally.

NOTE Confidence: 0.8927542

00:09:45.810 --> 00:09:47.172 Reverse direction.

NOTE Confidence: 0.8927542

00:09:47.172 --> 00:09:51.258 Anne, we go now to someone.

NOTE Confidence: 0.8927542

00:09:51.260 --> 00:09:52.732 Post college postgraduate degree

NOTE Confidence: 0.8927542

00:09:52.732 --> 00:09:54.572 and that is Ashley Clayton.

NOTE Confidence: 0.8927542

00:09:54.580 --> 00:09:57.268 I have to say that there are many

NOTE Confidence: 0.8927542

00:09:57.268 --> 00:09:59.380 terrible things about this pandemic.

NOTE Confidence: 0.8927542

00:09:59.380 --> 00:10:01.220 Many, many, countless terrible things.

NOTE Confidence: 0.8927542

00:10:01.220 --> 00:10:03.950 But among some of the few Silver

NOTE Confidence: 0.8927542

00:10:03.950 --> 00:10:06.570 Linings and some of the few good

NOTE Confidence: 0.8927542

00:10:06.570 --> 00:10:09.064 things is that we have come to

NOTE Confidence: 0.8927542

00:10:09.064 --> 00:10:11.570 either meet or re meet all sorts

NOTE Confidence: 0.8927542

00:10:11.570 --> 00:10:14.242 of people all over the world

NOTE Confidence: 0.8927542

00:10:14.242 --> 00:10:16.682 through this thing called zoom.

NOTE Confidence: 0.8927542

00:10:16.690 --> 00:10:19.693 Ashley Clayton is someone who I met

NOTE Confidence: 0.8927542

00:10:19.693 --> 00:10:22.550 through zoom 15 months ago and who

NOTE Confidence: 0.8927542

00:10:22.550 --> 00:10:26.046 have I only met in person once and I

NOTE Confidence: 0.8927542

00:10:26.046 --> 00:10:28.811 consider her one of my best friends.

NOTE Confidence: 0.8927542

00:10:28.820 --> 00:10:33.428 She is also an incredibly gifted.

NOTE Confidence: 0.8927542

00:10:33.430 --> 00:10:36.190 Poet reader of poetry.

NOTE Confidence: 0.8927542

00:10:36.190 --> 00:10:39.640 Lover of all things language.

NOTE Confidence: 0.8927542

00:10:39.640 --> 00:10:41.990 Anne in her incredible language

NOTE Confidence: 0.8927542

00:10:41.990 --> 00:10:43.870 and her incredible prose,

NOTE Confidence: 0.8927542

00:10:43.870 --> 00:10:46.250 she has written eloquently beautifully

NOTE Confidence: 0.8927542

00:10:46.250 --> 00:10:49.147 about her own lived experience with

NOTE Confidence: 0.8927542

00:10:49.147 --> 00:10:51.387 depression with trauma in therapy,

NOTE Confidence: 0.8927542

00:10:51.390 --> 00:10:54.606 these pieces have appeared in Health

NOTE Confidence: 0.8927542

00:10:54.606 --> 00:10:57.590 Affairs in The Lancet in JAMA.

NOTE Confidence: 0.8927542

00:10:57.590 --> 00:10:59.972 She is extraordinary and she comes

NOTE Confidence: 0.8927542

00:10:59.972 --> 00:11:02.300 to us recently from Kentucky,

NOTE Confidence: 0.8927542

00:11:02.300 --> 00:11:05.289 where she hails from could tell us,

NOTE Confidence: 0.8927542

00:11:05.290 --> 00:11:08.650 may joy be found here too?

NOTE Confidence: 0.8927542

00:11:08.650 --> 00:11:09.170 Ashley.

NOTE Confidence: 0.9276591

00:11:10.500 --> 00:11:12.750 Thank you so much for that

NOTE Confidence: 0.9276591

00:11:12.750 --> 00:11:13.875 very kind introduction.

NOTE Confidence: 0.862266

00:11:16.160 --> 00:11:19.576 It's been 60 days, one hour and 10

NOTE Confidence: 0.862266

00:11:19.576 --> 00:11:22.040 minutes since my brother spoke.

NOTE Confidence: 0.862266

00:11:22.040 --> 00:11:25.428 His final word sit.

NOTE Confidence: 0.862266

00:11:25.430 --> 00:11:28.027 I was standing in front of my brother

NOTE Confidence: 0.862266

00:11:28.027 --> 00:11:30.233 Adam with my sister-in-law Leah standing

NOTE Confidence: 0.862266

00:11:30.233 --> 00:11:33.352 behind him and the three of us struggled

NOTE Confidence: 0.862266

00:11:33.352 --> 00:11:36.745 to figure out how to get his rigid body over,

NOTE Confidence: 0.862266

00:11:36.745 --> 00:11:39.790 which he no longer seemed to possess
NOTE Confidence: 0.862266

00:11:39.790 --> 00:11:43.299 control to sit on the stool in the shower.
NOTE Confidence: 0.862266

00:11:43.300 --> 00:11:47.584 The one Hospice delivered a month before.
NOTE Confidence: 0.862266

00:11:47.590 --> 00:11:52.806 Set. Adam said. Yeah, Baba,
NOTE Confidence: 0.862266

00:11:52.806 --> 00:11:56.844 I replied, you've gotta sit down.
NOTE Confidence: 0.862266

00:11:56.850 --> 00:11:57.747 And in what?
NOTE Confidence: 0.862266

00:11:57.747 --> 00:11:59.840 Felt like an act of great mercy,
NOTE Confidence: 0.862266

00:11:59.840 --> 00:12:02.480 my brother sat down.
NOTE Confidence: 0.862266

00:12:02.480 --> 00:12:04.790 I stepped out of the shower,
NOTE Confidence: 0.862266

00:12:04.790 --> 00:12:08.238 wilia washed him briefly, got lost in the
NOTE Confidence: 0.862266

00:12:08.238 --> 00:12:11.680 thought of how dying is so UN dignifying.
NOTE Confidence: 0.862266

00:12:11.680 --> 00:12:15.005 And then my niece caught my eye.
NOTE Confidence: 0.862266

00:12:15.010 --> 00:12:17.530 Just as casually as she might tell me,
NOTE Confidence: 0.862266

00:12:17.530 --> 00:12:19.578 she named her baby doll, Violet.
NOTE Confidence: 0.862266

00:12:19.578 --> 00:12:22.386 She looked at me and said.
NOTE Confidence: 0.862266

00:12:22.390 --> 00:12:25.358 Daddy can't walk anymore.

NOTE Confidence: 0.862266

00:12:25.360 --> 00:12:29.329 You are right. He can't walk anymore.

NOTE Confidence: 0.862266

00:12:29.330 --> 00:12:31.830 I'm gonna go and get an extra towel.

NOTE Confidence: 0.862266

00:12:31.830 --> 00:12:34.418 I'll be right back.

NOTE Confidence: 0.862266

00:12:34.420 --> 00:12:37.132 My brother and I always joked that my

NOTE Confidence: 0.862266

00:12:37.132 --> 00:12:40.116 niece was just like me when I was little.

NOTE Confidence: 0.862266

00:12:40.120 --> 00:12:43.774 Always in the mix of things unafraid.

NOTE Confidence: 0.862266

00:12:43.780 --> 00:12:45.679 Kind of bossy.

NOTE Confidence: 0.862266

00:12:45.679 --> 00:12:48.844 In taking care of others.

NOTE Confidence: 0.862266

00:12:48.850 --> 00:12:50.460 The next morning my brother

NOTE Confidence: 0.862266

00:12:50.460 --> 00:12:51.104 lost consciousness.

NOTE Confidence: 0.862266

00:12:51.110 --> 00:12:53.814 I scooped up my 7 year old nephew

NOTE Confidence: 0.862266

00:12:53.814 --> 00:12:56.746 Nolan and my 5 year old niece Savannah

NOTE Confidence: 0.862266

00:12:56.746 --> 00:12:59.219 and headed to the craft store.

NOTE Confidence: 0.862266

00:12:59.220 --> 00:13:01.957 I'd called Andres earlier that week for

NOTE Confidence: 0.862266

00:13:01.957 --> 00:13:05.050 advice on how best to support the kids.

NOTE Confidence: 0.862266

00:13:05.050 --> 00:13:07.570 Have them make their data gift.

NOTE Confidence: 0.862266

00:13:07.570 --> 00:13:09.316 A memory box.

NOTE Confidence: 0.862266

00:13:09.316 --> 00:13:10.480 Write cards.

NOTE Confidence: 0.8764792

00:13:12.510 --> 00:13:14.280 The three of us decided that

NOTE Confidence: 0.8764792

00:13:14.280 --> 00:13:16.010 their daddy needed a blanket.

NOTE Confidence: 0.8764792

00:13:16.010 --> 00:13:19.736 His £94.00 body was perpetually cold.

NOTE Confidence: 0.8764792

00:13:19.740 --> 00:13:22.338 We picked up supplies in McDonald's

NOTE Confidence: 0.8764792

00:13:22.338 --> 00:13:25.320 and headed to my parents house.

NOTE Confidence: 0.8764792

00:13:25.320 --> 00:13:27.628 They decorated brightly colored

NOTE Confidence: 0.8764792

00:13:27.628 --> 00:13:30.513 fabric with felt stickers with

NOTE Confidence: 0.8764792

00:13:30.513 --> 00:13:33.600 hearts in rainbows and smiley faces.

NOTE Confidence: 0.8764792

00:13:33.600 --> 00:13:36.486 Nolan wrote, I love you Daddy.

NOTE Confidence: 0.8764792

00:13:36.490 --> 00:13:40.178 12 times he counted.

NOTE Confidence: 0.8764792

00:13:40.180 --> 00:13:42.357 The kids wanted to play doctor and

NOTE Confidence: 0.8764792

00:13:42.357 --> 00:13:44.554 so we played out numerous doctor

NOTE Confidence: 0.8764792

00:13:44.554 --> 00:13:46.539 patient scenarios as we talked

NOTE Confidence: 0.8764792

00:13:46.539 --> 00:13:48.833 about how Daddy was sick and how

NOTE Confidence: 0.8764792

00:13:48.833 --> 00:13:51.300 scary it was when he had seizures.

NOTE Confidence: 0.8764792

00:13:51.300 --> 00:13:54.940 How he couldn't walk or talk anymore?

NOTE Confidence: 0.8764792

00:13:54.940 --> 00:13:57.300 How the brain cancer made

NOTE Confidence: 0.8764792

00:13:57.300 --> 00:13:59.188 him very angry sometimes?

NOTE Confidence: 0.8764792

00:13:59.190 --> 00:14:03.747 And how sometimes people don't get better?

NOTE Confidence: 0.8764792

00:14:03.750 --> 00:14:06.305 And then we played with play DoH,

NOTE Confidence: 0.8764792

00:14:06.310 --> 00:14:07.408 made a Fort,

NOTE Confidence: 0.8764792

00:14:07.408 --> 00:14:09.604 painted a Unicorn and a dinosaur,

NOTE Confidence: 0.8764792

00:14:09.610 --> 00:14:12.165 and found hapiness in an orange popsicle.

NOTE Confidence: 0.8452091

00:14:14.250 --> 00:14:16.610 Five days later, my dad ran up the

NOTE Confidence: 0.8452091

00:14:16.610 --> 00:14:20.908 stairs to wake me Ashley. We have to go.

NOTE Confidence: 0.8452091

00:14:20.910 --> 00:14:22.926 By the time I parked my car,

NOTE Confidence: 0.8452091

00:14:22.930 --> 00:14:25.639 my parents were already in my brothers

NOTE Confidence: 0.8452091

00:14:25.639 --> 00:14:28.845 house and my niece ran down to meet me.

NOTE Confidence: 0.8452091

00:14:28.850 --> 00:14:32.186 Daddy is not breathing, she said.
NOTE Confidence: 0.8452091

00:14:32.190 --> 00:14:35.118 I ran back to my brother's room where
NOTE Confidence: 0.8452091

00:14:35.118 --> 00:14:38.010 my parents in Leah stood around his
NOTE Confidence: 0.8452091

00:14:38.010 --> 00:14:41.640 hospital bed. I looked at my dad.
NOTE Confidence: 0.8452091

00:14:41.640 --> 00:14:46.140 What happened is he. Breathing.
NOTE Confidence: 0.8452091

00:14:46.140 --> 00:14:49.220 Glassy eyed my dad looked at me.
NOTE Confidence: 0.8452091

00:14:49.220 --> 00:14:55.798 He's gone. Do the kids know I asked?
NOTE Confidence: 0.8452091

00:14:55.800 --> 00:14:57.879 Vienna heard me say he stopped breathing,
NOTE Confidence: 0.8452091

00:14:57.880 --> 00:14:59.959 but she doesn't know what that means.
NOTE Confidence: 0.8903673

00:15:03.520 --> 00:15:07.417 And then I watched as my sister in law
NOTE Confidence: 0.8903673

00:15:07.417 --> 00:15:10.828 collapsed in grief over my brother's body.
NOTE Confidence: 0.8903673

00:15:10.830 --> 00:15:13.318 Followed by my mom.
NOTE Confidence: 0.8903673

00:15:13.320 --> 00:15:17.568 Before I too unraveled, I heard myself say.
NOTE Confidence: 0.8903673

00:15:17.570 --> 00:15:21.375 I'll go tell them. I'd never imagined
NOTE Confidence: 0.8903673

00:15:21.375 --> 00:15:24.440 I would be the one to do this.
NOTE Confidence: 0.8903673

00:15:24.440 --> 00:15:26.645 And the Super fun aunt who flies

NOTE Confidence: 0.8903673

00:15:26.645 --> 00:15:28.375 into Kentucky to spoil them

NOTE Confidence: 0.8903673

00:15:28.375 --> 00:15:30.165 and take them on adventures.

NOTE Confidence: 0.8903673

00:15:30.170 --> 00:15:33.194 Who answers the 4th FaceTime call of the day?

NOTE Confidence: 0.8903673

00:15:33.200 --> 00:15:35.768 Because Vanna wants to tell me

NOTE Confidence: 0.8903673

00:15:35.768 --> 00:15:38.760 she found a worm under a rock.

NOTE Confidence: 0.8903673

00:15:38.760 --> 00:15:40.720 But I grabbed the doorknob,

NOTE Confidence: 0.8903673

00:15:40.720 --> 00:15:42.732 took a deep breath.

NOTE Confidence: 0.8903673

00:15:42.732 --> 00:15:46.340 And try to remember everything I knew.

NOTE Confidence: 0.8903673

00:15:46.340 --> 00:15:47.908 Be concrete.

NOTE Confidence: 0.8903673

00:15:47.908 --> 00:15:50.260 Use simple language.

NOTE Confidence: 0.8903673

00:15:50.260 --> 00:15:53.150 Answer all of the questions.

NOTE Confidence: 0.8903673

00:15:53.150 --> 00:15:56.906 Reassure them they did nothing wrong.

NOTE Confidence: 0.8903673

00:15:56.910 --> 00:15:59.910 It's OK to cry.

NOTE Confidence: 0.8903673

00:15:59.910 --> 00:16:02.234 I sat on the floor in front

NOTE Confidence: 0.8903673

00:16:02.234 --> 00:16:05.272 of the couch and looked up at

NOTE Confidence: 0.8903673

00:16:05.272 --> 00:16:07.224 their innocent adorable faces.

NOTE Confidence: 0.8903673

00:16:07.230 --> 00:16:10.177 You know how daddy's been really sick?

NOTE Confidence: 0.8903673

00:16:10.180 --> 00:16:12.700 And you know how we talked about

NOTE Confidence: 0.8903673

00:16:12.700 --> 00:16:14.529 how sometimes people get very

NOTE Confidence: 0.8903673

00:16:14.529 --> 00:16:16.563 sick and they don't get better.

NOTE Confidence: 0.8903673

00:16:16.570 --> 00:16:18.000 Well, it's not anybody's fault.

NOTE Confidence: 0.8903673

00:16:18.000 --> 00:16:19.995 It's not your fault or my fault,

NOTE Confidence: 0.8903673

00:16:20.000 --> 00:16:22.012 or the doctor's fault.

NOTE Confidence: 0.8903673

00:16:22.012 --> 00:16:24.527 But Daddy wasn't getting better

NOTE Confidence: 0.8903673

00:16:24.527 --> 00:16:27.808 and Daddy was so sick that he died.

NOTE Confidence: 0.8903673

00:16:27.810 --> 00:16:30.438 Do you know what that means?

