WEBVTT

00:00:00.000 --> 00:00:02.305 And thanks everyone for joining.

00:00:02.305 --> 00:00:06.180 We may have a couple of others hop on.

00:00:06.180 --> 00:00:09.127 This is the wonderful advantage of zoom.

00:00:09.130 --> 00:00:12.090 Umm? So just in case people

00:00:12.090 --> 00:00:13.939 are on the don't we know me?

00:00:13.940 --> 00:00:16.320 I'm Linda Mays from the Child Study

00:00:16.320 --> 00:00:18.975 Center and it's just really a great

00:00:18.975 --> 00:00:20.950 pleasure to have colleagues joining

00:00:21.019 --> 00:00:23.322 us in this virtual way for another

00:00:23.322 --> 00:00:25.500 of our fireside fireside chances.

00:00:25.500 --> 00:00:27.204 Karen points out for the White

00:00:27.204 --> 00:00:28.340 House announcement on Friday.

00:00:28.340 --> 00:00:31.352 We had no idea how historically

00:00:31.352 --> 00:00:33.680 appropriate that metaphor would be.

NOTE Confidence: 0.812905359285714

00:00:33.680 --> 00:00:37.132 I especially also like having it be a

NOTE Confidence: 0.812905359285714

00:00:37.132 --> 00:00:39.898 fireside chat in a virtual environment,

NOTE Confidence: 0.812905359285714

00:00:39.900 --> 00:00:40.630 but today.

NOTE Confidence: 0.812905359285714

00:00:40.630 --> 00:00:43.510 Now we have a real pleasure to introduce

NOTE Confidence: 0.812905359285714

00:00:43.510 --> 00:00:46.130 you to work in perinatal mental health.

NOTE Confidence: 0.812905359285714

00:00:46.130 --> 00:00:48.212 That's going on in the Child

NOTE Confidence: 0.812905359285714

00:00:48.212 --> 00:00:50.450 Study Center and as you'll hear,

NOTE Confidence: 0.812905359285714

00:00:50.450 --> 00:00:52.375 you'll hear about our commitment

NOTE Confidence: 0.812905359285714

00:00:52.375 --> 00:00:55.000 to not only helping children but

NOTE Confidence: 0.812905359285714

00:00:55.000 --> 00:00:56.736 helping families and parents

NOTE Confidence: 0.812905359285714

00:00:56.736 --> 00:00:59.199 and thinking across generations.

NOTE Confidence: 0.812905359285714

00:00:59.200 --> 00:00:59.630 So again,

NOTE Confidence: 0.812905359285714

00:00:59.630 --> 00:01:01.652 thank you for being here and I I want

NOTE Confidence: 0.812905359285714

00:01:01.652 --> 00:01:03.360 to turn it over to my colleagues.

NOTE Confidence: 0.812905359285714

00:01:03.360 --> 00:01:03.821 Karen,

NOTE Confidence: 0.812905359285714

00:01:03.821 --> 00:01:07.048 Amanda and Helena for their chat together.

NOTE Confidence: 0.9203155775

00:01:08.580 --> 00:01:09.510 Good afternoon everyone.

NOTE Confidence: 0.9203155775

00:01:09.510 --> 00:01:11.680 It's such a pleasure to be able

NOTE Confidence: 0.9203155775

00:01:11.737 --> 00:01:13.350 to spend some time together.

NOTE Confidence: 0.9203155775

00:01:13.350 --> 00:01:16.080 I'm Kieran O'Donnell and I joined the

NOTE Confidence: 0.9203155775

00:01:16.148 --> 00:01:18.680 Child Study Center in September 2020,

NOTE Confidence: 0.9203155775

00:01:18.680 --> 00:01:19.712 where I have a joint appointment

NOTE Confidence: 0.9203155775

00:01:19.712 --> 00:01:20.790 in the Department of Obstetrics,

NOTE Confidence: 0.9203155775

00:01:20.790 --> 00:01:22.774 Gynecology and Reproductive Sciences

NOTE Confidence: 0.9203155775

00:01:22.774 --> 00:01:25.750 and I'm really fascinated with trying

NOTE Confidence: 0.9203155775

00:01:25.821 --> 00:01:28.166 to understand how and why what happens

NOTE Confidence: 0.9203155775

00:01:28.166 --> 00:01:30.901 in the womb can last a lifetime

NOTE Confidence: 0.9203155775

00:01:30.901 --> 00:01:32.976 trying to unpack the biological

NOTE Confidence: 0.9203155775

00:01:32.976 --> 00:01:34.639 mechanisms that allow communication

NOTE Confidence: 0.9203155775

00:01:34.639 --> 00:01:37.117 between the mother and the fetus,

NOTE Confidence: 0.9203155775

3

00:01:37.120 --> 00:01:39.096 which then can influence.

NOTE Confidence: 0.9203155775

00:01:39.096 --> 00:01:41.072 Mental health trajectories across

NOTE Confidence: 0.9203155775

00:01:41.072 --> 00:01:43.019 the lifespan and of course

NOTE Confidence: 0.9203155775

00:01:43.020 --> 00:01:44.788 within that research program.

NOTE Confidence: 0.9203155775

00:01:44.788 --> 00:01:46.998 It's critically important that we

NOTE Confidence: 0.9203155775

00:01:46.998 --> 00:01:49.812 try to understand the drivers or the

NOTE Confidence: 0.9203155775

00:01:49.812 --> 00:01:52.311 causes of maternal mental health and

NOTE Confidence: 0.9203155775

00:01:52.311 --> 00:01:55.310 maternal mental illness really to try

NOTE Confidence: 0.9203155775

00:01:55.310 --> 00:01:58.060 and realize targeted prevention efforts,

NOTE Confidence: 0.9203155775

00:01:58.060 --> 00:01:59.464 and I'll pass you over onto

NOTE Confidence: 0.9203155775

00:01:59.464 --> 00:02:00.400 my colleague Dr role.

NOTE Confidence: 0.868636259047619

00:02:03.660 --> 00:02:06.364 Hi good afternoon so my name is Amanda

NOTE Confidence: 0.868636259047619

00:02:06.364 --> 00:02:09.051 Lowell and I am a licensed clinical

NOTE Confidence: 0.868636259047619

00:02:09.051 --> 00:02:11.540 psychologist at the Child Study Center.

NOTE Confidence: 0.868636259047619

00:02:11.540 --> 00:02:15.012 I came in 2016 for my pre doctoral

NOTE Confidence: 0.868636259047619

00:02:15.012 --> 00:02:17.894 internship and have stayed for fellowship

00:02:17.894 --> 00:02:21.834 training and I'm now on the faculty where

00:02:21.834 --> 00:02:23.958 I provide clinical services and the

00:02:23.958 --> 00:02:26.328 parent and Family development program to

00:02:26.328 --> 00:02:28.812 mothers and fathers who are experiencing

00:02:28.812 --> 00:02:30.662 their own mental health challenges

00:02:30.662 --> 00:02:33.110 and are in need of parenting support.

00:02:33.110 --> 00:02:36.620 And then I try to take what I learned

00:02:36.713 --> 00:02:40.513 from my clinical work and apply it to

00:02:40.513 --> 00:02:43.034 research questions that we can better

00:02:43.034 --> 00:02:44.989 inform interventions and scale them.

00:02:44.990 --> 00:02:47.618 Make them work for the individual

00:02:47.618 --> 00:02:49.370 that really needs them,

00:02:49.370 --> 00:02:51.530 not just for large groups,

00:02:51.530 --> 00:02:53.258 but you know the person sitting

00:02:53.258 --> 00:02:55.670 in front of us and what they need.

00:02:55.670 --> 00:02:59.225 And I think that that really ties into what

00:02:59.225 --> 00:03:02.396 Helena has to say about her approach too.

00:03:02.400 --> 00:03:03.765 Hi good afternoon everybody.

00:03:03.765 --> 00:03:04.330 I'm

00:03:04.340 --> 00:03:06.332 Helena Rutherford and I'm an associate

00:03:06.332 --> 00:03:08.292 professor in the Child Study Centre

00:03:08.292 --> 00:03:10.308 and I directed before and after baby

00:03:10.308 --> 00:03:12.441 lab or the bubble as we like to call

00:03:12.441 --> 00:03:14.246 it where we're really interested in

00:03:14.246 --> 00:03:16.766 understanding how the mind and the brain

00:03:16.766 --> 00:03:18.896 changes when individuals become parents.

00:03:18.900 --> 00:03:20.996 In particular, we think about this time as

00:03:20.996 --> 00:03:23.235 being a period of development and adulthood

00:03:23.235 --> 00:03:25.520 that the brain doesn't stop developing.

00:03:25.520 --> 00:03:27.795 Once we hit adolescence and young adulthood.

00:03:27.800 --> 00:03:30.082 But really that there's times of plasticity

NOTE Confidence: 0.789956538666667

00:03:30.082 --> 00:03:32.868 of the brain across the adult span as well,

NOTE Confidence: 0.789956538666667

00:03:32.870 --> 00:03:34.646 and so we think about adult

NOTE Confidence: 0.789956538666667

00:03:34.646 --> 00:03:35.830 development during the perinatal

NOTE Confidence: 0.789956538666667

00:03:35.881 --> 00:03:37.456 period for men as well as women,

NOTE Confidence: 0.789956538666667

00:03:37.460 --> 00:03:39.704 and we're particularly excited to understand

NOTE Confidence: 0.789956538666667

00:03:39.704 --> 00:03:41.840 what that brain plasticity looks like,

NOTE Confidence: 0.789956538666667

00:03:41.840 --> 00:03:43.586 not only in terms of our

NOTE Confidence: 0.789956538666667

00:03:43.586 --> 00:03:44.459 understanding of parenting,

NOTE Confidence: 0.789956538666667

00:03:44.460 --> 00:03:46.612 but also where we can help identify parents

NOTE Confidence: 0.789956538666667

00:03:46.612 --> 00:03:48.895 who may be at risk from from challenges.

NOTE Confidence: 0.789956538666667

00:03:48.900 --> 00:03:49.876 In the passing period.

NOTE Confidence: 0.789956538666667

00:03:49.876 --> 00:03:52.074 So we use a lot of neuroimaging measures

NOTE Confidence: 0.789956538666667

00:03:52.074 --> 00:03:54.746 to look at how the brain works and

NOTE Confidence: 0.789956538666667

00:03:54.807 --> 00:03:56.977 during pregnancy in the 1st place and

NOTE Confidence: 0.789956538666667

00:03:56.977 --> 00:03:59.038 period to help inform us and refines,

NOTE Confidence: 0.789956538666667

00:03:59.038 --> 00:04:00.448 move our research questions and

NOTE Confidence: 0.789956538666667

00:04:00.448 --> 00:04:01.794 then hopefully feed that back

NOTE Confidence: 0.789956538666667

00:04:01.794 --> 00:04:03.613 then to some of the clinical work

NOTE Confidence: 0.789956538666667

00:04:03.613 --> 00:04:05.089 that you'll hear about as well.

NOTE Confidence: 0.789956538666667

00:04:05.090 --> 00:04:07.008 So I'm really excited for this conversation

NOTE Confidence: 0.789956538666667

00:04:07.008 --> 00:04:09.087 today I'm going to pass it back to Kieran.

NOTE Confidence: 0.893965338571429

00:04:10.370 --> 00:04:12.010 And you know, we really are hoping that

NOTE Confidence: 0.893965338571429

00:04:12.010 --> 00:04:13.469 this will be a conversation today,

NOTE Confidence: 0.893965338571429

00:04:13.470 --> 00:04:15.174 so please do feel free to jump in

NOTE Confidence: 0.893965338571429

00:04:15.174 --> 00:04:16.806 with any questions priska you really

NOTE Confidence: 0.893965338571429

00:04:16.806 --> 00:04:19.283 set the bar high with telling us that

NOTE Confidence: 0.893965338571429

00:04:19.283 --> 00:04:20.667 you're expecting your grandchild,

NOTE Confidence: 0.893965338571429

00:04:20.670 --> 00:04:23.246 so we will try to answer any

NOTE Confidence: 0.893965338571429

00:04:23.246 --> 00:04:25.610 questions that you do have for us,

NOTE Confidence: 0.893965338571429

00:04:25.610 --> 00:04:27.428 but we thought that we'd start

NOTE Confidence: 0.893965338571429

00:04:27.428 --> 00:04:29.568 as we look forward to the future,

8

NOTE Confidence: 0.893965338571429

00:04:29.570 --> 00:04:30.858 and I hope you'll agree at the

NOTE Confidence: 0.893965338571429

00:04:30.858 --> 00:04:32.040 end of the conversation.