NOTE Confidence: 0.8903673

00:16:30.440 --> 00:16:31.303 No,

NOTE Confidence: 0.8903673

00:16:31.303 --> 00:16:33.029 they said.

NOTE Confidence: 0.8903673

00:16:33.030 --> 00:16:35.809 My heart sank and I preceded to

NOTE Confidence: 0.8903673

00:16:35.809 --> 00:16:37.870 tell them what it meant.

NOTE Confidence: 0.8903673

00:16:37.870 --> 00:16:40.355 I took them back to my brothers

NOTE Confidence: 0.8903673

00:16:40.355 --> 00:16:43.252 room to say goodbye and a few

NOTE Confidence: 0.8903673

00:16:43.252 --> 00:16:45.437 minutes later everyone had left

NOTE Confidence: 0.8903673

00:16:45.437 --> 00:16:48.030 the room except me and Banna.

NOTE Confidence: 0.8903673

00:16:48.030 --> 00:16:50.753 Vienna climbed onto her parents bed and

NOTE Confidence: 0.8903673

00:16:50.753 --> 00:16:53.689 began to jump up and down with gusto.

NOTE Confidence: 0.8349211

00:16:53.690 --> 00:16:55.570 I'm so full of energy.

NOTE Confidence: 0.8349211

00:16:55.570 --> 00:16:57.460 I'm so full of energy,

NOTE Confidence: 0.8349211

00:16:57.460 --> 00:16:59.355 she exclaimed, and then she

NOTE Confidence: 0.8349211

00:16:59.355 --> 00:17:01.600 jumped straight up into the air,

NOTE Confidence: 0.8349211

00:17:01.600 --> 00:17:03.856 turned her body horizontal in belly,

NOTE Confidence: 0.8349211

00:17:03.860 --> 00:17:06.488 flopped onto the bed.

NOTE Confidence: 0.8349211

00:17:06.490 --> 00:17:08.983 Not like Daddy daddy's dead.

NOTE Confidence: 0.8349211

00:17:08.983 --> 00:17:12.294 And then she got right back up,

NOTE Confidence: 0.8349211

00:17:12.300 --> 00:17:14.200 fervently jumping up and down,

NOTE Confidence: 0.8349211

00:17:14.200 --> 00:17:16.486 professing her energy to the world,

NOTE Confidence: 0.8349211

00:17:16.490 --> 00:17:19.906 and flopped right back onto the mattress.

NOTE Confidence: 0.8349211

00:17:19.910 --> 00:17:24.578 I'm dead, just kidding, Daddy's dead.

NOTE Confidence: 0.8349211

00:17:24.580 --> 00:17:27.112 She got back up and repeated

NOTE Confidence: 0.8349211

00:17:27.112 --> 00:17:29.959 the cycle a few more times.

NOTE Confidence: 0.8349211

00:17:29.960 --> 00:17:32.704 I was standing in the small space

NOTE Confidence: 0.8349211

00:17:32.704 --> 00:17:34.662 between my brother's dead body

NOTE Confidence: 0.8349211

00:17:34.662 --> 00:17:37.147 on my right and my niece belly

NOTE Confidence: 0.8349211

00:17:37.147 --> 00:17:39.232 flopping on the bed with my left

NOTE Confidence: 0.8349211

00:17:39.232 --> 00:17:42.316 and it took me more than a minute

NOTE Confidence: 0.8349211

00:17:42.316 --> 00:17:44.786 to process what was happening.

NOTE Confidence: 0.8349211

00:17:44.790 --> 00:17:46.890 And then I burst into laughter,

NOTE Confidence: 0.8349211

00:17:46.890 --> 00:17:48.984 looked at my brother and said

NOTE Confidence: 0.8349211

00:17:48.984 --> 00:17:52.500 you can't make this **** up.

NOTE Confidence: 0.8349211

00:17:52.500 --> 00:17:56.196 My brother would have found this hilarious.

NOTE Confidence: 0.8349211

00:17:56.200 --> 00:17:59.146 And I imagined him leaning back,

NOTE Confidence: 0.8349211

00:17:59.150 --> 00:18:00.620 clasping his hands,

NOTE Confidence: 0.8349211

00:18:00.620 --> 00:18:03.070 laughing his loud calculix laugh,

NOTE Confidence: 0.8349211

00:18:03.070 --> 00:18:06.016 taking such delight in his daughter,

NOTE Confidence: 0.8349211

00:18:06.020 --> 00:18:08.966 and the absurdity of the situation.

NOTE Confidence: 0.8901733

00:18:11.110 --> 00:18:13.505 When my brother's health began

NOTE Confidence: 0.8901733

00:18:13.505 --> 00:18:15.900 to rapidly decline in January.

NOTE Confidence: 0.8901733

00:18:15.900 --> 00:18:18.318 I took up a practice of

NOTE Confidence: 0.8901733

00:18:18.318 --> 00:18:20.530 lighting a candle every night.

NOTE Confidence: 0.8901733

00:18:20.530 --> 00:18:24.028 Repeating two prayers.

NOTE Confidence: 0.8901733

00:18:24.030 --> 00:18:27.410 Miss suffering be minimized.

NOTE Confidence: 0.8901733

00:18:27.410 --> 00:18:29.298 May mercy be abundant?

NOTE Confidence: 0.87314904

00:18:31.530 --> 00:18:34.729 I struggled with very severe and sometimes

NOTE Confidence: 0.87314904

00:18:34.729 --> 00:18:36.857 debilitating depression in 15 months

NOTE Confidence: 0.87314904

00:18:36.857 --> 00:18:39.265 into a global pandemic and after the

NOTE Confidence: 0.87314904

00:18:39.265 --> 00:18:42.566 death of my only sibling, I feel the

NOTE Confidence: 0.87314904

00:18:42.566 --> 00:18:45.818 shadows pulling me into dark waters.

NOTE Confidence: 0.87314904

00:18:45.820 --> 00:18:49.148 But I can't think of my brothers death
NOTE Confidence: 0.87314904

00:18:49.148 --> 00:18:50.958 without remembering my niece jumping
NOTE Confidence: 0.87314904

00:18:50.958 --> 00:18:53.842 up and add up and down on her daddy's
NOTE Confidence: 0.87314904

00:18:53.842 --> 00:18:56.292 bed trying to figure it all out.
NOTE Confidence: 0.87314904

00:18:56.300 --> 00:18:59.840 How two opposite things can
NOTE Confidence: 0.87314904

00:18:59.840 --> 00:19:01.256 exist simultaneously?
NOTE Confidence: 0.87314904

00:19:01.260 --> 00:19:04.104 As she could be overwhelmed by
NOTE Confidence: 0.87314904

00:19:04.104 --> 00:19:06.940 energy and her daddy had none.
NOTE Confidence: 0.87314904

00:19:06.940 --> 00:19:10.508 As she could be filled with life and
NOTE Confidence: 0.87314904

00:19:10.508 --> 00:19:13.736 her daddy had been emptied of it.
NOTE Confidence: 0.87314904

00:19:13.740 --> 00:19:16.722 And every night I find myself
NOTE Confidence: 0.87314904

00:19:16.722 --> 00:19:18.213 lighting a candle.
NOTE Confidence: 0.87314904

00:19:18.220 --> 00:19:20.120 Waiting through the tide pool
NOTE Confidence: 0.87314904

00:19:20.120 --> 00:19:22.510 with its lapping waves of grief,
NOTE Confidence: 0.87314904

00:19:22.510 --> 00:19:25.045 trying to internalize the lesson
NOTE Confidence: 0.87314904

00:19:25.045 --> 00:19:27.910 that life insists on teaching me.

NOTE Confidence: 0.87314904

00:19:27.910 --> 00:19:30.486 To reconcile what I know in my

NOTE Confidence: 0.87314904

00:19:30.486 --> 00:19:33.230 head with what I know in my bones.

NOTE Confidence: 0.87314904

00:19:33.230 --> 00:19:36.510 That limitation enjoy will always

NOTE Confidence: 0.87314904

00:19:36.510 --> 00:19:40.610 find their way to each other.

NOTE Confidence: 0.87314904

00:19:40.610 --> 00:19:45.114 So here I am. In this liminal space.

NOTE Confidence: 0.87314904

00:19:45.120 --> 00:19:47.416 With cracks filled with

NOTE Confidence: 0.87314904

00:19:47.416 --> 00:19:49.138 mourning and heartache.

NOTE Confidence: 0.87314904

00:19:49.140 --> 00:19:50.880 Holding tight to the truth.

NOTE Confidence: 0.87314904

00:19:50.880 --> 00:19:54.616 Belly flopped. By my 5 year old niece.

NOTE Confidence: 0.87314904

00:19:54.620 --> 00:19:56.828 Repeating now three prayers.

NOTE Confidence: 0.67344964

00:20:01.320 --> 00:20:05.640 May suffering be minimized?

NOTE Confidence: 0.67344964

00:20:05.640 --> 00:20:09.440 May mercy be abundant?

NOTE Confidence: 0.67344964

00:20:09.440 --> 00:20:12.338 In May, joy be found here too.

NOTE Confidence: 0.8124339

00:20:24.140 --> 00:20:27.440 So now we should have thought

NOTE Confidence: 0.8124339

00:20:27.440 --> 00:20:30.190 about the ordering of this.

NOTE Confidence: 0.8124339

00:20:30.190 --> 00:20:33.490 I have the pleasure of introducing
NOTE Confidence: 0.8124339

00:20:33.490 --> 00:20:37.890 our next speaker, Isaiah Thomas.
NOTE Confidence: 0.8124339

00:20:37.890 --> 00:20:40.984 Isaiah Thomas is a third year medical
NOTE Confidence: 0.8124339

00:20:40.984 --> 00:20:43.989 student at Yale School of Medicine.
NOTE Confidence: 0.8124339

00:20:43.990 --> 00:20:45.862 Originally from Little Town,
NOTE Confidence: 0.8124339

00:20:45.862 --> 00:20:46.798 mass, Massachusetts,
NOTE Confidence: 0.8124339

00:20:46.798 --> 00:20:49.138 he studied biology and English
NOTE Confidence: 0.8124339

00:20:49.138 --> 00:20:50.542 at Columbia University.
NOTE Confidence: 0.8124339

00:20:50.550 --> 00:20:53.220 His research in medical school has
NOTE Confidence: 0.8124339

00:20:53.220 --> 00:20:55.710 focused on qualitative media analysis,
NOTE Confidence: 0.8124339

00:20:55.710 --> 00:20:58.506 including exploring the role of psychiatry
NOTE Confidence: 0.8124339

00:20:58.506 --> 00:21:02.227 in the 1959 Twilight Zone TV series and
NOTE Confidence: 0.8124339

00:21:02.227 --> 00:21:04.447 examining knew news media discourse
NOTE Confidence: 0.8124339

00:21:04.447 --> 00:21:06.970 about climate anxiety in climate.
NOTE Confidence: 0.8124339

00:21:06.970 --> 00:21:07.872 Action about.
NOTE Confidence: 0.8124339

00:21:07.872 --> 00:21:09.676 Around among young people,

NOTE Confidence: 0.8124339

00:21:09.680 --> 00:21:12.578 Isaiah has worked in the medical school

NOTE Confidence: 0.8124339

00:21:12.578 --> 00:21:14.340 curriculum reform around health,

NOTE Confidence: 0.8124339

00:21:14.340 --> 00:21:16.128 justice, and LGBTQ health,

NOTE Confidence: 0.8124339

00:21:16.128 --> 00:21:18.810 and he serves on the leadership

NOTE Confidence: 0.8124339

00:21:18.891 --> 00:21:20.279 for the US Health,

NOTE Confidence: 0.8124339

00:21:20.280 --> 00:21:21.972 Justice Collaborative and sits

NOTE Confidence: 0.8124339

00:21:21.972 --> 00:21:24.087 on the Committee for Diversity,

NOTE Confidence: 0.8124339

00:21:24.090 --> 00:21:25.950 Inclusion, and Social Justice.

NOTE Confidence: 0.8124339

00:21:25.950 --> 00:21:28.740 He also participates in the medical

NOTE Confidence: 0.8124339

00:21:28.811 --> 00:21:30.719 Schools Writers workshop and

NOTE Confidence: 0.8124339

00:21:30.719 --> 00:21:33.104 writes short stories and poetry.

NOTE Confidence: 0.8124339

00:21:33.110 --> 00:21:35.480 He will be reading his piece

NOTE Confidence: 0.8124339

00:21:35.480 --> 00:21:37.820 entitled in Age of Anxiety.

NOTE Confidence: 0.90211076

00:21:41.520 --> 00:21:43.048 Thank you so much for that intro

NOTE Confidence: 0.90211076

00:21:43.048 --> 00:21:44.779 and thank you for this opportunity.

NOTE Confidence: 0.86374253

00:21:46.920 --> 00:21:49.332 On her first day, she told us that her
NOTE Confidence: 0.86374253

00:21:49.332 --> 00:21:51.460 throat had closed up a few years ago.
NOTE Confidence: 0.86374253

00:21:51.460 --> 00:21:53.056 She couldn't eat for a month.
NOTE Confidence: 0.86374253

00:21:53.060 --> 00:21:54.656 Things could just happen to you.
NOTE Confidence: 0.86374253

00:21:54.660 --> 00:21:56.072 You couldn't trust anything,
NOTE Confidence: 0.86374253

00:21:56.072 --> 00:21:57.837 not even your own body.
NOTE Confidence: 0.86374253

00:21:57.840 --> 00:21:58.719 On this admission,
NOTE Confidence: 0.86374253

00:21:58.719 --> 00:22:00.770 her first time in a psychiatric unit,
NOTE Confidence: 0.86374253

00:22:00.770 --> 00:22:03.106 her grades were the lowest they've ever been.
NOTE Confidence: 0.86374253

00:22:03.110 --> 00:22:05.454 She didn't see the point in trying anymore.
NOTE Confidence: 0.86374253

00:22:05.460 --> 00:22:07.218 She didn't trust the schools anyways,
NOTE Confidence: 0.86374253

00:22:07.220 --> 00:22:08.680 or the government or society.
NOTE Confidence: 0.86374253

00:22:08.680 --> 00:22:10.438 Everyone just went about their lives,
NOTE Confidence: 0.86374253

00:22:10.440 --> 00:22:11.960 never doing anything while
NOTE Confidence: 0.86374253

00:22:11.960 --> 00:22:13.860 the world burned around us.
NOTE Confidence: 0.86374253

00:22:13.860 --> 00:22:14.775 As she spoke,

NOTE Confidence: 0.86374253

00:22:14.775 --> 00:22:16.910 I wrote down paranoia on my notepad.

NOTE Confidence: 0.86374253

00:22:16.910 --> 00:22:20.645 I paused and added a question mark after it.

NOTE Confidence: 0.86374253

00:22:20.650 --> 00:22:22.379 She was 15 years old with recent

NOTE Confidence: 0.86374253

00:22:22.379 --> 00:22:23.595 diagnosis of major depression

NOTE Confidence: 0.86374253

00:22:23.595 --> 00:22:25.299 and generalized anxiety disorder.

NOTE Confidence: 0.86374253

00:22:25.300 --> 00:22:27.160 Things have gotten bad in the

NOTE Confidence: 0.86374253

00:22:27.160 --> 00:22:28.090 past few months.

NOTE Confidence: 0.86374253

00:22:28.090 --> 00:22:29.203 Among other things,

NOTE Confidence: 0.86374253

00:22:29.203 --> 00:22:31.429 she worried about the environment about

NOTE Confidence: 0.86374253

00:22:31.429 --> 00:22:33.725 climate change and the loss of biodiversity

NOTE Confidence: 0.86374253

00:22:33.725 --> 00:22:35.639 and disasters of our own making.

NOTE Confidence: 0.86374253

00:22:35.640 --> 00:22:37.134 The idea that this could all

NOTE Confidence: 0.86374253

00:22:37.134 --> 00:22:38.670 be gone within her lifetime,

NOTE Confidence: 0.86374253

00:22:38.670 --> 00:22:40.320 she didn't know how to cope.

NOTE Confidence: 0.86374253

00:22:40.320 --> 00:22:42.196 She had been in therapy and started

NOTE Confidence: 0.86374253

00:22:42.196 --> 00:22:43.604 an anti depressant and after
NOTE Confidence: 0.86374253

00:22:43.604 --> 00:22:44.984 week she became activated up.
NOTE Confidence: 0.86374253

00:22:44.990 --> 00:22:46.838 But in the bad way everything was
NOTE Confidence: 0.86374253

00:22:46.838 --> 00:22:48.020 hyperreal rather than unreal.
NOTE Confidence: 0.86374253

00:22:48.020 --> 00:22:49.390 Too much reality to bear,
NOTE Confidence: 0.86374253

00:22:49.390 --> 00:22:51.315 that's why she came to the hospital.
NOTE Confidence: 0.86374253

00:22:51.320 --> 00:22:52.202 She was feared.
NOTE Confidence: 0.86374253

00:22:52.202 --> 00:22:54.260 She feared she would walk in front
NOTE Confidence: 0.86374253

00:22:54.325 --> 00:22:56.269 of a car or fall down the stairs.
NOTE Confidence: 0.86374253

00:22:56.270 --> 00:22:59.574 It might just happen of its own accord.
NOTE Confidence: 0.86374253

00:22:59.580 --> 00:23:01.731 She wore a hat on her first day and
NOTE Confidence: 0.86374253

00:23:01.731 --> 00:23:04.111 every day after that she told us that
NOTE Confidence: 0.86374253

00:23:04.111 --> 00:23:06.353 she started wearing it one day when
NOTE Confidence: 0.86374253

00:23:06.353 --> 00:23:08.279 she became depressed and never stopped.
NOTE Confidence: 0.86374253

00:23:08.280 --> 00:23:09.348 Her speech was pressured,
NOTE Confidence: 0.86374253

00:23:09.348 --> 00:23:11.470 yet directed like someone in an emergency,

NOTE Confidence: 0.86374253

00:23:11.470 --> 00:23:14.116 but her tone carried aside anger

NOTE Confidence: 0.86374253

00:23:14.116 --> 00:23:15.880 like someone already briefing.

NOTE Confidence: 0.86374253

00:23:15.880 --> 00:23:17.896 She said that she had always been a warrior.

NOTE Confidence: 0.86374253

00:23:17.900 --> 00:23:19.454 She used to worry about her health.

NOTE Confidence: 0.86374253

00:23:19.460 --> 00:23:20.580 Now she worried about existing.

NOTE Confidence: 0.86374253

00:23:20.580 --> 00:23:22.148 She worried that she was a narcissist,

NOTE Confidence: 0.86374253

00:23:22.150 --> 00:23:24.076 that she was making this up.

NOTE Confidence: 0.86374253

00:23:24.080 --> 00:23:26.357 But we're just on a rock in an infinitely

NOTE Confidence: 0.86374253

00:23:26.357 --> 00:23:27.758 expanding and uncaring universe.

NOTE Confidence: 0.86374253

00:23:27.760 --> 00:23:29.419 She said it would be so much

NOTE Confidence: 0.86374253

00:23:29.419 --> 00:23:30.974 easier and so much less painful

NOTE Confidence: 0.86374253

00:23:30.974 --> 00:23:33.232 to give in to be subsumed by the

NOTE Confidence: 0.86374253

00:23:33.232 --> 00:23:35.117 nothingness she spoke frequently of,

NOTE Confidence: 0.86374253

00:23:35.120 --> 00:23:36.818 escaping into the void to keep

NOTE Confidence: 0.86374253

00:23:36.818 --> 00:23:37.950 up with the conversation,

NOTE Confidence: 0.86374253

00:23:37.950 --> 00:23:39.078 I've found myself scrambling
NOTE Confidence: 0.86374253

00:23:39.078 --> 00:23:40.206 for bits of philosophy,
NOTE Confidence: 0.86374253

00:23:40.210 --> 00:23:41.406 half remembered from college.
NOTE Confidence: 0.86374253

00:23:41.406 --> 00:23:43.631 The idea of nihilism came up that
NOTE Confidence: 0.86374253

00:23:43.631 --> 00:23:45.119 nothing inherently had meaning.
NOTE Confidence: 0.86374253

00:23:45.120 --> 00:23:46.540 The pessimistic spin on it,
NOTE Confidence: 0.86374253

00:23:46.540 --> 00:23:47.700 being that nothing mattered,
NOTE Confidence: 0.86374253

00:23:47.700 --> 00:23:50.035 you optimistic that we get to create our
NOTE Confidence: 0.86374253

00:23:50.035 --> 00:23:52.195 own meanings and choose what matters to us.
NOTE Confidence: 0.86374253

00:23:52.200 --> 00:23:54.846 She was less convinced of the 2nd.
NOTE Confidence: 0.86374253

00:23:54.850 --> 00:23:56.362 I worry that I'm talking about
NOTE Confidence: 0.86374253

00:23:56.362 --> 00:23:57.929 nihilism would make her a nihilist.
NOTE Confidence: 0.86374253

00:23:57.930 --> 00:23:59.352 But when I trained to answer
NOTE Confidence: 0.86374253

00:23:59.352 --> 00:24:00.760 calls at a suicide hotline,
NOTE Confidence: 0.86374253

00:24:00.760 --> 00:24:02.559 we were taught they're talking about suicide,
NOTE Confidence: 0.86374253

00:24:02.560 --> 00:24:03.884 doesn't make people suicidal.

NOTE Confidence: 0.86374253

00:24:03.884 --> 00:24:05.870 But that was ten years ago.

NOTE Confidence: 0.86374253

00:24:05.870 --> 00:24:07.006 Maybe this was different,

NOTE Confidence: 0.86374253

00:24:07.006 --> 00:24:09.279 but I figured nihilism was on the table.

NOTE Confidence: 0.86374253

00:24:09.280 --> 00:24:11.177 She had already told me about the

NOTE Confidence: 0.86374253

00:24:11.177 --> 00:24:12.689 four noble truths of Buddhism,

NOTE Confidence: 0.86374253

00:24:12.690 --> 00:24:14.110 about the suffering inherent existence,

NOTE Confidence: 0.86374253

00:24:14.110 --> 00:24:16.570 and the impermanence of all things.

NOTE Confidence: 0.8358289

00:24:16.570 --> 00:24:17.940 She said she wasn't religious,

NOTE Confidence: 0.8358289

00:24:17.940 --> 00:24:20.108 but she believed in an energy that connects

NOTE Confidence: 0.8358289

00:24:20.108 --> 00:24:22.317 all things she felt connected to the earth.

NOTE Confidence: 0.8358289

00:24:22.320 --> 00:24:24.786 The woods were one of her few happy places.

NOTE Confidence: 0.8358289

00:24:24.790 --> 00:24:28.228 Somewhere her mind could be quiet.

NOTE Confidence: 0.8358289

00:24:28.230 --> 00:24:30.816 She worried that she was too far gone over

NOTE Confidence: 0.8358289

00:24:30.816 --> 00:24:33.088 the precipice past the point of no return.

NOTE Confidence: 0.8358289

00:24:33.090 --> 00:24:34.520 Not worth the trouble anymore.

NOTE Confidence: 0.8358289

00:24:34.520 --> 00:24:37.416 I insisted that she was worth the trouble.
NOTE Confidence: 0.8358289

00:24:37.420 --> 00:24:39.877 She winced, she had no reason to believe me,
NOTE Confidence: 0.8358289

00:24:39.880 --> 00:24:42.610 or care what I had to say on the matter.
NOTE Confidence: 0.8358289

00:24:42.610 --> 00:24:44.896 I should have listened, not challenged.
NOTE Confidence: 0.8358289

00:24:44.900 --> 00:24:46.727 At the hotline, they told us that
NOTE Confidence: 0.8358289

00:24:46.727 --> 00:24:48.398 you're not there to give answers.
NOTE Confidence: 0.8358289

00:24:48.400 --> 00:24:50.008 You're there to assess for risk.
NOTE Confidence: 0.8358289

00:24:50.010 --> 00:24:50.820 Ask open-ended questions
NOTE Confidence: 0.8358289

00:24:50.820 --> 00:24:51.630 and validate emotions.
NOTE Confidence: 0.8358289

00:24:51.630 --> 00:24:53.774 You don't know that things will get better,
NOTE Confidence: 0.8358289

00:24:53.780 --> 00:24:56.381 but you try to help a call and move
NOTE Confidence: 0.8358289

00:24:56.381 --> 00:24:58.899 towards the possibility that they might.
NOTE Confidence: 0.8358289

00:24:58.900 --> 00:25:00.876 I don't know if I'm supposed to give
NOTE Confidence: 0.8358289

00:25:00.876 --> 00:25:02.757 answers now as a provider in training.
NOTE Confidence: 0.8358289

00:25:02.760 --> 00:25:04.115 I later asked her about
NOTE Confidence: 0.8358289

00:25:04.115 --> 00:25:05.470 her plans for the future.

NOTE Confidence: 0.8358289

00:25:05.470 --> 00:25:07.367 She didn't have any at the moment.

NOTE Confidence: 0.8358289

00:25:07.370 --> 00:25:08.725 Maybe wander into the woods

NOTE Confidence: 0.8358289

00:25:08.725 --> 00:25:10.080 and live out her days.

NOTE Confidence: 0.8358289

00:25:10.080 --> 00:25:11.435 She knew that she didn't

NOTE Confidence: 0.8358289

00:25:11.435 --> 00:25:12.790 want to go to college.

NOTE Confidence: 0.8358289

00:25:12.790 --> 00:25:14.862 Do you want to learn about astrology and

NOTE Confidence: 0.8358289

00:25:14.862 --> 00:25:16.577 cosmology and the nature of existence?

NOTE Confidence: 0.8358289

00:25:16.580 --> 00:25:17.935 I asked if she considered

NOTE Confidence: 0.8358289

00:25:17.935 --> 00:25:19.290 studying those things in college.

NOTE Confidence: 0.8358289

00:25:19.290 --> 00:25:21.520 She was quiet. She hadn't.

NOTE Confidence: 0.8358289

00:25:21.520 --> 00:25:24.920 No one had ever told her that was an option.

NOTE Confidence: 0.8358289

00:25:24.920 --> 00:25:27.190 One day we told her that we wanted to try

NOTE Confidence: 0.8358289

00:25:27.246 --> 00:25:29.346 a medication called a mood stabilizer.

NOTE Confidence: 0.8358289

00:25:29.350 --> 00:25:30.735 We hoped it would slow

NOTE Confidence: 0.8358289

00:25:30.735 --> 00:25:31.843 down her runaway thoughts.

NOTE Confidence: 0.8358289

00:25:31.850 --> 00:25:33.506 She was willing to try it.
NOTE Confidence: 0.8358289

00:25:33.510 --> 00:25:35.449 We asked if she had any questions.
NOTE Confidence: 0.8358289

00:25:35.450 --> 00:25:37.514 She asked us what to do about the
NOTE Confidence: 0.8358289

00:25:37.514 --> 00:25:38.769 crushing weight of existence.
NOTE Confidence: 0.8358289

00:25:38.770 --> 00:25:40.426 I turned to my supervising doctor.
NOTE Confidence: 0.8358289

00:25:40.430 --> 00:25:41.444 We both shrugged.
NOTE Confidence: 0.8358289

00:25:41.444 --> 00:25:43.134 You learn to manage it.
NOTE Confidence: 0.8358289

00:25:43.140 --> 00:25:45.212 Medication can help when it becomes too
NOTE Confidence: 0.8358289

00:25:45.212 --> 00:25:47.646 much and you learn to share the weight.
NOTE Confidence: 0.8358289

00:25:47.650 --> 00:25:49.634 We asked if she had any other questions.
NOTE Confidence: 0.8358289

00:25:49.640 --> 00:25:51.215 She asked me to print out an
NOTE Confidence: 0.8358289

00:25:51.215 --> 00:25:52.630 information sheet on the medication.
NOTE Confidence: 0.8358289

00:25:52.630 --> 00:25:54.373 She asked to not be told what
NOTE Confidence: 0.8358289

00:25:54.373 --> 00:25:55.120 side effects where.
NOTE Confidence: 0.8358289

00:25:55.120 --> 00:25:58.704 She feared that she would take them.
NOTE Confidence: 0.8358289

00:25:58.710 --> 00:26:00.306 The first day after starting the medication,

NOTE Confidence: 0.8358289

00:26:00.310 --> 00:26:01.450 she said that she had

NOTE Confidence: 0.8358289

00:26:01.450 --> 00:26:02.590 no thoughts in her head.

NOTE Confidence: 0.8358289

00:26:02.590 --> 00:26:03.698 Her mind was empty.

NOTE Confidence: 0.8358289

00:26:03.698 --> 00:26:05.694 We suggested that maybe she was used

NOTE Confidence: 0.8358289

00:26:05.694 --> 00:26:07.598 to the roar of her racing thoughts.

NOTE Confidence: 0.8358289

00:26:07.600 --> 00:26:08.086 This new,

NOTE Confidence: 0.8358289

00:26:08.086 --> 00:26:09.787 quiet felt like the absence of thoughts.

NOTE Confidence: 0.8358289

00:26:09.790 --> 00:26:11.778 She said it was possible we decided

NOTE Confidence: 0.8358289

00:26:11.778 --> 00:26:14.029 to wait and see how tomorrow went.

NOTE Confidence: 0.8358289

00:26:14.030 --> 00:26:14.732 The second day,

NOTE Confidence: 0.8358289

00:26:14.732 --> 00:26:17.207 she told us that her mind was calm and she

NOTE Confidence: 0.8358289

00:26:17.207 --> 00:26:19.240 had total clarity about what she must do.

NOTE Confidence: 0.8358289

00:26:19.240 --> 00:26:20.524 She had to die.

NOTE Confidence: 0.8358289

00:26:20.524 --> 00:26:22.450 It was the only logical answer.

NOTE Confidence: 0.8358289

00:26:22.450 --> 00:26:23.776 She said that she was nothing

NOTE Confidence: 0.8358289

00:26:23.776 --> 00:26:25.170 more than a carbon footprint.

NOTE Confidence: 0.8358289

00:26:25.170 --> 00:26:26.098 She could be vegan,

NOTE Confidence: 0.8358289

00:26:26.098 --> 00:26:27.880 but she could never be vegan enough.

NOTE Confidence: 0.8358289

00:26:27.880 --> 00:26:29.120 She couldn't save the world,

NOTE Confidence: 0.8358289

00:26:29.120 --> 00:26:30.596 but you could certainly harm it.

NOTE Confidence: 0.8358289

00:26:30.600 --> 00:26:31.840 She didn't need to exist.

NOTE Confidence: 0.8358289

00:26:31.840 --> 00:26:33.910 She didn't want to exist.

NOTE Confidence: 0.8358289

00:26:33.910 --> 00:26:35.638 When I was at the hotline,

NOTE Confidence: 0.8358289

00:26:35.640 --> 00:26:37.090 we didn't get many explicitly

NOTE Confidence: 0.8358289

00:26:37.090 --> 00:26:37.670 existential colors.

NOTE Confidence: 0.8358289

00:26:37.670 --> 00:26:39.002 They didn't train us on how

NOTE Confidence: 0.8358289

00:26:39.002 --> 00:26:39.890 to navigate a conversation

NOTE Confidence: 0.792339

00:26:39.938 --> 00:26:41.174 about humanity's near

NOTE Confidence: 0.792339

00:26:41.174 --> 00:26:41.998 inevitable self-destruction.

NOTE Confidence: 0.792339

00:26:42.000 --> 00:26:43.566 How could you live with yourself

NOTE Confidence: 0.792339

00:26:43.566 --> 00:26:45.180 knowing it was all pointless?

NOTE Confidence: 0.792339

00:26:45.180 --> 00:26:47.484 I didn't have a good answer for her.

NOTE Confidence: 0.792339

00:26:47.490 --> 00:26:49.980 I didn't have one for myself.

NOTE Confidence: 0.792339

00:26:49.980 --> 00:26:52.293 So I was honest, I said we do our

NOTE Confidence: 0.792339

00:26:52.293 --> 00:26:54.317 best and we hope for the best,

NOTE Confidence: 0.792339

00:26:54.320 --> 00:26:55.940 but it's worth it to try,

NOTE Confidence: 0.792339

00:26:55.940 --> 00:26:58.108 even if it means just saving one person,

NOTE Confidence: 0.792339

00:26:58.110 --> 00:26:59.736 even if that person is yourself.

NOTE Confidence: 0.792339

00:26:59.740 --> 00:27:02.020 That's how I live with myself.

NOTE Confidence: 0.792339

00:27:02.020 --> 00:27:03.046 She seemed doubtful.

NOTE Confidence: 0.792339

00:27:03.046 --> 00:27:06.450 We decided to wait and see how tomorrow went.