NOTE Confidence: 0.893965338571429

00:04:32.040 --> 00:04:34.002 That is a particularly bright future

NOTE Confidence: 0.893965338571429

00:04:34.002 --> 00:04:35.310 for perinatal mental healthcare.

NOTE Confidence: 0.893965338571429

00:04:35.310 --> 00:04:37.050 Here at the Child Study Centre.

NOTE Confidence: 0.893965338571429

00:04:37.050 --> 00:04:38.562 But as we look forward to the

NOTE Confidence: 0.893965338571429

00:04:38.562 --> 00:04:39.990 future and plan for the future,

NOTE Confidence: 0.893965338571429

00:04:39.990 --> 00:04:41.434 we thought it's important.

NOTE Confidence: 0.893965338571429

00:04:41.434 --> 00:04:43.600 Think about the present and the

NOTE Confidence: 0.893965338571429

00:04:43.664 --> 00:04:45.744 current state of the science

NOTE Confidence: 0.893965338571429

00:04:45.744 --> 00:04:47.799 and the state of epidemiology.

NOTE Confidence: 0.893965338571429

00:04:47.800 --> 00:04:50.090 When it comes to perinatal

NOTE Confidence: 0.893965338571429

00:04:50.090 --> 00:04:52.820 mental illness and so why now?

NOTE Confidence: 0.893965338571429

00:04:52.820 --> 00:04:55.417 Why are we having this conversation today?

NOTE Confidence: 0.893965338571429

00:04:55.420 --> 00:04:56.800 Well, we we couldn't have timed

NOTE Confidence: 0.893965338571429

00:04:56.800 --> 00:04:58.060 it better with the announcement

NOTE Confidence: 0.893965338571429

00:04:58.060 --> 00:04:59.794 from the White House last week,

NOTE Confidence: 0.893965338571429

00:04:59.800 --> 00:05:01.750 but I think we were particularly

NOTE Confidence: 0.893965338571429

00:05:01.750 --> 00:05:03.501 interested in having this conversation

NOTE Confidence: 0.893965338571429

00:05:03.501 --> 00:05:05.436 just because of the compelling

NOTE Confidence: 0.893965338571429

00:05:05.436 --> 00:05:07.444 and overwhelming need for an

NOTE Confidence: 0.893965338571429

00:05:07.444 --> 00:05:09.040 increased services and investment

NOTE Confidence: 0.893965338571429

00:05:09.040 --> 00:05:10.636 in perinatal mental health.

NOTE Confidence: 0.893965338571429

00:05:10.640 --> 00:05:11.504 And you know?

NOTE Confidence: 0.893965338571429

00:05:11.504 --> 00:05:12.944 If we were having this

NOTE Confidence: 0.893965338571429

00:05:12.944 --> 00:05:14.707 conversation a couple of years ago,

NOTE Confidence: 0.893965338571429

00:05:14.710 --> 00:05:16.310 I would have said that

NOTE Confidence: 0.893965338571429

00:05:16.310 --> 00:05:17.590 approximately one in six,

NOTE Confidence: 0.893965338571429

00:05:17.590 --> 00:05:19.190 maybe one in five women,

NOTE Confidence: 0.893965338571429

00:05:19.190 --> 00:05:21.055 struggle with their mental health

NOTE Confidence: 0.893965338571429

00:05:21.055 --> 00:05:23.288 in and around pregnancy and using

00:05:23.288 --> 00:05:25.388 a large court in the United Kingdom

00:05:25.388 --> 00:05:27.794 of over 15,000 pregnancies where we

00:05:27.794 --> 00:05:30.049 have two generations of pregnancies,

00:05:30.050 --> 00:05:31.742 so women and then their daughters

00:05:31.742 --> 00:05:33.611 and looking at their mental health

00:05:33.611 --> 00:05:35.326 needs and their own pregnancies.

00:05:35.330 --> 00:05:37.410 We've seen a generational increase,

00:05:37.410 --> 00:05:39.972 so approximately one in four women are

00:05:39.972 --> 00:05:42.168 struggling with their mental health in.

00:05:42.170 --> 00:05:43.691 And around pregnancy,

00:05:43.691 --> 00:05:45.719 and that statistic predates

00:05:45.719 --> 00:05:47.990 the ongoing global pandemic,

00:05:47.990 --> 00:05:50.454 and so in the most recent systematic

00:05:50.454 --> 00:05:52.063 review of studies published

00:05:52.063 --> 00:05:53.527 during the pandemic,

00:05:53.530 --> 00:05:55.025 we're actually seeing that number

NOTE Confidence: 0.893965338571429

00:05:55.025 --> 00:05:57.250 increasing to as many as one in three.

NOTE Confidence: 0.893965338571429

00:05:57.250 --> 00:05:59.630 So a recent survey of over 1000

NOTE Confidence: 0.893965338571429

00:05:59.630 --> 00:06:01.527 women across the United States

NOTE Confidence: 0.893965338571429

00:06:01.527 --> 00:06:03.918 and 36% of pregnant individuals

NOTE Confidence: 0.893965338571429

00:06:03.918 --> 00:06:06.403 struggling with their mental health

NOTE Confidence: 0.893965338571429

00:06:06.403 --> 00:06:09.008 in or shortly after pregnancy.

NOTE Confidence: 0.893965338571429

00:06:09.010 --> 00:06:11.296 So not only have we seen

NOTE Confidence: 0.893965338571429

00:06:11.296 --> 00:06:12.439 this generational increase.

NOTE Confidence: 0.893965338571429

00:06:12.440 --> 00:06:14.825 And perinatal mood and anxiety

NOTE Confidence: 0.893965338571429

00:06:14.825 --> 00:06:17.210 disorders that obviously has then

NOTE Confidence: 0.893965338571429

00:06:17.293 --> 00:06:19.668 been exacerbated by the ongoing

NOTE Confidence: 0.893965338571429

00:06:19.668 --> 00:06:21.093 and COVID pandemic.

NOTE Confidence: 0.893965338571429

00:06:21.100 --> 00:06:22.647 So what do we think about in

NOTE Confidence: 0.893965338571429

00:06:22.647 --> 00:06:24.547 terms of the impact at the level

NOTE Confidence: 0.893965338571429

00:06:24.547 --> 00:06:26.017 of the individual will sadly,

NOTE Confidence: 0.893965338571429

00:06:26.020 --> 00:06:28.408 and death by suicide and overdose

NOTE Confidence: 0.893965338571429

00:06:28.408 --> 00:06:30.952 remains one of the leading causes

NOTE Confidence: 0.893965338571429

00:06:30.952 --> 00:06:34.004 of death for women in the perinatal

NOTE Confidence: 0.893965338571429

00:06:34.004 --> 00:06:36.725 period and in the context of the

NOTE Confidence: 0.893965338571429

00:06:36.725 --> 00:06:38.862 adverse effects on the next generation.

NOTE Confidence: 0.893965338571429

00:06:38.862 --> 00:06:41.179 So research from my own group and

NOTE Confidence: 0.893965338571429

00:06:41.179 --> 00:06:43.020 others have shown that children.

NOTE Confidence: 0.893965338571429

00:06:43.020 --> 00:06:44.880 Point to women who struggle with

NOTE Confidence: 0.893965338571429

00:06:44.880 --> 00:06:46.607 their mental health in pregnancy

NOTE Confidence: 0.893965338571429

00:06:46.607 --> 00:06:48.319 have approximately doubled their

NOTE Confidence: 0.893965338571429

00:06:48.319 --> 00:06:50.031 risk for developing emotional

NOTE Confidence: 0.893965338571429

00:06:50.031 --> 00:06:51.650 and behavioral problems,

NOTE Confidence: 0.893965338571429

00:06:51.650 --> 00:06:53.492 and we see these effects as

NOTE Confidence: 0.893965338571429

00:06:53.492 --> 00:06:55.749 early as age 4 years of age,

NOTE Confidence: 0.893965338571429

00:06:55.750 --> 00:06:59.248 and they persist until early adulthood.

NOTE Confidence: 0.893965338571429

00:06:59.250 --> 00:06:59.920 So really,

NOTE Confidence: 0.893965338571429

00:06:59.920 --> 00:07:01.930 what we think we're seeing is

NOTE Confidence: 0.893965338571429

00:07:01.930 --> 00:07:04.352 the start of the trajectory that

NOTE Confidence: 0.893965338571429

00:07:04.352 --> 00:07:07.062 is influenced by mental health

NOTE Confidence: 0.893965338571429

00:07:07.062 --> 00:07:09.230 in and around pregnancy,

NOTE Confidence: 0.88407711

00:07:09.230 --> 00:07:10.706 and so if we scale up,

NOTE Confidence: 0.88407711

00:07:10.710 --> 00:07:13.774 what is the impact at the societal level?

NOTE Confidence: 0.88407711

00:07:13.780 --> 00:07:15.945 Well, the most recent cost

NOTE Confidence: 0.88407711

00:07:15.945 --> 00:07:18.551 analysis from the United States has

NOTE Confidence: 0.88407711

00:07:18.551 --> 00:07:21.099 indicated a cost of 18 billion U.S.

NOTE Confidence: 0.88407711

00:07:21.100 --> 00:07:24.649 dollars per year for the cost associated

NOTE Confidence: 0.88407711

00:07:24.649 --> 00:07:28.119 with untreated mood and anxiety disorders,

NOTE Confidence: 0.88407711

00:07:28.120 --> 00:07:29.800 and in a recent analysis,

NOTE Confidence: 0.88407711

00:07:29.800 --> 00:07:32.565 approximately 70% of those costs were due

NOTE Confidence: 0.88407711

00:07:32.565 --> 00:07:35.682 to the adverse effects of untreated mood

NOTE Confidence: 0.88407711

00:07:35.682 --> 00:07:38.472 and anxiety disorders on child outcomes.

NOTE Confidence: 0.88407711

00:07:38.480 --> 00:07:39.957 So that was a lot of numbers.

NOTE Confidence: 0.88407711

00:07:39.960 --> 00:07:42.130 I know we talked about the one in three women

NOTE Confidence: 0.88407711

00:07:42.181 --> 00:07:44.155 that struggle with their mood or anxiety.

NOTE Confidence: 0.88407711

00:07:44.160 --> 00:07:46.310 Disorders in and around pregnancy.

NOTE Confidence: 0.88407711

00:07:46.310 --> 00:07:49.145 We talked about the 18 billion U.S.

NOTE Confidence: 0.88407711

00:07:49.150 --> 00:07:52.210 dollars, the cost to the economy.

NOTE Confidence: 0.88407711

00:07:52.210 --> 00:07:54.210 We talked about the increase,

NOTE Confidence: 0.88407711

00:07:54.210 --> 00:07:56.070 the doubling of risk for

NOTE Confidence: 0.88407711

00:07:56.070 --> 00:07:57.186 emotional behavioral problems,

NOTE Confidence: 0.88407711

00:07:57.190 --> 00:07:59.530 and trillion born to women who

NOTE Confidence: 0.88407711

00:07:59.530 --> 00:08:01.545 experience mood or anxiety disorders

NOTE Confidence: 0.88407711

00:08:01.545 --> 00:08:03.843 or high levels of anxiety or

NOTE Confidence: 0.88407711

00:08:03.843 --> 00:08:06.230 depression in and around pregnancy.

NOTE Confidence: 0.88407711

00:08:06.230 --> 00:08:07.121 But you know,

NOTE Confidence: 0.88407711

00:08:07.121 --> 00:08:09.554 I I want to emphasize that, you know,

NOTE Confidence: 0.88407711

00:08:09.554 --> 00:08:12.130 there are things that can be done and

NOTE Confidence: 0.88407711

00:08:12.200 --> 00:08:14.528 we do have tools that can help us.

NOTE Confidence: 0.88407711

00:08:14.530 --> 00:08:16.720 Identify individuals that have a higher

NOTE Confidence: 0.88407711

00:08:16.720 --> 00:08:19.781 level of need in the context of their

NOTE Confidence: 0.88407711

00:08:19.781 --> 00:08:22.085 mental health in and around pregnancy.

NOTE Confidence: 0.88407711

00:08:22.090 --> 00:08:24.034 Some of those tools are somewhat

NOTE Confidence: 0.88407711

00:08:24.034 --> 00:08:26.911 dated and we can talk about some more

NOTE Confidence: 0.88407711

00:08:26.911 --> 00:08:29.675 innovative approaches and how we may be

NOTE Confidence: 0.88407711

00:08:29.675 --> 00:08:32.255 able to better identify individuals that

NOTE Confidence: 0.88407711

00:08:32.255 --> 00:08:35.950 struggle with mood or anxiety disorders.

NOTE Confidence: 0.88407711

00:08:35.950 --> 00:08:38.542 But we can ask the question

NOTE Confidence: 0.88407711

00:08:38.542 --> 00:08:40.270 about who is struggling,

NOTE Confidence: 0.88407711

00:08:40.270 --> 00:08:42.060 and in fact the American

NOTE Confidence: 0.88407711

00:08:42.060 --> 00:08:43.492 College of Obstetricians and

NOTE Confidence: 0.88407711

00:08:43.492 --> 00:08:45.029 Gynecologists recommends screening.

NOTE Confidence: 0.88407711

00:08:45.030 --> 00:08:47.518 At least once in the perinatal period and

NOTE Confidence: 0.88407711

00:08:47.518 --> 00:08:50.438 here in the Yale New Haven Hospital system,

NOTE Confidence: 0.88407711

00:08:50.440 --> 00:08:52.224 we seem to be doing that pretty well,

NOTE Confidence: 0.88407711

00:08:52.230 --> 00:08:56.376 so we screen approximately 56% of

NOTE Confidence: 0.88407711

00:08:56.376 --> 00:08:58.806 individuals in the postpartum period.

NOTE Confidence: 0.88407711

00:08:58.810 --> 00:09:00.508 But you know, being at Yale,

NOTE Confidence: 0.88407711

00:09:00.510 --> 00:09:02.771 I think we can always do better

NOTE Confidence: 0.88407711

00:09:02.771 --> 00:09:04.540 and we should do better.

NOTE Confidence: 0.88407711

00:09:04.540 --> 00:09:05.539 And in fact,

NOTE Confidence: 0.88407711

00:09:05.539 --> 00:09:07.537 in some countries there is recommendations

NOTE Confidence: 0.88407711

00:09:07.537 --> 00:09:09.567 for screening early in pregnancy,

NOTE Confidence: 0.88407711

00:09:09.570 --> 00:09:11.541 and so I think that that is one of

NOTE Confidence: 0.88407711

00:09:11.541 --> 00:09:13.607 the opportunities that we have here

NOTE Confidence: 0.88407711

00:09:13.607 --> 00:09:15.964 to exceed the American College of

NOTE Confidence: 0.88407711

00:09:15.964 --> 00:09:17.479 Obstetricians and Gynecologists.

NOTE Confidence: 0.88407711

00:09:17.480 --> 00:09:19.680 Recommendations to really realize

NOTE Confidence: 0.88407711

00:09:19.680 --> 00:09:22.430 universal screening early in pregnancy,

NOTE Confidence: 0.88407711

00:09:22.430 --> 00:09:25.148 and that's so critically important when

NOTE Confidence: 0.88407711

00:09:25.148 --> 00:09:27.971 we think about being able to provide

NOTE Confidence: 0.88407711

00:09:27.971 --> 00:09:29.976 treatment for these individuals that

NOTE Confidence: 0.88407711

00:09:29.976 --> 00:09:32.450 are struggling with their mental health,

NOTE Confidence: 0.88407711

00:09:32.450 --> 00:09:35.150 and as we'll hear from Amanda,

NOTE Confidence: 0.88407711

00:09:35.150 --> 00:09:36.825 you know we were experiencing

NOTE Confidence: 0.88407711

00:09:36.825 --> 00:09:38.165 a behavioral health surge.

NOTE Confidence: 0.88407711

00:09:38.170 --> 00:09:39.444 There is a real level of need,

NOTE Confidence: 0.88407711

00:09:39.450 --> 00:09:41.613 and even for our parent and family

NOTE Confidence: 0.88407711

00:09:41.613 --> 00:09:43.217 development program where we can

NOTE Confidence: 0.88407711

00:09:43.217 --> 00:09:45.071 target and bolster the health of

NOTE Confidence: 0.88407711

00:09:45.071 --> 00:09:46.715 pregnant individuals and their families

NOTE Confidence: 0.88407711

00:09:46.715 --> 00:09:48.325 is approximately a three month.

NOTE Confidence: 0.88407711

00:09:48.330 --> 00:09:50.332 Waiting list now if you have to

NOTE Confidence: 0.88407711

00:09:50.332 --> 00:09:52.493 wait for that three months when you

18

NOTE Confidence: 0.88407711

00:09:52.493 --> 00:09:54.530 have a young neonate or infant,

NOTE Confidence: 0.88407711

00:09:54.530 --> 00:09:56.380 you're just setting that individual

NOTE Confidence: 0.88407711

00:09:56.380 --> 00:09:58.574 back from being able to improve

NOTE Confidence: 0.88407711

00:09:58.574 --> 00:09:59.615 their mental health,

NOTE Confidence: 0.88407711

00:09:59.620 --> 00:10:01.072 and indeed potentially influence

NOTE Confidence: 0.88407711

00:10:01.072 --> 00:10:03.639 their at the level of care they

NOTE Confidence: 0.88407711

00:10:03.639 --> 00:10:05.279 can give to their children.

NOTE Confidence: 0.88407711

00:10:05.280 --> 00:10:06.378 And you know,

NOTE Confidence: 0.88407711

00:10:06.378 --> 00:10:08.574 as we transitioned to Doctor Lowell,

NOTE Confidence: 0.88407711

00:10:08.580 --> 00:10:10.165 just also mentioned that there

NOTE Confidence: 0.88407711

00:10:10.165 --> 00:10:11.116 are effective treatments,

NOTE Confidence: 0.88407711

00:10:11.120 --> 00:10:13.982 so an expert task force the

NOTE Confidence: 0.88407711

00:10:13.982 --> 00:10:15.890 US Preventive Services Task

NOTE Confidence: 0.822401705454546

00:10:15.986 --> 00:10:19.234 Force has. Provided guidance

NOTE Confidence: 0.822401705454546

00:10:19.234 --> 00:10:21.469 indicating that there are now

NOTE Confidence: 0.822401705454546

00:10:21.469 --> 00:10:23.914 multiple treatments that can actually

NOTE Confidence: 0.822401705454546

00:10:23.914 --> 00:10:25.477 prevent perinatal depression.

NOTE Confidence: 0.822401705454546

00:10:25.480 --> 00:10:28.168 So despite the increased level of need,

NOTE Confidence: 0.822401705454546

00:10:28.170 --> 00:10:30.487 there are things that we can do,

NOTE Confidence: 0.822401705454546

00:10:30.490 --> 00:10:32.122 and now I'd like to pass you over

NOTE Confidence: 0.822401705454546

00:10:32.122 --> 00:10:33.628 to Doctor Lowell to hear a little

NOTE Confidence: 0.822401705454546

00:10:33.628 --> 00:10:35.198 bit about what it is we can do.

NOTE Confidence: 0.94265067

00:10:37.770 --> 00:10:40.970 All right, thank you.

NOTE Confidence: 0.94265067

00:10:40.970 --> 00:10:43.861 I thought that it would be interesting

NOTE Confidence: 0.94265067

00:10:43.861 --> 00:10:46.869 to kind of share with folks a

NOTE Confidence: 0.94265067

00:10:46.869 --> 00:10:49.172 vignette of of a mother that I've

NOTE Confidence: 0.94265067

00:10:49.172 --> 00:10:51.244 worked with in the perinatal period

NOTE Confidence: 0.94265067

00:10:51.244 --> 00:10:53.890 just to kind of bring it to life.

NOTE Confidence: 0.94265067

00:10:53.890 --> 00:10:56.665 Think that Doctor O'Donnell shares

NOTE Confidence: 0.94265067

00:10:56.665 --> 00:10:58.810 some really staggering statistics,

NOTE Confidence: 0.94265067

00:10:58.810 --> 00:11:01.210 and they're pretty hard to

NOTE Confidence: 0.94265067

00:11:01.210 --> 00:11:03.460 wrap our minds around it.

NOTE Confidence: 0.94265067

00:11:03.460 --> 00:11:07.006 I mean, we, we recognize that.

NOTE Confidence: 0.94265067

00:11:07.010 --> 00:11:10.778 We're up against a really big problem and

NOTE Confidence: 0.94265067

00:11:10.778 --> 00:11:14.968 and we can think a lot about ways that.

NOTE Confidence: 0.94265067

00:11:14.970 --> 00:11:16.178 We can address that,

NOTE Confidence: 0.94265067

00:11:16.178 --> 00:11:18.728 but to put a face or or a

NOTE Confidence: 0.94265067

00:11:18.728 --> 00:11:20.714 person to what that looks like,

NOTE Confidence: 0.94265067

00:11:20.720 --> 00:11:23.468 I think can be really valuable.

NOTE Confidence: 0.94265067

00:11:23.470 --> 00:11:26.518 And so today I want to speak with

NOTE Confidence: 0.94265067

00:11:26.518 --> 00:11:29.229 you about a woman named Aubrey.

NOTE Confidence: 0.94265067

00:11:29.230 --> 00:11:31.990 So what we'll call her today?

NOTE Confidence: 0.94265067

00:11:31.990 --> 00:11:34.762 Actually met Aubrey in 2016 when

NOTE Confidence: 0.94265067

00:11:34.762 --> 00:11:38.439 I first came to Yale as a trainee,

NOTE Confidence: 0.94265067

00:11:38.440 --> 00:11:41.670 and at the time she was a 29 year old

NOTE Confidence: 0.94265067

00:11:41.764 --> 00:11:44.550 single mother who had a four year

NOTE Confidence: 0.94265067

00:11:44.550 --> 00:11:47.150 old son and they initially came to

NOTE Confidence: 0.94265067

00:11:47.150 --> 00:11:49.904 the youth clinic at the Yale Child

NOTE Confidence: 0.94265067

00:11:49.904 --> 00:11:52.538 Study Center because her son was

NOTE Confidence: 0.94265067

00:11:52.538 --> 00:11:54.562 experiencing some really significant

NOTE Confidence: 0.94265067

00:11:54.562 --> 00:11:56.694 emotional and behavioral problems

NOTE Confidence: 0.94265067

00:11:56.694 --> 00:12:02.088 that we're looking at bit like ADHD.

NOTE Confidence: 0.94265067

00:12:02.090 --> 00:12:03.898 A bit like oppositionality,

NOTE Confidence: 0.94265067

00:12:03.898 --> 00:12:07.381 so she came to the clinic and as

NOTE Confidence: 0.94265067

00:12:07.381 --> 00:12:10.109 I was getting to know her and her

NOTE Confidence: 0.94265067

00:12:10.198 --> 00:12:13.096 family for the sake of this child.