NOTE Confidence: 0.792339

00:27:06.450 --> 00:27:08.522 The third day she woke up and no

NOTE Confidence: 0.792339

00:27:08.522 --> 00:27:10.459 longer felt that you needed to die.

NOTE Confidence: 0.792339

00:27:10.460 --> 00:27:12.532 She said that she had had a revelation

NOTE Confidence: 0.792339

00:27:12.532 --> 00:27:14.602 and decided she didn't want to keep

NOTE Confidence: 0.792339

00:27:14.602 --> 00:27:16.102 existing like this halfway between

NOTE Confidence: 0.792339

00:27:16.158 --> 00:27:17.656 life and death as she put it,
NOTE Confidence: 0.792339

00:27:17.660 --> 00:27:18.728 she still felt bad.
NOTE Confidence: 0.792339

00:27:18.728 --> 00:27:19.796 She was still depressed,
NOTE Confidence: 0.792339

00:27:19.800 --> 00:27:21.140 but she wanted to live.
NOTE Confidence: 0.792339

00:27:21.140 --> 00:27:22.470 She wasn't wearing her hat.
NOTE Confidence: 0.792339

00:27:22.470 --> 00:27:24.072 She said this was her making
NOTE Confidence: 0.792339

00:27:24.072 --> 00:27:25.140 steps towards getting better.
NOTE Confidence: 0.792339

00:27:25.140 --> 00:27:26.736 There was work to be done.
NOTE Confidence: 0.792339

00:27:26.740 --> 00:27:28.336 She wanted open an animal shelter.
NOTE Confidence: 0.792339

00:27:28.340 --> 00:27:30.720 One day she would start by volunteering
NOTE Confidence: 0.792339

00:27:30.720 --> 00:27:32.568 at the shelter in her town.
NOTE Confidence: 0.792339

00:27:32.570 --> 00:27:34.400 And she wanted to start a
NOTE Confidence: 0.792339

00:27:34.400 --> 00:27:36.010 garden to help things grow.
NOTE Confidence: 0.792339

00:27:36.010 --> 00:27:38.266 Since the day she came to the unit,
NOTE Confidence: 0.792339

00:27:38.270 --> 00:27:39.675 I didn't think her existential
NOTE Confidence: 0.792339

00:27:39.675 --> 00:27:40.518 dread was unreasonable.

NOTE Confidence: 0.792339

00:27:40.520 --> 00:27:42.206 Having experienced it myself in college,

NOTE Confidence: 0.792339

00:27:42.210 --> 00:27:43.908 I sunk into a deep depression.

NOTE Confidence: 0.792339

00:27:43.910 --> 00:27:46.806 So slowly I didn't register it at first.

NOTE Confidence: 0.792339

00:27:46.810 --> 00:27:48.102 The hotline hand prepared.

NOTE Confidence: 0.792339

00:27:48.102 --> 00:27:49.394 We said that either.

NOTE Confidence: 0.792339

00:27:49.400 --> 00:27:50.910 I thought that by listening

NOTE Confidence: 0.792339

00:27:50.910 --> 00:27:52.118 to other people's struggles,

NOTE Confidence: 0.792339

00:27:52.120 --> 00:27:53.630 I would somehow be immune,

NOTE Confidence: 0.792339

00:27:53.630 --> 00:27:55.737 able to talk myself out of it,

NOTE Confidence: 0.792339

00:27:55.740 --> 00:27:56.640 but I couldn't.

NOTE Confidence: 0.792339

00:27:56.640 --> 00:27:57.840 My thought patterns always

NOTE Confidence: 0.792339

00:27:57.840 --> 00:27:59.391 circled back to the emptiness

NOTE Confidence: 0.792339

00:27:59.391 --> 00:28:01.173 and the pointlessness of it all.

NOTE Confidence: 0.792339

00:28:01.180 --> 00:28:03.399 Existing hurt one of the lowest points

NOTE Confidence: 0.792339

00:28:03.399 --> 00:28:05.512 in my depression I was assigned in

NOTE Confidence: 0.792339

00:28:05.512 --> 00:28:07.520 a philosophy class to read the book.
NOTE Confidence: 0.792339

00:28:07.520 --> 00:28:09.016 Meditations by Marcus Aurelius.
NOTE Confidence: 0.792339

00:28:09.016 --> 00:28:10.886 The plastic workbooks doses on.
NOTE Confidence: 0.792339

00:28:10.890 --> 00:28:12.420 The Stoics viewed all external
NOTE Confidence: 0.792339

00:28:12.420 --> 00:28:13.644 defenses beyond one's control.
NOTE Confidence: 0.792339

00:28:13.650 --> 00:28:15.185 One only controls one's actions
NOTE Confidence: 0.792339

00:28:15.185 --> 00:28:16.720 and reactions to such events.
NOTE Confidence: 0.792339

00:28:16.720 --> 00:28:19.576 Quote Make the best use of words in
NOTE Confidence: 0.792339

00:28:19.576 --> 00:28:22.858 your power and take the rest as it happens.
NOTE Confidence: 0.792339

00:28:22.860 --> 00:28:23.661 For whatever reason,
NOTE Confidence: 0.792339

00:28:23.661 --> 00:28:25.263 I found some comfort in knowing
NOTE Confidence: 0.792339

00:28:25.263 --> 00:28:26.802 that 2000 years ago someone else
NOTE Confidence: 0.792339

00:28:26.802 --> 00:28:28.314 was trying to manage the crushing
NOTE Confidence: 0.792339

00:28:28.314 --> 00:28:29.778 weight of existence to find a
NOTE Confidence: 0.792339

00:28:29.778 --> 00:28:31.634 reason to get up in the morning.
NOTE Confidence: 0.792339

00:28:31.634 --> 00:28:33.320 Quote at dawn when you have

NOTE Confidence: 0.792339
00:28:33.381 --> 00:28:35.026 trouble getting out of bed,
NOTE Confidence: 0.792339
00:28:35.030 --> 00:28:36.362 tell yourself I have to go
NOTE Confidence: 0.792339
00:28:36.362 --> 00:28:37.989 to work as a human being.
NOTE Confidence: 0.792339
00:28:37.990 --> 00:28:40.330 What do I have to complain of if I if
NOTE Confidence: 0.792339
00:28:40.398 --> 00:28:42.675 I'm going to do what I was born for,
NOTE Confidence: 0.792339
00:28:42.680 --> 00:28:44.510 the things that I was brought
NOTE Confidence: 0.792339
00:28:44.510 --> 00:28:45.990 into this world to do?
NOTE Confidence: 0.792339
00:28:45.990 --> 00:28:48.411 Or is this what I was created for the
NOTE Confidence: 0.792339
00:28:48.411 --> 00:28:50.770 huddle under the blankets and stay warm?
NOTE Confidence: 0.792339
00:28:50.770 --> 00:28:51.930 And slowly but surely,
NOTE Confidence: 0.792339
00:28:51.930 --> 00:28:53.380 with the help of therapy,
NOTE Confidence: 0.792339
00:28:53.380 --> 00:28:54.830 I found myself believing in
NOTE Confidence: 0.792339
00:28:54.830 --> 00:28:55.990 some of those words,
NOTE Confidence: 0.792339
00:28:55.990 --> 00:28:57.722 eventually getting out of
NOTE Confidence: 0.792339
00:28:57.722 --> 00:28:59.887 bed didn't hurt so much.
NOTE Confidence: 0.792339

00:28:59.890 --> 00:29:01.578 I wanted to give her a copy of
NOTE Confidence: 0.792339

00:29:01.578 --> 00:29:02.820 Meditations before she left the unit.
NOTE Confidence: 0.792339

00:29:02.820 --> 00:29:04.434 I thought it might help her
NOTE Confidence: 0.792339

00:29:04.434 --> 00:29:05.930 feel a little less alone.
NOTE Confidence: 0.792339

00:29:05.930 --> 00:29:07.285 We gave kids age appropriate
NOTE Confidence: 0.792339

00:29:07.285 --> 00:29:08.640 books in the pediatric clinic.
NOTE Confidence: 0.83381635

00:29:08.640 --> 00:29:10.266 I didn't know if Stoicism counted,
NOTE Confidence: 0.83381635

00:29:10.270 --> 00:29:12.160 but it felt appropriate for the age.
NOTE Confidence: 0.83381635

00:29:12.160 --> 00:29:15.104 The era in which she was growing up.
NOTE Confidence: 0.83381635

00:29:15.110 --> 00:29:17.534 And age in which children carry the anxieties
NOTE Confidence: 0.83381635

00:29:17.534 --> 00:29:19.968 of adults without the agency of adulthood.
NOTE Confidence: 0.83381635

00:29:19.970 --> 00:29:22.714 But I decided against giving her the book.
NOTE Confidence: 0.83381635

00:29:22.720 --> 00:29:23.900 Those words wouldn't fix any
NOTE Confidence: 0.83381635

00:29:23.900 --> 00:29:25.080 of her the world's problems.
NOTE Confidence: 0.83381635

00:29:25.080 --> 00:29:26.968 I didn't need to give her anymore homework,
NOTE Confidence: 0.83381635

00:29:26.970 --> 00:29:28.965 and she was likely to believe it

NOTE Confidence: 0.83381635

00:29:28.965 --> 00:29:31.187 more if she found it on her own.

NOTE Confidence: 0.83381635

00:29:31.190 --> 00:29:33.220 But I hope she would stumble upon

NOTE Confidence: 0.83381635

00:29:33.220 --> 00:29:34.852 these words someday, like I did,

NOTE Confidence: 0.83381635

00:29:34.852 --> 00:29:37.026 and find them to be a small but

NOTE Confidence: 0.83381635

00:29:37.026 --> 00:29:39.308 steady light in the dark days quote.

NOTE Confidence: 0.83381635

00:29:39.310 --> 00:29:41.526 Do not act as if you had 10,000

NOTE Confidence: 0.83381635

00:29:41.526 --> 00:29:42.500 years to live.

NOTE Confidence: 0.83381635

00:29:42.500 --> 00:29:44.606 Be inescapable is hanging over your

NOTE Confidence: 0.83381635

00:29:44.606 --> 00:29:47.384 head while you have life in you while

NOTE Confidence: 0.83381635

00:29:47.384 --> 00:29:49.340 you still can make yourself good.

NOTE Confidence: 0.83381635

00:29:49.340 --> 00:29:49.890 Thank you.

NOTE Confidence: 0.84202284

00:29:56.290 --> 00:29:58.590 Excellent job Isaiah, so I'm going

NOTE Confidence: 0.84202284

00:29:58.590 --> 00:30:00.510 to introduce the next speaker

NOTE Confidence: 0.84202284

00:30:00.589 --> 00:30:03.130 so when next we will have Georgia

NOTE Confidence: 0.84202284

00:30:03.130 --> 00:30:05.468 Spurrier who will be reading a

NOTE Confidence: 0.84202284

00:30:05.468 --> 00:30:07.423 piece called my Perfect Mother.
NOTE Confidence: 0.84202284

00:30:07.430 --> 00:30:10.494 Georgia is a rising senior at Yale College,
NOTE Confidence: 0.84202284

00:30:10.500 --> 00:30:12.375 majoring in psychology in the
NOTE Confidence: 0.84202284

00:30:12.375 --> 00:30:14.250 neuroscience track and hopes to
NOTE Confidence: 0.84202284

00:30:14.315 --> 00:30:16.250 continue doing research in clinical
NOTE Confidence: 0.84202284

00:30:16.250 --> 00:30:18.560 work after she graduates as well.
NOTE Confidence: 0.84202284

00:30:18.560 --> 00:30:20.184 She's also volunteered at
NOTE Confidence: 0.84202284

00:30:20.184 --> 00:30:22.620 our very own when he won.
NOTE Confidence: 0.84202284

00:30:22.620 --> 00:30:24.384 Our child inpatient unit and is
NOTE Confidence: 0.84202284

00:30:24.384 --> 00:30:26.043 currently working on a research
NOTE Confidence: 0.84202284

00:30:26.043 --> 00:30:27.723 project with Quinnipiac University
NOTE Confidence: 0.84202284

00:30:27.723 --> 00:30:30.200 about the COVID experience during the
NOTE Confidence: 0.84202284

00:30:30.200 --> 00:30:32.114 pre clinical years of medical school.
NOTE Confidence: 0.84202284

00:30:32.120 --> 00:30:36.328 Now here is Georgia with my perfect mother.
NOTE Confidence: 0.84202284

00:30:36.330 --> 00:30:36.630 Thank
NOTE Confidence: 0.89493376

00:30:36.630 --> 00:30:37.838 you so much, Amanda.

NOTE Confidence: 0.821845

00:30:39.630 --> 00:30:40.850 She had shown me

NOTE Confidence: 0.821845

00:30:40.850 --> 00:30:42.365 the purple splotchy bruises he

NOTE Confidence: 0.821845

00:30:42.365 --> 00:30:44.136 left on her legs, hips, arms.

NOTE Confidence: 0.821845

00:30:44.136 --> 00:30:46.082 It was March and quarantine had just

NOTE Confidence: 0.821845

00:30:46.082 --> 00:30:48.059 begun which wreaked havoc on alcoholic

NOTE Confidence: 0.821845

00:30:48.059 --> 00:30:49.970 households like ours and around him,

NOTE Confidence: 0.821845

00:30:49.970 --> 00:30:52.394 my mom succumbed to her disease that night.

NOTE Confidence: 0.821845

00:30:52.400 --> 00:30:53.452 The house was quiet.

NOTE Confidence: 0.821845

00:30:53.452 --> 00:30:55.030 My mom was asleep and her

NOTE Confidence: 0.821845

00:30:55.091 --> 00:30:56.348 boyfriend wasn't home.

NOTE Confidence: 0.821845

00:30:56.350 --> 00:30:57.985 Recent police involvement in one

NOTE Confidence: 0.821845

00:30:57.985 --> 00:30:59.620 of their inebriated arguments had

NOTE Confidence: 0.821845

00:30:59.673 --> 00:31:01.209 confined him to a nearby hotel.

NOTE Confidence: 0.821845

00:31:01.210 --> 00:31:03.562 I tiptoed out of the room I stayed

NOTE Confidence: 0.821845

00:31:03.562 --> 00:31:05.770 in to get a glass of water.

NOTE Confidence: 0.821845

00:31:05.770 --> 00:31:07.600 At first I didn't notice it,
NOTE Confidence: 0.821845

00:31:07.600 --> 00:31:09.418 but something was out of place.
NOTE Confidence: 0.821845

00:31:09.420 --> 00:31:12.108 The statue. About the height of my waist.
NOTE Confidence: 0.821845

00:31:12.110 --> 00:31:14.000 Made up some dense metal like material.
NOTE Confidence: 0.821845

00:31:14.000 --> 00:31:15.360 It typically decorated the fireplace.
NOTE Confidence: 0.821845

00:31:15.360 --> 00:31:17.200 I saw it now stood in the middle
NOTE Confidence: 0.821845

00:31:17.200 --> 00:31:18.610 of the front entryway,
NOTE Confidence: 0.821845

00:31:18.610 --> 00:31:19.970 just inches from the door.
NOTE Confidence: 0.821845

00:31:19.970 --> 00:31:21.590 What a bizarre and inconvenient location.
NOTE Confidence: 0.821845

00:31:21.590 --> 00:31:24.300 How could we even open the door to get out?
NOTE Confidence: 0.821845

00:31:24.300 --> 00:31:25.660 But that was just it.
NOTE Confidence: 0.821845

00:31:25.660 --> 00:31:27.256 He couldn't get in if he tried
NOTE Confidence: 0.821845

00:31:27.256 --> 00:31:28.923 the door would knock the statue
NOTE Confidence: 0.821845

00:31:28.923 --> 00:31:30.468 and the resulting crash would
NOTE Confidence: 0.821845

00:31:30.468 --> 00:31:32.160 certainly wake her before he could.
NOTE Confidence: 0.821845

00:31:32.160 --> 00:31:35.048 She was just as scared as I was.

NOTE Confidence: 0.821845

00:31:35.050 --> 00:31:36.290 For most of high school,

NOTE Confidence: 0.821845

00:31:36.290 --> 00:31:37.766 my mom was my best friend.

NOTE Confidence: 0.821845

00:31:37.770 --> 00:31:39.415 We like to think we were the

NOTE Confidence: 0.821845

00:31:39.415 --> 00:31:40.480 real life Gilmore girls.

NOTE Confidence: 0.821845

00:31:40.480 --> 00:31:42.328 She was the stylish fun mom and I

NOTE Confidence: 0.821845

00:31:42.328 --> 00:31:44.440 was the mini me with dreams of Yale.

NOTE Confidence: 0.821845

00:31:44.440 --> 00:31:46.048 Money got tight my junior year

NOTE Confidence: 0.821845

00:31:46.048 --> 00:31:47.350 after another divorce and it

NOTE Confidence: 0.821845

00:31:47.350 --> 00:31:48.634 was just her and me again.

NOTE Confidence: 0.821845

00:31:48.634 --> 00:31:50.678 After some digging I found us a new

NOTE Confidence: 0.821845

00:31:50.678 --> 00:31:52.676 apartment in budget and in the same city

NOTE Confidence: 0.821845

00:31:52.676 --> 00:31:55.058 as I still stayed with my dad half the time.

NOTE Confidence: 0.821845

00:31:55.060 --> 00:31:56.789 It was quaint but it was perfect.

NOTE Confidence: 0.821845

00:31:56.790 --> 00:31:58.905 We had her friend take pictures of us posing

NOTE Confidence: 0.821845

00:31:58.905 --> 00:32:00.735 together in our new unfurnished living room.

NOTE Confidence: 0.821845

00:32:00.740 --> 00:32:02.497 The day we got the keys we
NOTE Confidence: 0.821845

00:32:02.497 --> 00:32:03.948 shared a room a bed too,
NOTE Confidence: 0.821845

00:32:03.950 --> 00:32:05.280 but I didn't really mind.
NOTE Confidence: 0.821845

00:32:05.280 --> 00:32:06.369 She seemed content,
NOTE Confidence: 0.821845

00:32:06.369 --> 00:32:08.184 so I was as well.
NOTE Confidence: 0.821845

00:32:08.190 --> 00:32:10.301 My sister had long since moved out and
NOTE Confidence: 0.821845

00:32:10.301 --> 00:32:11.369 had complicated relationships with
NOTE Confidence: 0.821845

00:32:11.369 --> 00:32:13.414 both of our parents an I was highly
NOTE Confidence: 0.821845

00:32:13.414 --> 00:32:15.240 determined not to experience a similar fate,
NOTE Confidence: 0.821845

00:32:15.240 --> 00:32:16.540 so I cared for them.
NOTE Confidence: 0.821845

00:32:16.540 --> 00:32:18.255 I help my mom budget and spotted
NOTE Confidence: 0.821845

00:32:18.255 --> 00:32:19.939 the bills when she couldn't pay,
NOTE Confidence: 0.821845

00:32:19.940 --> 00:32:22.346 I kept up with my dad's health, a diabetic.
NOTE Confidence: 0.821845

00:32:22.346 --> 00:32:24.104 I reminded him every night to
NOTE Confidence: 0.821845

00:32:24.104 --> 00:32:26.110 test his blood sugar before bed.
NOTE Confidence: 0.821845

00:32:26.110 --> 00:32:27.330 Most importantly though, I mediated.

NOTE Confidence: 0.821845

00:32:27.330 --> 00:32:28.806 I need to discussions between them

NOTE Confidence: 0.821845

00:32:28.806 --> 00:32:30.480 so they would never have to speak,

NOTE Confidence: 0.821845

00:32:30.480 --> 00:32:31.962 and if they spit nasty words

NOTE Confidence: 0.821845

00:32:31.962 --> 00:32:33.160 about each other to me,

NOTE Confidence: 0.821845

00:32:33.160 --> 00:32:34.552 I may hang my head and

NOTE Confidence: 0.821845

00:32:34.552 --> 00:32:35.830 ask them to please stop,

NOTE Confidence: 0.821845

00:32:35.830 --> 00:32:37.766 but better at me than at each other.

NOTE Confidence: 0.821845

00:32:37.770 --> 00:32:39.714 I know their anger isn't directed at me,

NOTE Confidence: 0.821845

00:32:39.720 --> 00:32:41.349 so it's OK.

NOTE Confidence: 0.821845

00:32:41.350 --> 00:32:43.091 My senior year my mom started dating Peter.

NOTE Confidence: 0.821845

00:32:43.091 --> 00:32:44.176 I hadn't met him yet,

NOTE Confidence: 0.821845

00:32:44.180 --> 00:32:45.713 but he sounded alright like he could

NOTE Confidence: 0.821845

00:32:45.713 --> 00:32:47.237 provide for us and make her happy.

NOTE Confidence: 0.821845

00:32:47.240 --> 00:32:49.013 After a while she had a date with him

NOTE Confidence: 0.821845

00:32:49.013 --> 00:32:50.936 on one of the nights she had custody.

NOTE Confidence: 0.821845

00:32:50.940 --> 00:32:52.638 I stayed home and studied while
NOTE Confidence: 0.821845

00:32:52.638 --> 00:32:53.487 they went out.
NOTE Confidence: 0.821845

00:32:53.490 --> 00:32:56.354 After a few hours, she still wasn't home.
NOTE Confidence: 0.8911693

00:32:56.360 --> 00:32:59.224 A few more hours I texted no answer.
NOTE Confidence: 0.8911693

00:32:59.230 --> 00:33:00.514 I called no answer.
NOTE Confidence: 0.8911693

00:33:00.514 --> 00:33:02.440 I frantically began to Google what
NOTE Confidence: 0.8911693

00:33:02.502 --> 00:33:04.413 I knew about her date and then
NOTE Confidence: 0.8911693

00:33:04.413 --> 00:33:06.310 attempt to find his phone number.
NOTE Confidence: 0.8911693

00:33:06.310 --> 00:33:09.210 I had to find her and see if she was OK.
NOTE Confidence: 0.8911693

00:33:09.210 --> 00:33:11.314 Finally, after the 4th call she picked up,
NOTE Confidence: 0.8911693

00:33:11.320 --> 00:33:12.910 though I truly wish she hadn't,
NOTE Confidence: 0.8911693

00:33:12.910 --> 00:33:14.200 her words were slow slurred
NOTE Confidence: 0.8911693

00:33:14.200 --> 00:33:16.069 though I knew she was an addict.
NOTE Confidence: 0.8911693

00:33:16.070 --> 00:33:17.390 I had never seen it.
NOTE Confidence: 0.8911693

00:33:17.390 --> 00:33:19.238 I had the privilege of her sobriety,
NOTE Confidence: 0.8911693

00:33:19.240 --> 00:33:20.035 my entire childhood.

NOTE Confidence: 0.8911693

00:33:20.035 --> 00:33:20.830 My heart dropped,

NOTE Confidence: 0.8911693

00:33:20.830 --> 00:33:22.810 I begged her to tell me what she took

NOTE Confidence: 0.8911693

00:33:22.810 --> 00:33:24.790 as she continued with the nothing,

NOTE Confidence: 0.8911693

00:33:24.790 --> 00:33:26.332 I'm fine narrative that spilled out

NOTE Confidence: 0.8911693

00:33:26.332 --> 00:33:28.220 of her mouth at a sluggish pace.

NOTE Confidence: 0.8911693

00:33:28.220 --> 00:33:30.324 Suddenly I couldn't be in our home anymore.

NOTE Confidence: 0.8911693

00:33:30.330 --> 00:33:31.518 I raced out, sobbing.

NOTE Confidence: 0.8911693

00:33:31.518 --> 00:33:32.409 Overcome with fear,

NOTE Confidence: 0.8911693

00:33:32.410 --> 00:33:34.601 it was the incoherence I couldn't handle

NOTE Confidence: 0.8911693

00:33:34.601 --> 00:33:37.417 and I saw it all too often with my dad.

NOTE Confidence: 0.8911693

00:33:37.420 --> 00:33:38.600 His blood sugar dropping

NOTE Confidence: 0.8911693

00:33:38.600 --> 00:33:39.780 to an unhealthy level,

NOTE Confidence: 0.8911693

00:33:39.780 --> 00:33:41.550 his words slowing his eyes unreadable,

NOTE Confidence: 0.8911693

00:33:41.550 --> 00:33:42.730 giving him glucose tablets

NOTE Confidence: 0.8911693

00:33:42.730 --> 00:33:44.205 was shaking hands for years.

NOTE Confidence: 0.8911693

00:33:44.210 --> 00:33:46.826 I made sure that every conversation I had
NOTE Confidence: 0.8911693

00:33:46.826 --> 00:33:49.520 with either one of them ended in I love you.
NOTE Confidence: 0.8911693

00:33:49.520 --> 00:33:50.429 Should something happen,
NOTE Confidence: 0.8911693

00:33:50.429 --> 00:33:53.348 I needed that to be the last thing I said,
NOTE Confidence: 0.8911693

00:33:53.350 --> 00:33:55.120 but it wasn't this past June.
NOTE Confidence: 0.8911693

00:33:55.120 --> 00:33:56.236 Very out of character.
NOTE Confidence: 0.8911693

00:33:56.236 --> 00:33:57.631 My dad did not respond
NOTE Confidence: 0.8911693

00:33:57.631 --> 00:33:59.250 to my text one afternoon.
NOTE Confidence: 0.8911693

00:33:59.250 --> 00:34:01.642 He still hasn't an I love you
NOTE Confidence: 0.8911693

00:34:01.642 --> 00:34:04.470 was not the last thing I said.
NOTE Confidence: 0.8911693

00:34:04.470 --> 00:34:06.286 I have gotten so upset with them both
NOTE Confidence: 0.8911693

00:34:06.286 --> 00:34:08.361 in the past for their incoherence that
NOTE Confidence: 0.8911693

00:34:08.361 --> 00:34:10.658 scared me for their illnesses that hurt me,
NOTE Confidence: 0.8911693

00:34:10.660 --> 00:34:12.812 but I'm trying so hard to allow it
NOTE Confidence: 0.8911693

00:34:12.812 --> 00:34:14.956 to strengthen me as a daughter as a
NOTE Confidence: 0.8911693

00:34:14.956 --> 00:34:17.108 friend and hopefully one day as a clinician.

NOTE Confidence: 0.8911693

00:34:17.110 --> 00:34:18.550 Another dream of mine is to

NOTE Confidence: 0.8911693

00:34:18.550 --> 00:34:20.340 one day become a foster parent.

NOTE Confidence: 0.8911693

00:34:20.340 --> 00:34:22.752 I'd like to have my own kids as well,

NOTE Confidence: 0.8911693

00:34:22.760 --> 00:34:25.172 but I've wanted to foster since I was 16.

NOTE Confidence: 0.8911693

00:34:25.180 --> 00:34:25.449 Well,

NOTE Confidence: 0.8911693

00:34:25.449 --> 00:34:27.063 I'm not entirely sure where this

NOTE Confidence: 0.8911693

00:34:27.063 --> 00:34:28.140 particular dream stems from.

NOTE Confidence: 0.8911693

00:34:28.140 --> 00:34:30.020 I often think needing to care for my

NOTE Confidence: 0.8911693

00:34:30.020 --> 00:34:32.190 parents as a child myself made me

NOTE Confidence: 0.8911693

00:34:32.190 --> 00:34:33.510 intensely passionate about supporting

NOTE Confidence: 0.8911693

00:34:33.510 --> 00:34:35.535 other kids and getting to just be kids.

NOTE Confidence: 0.8911693

00:34:35.540 --> 00:34:36.314 Happy and carefree.

NOTE Confidence: 0.8911693

00:34:36.314 --> 00:34:36.572 Regardless,

NOTE Confidence: 0.8911693

00:34:36.572 --> 00:34:38.626 I feel it would be a privilege to

NOTE Confidence: 0.8911693

00:34:38.626 --> 00:34:40.450 be able to love and care for kids

NOTE Confidence: 0.8911693

00:34:40.502 --> 00:34:41.670 whose family situations turned
NOTE Confidence: 0.8911693

00:34:41.670 --> 00:34:43.422 out to be less than perfect.
NOTE Confidence: 0.8911693

00:34:43.430 --> 00:34:44.750 Soon after my dad's passing,
NOTE Confidence: 0.8911693

00:34:44.750 --> 00:34:46.584 I couldn't help but think that maybe,
NOTE Confidence: 0.8911693

00:34:46.590 --> 00:34:47.116 just maybe,
NOTE Confidence: 0.8911693

00:34:47.116 --> 00:34:49.220 this would make me a better foster parent,
NOTE Confidence: 0.8911693

00:34:49.220 --> 00:34:50.545 because now I understood just
NOTE Confidence: 0.8911693

00:34:50.545 --> 00:34:52.689 how painful it is to not have a
NOTE Confidence: 0.8911693

00:34:52.689 --> 00:34:54.213 parent around to be missing that
NOTE Confidence: 0.8911693

00:34:54.213 --> 00:34:55.268 part of your heart.
NOTE Confidence: 0.8325858

00:34:56.280 --> 00:34:57.320 Within the first few
NOTE Confidence: 0.8325858

00:34:57.320 --> 00:34:58.880 months at Yale, I discovered the
NOTE Confidence: 0.8325858

00:34:58.880 --> 00:34:59.920 children psychiatric inpatient service,
NOTE Confidence: 0.8325858

00:34:59.920 --> 00:35:01.220 better known as Winnie one,
NOTE Confidence: 0.8325858

00:35:01.220 --> 00:35:03.260 through a dance group I had joined on
NOTE Confidence: 0.8325858

00:35:03.260 --> 00:35:05.150 campus every Thursday we would meet at

NOTE Confidence: 0.8325858

00:35:05.150 --> 00:35:06.939 the fountain in the atrium of Yale,

NOTE Confidence: 0.8325858

00:35:06.940 --> 00:35:07.708 New Haven Hospital,

NOTE Confidence: 0.8325858

00:35:07.708 --> 00:35:09.800 and walk across the street to the unit.

NOTE Confidence: 0.8325858

00:35:09.800 --> 00:35:11.100 I had some experience working

NOTE Confidence: 0.8325858

00:35:11.100 --> 00:35:11.880 in child welfare.

NOTE Confidence: 0.8325858

00:35:11.880 --> 00:35:13.440 Given my interest in high school,

NOTE Confidence: 0.8325858

00:35:13.440 --> 00:35:15.000 but had no knowledge of psychiatry

NOTE Confidence: 0.8325858

00:35:15.000 --> 00:35:16.300 or hospitals, let alone how

NOTE Confidence: 0.8325858

00:35:16.300 --> 00:35:17.340 trauma infiltrated these spaces.

NOTE Confidence: 0.8325858

00:35:17.340 --> 00:35:18.452 Spending an hour dancing,

NOTE Confidence: 0.8325858

00:35:18.452 --> 00:35:20.412 the cotton eyed Joe and the Macarena

NOTE Confidence: 0.8325858

00:35:20.412 --> 00:35:22.536 with the 16 or so kids on this unit.

NOTE Confidence: 0.8325858

00:35:22.540 --> 00:35:24.010 In any given week became something

NOTE Confidence: 0.8325858

00:35:24.010 --> 00:35:25.400 I looked forward to greatly,

NOTE Confidence: 0.8325858

00:35:25.400 --> 00:35:27.098 but it didn't feel like enough.

NOTE Confidence: 0.8325858

00:35:27.100 --> 00:35:28.515 I didn't really know these
NOTE Confidence: 0.8325858

00:35:28.515 --> 00:35:30.220 kids or their lives at all,
NOTE Confidence: 0.8325858

00:35:30.220 --> 00:35:32.148 so I found the name of the director
NOTE Confidence: 0.8325858

00:35:32.148 --> 00:35:34.275 of the therapeutic groups on the unit
NOTE Confidence: 0.8325858

00:35:34.275 --> 00:35:36.765 sent an email and within a few weeks
NOTE Confidence: 0.8325858

00:35:36.765 --> 00:35:38.739 I had my bright red volunteer jacket.
NOTE Confidence: 0.8325858

00:35:38.740 --> 00:35:39.876 Now four semesters later,
NOTE Confidence: 0.8325858

00:35:39.876 --> 00:35:41.583 I still spend every Tuesday and
NOTE Confidence: 0.8325858

00:35:41.583 --> 00:35:42.998 Thursday morning on the unit.
NOTE Confidence: 0.8325858

00:35:43.000 --> 00:35:45.280 The kid stays range from days to weeks.
NOTE Confidence: 0.8325858

00:35:45.280 --> 00:35:46.978 They all follow a daily schedule.
NOTE Confidence: 0.8325858

00:35:46.980 --> 00:35:48.678 School and therapeutic groups and meals,
NOTE Confidence: 0.8325858

00:35:48.680 --> 00:35:49.457 and quiet time.
NOTE Confidence: 0.8325858

00:35:49.457 --> 00:35:51.270 They also frequently meet one on one
NOTE Confidence: 0.8325858

00:35:51.326 --> 00:35:53.030 with their psychiatrist on the unit
NOTE Confidence: 0.8325858

00:35:53.030 --> 00:35:55.218 and may have meetings with their families.