NOTE Confidence: 0.94265067

00:12:13.100 --> 00:12:15.963 Recognize that this is a family that's

NOTE Confidence: 0.94265067

00:12:15.963 --> 00:12:19.399 been through an incredible amount of trauma.

NOTE Confidence: 0.94265067

00:12:19.400 --> 00:12:21.824 The Speaking of treatments that work

NOTE Confidence: 0.94265067

00:12:21.824 --> 00:12:24.239 I conducted and provided an evidence

NOTE Confidence: 0.94265067

00:12:24.240 --> 00:12:27.045 based treatment for early childhood

NOTE Confidence: 0.94265067

00:12:27.045 --> 00:12:30.220 trauma called child parent psychotherapy,

NOTE Confidence: 0.94265067

00:12:30.220 --> 00:12:32.257 and so this is a dyadic treatment

NOTE Confidence: 0.94265067

00:12:32.257 --> 00:12:34.443 that I had both mother and child

NOTE Confidence: 0.94265067

00:12:34.443 --> 00:12:37.248 in the room and we really worked on

NOTE Confidence: 0.94265067

00:12:37.248 --> 00:12:40.470 processing their shared trauma and

NOTE Confidence: 0.94265067

00:12:40.470 --> 00:12:44.264 this trauma was in relation to the

NOTE Confidence: 0.94265067

00:12:44.264 --> 00:12:47.515 the families experience of the child's

NOTE Confidence: 0.94265067

00:12:47.515 --> 00:12:50.569 fathers mental illness of his own.

NOTE Confidence: 0.94265067

00:12:50.570 --> 00:12:52.748 So we completed child parent therapy.

NOTE Confidence: 0.94265067

00:12:52.750 --> 00:12:54.941 But what I really want to speak

NOTE Confidence: 0.94265067

00:12:54.941 --> 00:12:57.144 with you about is the fact that

NOTE Confidence: 0.94265067

00:12:57.144 --> 00:12:59.350 after we said goodbye for a time,

NOTE Confidence: 0.94265067

00:12:59.350 --> 00:13:01.034 she resurfaced in 2020.

NOTE Confidence: 0.94265067

00:13:01.034 --> 00:13:04.290 So right as the pandemic was hitting,

NOTE Confidence: 0.94265067

00:13:04.290 --> 00:13:07.062 I heard from Aubrey and she reached

NOTE Confidence: 0.94265067

00:13:07.062 --> 00:13:10.391 out to me and indicated that she

NOTE Confidence: 0.94265067

00:13:10.391 --> 00:13:12.844 was pregnant and that she was

NOTE Confidence: 0.94265067

00:13:12.844 --> 00:13:14.624 really struggling and she didn't

NOTE Confidence: 0.94265067

00:13:14.624 --> 00:13:16.168 know where else to go.

NOTE Confidence: 0.94265067

00:13:16.170 --> 00:13:18.303 She didn't know who else to speak to or

NOTE Confidence: 0.94265067

00:13:18.303 --> 00:13:20.165 what else to do, but remembered that.

NOTE Confidence: 0.94265067

00:13:20.165 --> 00:13:21.140 Had been helpful.

NOTE Confidence: 0.884550549

00:13:23.230 --> 00:13:25.330 It was serendipitous because I had

NOTE Confidence: 0.884550549

00:13:25.330 --> 00:13:27.047 transitioned from working in the

NOTE Confidence: 0.884550549

00:13:27.047 --> 00:13:28.874 youth side of the clinic to the

NOTE Confidence: 0.884550549

00:13:28.874 --> 00:13:31.087 parent side of the clinic or the

NOTE Confidence: 0.884550549

00:13:31.087 --> 00:13:32.722 parent and Family Development program,

NOTE Confidence: 0.884550549

00:13:32.730 --> 00:13:35.202 and my main interest has been

NOTE Confidence: 0.884550549

00:13:35.202 --> 00:13:37.410 perinatal and parental mental health,

NOTE Confidence: 0.884550549

00:13:37.410 --> 00:13:39.580 so this was a perfect opportunity for

NOTE Confidence: 0.884550549

00:13:39.580 --> 00:13:41.790 me to really support this mom and

NOTE Confidence: 0.884550549

00:13:41.790 --> 00:13:44.110 it really kind of worked out nicely,

NOTE Confidence: 0.884550549

00:13:44.110 --> 00:13:46.206 but what struck me was that she really

NOTE Confidence: 0.884550549

00:13:46.206 --> 00:13:48.037 didn't know where else to turn and

NOTE Confidence: 0.884550549

00:13:48.037 --> 00:13:50.186 this was right at the very beginnings

NOTE Confidence: 0.884550549

00:13:50.186 --> 00:13:52.748 of this mental health crisis and this.

NOTE Confidence: 0.884550549

00:13:52.750 --> 00:13:55.330 Federal health surge that we're

NOTE Confidence: 0.884550549

00:13:55.330 --> 00:13:57.394 now continuing to experience.

NOTE Confidence: 0.884550549

00:13:57.400 --> 00:13:58.870 So she had approached me.

NOTE Confidence: 0.884550549

00:13:58.870 --> 00:14:01.460 She was experiencing severe depression.

NOTE Confidence: 0.884550549

00:14:01.460 --> 00:14:03.344 She was extremely tearful.

NOTE Confidence: 0.884550549

00:14:03.344 --> 00:14:06.170 She's hopeless and she was really

NOTE Confidence: 0.884550549

00:14:06.251 --> 00:14:07.896 down most of the day,

NOTE Confidence: 0.884550549

00:14:07.900 --> 00:14:09.796 and she struggled in her daily

NOTE Confidence: 0.884550549

00:14:09.796 --> 00:14:11.817 activities and she was able to get

NOTE Confidence: 0.884550549

00:14:11.817 --> 00:14:13.770 to work and she was able to get

NOTE Confidence: 0.884550549

00:14:13.770 --> 00:14:14.818 her son to school.

NOTE Confidence: 0.884550549

00:14:14.820 --> 00:14:16.535 But if she wasn't engaged in really

NOTE Confidence: 0.884550549

00:14:16.535 --> 00:14:18.039 either of those two activities,

NOTE Confidence: 0.884550549

00:14:18.040 --> 00:14:21.225 she was crying and she was really

NOTE Confidence: 0.884550549

00:14:21.225 --> 00:14:23.476 busy ruminating and wondering about.

NOTE Confidence: 0.884550549

00:14:23.476 --> 00:14:25.272 And questioning about whether

NOTE Confidence: 0.884550549

00:14:25.272 --> 00:14:27.607 she was a good mother or not,

NOTE Confidence: 0.884550549

00:14:27.610 --> 00:14:30.430 she was questioning her own worth,

NOTE Confidence: 0.884550549

00:14:30.430 --> 00:14:33.104 and this all seemed to be secondary

NOTE Confidence: 0.884550549

00:14:33.104 --> 00:14:35.380 to domestic violence that she was

NOTE Confidence: 0.884550549

00:14:35.380 --> 00:14:37.858 experiencing with a new partner of hers

NOTE Confidence: 0.884550549

00:14:37.934 --> 00:14:40.384 that she was expecting a child with.

NOTE Confidence: 0.884550549

00:14:40.390 --> 00:14:41.638 And she was expecting the child

NOTE Confidence: 0.884550549

00:14:41.638 --> 00:14:42.262 later that summer.

NOTE Confidence: 0.884550549

00:14:42.270 --> 00:14:43.614 And this was about March April

NOTE Confidence: 0.884550549

00:14:43.614 --> 00:14:44.959 that I was speaking with her.

NOTE Confidence: 0.884550549

00:14:44.960 --> 00:14:47.270 So there were a few months during

NOTE Confidence: 0.884550549

00:14:47.270 --> 00:14:48.670 which time she was pregnant.

NOTE Confidence: 0.884550549

00:14:48.670 --> 00:14:51.438 And I finally kind of got in there

NOTE Confidence: 0.884550549

00:14:51.438 --> 00:14:54.358 and and was able to work with her.

NOTE Confidence: 0.884550549

00:14:54.360 --> 00:14:55.900 As it turns out,

NOTE Confidence: 0.884550549

00:14:55.900 --> 00:14:58.210 she had actually sought support elsewhere

NOTE Confidence: 0.884550549

00:14:58.285 --> 00:15:00.370 in the community before she found me,

NOTE Confidence: 0.884550549

00:15:00.370 --> 00:15:01.900 and that's when she finally reached

NOTE Confidence: 0.884550549

00:15:01.951 --> 00:15:03.316 out to me and was like Amanda,

NOTE Confidence: 0.884550549

00:15:03.320 --> 00:15:06.870 I really need your help.

NOTE Confidence: 0.884550549

00:15:06.870 --> 00:15:09.012 So she had reached out also in the community,

NOTE Confidence: 0.884550549

00:15:09.020 --> 00:15:11.000 and none of that really was

NOTE Confidence: 0.884550549

00:15:11.000 --> 00:15:12.690 the right fit for her.

NOTE Confidence: 0.884550549

00:15:12.690 --> 00:15:16.518 So on top of the weight lists

NOTE Confidence: 0.884550549

00:15:16.518 --> 00:15:17.406 that were announced,

NOTE Confidence: 0.884550549

00:15:17.410 --> 00:15:20.512 seeing the treatments and the approaches

NOTE Confidence: 0.884550549

00:15:20.512 --> 00:15:23.451 themselves were not quite what she

NOTE Confidence: 0.884550549

00:15:23.451 --> 00:15:26.587 needed and what she felt like she needed,

NOTE Confidence: 0.884550549

00:15:26.590 --> 00:15:29.317 which was to be held in her role as

NOTE Confidence: 0.884550549

00:15:29.317 --> 00:15:31.965 both an individual and as a mother,

NOTE Confidence: 0.884550549

00:15:31.970 --> 00:15:34.581 and so many of the clinics that

NOTE Confidence: 0.884550549

00:15:34.581 --> 00:15:37.199 are out there in the community.

NOTE Confidence: 0.884550549

00:15:37.200 --> 00:15:39.820 Provide parenting support or skills

NOTE Confidence: 0.884550549

00:15:39.820 --> 00:15:42.989 or mental health treatment to adults

NOTE Confidence: 0.884550549

00:15:42.989 --> 00:15:46.209 and what she needed was really the

NOTE Confidence: 0.884550549

00:15:46.209 --> 00:15:48.422 intersection of the two because

NOTE Confidence: 0.884550549

00:15:48.422 --> 00:15:51.243 she was depressed as a mother and.

NOTE Confidence: 0.884550549

00:15:51.250 --> 00:15:54.610 And so I really worked hard to help

NOTE Confidence: 0.884550549

00:15:54.610 --> 00:15:57.421 her think about the intersection

NOTE Confidence: 0.884550549

00:15:57.421 --> 00:15:59.925 of those two identities.

NOTE Confidence: 0.884550549

00:15:59.930 --> 00:16:03.278 And we participated our our eye

NOTE Confidence: 0.884550549

00:16:03.278 --> 00:16:04.952 facilitated comparative behavioral

NOTE Confidence: 0.884550549

00:16:04.952 --> 00:16:07.318 therapy for depression with her

NOTE Confidence: 0.884550549

00:16:07.320 --> 00:16:10.308 entirely through telehealth.