NOTE Confidence: 0.8325858

00:35:55.220 --> 00:35:56.918 The unit is comprised of psychiatrists,

NOTE Confidence: 0.8325858

00:35:56.920 --> 00:35:57.958 psychologists, social workers,

NOTE Confidence: 0.8325858

00:35:57.958 --> 00:35:58.650 teachers, nurses.

NOTE Confidence: 0.8325858

00:35:58.650 --> 00:36:00.228 From 9:00 to 10:00 every morning,

NOTE Confidence: 0.8325858

00:36:00.230 --> 00:36:01.808 all the staff meet and discuss

NOTE Confidence: 0.8325858

00:36:01.808 --> 00:36:03.124 these child's case, their history,

NOTE Confidence: 0.8325858

00:36:03.124 --> 00:36:04.434 their safety on the unit,

NOTE Confidence: 0.8325858

00:36:04.440 --> 00:36:05.492 their plan for discharge,

NOTE Confidence: 0.8325858

00:36:05.492 --> 00:36:07.070 and next steps in their treatment.

NOTE Confidence: 0.8325858

00:36:07.070 --> 00:36:08.838 I've been very lucky to be able to

NOTE Confidence: 0.8325858

00:36:08.838 --> 00:36:10.402 join these meetings and hear these

NOTE Confidence: 0.8325858

00:36:10.402 --> 00:36:12.352 kids stories I wanted so badly to

NOTE Confidence: 0.8325858

00:36:12.352 --> 00:36:14.164 understand what they were going through.

NOTE Confidence: 0.8325858

00:36:14.170 --> 00:36:15.948 I used to spend that hour furiously

NOTE Confidence: 0.8325858

00:36:15.948 --> 00:36:17.891 taking notes and then go home and dig

NOTE Confidence: 0.8325858

00:36:17.891 --> 00:36:19.950 up research on anything I didn't understand.

NOTE Confidence: 0.8325858

00:36:19.950 --> 00:36:21.784 Any acronym or vocabulary that didn't click,

NOTE Confidence: 0.8325858

00:36:21.790 --> 00:36:23.242 which frankly was most of it

NOTE Confidence: 0.8325858

00:36:23.242 --> 00:36:24.690 across all the complex thoughts,

NOTE Confidence: 0.8325858

00:36:24.690 --> 00:36:26.268 feelings and behaviors these kids displayed.

NOTE Confidence: 0.8325858

00:36:26.270 --> 00:36:29.114 I notice one thing almost all of them had.

NOTE Confidence: 0.8325858

00:36:29.120 --> 00:36:30.550 Trauma some of their experiences

NOTE Confidence: 0.8325858

00:36:30.550 --> 00:36:31.408 were downright horrific.

NOTE Confidence: 0.8325858

00:36:31.410 --> 00:36:33.234 I couldn't help but think that

NOTE Confidence: 0.8325858

00:36:33.234 --> 00:36:35.323 I'd be struggling too if I were

NOTE Confidence: 0.8325858

00:36:35.323 --> 00:36:36.937 in their shoes and they're just

NOTE Confidence: 0.8325858

00:36:36.937 --> 00:36:38.556 kids anywhere from 4 to 14.

NOTE Confidence: 0.8325858

00:36:38.560 --> 00:36:40.555 They had no control over the hand.

NOTE Confidence: 0.8325858

00:36:40.560 --> 00:36:41.298 Life dealt them,

NOTE Confidence: 0.8325858

00:36:41.298 --> 00:36:43.020 though I do recognize it's not just

NOTE Confidence: 0.8325858

00:36:43.068 --> 00:36:44.673 an unhealthy environment that confers

NOTE Confidence: 0.8325858

00:36:44.673 --> 00:36:46.570 these kids presentation on the unit.

NOTE Confidence: 0.8325858

00:36:46.570 --> 00:36:48.348 It was then that I stopped seeing

NOTE Confidence: 0.8325858

00:36:48.348 --> 00:36:50.248 them as victims as patients in a

NOTE Confidence: 0.8325858

00:36:50.248 --> 00:36:51.598 hospital and started seeing them

NOTE Confidence: 0.8325858

00:36:51.598 --> 00:36:53.427 as victims of their environment.

NOTE Confidence: 0.8325858

00:36:53.430 --> 00:36:54.780 Being born into an unhealthy

NOTE Confidence: 0.8325858

00:36:54.780 --> 00:36:55.860 situation should not determine

NOTE Confidence: 0.8325858

00:36:55.860 --> 00:36:57.150 your life course clinically.

NOTE Confidence: 0.8325858

00:36:57.150 --> 00:36:58.580 This concept now comes naturally

NOTE Confidence: 0.8325858

00:36:58.580 --> 00:36:59.438 to me personally.

NOTE Confidence: 0.8325858

00:36:59.440 --> 00:37:00.520 It's taken substantial effort.

NOTE Confidence: 0.8325858

00:37:00.520 --> 00:37:02.140 It is incredibly challenging to see

NOTE Confidence: 0.8325858

00:37:02.186 --> 00:37:03.518 someone's struggling with something

NOTE Confidence: 0.8325858

00:37:03.518 --> 00:37:04.850 perhaps beyond their control.

NOTE Confidence: 0.8325858

00:37:04.850 --> 00:37:07.426 When you are the one getting hurt.

NOTE Confidence: 0.8325858

00:37:07.430 --> 00:37:10.250 But my mom was just as scared as I was.

NOTE Confidence: 0.8325858

00:37:10.250 --> 00:37:11.660 She has an addiction and

NOTE Confidence: 0.8325858

00:37:11.660 --> 00:37:12.506 an unhealthy relationship.

NOTE Confidence: 0.8325858

00:37:12.510 --> 00:37:14.220 Brought that to the surface and

NOTE Confidence: 0.8325858

00:37:14.220 --> 00:37:16.337 he provided for us in a way we

NOTE Confidence: 0.8325858

00:37:16.337 --> 00:37:17.705 weren't used to a few months

NOTE Confidence: 0.8613016000000001

00:37:17.769 --> 00:37:19.369 into their relationship we moved

NOTE Confidence: 0.8613016000000001

00:37:19.369 --> 00:37:21.267 out of that one bedroom apartment

NOTE Confidence: 0.8613016000000001

00:37:21.267 --> 00:37:23.346 and into his beautiful home on the

NOTE Confidence: 0.8613016000000001

00:37:23.346 --> 00:37:25.199 water that's hard to walk away from.

NOTE Confidence: 0.8613016000000001

00:37:25.200 --> 00:37:27.642 I had my own room, my own bathroom too,

NOTE Confidence: 0.8613016000000001

00:37:27.642 --> 00:37:29.710 but I didn't have my mom anymore.

NOTE Confidence: 0.8613016000000001

00:37:29.710 --> 00:37:31.396 And at first I was furious.

NOTE Confidence: 0.8613016000000001

00:37:31.400 --> 00:37:32.810 We fought, we grew distant.

NOTE Confidence: 0.8613016000000001

00:37:32.810 --> 00:37:34.145 I was confrontational and not

NOTE Confidence: 0.8613016000000001

00:37:34.145 --> 00:37:35.910 comforting and that got me nowhere.

NOTE Confidence: 0.8613016000000001
00:37:35.910 --> 00:37:36.862 He got us nowhere.
NOTE Confidence: 0.8613016000000001
00:37:36.862 --> 00:37:38.641 At some point I must have realized
NOTE Confidence: 0.8613016000000001
00:37:38.641 --> 00:37:40.720 the irony that I viewed the children
NOTE Confidence: 0.8613016000000001
00:37:40.720 --> 00:37:42.400 that when he won his victims,
NOTE Confidence: 0.8613016000000001
00:37:42.400 --> 00:37:44.317 but I viewed my mom as the villain working
NOTE Confidence: 0.8613016000000001
00:37:44.317 --> 00:37:46.197 with these kids forced me to see my
NOTE Confidence: 0.8613016000000001
00:37:46.197 --> 00:37:47.758 mom circumstances in a different light.
NOTE Confidence: 0.8613016000000001
00:37:47.760 --> 00:37:49.050 It allowed me to see her
NOTE Confidence: 0.8613016000000001
00:37:49.050 --> 00:37:50.320 struggling as having an illness.
NOTE Confidence: 0.8613016000000001
00:37:50.320 --> 00:37:51.292 Not a no heart.
NOTE Confidence: 0.8613016000000001
00:37:51.292 --> 00:37:53.514 That night when I saw the heavy metal
NOTE Confidence: 0.8613016000000001
00:37:53.514 --> 00:37:55.608 statues standing guard at the door,
NOTE Confidence: 0.8613016000000001
00:37:55.610 --> 00:37:56.970 my thinking began to shift.
NOTE Confidence: 0.8613016000000001
00:37:56.970 --> 00:37:58.846 I realized how much could be accomplished
NOTE Confidence: 0.8613016000000001
00:37:58.846 --> 00:38:00.241 by validating and attempting to
NOTE Confidence: 0.8613016000000001

00:38:00.241 --> 00:38:02.117 understand that what may appear as Mal.

NOTE Confidence: 0.8613016000000001

00:38:02.120 --> 00:38:03.709 Intent is often a reflection of an

NOTE Confidence: 0.8613016000000001

00:38:03.709 --> 00:38:04.804 internal battle and circumstances

NOTE Confidence: 0.8613016000000001

00:38:04.804 --> 00:38:05.908 beyond one's control.

NOTE Confidence: 0.8613016000000001

00:38:05.910 --> 00:38:06.181 Well,

NOTE Confidence: 0.8613016000000001

00:38:06.181 --> 00:38:08.349 I certainly can't say I understand her fight.

NOTE Confidence: 0.8613016000000001

00:38:08.350 --> 00:38:09.976 I can say that I'm trying.

NOTE Confidence: 0.8613016000000001

00:38:09.980 --> 00:38:11.849 I can say the same of the

NOTE Confidence: 0.8613016000000001

00:38:11.849 --> 00:38:13.230 children at when he want.

NOTE Confidence: 0.8613016000000001

00:38:13.230 --> 00:38:14.314 I don't get it,

NOTE Confidence: 0.8613016000000001

00:38:14.314 --> 00:38:15.398 and I never will.

NOTE Confidence: 0.8613016000000001

00:38:15.400 --> 00:38:17.272 It is not possible to ever truly know

NOTE Confidence: 0.8613016000000001

00:38:17.272 --> 00:38:19.190 the depth of someone elses experience,

NOTE Confidence: 0.8613016000000001

00:38:19.190 --> 00:38:20.864 but I don't want to stop

NOTE Confidence: 0.8613016000000001

00:38:20.864 --> 00:38:22.280 learning and trying my mom.

NOTE Confidence: 0.8613016000000001

00:38:22.280 --> 00:38:23.835 Is an incredible woman and

NOTE Confidence: 0.8613016000000001
00:38:23.835 --> 00:38:25.718 the opportunity to love and be
NOTE Confidence: 0.8613016000000001
00:38:25.718 --> 00:38:27.338 loved by her is something I
NOTE Confidence: 0.8613016000000001
00:38:27.338 --> 00:38:29.018 wouldn't give up for the world.
NOTE Confidence: 0.8613016000000001
00:38:29.020 --> 00:38:30.778 She's sober now we talk everyday.
NOTE Confidence: 0.8613016000000001
00:38:30.780 --> 00:38:32.768 I'm getting my mom back and every
NOTE Confidence: 0.8613016000000001
00:38:32.768 --> 00:38:34.861 time we speak I'm reminded of just
NOTE Confidence: 0.8613016000000001
00:38:34.861 --> 00:38:36.640 how perfect she was all along.
NOTE Confidence: 0.79984236
00:38:45.240 --> 00:38:47.660 Thank you so much George.
NOTE Confidence: 0.79984236
00:38:47.660 --> 00:38:49.112 A beautiful piece,
NOTE Confidence: 0.79984236
00:38:49.112 --> 00:38:52.016 an last but certainly not least,
NOTE Confidence: 0.79984236
00:38:52.020 --> 00:38:56.920 I want to introduce Kiana Marie Combs.
NOTE Confidence: 0.79984236
00:38:56.920 --> 00:38:59.104 She is a senior I cooperative
NOTE Confidence: 0.79984236
00:38:59.104 --> 00:39:01.110 Arts and Humanities High School.
NOTE Confidence: 0.79984236
00:39:01.110 --> 00:39:03.192 She is a phenomenal actress and
NOTE Confidence: 0.79984236
00:39:03.192 --> 00:39:05.340 is actually involved in a clinical
NOTE Confidence: 0.79984236

00:39:05.340 --> 00:39:07.075 trial and research study that
NOTE Confidence: 0.79984236

00:39:07.075 --> 00:39:09.053 I'm doing with Doctor Martin
NOTE Confidence: 0.79984236

00:39:09.053 --> 00:39:11.228 that's looking at depression and
NOTE Confidence: 0.79984236

00:39:11.228 --> 00:39:12.921 Black African American girls.
NOTE Confidence: 0.79984236

00:39:12.921 --> 00:39:14.826 She's also an activist writer,
NOTE Confidence: 0.79984236

00:39:14.830 --> 00:39:17.032 an artist who was born and
NOTE Confidence: 0.79984236

00:39:17.032 --> 00:39:19.400 raised in good old New Haven,
NOTE Confidence: 0.79984236

00:39:19.400 --> 00:39:21.390 and she's attending University of
NOTE Confidence: 0.79984236

00:39:21.390 --> 00:39:23.970 Hartford next year with the hopes of
NOTE Confidence: 0.79984236

00:39:23.970 --> 00:39:25.910 studying criminal justice and theater.
NOTE Confidence: 0.79984236

00:39:25.910 --> 00:39:27.110 Everyone please welcome.
NOTE Confidence: 0.79984236

00:39:27.110 --> 00:39:29.342 Miss Kiana and she will be
NOTE Confidence: 0.79984236

00:39:29.342 --> 00:39:30.839 reading COVID-19 and me.
NOTE Confidence: 0.79984236

00:39:30.840 --> 00:39:33.444 A reflection on mental health in 2020.
NOTE Confidence: 0.9126174

00:39:35.330 --> 00:39:38.869 Thank you so much. Here's my piece.
NOTE Confidence: 0.76323307

00:39:41.230 --> 00:39:43.951 Diary excerpt from March 5th, 2020.

NOTE Confidence: 0.76323307

00:39:43.951 --> 00:39:46.897 Good morning was rather and markable

NOTE Confidence: 0.76323307

00:39:46.897 --> 00:39:49.578 I neglected to pack a lunch,

NOTE Confidence: 0.76323307

00:39:49.580 --> 00:39:53.180 which I'm beginning to regret.

NOTE Confidence: 0.76323307

00:39:53.180 --> 00:39:55.511 Ride to school was full of chatter

NOTE Confidence: 0.76323307

00:39:55.511 --> 00:39:58.265 on the radio about this spooky new

NOTE Confidence: 0.76323307

00:39:58.265 --> 00:40:00.779 thing called the coronavirus over 19.

NOTE Confidence: 0.76323307

00:40:00.780 --> 00:40:03.440 I must admit I've been way too

NOTE Confidence: 0.76323307

00:40:03.440 --> 00:40:05.390 preoccupied with chronicling my boy

NOTE Confidence: 0.76323307

00:40:05.390 --> 00:40:07.255 kissing shenanigans to write about

NOTE Confidence: 0.76323307

00:40:07.255 --> 00:40:09.900 the recent news, so here it is.

NOTE Confidence: 0.76323307

00:40:09.900 --> 00:40:11.766 Originate Ng in Wuhan, China.

NOTE Confidence: 0.76323307

00:40:11.766 --> 00:40:14.534 The mothers of a flu like sickness soon

NOTE Confidence: 0.76323307

00:40:14.534 --> 00:40:16.877 became screams as within three weeks

NOTE Confidence: 0.76323307

00:40:16.877 --> 00:40:19.400 it snuck through nearly every country,

NOTE Confidence: 0.76323307

00:40:19.400 --> 00:40:20.236 including America,

NOTE Confidence: 0.76323307

00:40:20.236 --> 00:40:23.580 and only happened about five days ago when

NOTE Confidence: 0.76323307

00:40:23.649 --> 00:40:26.386 cases are already doubling with 11 dead.

NOTE Confidence: 0.76323307

00:40:26.390 --> 00:40:27.714 Although every state bordering

NOTE Confidence: 0.76323307

00:40:27.714 --> 00:40:29.038 Connecticut has a case,

NOTE Confidence: 0.76323307

00:40:29.040 --> 00:40:31.882 I don't think I'm too concerned if

NOTE Confidence: 0.76323307

00:40:31.882 --> 00:40:35.319 it's as close to the flu as they say

NOTE Confidence: 0.76323307

00:40:35.319 --> 00:40:38.099 then I'm sure it'll blow over fast.

NOTE Confidence: 0.76323307

00:40:38.100 --> 00:40:40.230 And that, ladies and gentlemen,

NOTE Confidence: 0.76323307

00:40:40.230 --> 00:40:43.870 is what I think they call foreshadowing.

NOTE Confidence: 0.76323307

00:40:43.870 --> 00:40:46.236 Who would have known that only a

NOTE Confidence: 0.76323307

00:40:46.236 --> 00:40:48.698 few sneezes in a couple of adults?

NOTE Confidence: 0.76323307

00:40:48.700 --> 00:40:50.416 Being believing that being told to

NOTE Confidence: 0.76323307

00:40:50.416 --> 00:40:52.500 wash their hands was unconstitutional,

NOTE Confidence: 0.76323307

00:40:52.500 --> 00:40:55.279 and every country in the whole world

NOTE Confidence: 0.76323307

00:40:55.279 --> 00:40:57.780 will be brought to a standstill.

NOTE Confidence: 0.76323307

00:40:57.780 --> 00:40:59.754 And furthermore it would bring me

NOTE Confidence: 0.76323307

00:40:59.754 --> 00:41:02.611 face to face with an issue that I've

NOTE Confidence: 0.76323307

00:41:02.611 --> 00:41:04.819 never struggled with my mental health.

NOTE Confidence: 0.76323307

00:41:04.820 --> 00:41:05.446 OK OK,

NOTE Confidence: 0.76323307

00:41:05.446 --> 00:41:06.072 never struggle,

NOTE Confidence: 0.76323307

00:41:06.072 --> 00:41:08.980 which is a bit of an exaggeration,

NOTE Confidence: 0.76323307

00:41:08.980 --> 00:41:11.650 more like never had option two

NOTE Confidence: 0.76323307

00:41:11.650 --> 00:41:12.985 is more fitting.

NOTE Confidence: 0.76323307

00:41:12.990 --> 00:41:15.251 Mental health was only for when a

NOTE Confidence: 0.76323307

00:41:15.251 --> 00:41:17.211 celebrity wanted to explain why they

NOTE Confidence: 0.76323307

00:41:17.211 --> 00:41:19.381 took such a long leave of absence.

NOTE Confidence: 0.76323307

00:41:19.390 --> 00:41:21.982 Mental health was four on tick tock and

NOTE Confidence: 0.76323307

00:41:21.982 --> 00:41:24.526 social media when 15 year old girl wanted

NOTE Confidence: 0.76323307

00:41:24.526 --> 00:41:26.750 to convince you that it's a balista.

NOTE Confidence: 0.76323307

00:41:26.750 --> 00:41:30.446 Tell a depressed person to clean their room.

NOTE Confidence: 0.76323307

00:41:30.450 --> 00:41:32.418 Mental health was for when your

NOTE Confidence: 0.76323307

00:41:32.418 --> 00:41:34.482 friend Emily got her parents called
NOTE Confidence: 0.76323307

00:41:34.482 --> 00:41:36.883 in gym class over self harm scars.
NOTE Confidence: 0.76323307

00:41:36.890 --> 00:41:39.452 Now I'm not stupid or in disbelief
NOTE Confidence: 0.76323307

00:41:39.452 --> 00:41:42.001 that people darker than a paper lunch
NOTE Confidence: 0.76323307

00:41:42.001 --> 00:41:44.560 bag can struggle with things up there,
NOTE Confidence: 0.76323307

00:41:44.560 --> 00:41:46.810 but I can definitively say that
NOTE Confidence: 0.76323307

00:41:46.810 --> 00:41:49.036 I've never seen anyone in media
NOTE Confidence: 0.76323307

00:41:49.036 --> 00:41:51.318 who looks like me being up front
NOTE Confidence: 0.76323307

00:41:51.318 --> 00:41:53.317 about mental illness from 13.
NOTE Confidence: 0.76323307

00:41:53.320 --> 00:41:55.140 Reason wise to over shadow.
NOTE Confidence: 0.76323307

00:41:55.140 --> 00:41:57.695 There's no pity for the brown girls.
NOTE Confidence: 0.8363343

00:42:00.760 --> 00:42:02.848 It's not even like my history
NOTE Confidence: 0.8363343

00:42:02.848 --> 00:42:04.620 with general hospitals would be
NOTE Confidence: 0.8363343

00:42:04.620 --> 00:42:06.220 anything that rely on anyhow.
NOTE Confidence: 0.8363343

00:42:06.220 --> 00:42:08.236 When a mother who was scared of
NOTE Confidence: 0.8363343

00:42:08.236 --> 00:42:10.356 hospitals and a handful of Miss

NOTE Confidence: 0.8363343

00:42:10.356 --> 00:42:12.346 Checkup appointments over the years.

NOTE Confidence: 0.8363343

00:42:12.350 --> 00:42:13.915 Whenever I was afflicted with

NOTE Confidence: 0.8363343

00:42:13.915 --> 00:42:16.110 a new warning set of symptoms,

NOTE Confidence: 0.8363343

00:42:16.110 --> 00:42:18.150 good old fashioned prescription of Tylenol,

NOTE Confidence: 0.8363343

00:42:18.150 --> 00:42:19.318 soup and ginger relish.

NOTE Confidence: 0.8363343

00:42:19.318 --> 00:42:21.759 What I got an it worked except for

NOTE Confidence: 0.8363343

00:42:21.759 --> 00:42:23.625 those times where I got deathly

NOTE Confidence: 0.8363343

00:42:23.625 --> 00:42:25.990 ill and earnestly needed treatment.

NOTE Confidence: 0.8363343

00:42:25.990 --> 00:42:29.248 But those other times it worked.

NOTE Confidence: 0.8363343

00:42:29.250 --> 00:42:30.396 My actual visits,

NOTE Confidence: 0.8363343

00:42:30.396 --> 00:42:31.924 visits to hospitals prior

NOTE Confidence: 0.8363343

00:42:31.924 --> 00:42:33.880 to COVID want too pretty.

NOTE Confidence: 0.8363343

00:42:33.880 --> 00:42:36.408 Either whenever I went a lot of the

NOTE Confidence: 0.8363343

00:42:36.408 --> 00:42:38.900 symptoms I described were overlooked.

NOTE Confidence: 0.8363343

00:42:38.900 --> 00:42:41.216 My experiences were often often doubted,

NOTE Confidence: 0.8363343

00:42:41.220 --> 00:42:42.975 and my complaints were often
NOTE Confidence: 0.8363343

00:42:42.975 --> 00:42:44.730 delivered through a game of
NOTE Confidence: 0.8363343

00:42:44.799 --> 00:42:46.619 telephone between my parents,
NOTE Confidence: 0.8363343

00:42:46.620 --> 00:42:48.160 and nurses will always
NOTE Confidence: 0.8363343

00:42:48.160 --> 00:42:50.085 really eager to change it,
NOTE Confidence: 0.8363343

00:42:50.090 --> 00:42:51.248 since I'm sorry.
NOTE Confidence: 0.9315086

00:42:53.460 --> 00:42:55.722 Both of which never quite understood
NOTE Confidence: 0.9315086

00:42:55.722 --> 00:42:58.270 exactly what I was going through.
NOTE Confidence: 0.9315086

00:42:58.270 --> 00:43:01.330 This of course led to a lot of trial and
NOTE Confidence: 0.9315086

00:43:01.407 --> 00:43:04.830 error treatment and re diagnosing my PMS
NOTE Confidence: 0.9315086

00:43:04.830 --> 00:43:07.679 was initially diagnosed as a stomach bug.
NOTE Confidence: 0.9315086

00:43:07.680 --> 00:43:09.344 My anxiety induced stomach
NOTE Confidence: 0.9315086

00:43:09.344 --> 00:43:11.424 pains were initially thought to
NOTE Confidence: 0.9315086

00:43:11.424 --> 00:43:13.558 just be as liquid acid reflux.
NOTE Confidence: 0.9315086

00:43:13.560 --> 00:43:15.425 My complaints of constant joint
NOTE Confidence: 0.9315086

00:43:15.425 --> 00:43:17.775 pain in my whole body yielded

NOTE Confidence: 0.9315086
00:43:17.775 --> 00:43:19.830 no diagnosis period at all.
NOTE Confidence: 0.9315086
00:43:19.830 --> 00:43:22.413 Now as you can see this built
NOTE Confidence: 0.9315086
00:43:22.413 --> 00:43:24.834 up some mistrust in the system
NOTE Confidence: 0.9315086
00:43:24.834 --> 00:43:26.889 in me misdiagnosed me once.
NOTE Confidence: 0.9315086
00:43:26.890 --> 00:43:29.500 Shame on you misdiagnosed me twice.
NOTE Confidence: 0.9315086
00:43:29.500 --> 00:43:30.820 Shame on you again.
NOTE Confidence: 0.9315086
00:43:30.820 --> 00:43:32.470 Probably misdiagnosed me three times.
NOTE Confidence: 0.9315086
00:43:32.470 --> 00:43:34.120 You should probably get out
NOTE Confidence: 0.9315086
00:43:34.120 --> 00:43:35.440 the hospital for you.
NOTE Confidence: 0.9315086
00:43:35.440 --> 00:43:37.240 Kill somebody.
NOTE Confidence: 0.9315086
00:43:37.240 --> 00:43:38.892 And yeah, that was.
NOTE Confidence: 0.9315086
00:43:38.892 --> 00:43:42.077 That's why during quarantine when I started
NOTE Confidence: 0.9315086
00:43:42.077 --> 00:43:45.207 experiencing things that weren't physical,
NOTE Confidence: 0.9315086
00:43:45.210 --> 00:43:47.862 therefore harder to prove,
NOTE Confidence: 0.9315086
00:43:47.862 --> 00:43:53.790 I was at a complete loss of what to do.
NOTE Confidence: 0.9315086

00:43:53.790 --> 00:43:58.550 Diary entry July 23rd, 2020.

NOTE Confidence: 0.9315086

00:43:58.550 --> 00:44:01.094 100 of the Heat is getting to me.

NOTE Confidence: 0.9315086

00:44:01.100 --> 00:44:02.380 Don't call me crazy.

NOTE Confidence: 0.9315086

00:44:02.380 --> 00:44:04.292 OK wait, I doubt anyone's ever

NOTE Confidence: 0.9315086

00:44:04.292 --> 00:44:05.564 gonna actually read this.

NOTE Confidence: 0.9315086

00:44:05.570 --> 00:44:07.796 But if you don't call me crazy,

NOTE Confidence: 0.9315086

00:44:07.800 --> 00:44:08.118 OK,

NOTE Confidence: 0.9315086

00:44:08.118 --> 00:44:09.708 but I've begun to legitimately

NOTE Confidence: 0.9315086

00:44:09.708 --> 00:44:10.344 hallucinate sometimes,

NOTE Confidence: 0.9315086

00:44:10.350 --> 00:44:12.264 like I'll hear voices when I'm

NOTE Confidence: 0.9315086

00:44:12.264 --> 00:44:13.540 wearing headphones out here.

NOTE Confidence: 0.9315086

00:44:13.540 --> 00:44:15.465 Someone that I know that I haven't

NOTE Confidence: 0.9315086

00:44:15.465 --> 00:44:18.075 seen in a long time Call My Name

NOTE Confidence: 0.9315086

00:44:18.075 --> 00:44:20.182 with crystal clear accuracy that I'll

NOTE Confidence: 0.9315086

00:44:20.182 --> 00:44:22.132 repeatedly jump up out of whatever

NOTE Confidence: 0.9315086

00:44:22.132 --> 00:44:25.670 bit of sleep I was managed to get.

NOTE Confidence: 0.9315086

00:44:25.670 --> 00:44:26.107 And.

NOTE Confidence: 0.9315086

00:44:26.107 --> 00:44:29.166 I'll run the go and see if

NOTE Confidence: 0.9315086

00:44:29.166 --> 00:44:31.319 they were both there.

NOTE Confidence: 0.9315086

00:44:31.320 --> 00:44:32.986 I've made a habit of not being

NOTE Confidence: 0.9315086

00:44:32.986 --> 00:44:34.738 able to sleep until three again.

NOTE Confidence: 0.9315086

00:44:34.740 --> 00:44:36.652 Hearing someone yell for me at 9:00 AM

NOTE Confidence: 0.9315086

00:44:36.652 --> 00:44:38.419 and impulsively running downstairs to check,

NOTE Confidence: 0.9315086

00:44:38.420 --> 00:44:40.292 even though I doubt that they

NOTE Confidence: 0.9315086

00:44:40.292 --> 00:44:42.410 were there in the first place.

NOTE Confidence: 0.9315086

00:44:42.410 --> 00:44:44.140 I've had no hallucinations today,

NOTE Confidence: 0.9315086

00:44:44.140 --> 00:44:47.605 but my random heart pain is back.

NOTE Confidence: 0.9315086

00:44:47.610 --> 00:44:48.370 In this,

NOTE Confidence: 0.9315086

00:44:48.370 --> 00:44:49.890 insomnia is getting unbearable.

NOTE Confidence: 0.9315086

00:44:49.890 --> 00:44:51.954 The most awful symptom which has

NOTE Confidence: 0.9315086

00:44:51.954 --> 00:44:54.291 just happened was I was listening

NOTE Confidence: 0.9315086

00:44:54.291 --> 00:44:56.067 something commonly with my
NOTE Confidence: 0.9315086

00:44:56.067 --> 00:44:58.248 headphones when I suddenly became
NOTE Confidence: 0.9315086

00:44:58.248 --> 00:45:00.276 overwhelmed by my senses and felt
NOTE Confidence: 0.9315086

00:45:00.276 --> 00:45:02.810 sick to my stomach and knocked my
NOTE Confidence: 0.9315086

00:45:02.810 --> 00:45:05.090 headphones off and shut my laptop,
NOTE Confidence: 0.9315086

00:45:05.090 --> 00:45:06.990 grabbing a Pepto Bismol tablet
NOTE Confidence: 0.9315086

00:45:06.990 --> 00:45:08.130 and stumbled downstairs,
NOTE Confidence: 0.9315086

00:45:08.130 --> 00:45:09.612 recover suddenly overtaking
NOTE Confidence: 0.9315086

00:45:09.612 --> 00:45:12.576 what emotion and wanting to cry.
NOTE Confidence: 0.9315086

00:45:12.580 --> 00:45:15.016 On the less melodramatic side of things,
NOTE Confidence: 0.9315086

00:45:15.020 --> 00:45:16.760 I haven't painted in months.
NOTE Confidence: 0.9315086

00:45:16.760 --> 00:45:17.107 Yeah,
NOTE Confidence: 0.9315086

00:45:17.107 --> 00:45:19.883 months like I haven't even looked at pencil,
NOTE Confidence: 0.9315086

00:45:19.890 --> 00:45:22.080 although in order to paint you
NOTE Confidence: 0.9315086

00:45:22.080 --> 00:45:24.410 probably have to get out of bed,
NOTE Confidence: 0.9315086

00:45:24.410 --> 00:45:26.846 which I honestly haven't been doing lately.

NOTE Confidence: 0.9315086

00:45:26.850 --> 00:45:28.908 I have been big sleeping an

NOTE Confidence: 0.9315086

00:45:28.908 --> 00:45:31.020 I'm gonna be honest with you.

NOTE Confidence: 0.9315086

00:45:31.020 --> 00:45:34.588 I have no idea what to do or

NOTE Confidence: 0.9315086

00:45:34.588 --> 00:45:37.168 where to go from here.

NOTE Confidence: 0.9315086

00:45:37.170 --> 00:45:40.635 And, well, I really didn't know what to do.

NOTE Confidence: 0.9315086

00:45:40.640 --> 00:45:41.666 I still don't,

NOTE Confidence: 0.9315086

00:45:41.666 --> 00:45:44.517 so let's go over my options at the

NOTE Confidence: 0.9315086

00:45:44.517 --> 00:45:46.755 time one doctors were busy trying

NOTE Confidence: 0.9315086

00:45:46.755 --> 00:45:49.658 not to dive from what people my

NOTE Confidence: 0.9315086

00:45:49.658 --> 00:45:51.788 age nicknamed Miss Corona Lashay

NOTE Confidence: 0.9315086

00:45:51.788 --> 00:45:55.496 and trying to end up and me.