NOTE Confidence: 0.884550549

00:16:10.310 --> 00:16:11.708 And this really worked out well,

NOTE Confidence: 0.884550549

00:16:11.710 --> 00:16:14.035 because I had a pre-existing

NOTE Confidence: 0.884550549

00:16:14.035 --> 00:16:15.430 relationship with her,

NOTE Confidence: 0.884550549

00:16:15.430 --> 00:16:17.428 but I think that the flexibility

NOTE Confidence: 0.884550549

00:16:17.428 --> 00:16:19.210 that telehealth offered was really,

NOTE Confidence: 0.884550549

00:16:19.210 --> 00:16:22.710 really vital to her continued

NOTE Confidence: 0.884550549

00:16:22.710 --> 00:16:24.995 participation during a time where we

NOTE Confidence: 0.884550549

00:16:24.995 --> 00:16:27.865 often see a lot of barriers to care

NOTE Confidence: 0.884550549

00:16:27.865 --> 00:16:30.990 when when a mother is depressed and is,

NOTE Confidence: 0.884550549

00:16:30.990 --> 00:16:31.428 I mean,

NOTE Confidence: 0.884550549

00:16:31.428 --> 00:16:32.304 depression itself makes it

NOTE Confidence: 0.884550549

00:16:32.304 --> 00:16:33.180 hard to engage in

NOTE Confidence: 0.824348898181818

00:16:33.228 --> 00:16:34.308 treatment. But then,

NOTE Confidence: 0.824348898181818

00:16:34.308 --> 00:16:35.953 being pregnant and having limited

NOTE Confidence: 0.824348898181818

00:16:35.953 --> 00:16:38.048 resources and having to get to lots

NOTE Confidence: 0.824348898181818

00:16:38.048 --> 00:16:39.620 of other doctors appointments can be

NOTE Confidence: 0.824348898181818

00:16:39.681 --> 00:16:41.430 really challenging. We're engaged,

NOTE Confidence: 0.824348898181818

00:16:41.430 --> 00:16:43.740 so telehealth was a real benefit.

NOTE Confidence: 0.824348898181818

00:16:43.740 --> 00:16:46.320 But we got to see throughout

NOTE Confidence: 0.824348898181818

00:16:46.320 --> 00:16:47.610 the COVID period.

NOTE Confidence: 0.824348898181818

00:16:47.610 --> 00:16:49.295 But during our treatment I

NOTE Confidence: 0.824348898181818

00:16:49.295 --> 00:16:51.391 worked really hard with her to

NOTE Confidence: 0.824348898181818

00:16:51.391 --> 00:16:53.425 challenge and or to identify first.

NOTE Confidence: 0.824348898181818

00:16:53.430 --> 00:16:54.955 Her really unhelpful thoughts that

NOTE Confidence: 0.824348898181818

00:16:54.955 --> 00:16:57.262 she was having about her own worth as

NOTE Confidence: 0.824348898181818

00:16:57.262 --> 00:16:58.963 a mother and her own capacities as

NOTE Confidence: 0.824348898181818

00:16:59.016 --> 00:17:02.406 a mother and as a partner as well.

NOTE Confidence: 0.824348898181818

00:17:02.410 --> 00:17:04.894 It was tough because she was

NOTE Confidence: 0.824348898181818

00:17:04.894 --> 00:17:07.111 experiencing a lot of emotional

NOTE Confidence: 0.824348898181818

00:17:07.111 --> 00:17:11.038 abuse with her partner at the time.

NOTE Confidence: 0.824348898181818

00:17:11.040 --> 00:17:13.137 And so we had to do a lot of

NOTE Confidence: 0.824348898181818

00:17:13.137 --> 00:17:15.098 thinking with her about what the

NOTE Confidence: 0.824348898181818

00:17:15.098 --> 00:17:16.763 reality of the situation was,

NOTE Confidence: 0.824348898181818

00:17:16.770 --> 00:17:19.346 and that also had to include an

NOTE Confidence: 0.824348898181818

00:17:19.346 --> 00:17:21.670 emphasis on thinking about her own

NOTE Confidence: 0.824348898181818

00:17:21.670 --> 00:17:23.596 experiences and relationships that

NOTE Confidence: 0.824348898181818

00:17:23.596 --> 00:17:26.428 maybe made her vulnerable to the

NOTE Confidence: 0.824348898181818

00:17:26.428 --> 00:17:29.498 things that that her partner was saying.

NOTE Confidence: 0.824348898181818

00:17:29.500 --> 00:17:31.492 That really touched on her nerves

NOTE Confidence: 0.824348898181818

00:17:31.492 --> 00:17:33.980 and really got her doubting herself.

NOTE Confidence: 0.824348898181818

00:17:33.980 --> 00:17:35.604 So to kind of harken back to

NOTE Confidence: 0.824348898181818

00:17:35.604 --> 00:17:36.800 what was said earlier.

NOTE Confidence: 0.824348898181818

00:17:36.800 --> 00:17:38.640 I mean there's this real.

NOTE Confidence: 0.824348898181818

00:17:38.640 --> 00:17:40.698 We're doing some real thinking about.

NOTE Confidence: 0.824348898181818

00:17:40.700 --> 00:17:41.241 Uhm,

NOTE Confidence: 0.824348898181818

00:17:41.241 --> 00:17:45.028 how her experiences in in her own

NOTE Confidence: 0.824348898181818

00:17:45.028 --> 00:17:48.929 childhood are now influencing how she's.

NOTE Confidence: 0.824348898181818

00:17:48.930 --> 00:17:51.295 Potentially about to parent a

NOTE Confidence: 0.824348898181818

00:17:51.295 --> 00:17:53.660 new a new child here.

NOTE Confidence: 0.824348898181818

00:17:53.660 --> 00:17:55.988 So in addition to really reflecting

NOTE Confidence: 0.824348898181818

00:17:55.988 --> 00:17:58.220 and developing some insight about her,

NOTE Confidence: 0.824348898181818

00:17:58.220 --> 00:18:00.035 her experiences and relationships and

NOTE Confidence: 0.824348898181818

00:18:00.035 --> 00:18:02.757 what was true and what wasn't maybe

NOTE Confidence: 0.824348898181818

00:18:02.757 --> 00:18:05.295 true about herself and those relationships,

NOTE Confidence: 0.824348898181818

00:18:05.300 --> 00:18:07.820 we had to focus on the emotional

NOTE Confidence: 0.824348898181818

00:18:07.820 --> 00:18:09.642 piece of why challenging these

NOTE Confidence: 0.824348898181818

00:18:09.642 --> 00:18:11.868 thoughts was really difficult for her.

NOTE Confidence: 0.824348898181818

00:18:11.870 --> 00:18:13.774 And then we just had to give her

NOTE Confidence: 0.824348898181818

00:18:13.774 --> 00:18:15.080 some concrete skills as well.

NOTE Confidence: 0.824348898181818

00:18:15.080 --> 00:18:16.655 For here's how to talk to someone.

NOTE Confidence: 0.824348898181818

00:18:16.660 --> 00:18:19.717 And here are the things to do when

NOTE Confidence: 0.824348898181818

00:18:19.717 --> 00:18:21.499 someone is really unkind to you.

NOTE Confidence: 0.824348898181818

00:18:21.500 --> 00:18:24.020 And here is. Here are the ways that you.

NOTE Confidence: 0.824348898181818

00:18:24.020 --> 00:18:25.750 Should or shouldn't engage with

NOTE Confidence: 0.824348898181818

00:18:25.750 --> 00:18:27.807 that behavior that are going to

NOTE Confidence: 0.824348898181818

00:18:27.807 --> 00:18:28.867 help you be healthy.

NOTE Confidence: 0.824348898181818

00:18:28.870 --> 00:18:30.294 So we talked a lot about it in

NOTE Confidence: 0.824348898181818

00:18:30.294 --> 00:18:31.866 terms of what's going to be healthy

NOTE Confidence: 0.824348898181818

00:18:31.866 --> 00:18:33.524 for you and what's going to be

NOTE Confidence: 0.824348898181818

00:18:33.524 --> 00:18:34.408 healthy for your child.

NOTE Confidence: 0.824348898181818

00:18:34.410 --> 00:18:37.154 And so it wasn't really until she had

NOTE Confidence: 0.824348898181818

00:18:37.154 --> 00:18:38.943 the opportunity to be held in her

NOTE Confidence: 0.824348898181818

00:18:38.943 --> 00:18:41.470 role as a as a woman and as a person.

NOTE Confidence: 0.824348898181818

00:18:41.470 --> 00:18:44.188 But then she could think about

NOTE Confidence: 0.824348898181818

00:18:44.188 --> 00:18:45.547 her child's experience.

NOTE Confidence: 0.824348898181818

00:18:45.550 --> 00:18:48.231 So one example that I'll share with

00:18:48.231 --> 00:18:51.236 you is is that now flash forward.

00:18:51.240 --> 00:18:54.744 She's had her baby, and they're doing well.

00:18:54.750 --> 00:18:57.438 And one of the really stark

00:18:57.438 --> 00:18:59.602 differences that I'm noticing is

00:18:59.602 --> 00:19:02.922 that she in her with her older child

00:19:02.922 --> 00:19:06.540 who remember I met many years prior.

00:19:06.540 --> 00:19:09.618 He was exposed to significant trauma

00:19:09.620 --> 00:19:11.517 because of his own father's mental illness,

00:19:11.520 --> 00:19:14.173 and that really came from Moms Aubrey's

00:19:14.173 --> 00:19:16.597 own urge and wished for her son to

00:19:16.597 --> 00:19:18.929 have a relationship with his father.

00:19:18.930 --> 00:19:20.300 Even though it wasn't the

00:19:20.300 --> 00:19:21.396 healthy thing to do.

00:19:21.400 --> 00:19:23.404 But it felt really important to

00:19:23.404 --> 00:19:26.270 mom and so now she has an infant

NOTE Confidence: 0.824348898181818

00:19:26.270 --> 00:19:28.448 daughter and she felt pulled and

NOTE Confidence: 0.824348898181818

00:19:28.526 --> 00:19:30.776 compelled to do the same thing.

NOTE Confidence: 0.824348898181818

00:19:30.780 --> 00:19:31.488 It was.

NOTE Confidence: 0.824348898181818

00:19:31.488 --> 00:19:34.320 My daughter needs to have a relationship with

NOTE Confidence: 0.934330316666667

00:19:34.391 --> 00:19:36.185 her father but we were able to

NOTE Confidence: 0.934330316666667

00:19:36.185 --> 00:19:37.660 really slow down and think about.

NOTE Confidence: 0.934330316666667

00:19:37.660 --> 00:19:39.778 Why that was important to her?

NOTE Confidence: 0.934330316666667

00:19:39.780 --> 00:19:42.212 How it turned out in her other child

NOTE Confidence: 0.934330316666667

00:19:42.212 --> 00:19:44.470 and his relationship with his father

NOTE Confidence: 0.934330316666667

00:19:44.470 --> 00:19:47.217 and what this child may need versus

NOTE Confidence: 0.934330316666667

00:19:47.217 --> 00:19:49.394 what it is that she wishes for

NOTE Confidence: 0.934330316666667

00:19:49.394 --> 00:19:52.050 and how those two things might be

NOTE Confidence: 0.934330316666667

00:19:52.050 --> 00:19:54.080 similar and also pretty different.

NOTE Confidence: 0.934330316666667

00:19:54.080 --> 00:19:57.072 So again, after having held mom in that

NOTE Confidence: 0.934330316666667

00:19:57.072 --> 00:19:59.989 she's much more able to hold her child,

NOTE Confidence: 0.934330316666667

00:19:59.990 --> 00:20:02.845 which I think really speaks

NOTE Confidence: 0.934330316666667

00:20:02.845 --> 00:20:05.129 to kind of almost.

NOTE Confidence: 0.934330316666667

00:20:05.130 --> 00:20:07.884 Where we put our our energy and our effort,

NOTE Confidence: 0.934330316666667

00:20:07.890 --> 00:20:10.302 if we're able to treat kind of one parent,

NOTE Confidence: 0.934330316666667

00:20:10.310 --> 00:20:13.327 it has a ripple effect to impact.

NOTE Confidence: 0.934330316666667

00:20:13.330 --> 00:20:15.370 However many children that they have,

NOTE Confidence: 0.934330316666667

00:20:15.370 --> 00:20:18.149 and so it's been a really beautiful

NOTE Confidence: 0.934330316666667

00:20:18.149 --> 00:20:21.070 experience to get to work with this mom.

NOTE Confidence: 0.934330316666667

00:20:21.070 --> 00:20:23.611 But I think what what's really important

NOTE Confidence: 0.934330316666667

00:20:23.611 --> 00:20:26.321 to be thinking about is that there's a

NOTE Confidence: 0.934330316666667

00:20:26.321 --> 00:20:28.999 real need to scale this type of support.

NOTE Confidence: 0.934330316666667

00:20:29.000 --> 00:20:30.650 We really need to be thinking

NOTE Confidence: 0.934330316666667

00:20:30.650 --> 00:20:32.740 about how do we help providers?

NOTE Confidence: 0.934330316666667

00:20:32.740 --> 00:20:34.200 Think holistically about parents,

NOTE Confidence: 0.934330316666667

00:20:34.200 --> 00:20:35.660 parental mental health or

NOTE Confidence: 0.934330316666667

00:20:35.660 --> 00:20:36.780 perinatal mental health.

00:20:36.780 --> 00:20:38.046 For you know,

00:20:38.046 --> 00:20:40.156 the intersection of an individual.

00:20:40.160 --> 00:20:43.120 Plus as as a parent or as a birthing person,

00:20:43.120 --> 00:20:46.936 or as someone who's expecting a new child.

00:20:46.940 --> 00:20:49.181 And then I think not only do we need

00:20:49.181 --> 00:20:51.409 to generally train folks on that,

00:20:51.410 --> 00:20:53.762 but then think about taking evidence

00:20:53.762 --> 00:20:55.720 based treatments and having them

00:20:55.720 --> 00:20:57.988 work for individuals and and how do

00:20:57.988 --> 00:20:59.883 we customize them and tailor them

00:20:59.883 --> 00:21:01.991 and make sure that we match them

00:21:01.991 --> 00:21:04.378 to the right folks and then get

00:21:04.378 --> 00:21:06.700 them into into the right hands.

00:21:06.700 --> 00:21:08.572 We have to do in order to do that,

00:21:08.580 --> 00:21:10.180 we need to understand the

00:21:10.180 --> 00:21:11.140 mechanisms underlying treatment.

NOTE Confidence: 0.934330316666667

00:21:11.140 --> 00:21:15.112 1st and I think that that's

NOTE Confidence: 0.934330316666667

00:21:15.112 --> 00:21:17.760 where Helena comes in.

NOTE Confidence: 0.934330316666667

00:21:17.760 --> 00:21:18.070 Great

NOTE Confidence: 0.838121161333333

00:21:18.080 --> 00:21:19.669 thank you Amanda and I think it

NOTE Confidence: 0.838121161333333

00:21:19.669 --> 00:21:21.693 was just a beautiful segue in terms

NOTE Confidence: 0.838121161333333

00:21:21.693 --> 00:21:23.613 of thinking about how the research

NOTE Confidence: 0.838121161333333

00:21:23.669 --> 00:21:25.709 side of things we need to work and

NOTE Confidence: 0.838121161333333

00:21:25.709 --> 00:21:27.051 partner with clinicians who are

NOTE Confidence: 0.838121161333333

00:21:27.051 --> 00:21:28.436 directly working with families in

NOTE Confidence: 0.838121161333333

00:21:28.436 --> 00:21:30.248 order to really make sure that the

NOTE Confidence: 0.838121161333333

00:21:30.248 --> 00:21:31.974 research is as effective as it could

NOTE Confidence: 0.838121161333333

00:21:31.974 --> 00:21:33.390 be in targeting and in supporting

NOTE Confidence: 0.838121161333333

00:21:33.390 --> 00:21:34.980 the women who really need it more.

NOTE Confidence: 0.714422161083334

00:21:37.420 --> 00:21:39.004 Research lens my labs.

NOTE Confidence: 0.714422161083334

00:21:39.004 --> 00:21:40.984 Looking at and interested in

38

00:21:40.984 --> 00:21:42.874 mechanisms that may confer risk

00:21:42.874 --> 00:21:44.659 in the perinatal period and

00:21:44.659 --> 00:21:46.748 forming caring for their children.

00:21:46.750 --> 00:21:48.424 And so we really started off

00:21:48.424 --> 00:21:50.228 looking in the postpartum period and

00:21:50.228 --> 00:21:51.803 thinking about challenges to mental

00:21:51.803 --> 00:21:53.738 health and the post Natal period.

00:21:53.740 --> 00:21:55.475 Starting to identify mechanisms then

00:21:55.475 --> 00:21:57.577 and then moving backwards and looking

00:21:57.577 --> 00:21:59.437 at seeing those mechanisms are there

00:21:59.437 --> 00:22:01.690 and present in the prenatal period too.

00:22:01.690 --> 00:22:03.874 The advantage being is if we can work

00:22:03.874 --> 00:22:05.843 with women when they're pregnant that

00:22:05.843 --> 00:22:08.350 that that the generally easier to access.

00:22:08.350 --> 00:22:09.880 That they don't necessarily have

00:22:09.880 --> 00:22:11.104 the childbearing demands that

NOTE Confidence: 0.714422161083334

00:22:11.104 --> 00:22:12.509 they would have postnatally,

NOTE Confidence: 0.714422161083334

00:22:12.510 --> 00:22:13.281 but more generally,

NOTE Confidence: 0.714422161083334

00:22:13.281 --> 00:22:14.309 thinking about the earlier,

NOTE Confidence: 0.714422161083334

00:22:14.310 --> 00:22:15.570 we can intervene the better.

NOTE Confidence: 0.714422161083334

00:22:15.570 --> 00:22:17.550 So why wait to baby the baby to arrive

NOTE Confidence: 0.714422161083334

00:22:17.550 --> 00:22:19.662 to identify risk when we could be

NOTE Confidence: 0.714422161083334

00:22:19.662 --> 00:22:21.370 identifying that risk much earlier?

NOTE Confidence: 0.714422161083334

00:22:21.370 --> 00:22:23.233 So there's a big drive in the lab now

NOTE Confidence: 0.714422161083334

00:22:23.233 --> 00:22:25.134 to be thinking about mechanisms across

NOTE Confidence: 0.714422161083334

00:22:25.134 --> 00:22:27.175 the perinatal period and as early

NOTE Confidence: 0.714422161083334

00:22:27.175 --> 00:22:28.945 as those mechanisms might manifest,

NOTE Confidence: 0.714422161083334

00:22:28.950 --> 00:22:31.353 the faster we can jump on them and always

NOTE Confidence: 0.714422161083334

00:22:31.353 --> 00:22:33.209 be able to start characterizing who

NOTE Confidence: 0.714422161083334

00:22:33.209 --> 00:22:36.008 may or may not be at risk in that way.

NOTE Confidence: 0.714422161083334

00:22:36.010 --> 00:22:38.338 So I wanted to give a specific example.

NOTE Confidence: 0.714422161083334

00:22:38.340 --> 00:22:40.650 As a way of illustrating how we've

NOTE Confidence: 0.714422161083334

00:22:40.650 --> 00:22:42.728 worked with clinicians to think about

NOTE Confidence: 0.714422161083334

00:22:42.728 --> 00:22:44.438 mechanisms and how those mechanisms

NOTE Confidence: 0.714422161083334

00:22:44.438 --> 00:22:46.700 can then transition back into thinking

NOTE Confidence: 0.714422161083334

00:22:46.700 --> 00:22:48.600 about clinical work that way,

NOTE Confidence: 0.714422161083334

00:22:48.600 --> 00:22:50.697 so a lot of work that we do in the lab

NOTE Confidence: 0.714422161083334

00:22:50.697 --> 00:22:52.755 focuses on maternal substance use disorders,

NOTE Confidence: 0.714422161083334

00:22:52.760 --> 00:22:55.010 and so this is a an area that Doctor

NOTE Confidence: 0.714422161083334

00:22:55.010 --> 00:22:56.896 Lowell has a lot of expertise in

NOTE Confidence: 0.714422161083334

00:22:56.896 --> 00:22:58.702 in terms of working with mothers

NOTE Confidence: 0.714422161083334

00:22:58.702 --> 00:23:00.447 through pregnancy and the post

NOTE Confidence: 0.714422161083334

00:23:00.447 --> 00:23:02.832 Natal period who have a host of

NOTE Confidence: 0.714422161083334

00:23:02.832 --> 00:23:04.164 different substance use disorders,

NOTE Confidence: 0.714422161083334

00:23:04.170 --> 00:23:05.927 but we really got interested in this.

NOTE Confidence: 0.714422161083334

00:23:05.930 --> 00:23:07.547 As I said in the past night

NOTE Confidence: 0.714422161083334

00:23:07.547 --> 00:23:08.570 period to begin with.

NOTE Confidence: 0.714422161083334

00:23:08.570 --> 00:23:09.910 Primarily because what we

NOTE Confidence: 0.714422161083334

00:23:09.910 --> 00:23:11.250 were hearing from clinicians,

NOTE Confidence: 0.714422161083334

00:23:11.250 --> 00:23:12.228 but also what we were seeing,

NOTE Confidence: 0.714422161083334

00:23:12.230 --> 00:23:13.370 being published in the literature,

NOTE Confidence: 0.714422161083334

00:23:13.370 --> 00:23:15.435 is that many mothers who have substance

NOTE Confidence: 0.714422161083334

00:23:15.435 --> 00:23:17.095 use disorders also have significant

NOTE Confidence: 0.714422161083334

00:23:17.095 --> 00:23:19.267 challenges in caring for their children.

NOTE Confidence: 0.714422161083334

00:23:19.270 --> 00:23:20.999 And it really made us think about,

NOTE Confidence: 0.714422161083334

00:23:21.000 --> 00:23:21.376 well,

NOTE Confidence: 0.714422161083334

00:23:21.376 --> 00:23:22.880 we don't want this.

NOTE Confidence: 0.714422161083334

00:23:22.880 --> 00:23:24.206 One size fits all approach at

NOTE Confidence: 0.714422161083334

00:23:24.206 --> 00:23:25.374 mothers with substance use disorders

NOTE Confidence: 0.714422161083334

00:23:25.374 --> 00:23:26.826 are all going to have challenges.

NOTE Confidence: 0.714422161083334

00:23:26.830 --> 00:23:28.098 Caregiving clearly they're going

NOTE Confidence: 0.714422161083334

00:23:28.098 --> 00:23:29.366 to be protective effects.

NOTE Confidence: 0.714422161083334

00:23:29.370 --> 00:23:30.714 It's not all mums who are

NOTE Confidence: 0.714422161083334

00:23:30.714 --> 00:23:31.386 having these challenges,

NOTE Confidence: 0.714422161083334

00:23:31.390 --> 00:23:33.462 but what is it that makes it particularly

NOTE Confidence: 0.714422161083334

00:23:33.462 --> 00:23:34.787 challenging for mothers of substance

NOTE Confidence: 0.714422161083334

00:23:34.787 --> 00:23:36.565 use disorders that we can you know,

NOTE Confidence: 0.714422161083334

00:23:36.570 --> 00:23:37.718 potentially work with it

NOTE Confidence: 0.714422161083334

00:23:37.718 --> 00:23:38.866 and try and understand.

NOTE Confidence: 0.714422161083334

00:23:38.870 --> 00:23:42.416 In order to help develop and

NOTE Confidence: 0.714422161083334

00:23:42.416 --> 00:23:44.189 refine intervention programs.

NOTE Confidence: 0.714422161083334

00:23:44.190 --> 00:23:45.960 So we came at this through

NOTE Confidence: 0.714422161083334

00:23:45.960 --> 00:23:46.845 a neurobiological lens,

NOTE Confidence: 0.714422161083334

00:23:46.850 --> 00:23:48.362 primarily because we wanted to get

NOTE Confidence: 0.714422161083334

00:23:48.362 --> 00:23:49.910 into this idea around mechanisms,

NOTE Confidence: 0.714422161083334

00:23:49.910 --> 00:23:51.605 and are there biological mechanisms

NOTE Confidence: 0.714422161083334

00:23:51.605 --> 00:23:53.700 that might under score what we're

NOTE Confidence: 0.714422161083334

00:23:53.700 --> 00:23:55.395 observing in mothers with substance

NOTE Confidence: 0.714422161083334

00:23:55.395 --> 00:23:57.328 use disorders that we can then

NOTE Confidence: 0.714422161083334

00:23:57.328 --> 00:23:58.876 feed back to the clinicians and

NOTE Confidence: 0.714422161083334

00:23:58.876 --> 00:24:00.760 to help them refine what you know

NOTE Confidence: 0.714422161083334

00:24:00.760 --> 00:24:01.848 the work they're doing?