NOTE Confidence: 0.9315086

00:45:55.500 --> 00:45:58.038 So that was a lost cause.

NOTE Confidence: 0.9315086

00:45:58.040 --> 00:46:00.236 To ask my family for help.

NOTE Confidence: 0.9315086

00:46:00.240 --> 00:46:00.572 Sure,

NOTE Confidence: 0.9315086

00:46:00.572 --> 00:46:02.896 I'll do that after I mop up

NOTE Confidence: 0.9315086

00:46:02.896 --> 00:46:04.650 an entire ocean vacuum,
NOTE Confidence: 0.9315086

00:46:04.650 --> 00:46:06.918 a beach cut along with safety
NOTE Confidence: 0.9315086

00:46:06.918 --> 00:46:09.964 scissors and eat an entire Jean jacket
NOTE Confidence: 0.9315086

00:46:09.964 --> 00:46:12.379 without water for good measure.
NOTE Confidence: 0.8564584

00:46:12.380 --> 00:46:17.280 Three, someone suggested I talk to the
NOTE Confidence: 0.8564584

00:46:17.280 --> 00:46:22.730 school counselor, know for therapy.
NOTE Confidence: 0.8564584

00:46:22.730 --> 00:46:24.350 I've been through it before
NOTE Confidence: 0.8564584

00:46:24.350 --> 00:46:26.417 when I was younger and social
NOTE Confidence: 0.8564584

00:46:26.417 --> 00:46:28.307 workers assigned once in me.
NOTE Confidence: 0.8564584

00:46:28.310 --> 00:46:30.728 And the lady they gave me,
NOTE Confidence: 0.8564584

00:46:30.730 --> 00:46:33.148 and the subsequent three other ladies,
NOTE Confidence: 0.8564584

00:46:33.150 --> 00:46:36.228 all with this really uncomfortably similar.
NOTE Confidence: 0.8564584

00:46:36.230 --> 00:46:38.354 And but that they all didn't
NOTE Confidence: 0.8564584

00:46:38.354 --> 00:46:39.770 understand a single thing.
NOTE Confidence: 0.8564584

00:46:39.770 --> 00:46:42.248 I went through and then even try.
NOTE Confidence: 0.8564584

00:46:42.250 --> 00:46:44.020 They offered nothing but cold,

NOTE Confidence: 0.8564584

00:46:44.020 --> 00:46:44.868 analytical criticism.

NOTE Confidence: 0.8564584

00:46:44.868 --> 00:46:46.988 I don't know about you,

NOTE Confidence: 0.8564584

00:46:46.990 --> 00:46:48.971 but I'd rather not go into depth

NOTE Confidence: 0.8564584

00:46:48.971 --> 00:46:51.232 telling a lady who looks like Judge

NOTE Confidence: 0.8564584

00:46:51.232 --> 00:46:52.917 Judy about childhood trauma and

NOTE Confidence: 0.8564584

00:46:52.917 --> 00:46:55.010 the stigma in black communities.

NOTE Confidence: 0.8564584

00:46:55.010 --> 00:47:00.000 So yeah. That left me with my friends.

NOTE Confidence: 0.8564584

00:47:00.000 --> 00:47:02.691 And that went about as well as you think

NOTE Confidence: 0.8564584

00:47:02.691 --> 00:47:05.420 that couple of inner city untrained

NOTE Confidence: 0.8564584

00:47:05.420 --> 00:47:08.050 schoolchildren acting as therapist would go.

NOTE Confidence: 0.8564584

00:47:08.050 --> 00:47:11.178 Not well, so there I was completely alone.

NOTE Confidence: 0.8564584

00:47:11.180 --> 00:47:14.610 Where do you try and when every

NOTE Confidence: 0.8564584

00:47:14.610 --> 00:47:17.868 option is an option for you.

NOTE Confidence: 0.8564584

00:47:17.870 --> 00:47:22.450 Diary exam November 27th 2020.

NOTE Confidence: 0.8564584

00:47:22.450 --> 00:47:24.175 I've been doing a lot

NOTE Confidence: 0.8564584

00:47:24.175 --> 00:47:25.210 of introspection lately,
NOTE Confidence: 0.8564584

00:47:25.210 --> 00:47:26.518 like signal sitting around,
NOTE Confidence: 0.8564584

00:47:26.518 --> 00:47:28.480 staring at walls and stuff super
NOTE Confidence: 0.8564584

00:47:28.536 --> 00:47:30.386 hard and reflecting on everything.
NOTE Confidence: 0.8564584

00:47:30.390 --> 00:47:32.110 I think it's helping slowly,
NOTE Confidence: 0.8564584

00:47:32.110 --> 00:47:34.120 pulling myself up by the bootstraps
NOTE Confidence: 0.8564584

00:47:34.120 --> 00:47:36.249 like a depressed Pilgrim or something.
NOTE Confidence: 0.8564584

00:47:36.250 --> 00:47:38.194 I wonder what the press people
NOTE Confidence: 0.8564584

00:47:38.194 --> 00:47:40.050 did in that time anyway.
NOTE Confidence: 0.8564584

00:47:40.050 --> 00:47:42.810 Like they they go and pray or something?
NOTE Confidence: 0.8564584

00:47:42.810 --> 00:47:45.218 Or did they sit around like damn,
NOTE Confidence: 0.8564584

00:47:45.220 --> 00:47:47.290 I wish Prozac was invented already.
NOTE Confidence: 0.8564584

00:47:47.290 --> 00:47:48.307 OK, I digress,
NOTE Confidence: 0.8564584

00:47:48.307 --> 00:47:51.184 but what I'm trying to say is that
NOTE Confidence: 0.8564584

00:47:51.184 --> 00:47:53.698 I'm trying to take things slowly.
NOTE Confidence: 0.8564584

00:47:53.700 --> 00:47:55.944 I wish that this organization that

NOTE Confidence: 0.8564584

00:47:55.944 --> 00:47:57.851 caters heavily towards health and

NOTE Confidence: 0.8564584

00:47:57.851 --> 00:47:59.951 Wellness in black women and what

NOTE Confidence: 0.8564584

00:47:59.951 --> 00:48:01.770 everything that's going on nowadays.

NOTE Confidence: 0.8564584

00:48:01.770 --> 00:48:04.430 God knows we need it.

NOTE Confidence: 0.8564584

00:48:04.430 --> 00:48:05.002 But anyways,

NOTE Confidence: 0.8564584

00:48:05.002 --> 00:48:06.432 I'm reaching out and seeing

NOTE Confidence: 0.8564584

00:48:06.432 --> 00:48:08.461 if they could hook me up with

NOTE Confidence: 0.8564584

00:48:08.461 --> 00:48:09.846 someone or something like that.

NOTE Confidence: 0.8564584

00:48:09.850 --> 00:48:11.270 My fault room might not.

NOTE Confidence: 0.8564584

00:48:11.270 --> 00:48:13.160 Will see.

NOTE Confidence: 0.8564584

00:48:13.160 --> 00:48:14.695 And while it didn't bother

NOTE Confidence: 0.8564584

00:48:14.695 --> 00:48:17.020 going on half a year since then,

NOTE Confidence: 0.8564584

00:48:17.020 --> 00:48:18.004 I'm doing better.

NOTE Confidence: 0.8564584

00:48:18.004 --> 00:48:19.972 I still have lost touch with

NOTE Confidence: 0.8564584

00:48:19.972 --> 00:48:22.180 some things I once loved it down.

NOTE Confidence: 0.8564584

00:48:22.180 --> 00:48:24.292 Sometimes I still find myself too
NOTE Confidence: 0.8564584

00:48:24.292 --> 00:48:27.326 tired to get out of bed for half a day.
NOTE Confidence: 0.8564584

00:48:27.330 --> 00:48:29.256 Sometimes I still double thank my
NOTE Confidence: 0.8564584

00:48:29.256 --> 00:48:31.468 eating habits, but I'm getting better.
NOTE Confidence: 0.8564584

00:48:31.468 --> 00:48:35.030 The moral of the story is I held strong.
NOTE Confidence: 0.8564584

00:48:35.030 --> 00:48:37.284 I was one of the lucky ones.
NOTE Confidence: 0.8564584

00:48:37.290 --> 00:48:39.890 I shouldn't have been pushed by my family,
NOTE Confidence: 0.8564584

00:48:39.890 --> 00:48:41.895 friends and societal norms and
NOTE Confidence: 0.8564584

00:48:41.895 --> 00:48:44.440 especially by the health care system.
NOTE Confidence: 0.8564584

00:48:44.440 --> 00:48:46.380 To take remedying depression
NOTE Confidence: 0.8564584

00:48:46.380 --> 00:48:48.320 into my own hands.
NOTE Confidence: 0.8564584

00:48:48.320 --> 00:48:50.392 What I was fortunate enough to work
NOTE Confidence: 0.8564584

00:48:50.392 --> 00:48:52.755 through was the exact thing that claimed
NOTE Confidence: 0.8564584

00:48:52.755 --> 00:48:54.879 the life of Giovanni Giovanni Smith,
NOTE Confidence: 0.8564584

00:48:54.880 --> 00:48:56.848 a 15 year old who took,
NOTE Confidence: 0.8564584

00:48:56.850 --> 00:48:58.602 took her life last year in

NOTE Confidence: 0.8564584

00:48:58.602 --> 00:49:00.460 attempt to cope with isolation,

NOTE Confidence: 0.8564584

00:49:00.460 --> 00:49:02.644 something that had she had the

NOTE Confidence: 0.8564584

00:49:02.644 --> 00:49:05.560 outlets to reach out for help would

NOTE Confidence: 0.8564584

00:49:05.560 --> 00:49:07.400 have hopefully been prevented.

NOTE Confidence: 0.8564584

00:49:07.400 --> 00:49:08.708 And so I did.

NOTE Confidence: 0.8564584

00:49:08.708 --> 00:49:10.670 I dedicate this story in presentation

NOTE Confidence: 0.8564584

00:49:10.740 --> 00:49:12.805 to her into the thousands who look

NOTE Confidence: 0.8564584

00:49:12.805 --> 00:49:15.043 like me and not who have struggled

NOTE Confidence: 0.8564584

00:49:15.043 --> 00:49:17.356 with the past year in prior because

NOTE Confidence: 0.8564584

00:49:17.356 --> 00:49:20.444 they had no one else to turn to.

NOTE Confidence: 0.8564584

00:49:20.450 --> 00:49:23.565 Help is always possible somewhere out there.

NOTE Confidence: 0.8564584

00:49:23.570 --> 00:49:24.060 Thank you.

NOTE Confidence: 0.81923634

00:49:34.110 --> 00:49:36.273 Ashley Clayton. Can you put a cherry

NOTE Confidence: 0.81923634

00:49:36.273 --> 00:49:39.020 on top of that extraordinary Sunday?

NOTE Confidence: 0.8951756

00:49:39.670 --> 00:49:41.302 I mean, I don't.

NOTE Confidence: 0.8951756

00:49:41.302 --> 00:49:44.911 I don't know how anyone goes after what
NOTE Confidence: 0.8951756

00:49:44.911 --> 00:49:48.109 was such an incredible in hilarious.
NOTE Confidence: 0.8951756

00:49:48.110 --> 00:49:51.827 Talk wow, I'm so impressed and delighted.
NOTE Confidence: 0.8951756

00:49:51.830 --> 00:49:56.118 I'm just pure delight but everyone I just
NOTE Confidence: 0.8951756

00:49:56.118 --> 00:50:00.348 wanted to thank you so much for coming.
NOTE Confidence: 0.8951756

00:50:00.350 --> 00:50:05.246 This really came from I think part of.
NOTE Confidence: 0.8951756

00:50:05.250 --> 00:50:07.350 An experience we've all shared,
NOTE Confidence: 0.8951756

00:50:07.350 --> 00:50:10.927 which is COVID-19 in our lives looking
NOTE Confidence: 0.8951756

00:50:10.927 --> 00:50:13.968 very different than they did before.
NOTE Confidence: 0.8951756

00:50:13.970 --> 00:50:16.305 And really, being confronted with
NOTE Confidence: 0.8951756

00:50:16.305 --> 00:50:19.125 very big things but also thinking
NOTE Confidence: 0.8951756

00:50:19.125 --> 00:50:22.032 a lot about the small things that
NOTE Confidence: 0.8951756

00:50:22.032 --> 00:50:24.815 we've missed that impact us more
NOTE Confidence: 0.8951756

00:50:24.815 --> 00:50:27.860 than we might have noticed before.
NOTE Confidence: 0.8951756

00:50:27.860 --> 00:50:31.199 I, I'm always if you know me,
NOTE Confidence: 0.8951756

00:50:31.200 --> 00:50:34.362 I carry around journals filled with

NOTE Confidence: 0.8951756

00:50:34.362 --> 00:50:37.386 other people's words and two quotes

NOTE Confidence: 0.8951756

00:50:37.386 --> 00:50:40.256 that I love one by Simone Weil,

NOTE Confidence: 0.8951756

00:50:40.260 --> 00:50:43.080 which is attention is the rarest

NOTE Confidence: 0.8951756

00:50:43.080 --> 00:50:46.090 in purest form of generosity.

NOTE Confidence: 0.8951756

00:50:46.090 --> 00:50:47.900 And then in conversation years

NOTE Confidence: 0.8951756

00:50:47.900 --> 00:50:49.348 later with Mary Oliver,

NOTE Confidence: 0.8951756

00:50:49.350 --> 00:50:54.158 who responded not technically but in my head.

NOTE Confidence: 0.8951756

00:50:54.160 --> 00:50:59.536 Attention without feeling is merely a report.

NOTE Confidence: 0.8951756

00:50:59.540 --> 00:51:03.036 And so if you had the pleasure of

NOTE Confidence: 0.8951756

00:51:03.036 --> 00:51:05.543 attending some rounds in internal

NOTE Confidence: 0.8951756

00:51:05.543 --> 00:51:08.103 medicine a few months ago,

NOTE Confidence: 0.8951756

00:51:08.110 --> 00:51:11.650 you would have heard.

NOTE Confidence: 0.8951756

00:51:11.650 --> 00:51:12.516 At Grady,

NOTE Confidence: 0.8951756

00:51:12.516 --> 00:51:15.114 Doctor Who was a famous doctor,

NOTE Confidence: 0.8951756

00:51:15.120 --> 00:51:17.526 Kimberly Manning on Twitter and Amanda

NOTE Confidence: 0.8951756

00:51:17.526 --> 00:51:20.848 and I an Andres were going back and
NOTE Confidence: 0.8951756

00:51:20.848 --> 00:51:23.302 forth about her stories about these
NOTE Confidence: 0.8951756

00:51:23.378 --> 00:51:26.234 very small moments of learning from
NOTE Confidence: 0.8951756

00:51:26.234 --> 00:51:28.574 patients in interacting with people,
NOTE Confidence: 0.8951756

00:51:28.574 --> 00:51:31.180 and that was really what sparked
NOTE Confidence: 0.8951756

00:51:31.180 --> 00:51:32.482 this grand rounds.
NOTE Confidence: 0.8951756

00:51:32.482 --> 00:51:35.520 And so we hope you enjoyed it.
NOTE Confidence: 0.8951756

00:51:35.520 --> 00:51:38.677 We hope to make this an annual
NOTE Confidence: 0.8951756

00:51:38.677 --> 00:51:42.139 event and with love for you all to.
NOTE Confidence: 0.8951756

00:51:42.140 --> 00:51:47.380 Email us your storied 2022.
NOTE Confidence: 0.8951756

00:51:47.380 --> 00:51:50.652 Anne and just you know, want to say again,
NOTE Confidence: 0.8951756

00:51:50.652 --> 00:51:52.830 thank you so much for coming.
NOTE Confidence: 0.8951756

00:51:52.830 --> 00:51:54.645 Thank you Andrea San Amanda
NOTE Confidence: 0.8951756

00:51:54.645 --> 00:51:56.460 for coordinating this with me.
NOTE Confidence: 0.8951756

00:51:56.460 --> 00:52:01.276 Thank you to all of our amazing speakers.
NOTE Confidence: 0.8951756

00:52:01.280 --> 00:52:02.230 And that is.

NOTE Confidence: 0.8951756

00:52:02.230 --> 00:52:03.510 That is the clothes.