NOTE Confidence: 0.714422161083334

00:24:01.850 --> 00:24:03.662 And then we have this iterative

NOTE Confidence: 0.714422161083334

00:24:03.662 --> 00:24:05.826 discussion back and forth to help them

NOTE Confidence: 0.714422161083334

00:24:05.826 --> 00:24:07.626 inform research wise what we're doing.

NOTE Confidence: 0.714422161083334

00:24:07.630 --> 00:24:10.200 And so we started off at a very basic level

NOTE Confidence: 0.873948130454545

00:24:10.261 --> 00:24:12.060 in terms of just looking at a

NOTE Confidence: 0.873948130454545

00:24:12.060 --> 00:24:13.729 whole host of research that.

NOTE Confidence: 0.873948130454545

00:24:13.730 --> 00:24:15.830 Listed primarily in animal studies and

NOTE Confidence: 0.873948130454545

00:24:15.830 --> 00:24:18.099 with far fewer studies of human mums,

NOTE Confidence: 0.873948130454545

00:24:18.100 --> 00:24:20.052 but you know where we've started to see

NOTE Confidence: 0.873948130454545

00:24:20.052 --> 00:24:21.933 you know what the neural mechanisms

NOTE Confidence: 0.873948130454545

00:24:21.933 --> 00:24:23.943 that might be implicated in caregiving.

NOTE Confidence: 0.873948130454545

00:24:23.950 --> 00:24:26.358 But also what are those neural mechanisms

NOTE Confidence: 0.873948130454545

00:24:26.358 --> 00:24:28.331 that are implicated in addiction and

NOTE Confidence: 0.873948130454545

00:24:28.331 --> 00:24:30.382 we've learned in the past ten years

NOTE Confidence: 0.873948130454545

00:24:30.446 --> 00:24:32.838 how much plasticity there is no in the

NOTE Confidence: 0.873948130454545

00:24:32.838 --> 00:24:34.744 human maternal brain that there's so

NOTE Confidence: 0.873948130454545

00:24:34.744 --> 00:24:36.374 much change that's happening during

NOTE Confidence: 0.873948130454545

00:24:36.374 --> 00:24:38.018 pregnancy and the post Natal period?

NOTE Confidence: 0.873948130454545

00:24:38.020 --> 00:24:41.243 This seems to be driving towards helping

NOTE Confidence: 0.873948130454545

00:24:41.243 --> 00:24:44.058 mom think execute maternal behaviors.

NOTE Confidence: 0.873948130454545

00:24:44.060 --> 00:24:46.629 Caregiving and raising her child in the

NOTE Confidence: 0.873948130454545

00:24:46.629 --> 00:24:48.885 post Natal period and so we wanted to

NOTE Confidence: 0.873948130454545

00:24:48.885 --> 00:24:50.489 think about what that plasticity is there,

NOTE Confidence: 0.873948130454545

00:24:50.490 --> 00:24:52.350 how my addiction be interrupting that

NOTE Confidence: 0.873948130454545

00:24:52.350 --> 00:24:54.819 and when we looked at the literature of

NOTE Confidence: 0.873948130454545

00:24:54.819 --> 00:24:56.897 the first thing that became very apparent

NOTE Confidence: 0.873948130454545

00:24:56.897 --> 00:24:59.237 is that in in the human studies and in

NOTE Confidence: 0.873948130454545

00:24:59.240 --> 00:25:01.081 the animal studies there are there are

NOTE Confidence: 0.873948130454545

00:25:01.081 --> 00:25:03.386 two sets of neural circuits that were

NOTE Confidence: 0.873948130454545

00:25:03.386 --> 00:25:05.570 really being heavily impacted by addiction.

NOTE Confidence: 0.873948130454545

00:25:05.570 --> 00:25:06.866 There was neurosecretory.

NOTE Confidence: 0.873948130454545

00:25:06.866 --> 00:25:08.162 They're implicated in

NOTE Confidence: 0.873948130454545

00:25:08.162 --> 00:25:09.890 stress so how individuals,

NOTE Confidence: 0.873948130454545

00:25:09.890 --> 00:25:11.114 irrespective of addiction,

NOTE Confidence: 0.873948130454545

00:25:11.114 --> 00:25:13.154 that how individuals regulate and

NOTE Confidence: 0.873948130454545

00:25:13.154 --> 00:25:15.240 respond to stressful situations?

NOTE Confidence: 0.873948130454545

00:25:15.240 --> 00:25:16.480 And the presence of addiction.

NOTE Confidence: 0.873948130454545

00:25:16.480 --> 00:25:18.629 And we can think about addiction as

NOTE Confidence: 0.873948130454545

00:25:18.629 --> 00:25:20.080 a stress dysregulation disorder.

NOTE Confidence: 0.873948130454545

00:25:20.080 --> 00:25:22.362 These individuals just really have a hard

NOTE Confidence: 0.873948130454545

00:25:22.362 --> 00:25:25.000 time in terms of regulating their stress,

NOTE Confidence: 0.873948130454545

00:25:25.000 --> 00:25:26.932 but we also know being a new

NOTE Confidence: 0.873948130454545

00:25:26.932 --> 00:25:27.760 parent is stressful.

NOTE Confidence: 0.873948130454545

00:25:27.760 --> 00:25:29.758 Again, in the absence of addiction.

NOTE Confidence: 0.873948130454545

00:25:29.760 --> 00:25:31.356 But also in the presence of addiction.

NOTE Confidence: 0.873948130454545

00:25:31.360 --> 00:25:33.880 Caring for a child across development

NOTE Confidence: 0.873948130454545

00:25:33.880 --> 00:25:35.880 is just inherently stressful too,

NOTE Confidence: 0.873948130454545

00:25:35.880 --> 00:25:37.869 and so we saw you know to begin with.

NOTE Confidence: 0.873948130454545

00:25:37.870 --> 00:25:39.595 While if there's this neurobiology

NOTE Confidence: 0.873948130454545

00:25:39.595 --> 00:25:41.760 of parenting that focuses on stress,

NOTE Confidence: 0.873948130454545

00:25:41.760 --> 00:25:43.902 but also we know those stress systems

NOTE Confidence: 0.873948130454545

00:25:43.902 --> 00:25:45.430 are compromised by addiction.

NOTE Confidence: 0.873948130454545

00:25:45.430 --> 00:25:47.425 This might give us a neurobiological pathway

NOTE Confidence: 0.873948130454545

00:25:47.425 --> 00:25:49.641 through which to understand where some of

NOTE Confidence: 0.873948130454545

00:25:49.641 --> 00:25:51.603 these challenges parents may be experiencing.

NOTE Confidence: 0.873948130454545

00:25:51.610 --> 00:25:53.310 If they're managing an addiction

NOTE Confidence: 0.873948130454545

00:25:53.310 --> 00:25:55.849 on top of caring for their child.

NOTE Confidence: 0.873948130454545

00:25:55.850 --> 00:25:56.778 A second, your second.

NOTE Confidence: 0.873948130454545

00:25:56.778 --> 00:25:57.706 We also lived here,

NOTE Confidence: 0.873948130454545

00:25:57.710 --> 00:25:59.523 and you're a second that are involved

NOTE Confidence: 0.873948130454545

00:25:59.523 --> 00:26:01.439 in reward or how we experience

NOTE Confidence: 0.873948130454545

00:26:01.439 --> 00:26:02.525 and understand pleasure.

NOTE Confidence: 0.873948130454545

00:26:02.530 --> 00:26:02.897 Again,

NOTE Confidence: 0.873948130454545

00:26:02.897 --> 00:26:05.099 we see that those neural circuits

NOTE Confidence: 0.873948130454545

00:26:05.099 --> 00:26:07.080 are compromised in addiction that

NOTE Confidence: 0.873948130454545

00:26:07.080 --> 00:26:09.105 individuals with addiction tend to

NOTE Confidence: 0.873948130454545

00:26:09.105 --> 00:26:11.396 find stimuli or information just

NOTE Confidence: 0.873948130454545

00:26:11.396 --> 00:26:13.026 less pleasurable and less enjoyable

NOTE Confidence: 0.873948130454545

00:26:13.026 --> 00:26:14.984 in comparison to the substance that

NOTE Confidence: 0.873948130454545

00:26:14.984 --> 00:26:16.784 they may be using and abusing.

NOTE Confidence: 0.873948130454545

00:26:16.790 --> 00:26:18.722 But we also know that reward is

NOTE Confidence: 0.873948130454545

00:26:18.722 --> 00:26:20.185 somewhat important and and pleasure

NOTE Confidence: 0.873948130454545

00:26:20.185 --> 00:26:21.907 so much important has so much

00:26:21.907 --> 00:26:24.044 importance of caring for the child to

00:26:24.044 --> 00:26:25.554 inherently we talk about parenting.

00:26:25.560 --> 00:26:27.222 General as being this balance of

00:26:27.222 --> 00:26:28.622 stress and reward that there's

00:26:28.622 --> 00:26:30.044 a joys of being a parent,

00:26:30.050 --> 00:26:31.490 but there's also the challenges

00:26:31.490 --> 00:26:32.930 of being a parent too,

00:26:32.930 --> 00:26:35.198 so it started to give us another

00:26:35.198 --> 00:26:36.170 neurobiological mechanism that

00:26:36.226 --> 00:26:37.954 we can think through again in

00:26:37.954 --> 00:26:39.106 the presence of addiction.

00:26:39.110 --> 00:26:40.890 Whether it's reward circuits would

00:26:40.890 --> 00:26:42.670 typically be responsive to baby,

00:26:42.670 --> 00:26:44.986 that in when addiction is present,

00:26:44.990 --> 00:26:46.870 they may be less responsive,

00:26:46.870 --> 00:26:48.532 and so we started having these

NOTE Confidence: 0.873948130454545

00:26:48.532 --> 00:26:49.363 these discussions around.

NOTE Confidence: 0.873948130454545

00:26:49.370 --> 00:26:50.842 While we've seen this,

NOTE Confidence: 0.873948130454545

00:26:50.842 --> 00:26:53.028 but we've not really tested that hypothesis,

NOTE Confidence: 0.872087752105263

00:26:53.030 --> 00:26:54.972 and so we want we wanted to look at was to

NOTE Confidence: 0.872087752105263

00:26:54.972 --> 00:26:56.628 see what is there any evidence in human?

NOTE Confidence: 0.872087752105263

00:26:56.630 --> 00:26:59.060 Those with addiction that they have

NOTE Confidence: 0.872087752105263

00:26:59.060 --> 00:27:01.234 this more stress reactive response

NOTE Confidence: 0.872087752105263

00:27:01.234 --> 00:27:03.578 and less rewarding response when

NOTE Confidence: 0.872087752105263

00:27:03.578 --> 00:27:05.290 engaging with their children.

NOTE Confidence: 0.872087752105263

00:27:05.290 --> 00:27:07.314 And so the way we went about testing

NOTE Confidence: 0.872087752105263

00:27:07.314 --> 00:27:09.348 that was to begin again personally.

NOTE Confidence: 0.872087752105263

00:27:09.350 --> 00:27:11.541 And we recruited mothers from the local

NOTE Confidence: 0.872087752105263

00:27:11.541 --> 00:27:13.366 community and just to view photographs

NOTE Confidence: 0.872087752105263

00:27:13.366 --> 00:27:15.666 of infant faces or to listen to infant

NOTE Confidence: 0.872087752105263

00:27:15.666 --> 00:27:17.857 cries so our infant cries being the

NOTE Confidence: 0.872087752105263

00:27:17.857 --> 00:27:19.930 stressful cries that we hear you kind of

NOTE Confidence: 0.872087752105263

00:27:19.930 --> 00:27:22.300 very early on in the first night period,

NOTE Confidence: 0.872087752105263

00:27:22.300 --> 00:27:23.708 but also having photographs

NOTE Confidence: 0.872087752105263

00:27:23.708 --> 00:27:25.288 of baby smiling, you know,

NOTE Confidence: 0.872087752105263

00:27:25.288 --> 00:27:27.360 especially if it's own baby smiling at them.

NOTE Confidence: 0.872087752105263

00:27:27.360 --> 00:27:29.104 You know, some would argue that that's the

NOTE Confidence: 0.872087752105263

00:27:29.104 --> 00:27:30.656 most rewarding stimulus you could show mum,

NOTE Confidence: 0.872087752105263

00:27:30.660 --> 00:27:32.500 and especially kind of those

NOTE Confidence: 0.872087752105263

00:27:32.500 --> 00:27:33.972 first few months postpartum.

NOTE Confidence: 0.872087752105263

00:27:33.980 --> 00:27:35.606 So we had mothers view those

NOTE Confidence: 0.872087752105263

00:27:35.606 --> 00:27:37.251 photographs and also listen to those

NOTE Confidence: 0.872087752105263

00:27:37.251 --> 00:27:39.015 infant cries and what we saw was

NOTE Confidence: 0.872087752105263

00:27:39.015 --> 00:27:40.288 consistent with our hypotheses.

NOTE Confidence: 0.872087752105263

00:27:40.290 --> 00:27:41.460 We saw that you know,

NOTE Confidence: 0.872087752105263

00:27:41.460 --> 00:27:42.756 particularly when mums were

NOTE Confidence: 0.872087752105263

00:27:42.756 --> 00:27:44.376 looking at these very positive.

NOTE Confidence: 0.872087752105263

00:27:44.380 --> 00:27:46.312 These very rewarding and for faces that

NOTE Confidence: 0.872087752105263

00:27:46.312 --> 00:27:48.740 they not only showed a decreased neural

NOTE Confidence: 0.872087752105263

00:27:48.740 --> 00:27:50.675 response and their reward neurosecretory,

NOTE Confidence: 0.872087752105263

00:27:50.680 --> 00:27:52.794 but there was also a delayed neural

NOTE Confidence: 0.872087752105263

00:27:52.794 --> 00:27:55.220 response in their same neuro seconds in

NOTE Confidence: 0.872087752105263

00:27:55.220 --> 00:27:57.410 comparison to women without substance use.

NOTE Confidence: 0.872087752105263

00:27:57.410 --> 00:27:58.448 Disorders and importantly,

NOTE Confidence: 0.872087752105263

00:27:58.448 --> 00:28:00.870 we looked at this in the context

NOTE Confidence: 0.872087752105263

00:28:00.930 --> 00:28:02.220 of nicotine addiction,

NOTE Confidence: 0.872087752105263

00:28:02.220 --> 00:28:04.090 as well as polysubstance use,

NOTE Confidence: 0.872087752105263

00:28:04.090 --> 00:28:06.160 and we saw very comparable findings,

NOTE Confidence: 0.872087752105263

00:28:06.160 --> 00:28:07.679 so we don't think this is about

NOTE Confidence: 0.872087752105263

00:28:07.679 --> 00:28:09.020 addiction to one specific drug,

NOTE Confidence: 0.872087752105263

00:28:09.020 --> 00:28:10.736 but we think it's about substance

NOTE Confidence: 0.872087752105263

00:28:10.736 --> 00:28:11.880 use and substance abuse.

NOTE Confidence: 0.872087752105263

00:28:11.880 --> 00:28:12.576 More generally,

NOTE Confidence: 0.872087752105263

00:28:12.576 --> 00:28:14.664 just regulating these key neural circuits

NOTE Confidence: 0.872087752105263

00:28:14.664 --> 00:28:17.178 that we know are important for parenting.

NOTE Confidence: 0.872087752105263

00:28:17.180 --> 00:28:18.874 So why is this helpful to know?

NOTE Confidence: 0.872087752105263

00:28:18.880 --> 00:28:19.088 Well,

NOTE Confidence: 0.872087752105263

00:28:19.088 --> 00:28:20.752 it gives us a chance to then feedback

NOTE Confidence: 0.872087752105263

00:28:20.752 --> 00:28:22.546 to clinicians like Doctor Lao to say,

NOTE Confidence: 0.872087752105263

00:28:22.550 --> 00:28:22.802 well,

NOTE Confidence: 0.872087752105263

00:28:22.802 --> 00:28:24.314 we think that there's a neurobiological

NOTE Confidence: 0.872087752105263

00:28:24.314 --> 00:28:26.254 basis and many of the challenges that

NOTE Confidence: 0.872087752105263

00:28:26.254 --> 00:28:27.679 these mothers are experiencing whilst

NOTE Confidence: 0.872087752105263

00:28:27.679 --> 00:28:29.360 they're caring for their children price.

NOTE Confidence: 0.872087752105263

00:28:29.360 --> 00:28:29.714 Lately,

NOTE Confidence: 0.872087752105263

00:28:29.714 --> 00:28:31.484 we think that there's this

NOTE Confidence: 0.872087752105263

00:28:31.484 --> 00:28:32.900 increased reactivity to stress,

NOTE Confidence: 0.872087752105263

00:28:32.900 --> 00:28:35.294 but also this decreased reactivity to

00:28:35.294 --> 00:28:37.919 what would be considered more rewarding,

00:28:37.920 --> 00:28:39.817 and so that allows mechanisms and money

00:28:39.817 --> 00:28:41.538 for clinicians to be thinking about.

00:28:41.540 --> 00:28:43.255 Well, how can we start targeting stress?

00:28:43.260 --> 00:28:45.535 How can we start targeting stress regulation

00:28:45.535 --> 00:28:47.388 and thinking about that as a skill?

00:28:47.390 --> 00:28:49.168 That we can work with with mums,

00:28:49.170 --> 00:28:50.542 but also how can we think about

00:28:50.542 --> 00:28:52.060 ways that mums can really take a

00:28:52.060 --> 00:28:53.386 moment really just pause and think

00:28:53.437 --> 00:28:54.972 about the enjoyment and pleasure

00:28:54.972 --> 00:28:56.200 that they're experiencing while

00:28:56.200 --> 00:28:57.431 they're engaging with children,

00:28:57.431 --> 00:28:59.580 so it allows us to very robustly

00:28:59.638 --> 00:29:01.444 think about mechanisms in terms of

00:29:01.444 --> 00:29:03.590 what we can feedback from clinicians.

00:29:03.590 --> 00:29:04.104 But also,

00:29:04.104 --> 00:29:05.389 it gives clinicians something that

00:29:05.389 --> 00:29:07.288 they can tell mothers to that this

00:29:07.288 --> 00:29:08.368 isn't something that ambiguous

00:29:08.368 --> 00:29:09.904 or cloudy that it really gives

00:29:09.904 --> 00:29:11.084 them an opportunity to say.

00:29:11.090 --> 00:29:12.632 And we think that there's a

00:29:12.632 --> 00:29:13.660 neurobiological basis to the

00:29:13.714 --> 00:29:15.070 experiences that you're you're

00:29:15.070 --> 00:29:16.426 managing managing right now,

00:29:16.430 --> 00:29:17.340 that it gives you know.

00:29:17.340 --> 00:29:18.604 Like something very concrete

00:29:18.604 --> 00:29:20.500 to be working with in that

00:29:20.560 --> 00:29:21.966 way, so that's what we really hope.

00:29:21.970 --> 00:29:24.062 This partnership between clinicians

NOTE Confidence: 0.801313817272727

00:29:24.062 --> 00:29:26.010 and researchers can go forwards.

NOTE Confidence: 0.801313817272727

00:29:26.010 --> 00:29:27.810 And I think the other piece,

NOTE Confidence: 0.801313817272727

00:29:27.810 --> 00:29:29.693 just to echo what Doctor Lou was

NOTE Confidence: 0.801313817272727

00:29:29.693 --> 00:29:31.634 saying at the end and how scalability.

NOTE Confidence: 0.801313817272727

00:29:31.634 --> 00:29:33.958 But it's also about important to recognize

NOTE Confidence: 0.801313817272727

00:29:33.958 --> 00:29:35.530 individual differences here as well.

NOTE Confidence: 0.801313817272727

00:29:35.530 --> 00:29:37.000 And and we really try and think

NOTE Confidence: 0.801313817272727

00:29:37.000 --> 00:29:38.895 about this as not as a group of

NOTE Confidence: 0.801313817272727

00:29:38.895 --> 00:29:40.110 mums with substance use disorders.

NOTE Confidence: 0.801313817272727

00:29:40.110 --> 00:29:40.932 Best is out.

NOTE Confidence: 0.801313817272727

00:29:40.932 --> 00:29:42.850 Or mums with depression or with anxiety.

NOTE Confidence: 0.801313817272727

00:29:42.850 --> 00:29:44.395 Besses starts with without but

NOTE Confidence: 0.801313817272727

00:29:44.395 --> 00:29:45.940 really thinking about all months

NOTE Confidence: 0.801313817272727

00:29:45.992 --> 00:29:47.708 and thinking about how that varies.

NOTE Confidence: 0.801313817272727

00:29:47.710 --> 00:29:49.579 And every mom comes to their parenting

NOTE Confidence: 0.801313817272727

00:29:49.579 --> 00:29:51.450 situation with a different background,

NOTE Confidence: 0.801313817272727

00:29:51.450 --> 00:29:52.461 a different history,

NOTE Confidence: 0.801313817272727

00:29:52.461 --> 00:29:54.483 their own experience of being parented,

NOTE Confidence: 0.801313817272727

00:29:54.490 --> 00:29:55.915 their own experience and decision

NOTE Confidence: 0.801313817272727

00:29:55.915 --> 00:29:57.530 making about how they want to.

NOTE Confidence: 0.801313817272727

00:29:57.530 --> 00:29:58.086 Present themselves,

NOTE Confidence: 0.801313817272727

00:29:58.086 --> 00:30:00.032 but these are all factors that we

NOTE Confidence: 0.801313817272727

00:30:00.032 --> 00:30:01.830 have to take into consideration too

NOTE Confidence: 0.801313817272727

00:30:01.830 --> 00:30:03.680 that that it's too superficial to say,

NOTE Confidence: 0.801313817272727

00:30:03.680 --> 00:30:05.185 OK, let's put all these mums into

NOTE Confidence: 0.801313817272727

00:30:05.185 --> 00:30:06.743 one camp and compare them to a

NOTE Confidence: 0.801313817272727

00:30:06.743 --> 00:30:08.320 group of mums in a different camp.

NOTE Confidence: 0.801313817272727

00:30:08.320 --> 00:30:09.940 But the individual differences approach

NOTE Confidence: 0.801313817272727

00:30:09.940 --> 00:30:12.508 to this idea that that we need to scale,

NOTE Confidence: 0.801313817272727

00:30:12.510 --> 00:30:15.084 but we need to be mindful of the nuance

NOTE Confidence: 0.801313817272727

00:30:15.084 --> 00:30:17.624 of the maternal experience is really

NOTE Confidence: 0.801313817272727

00:30:17.624 --> 00:30:20.220 important in this situation as well.

NOTE Confidence: 0.801313817272727

00:30:20.220 --> 00:30:21.556 So that's why I wanted to to share

NOTE Confidence: 0.801313817272727

00:30:21.556 --> 00:30:22.789 with you about research and trying

NOTE Confidence: 0.801313817272727

00:30:22.789 --> 00:30:24.365 to make that bridge then with what

NOTE Confidence: 0.801313817272727

00:30:24.365 --> 00:30:25.630 you're hearing from Doctor Lowell.

NOTE Confidence: 0.853504425

00:30:27.190 --> 00:30:28.486 That's wonderful, thank you so much.

NOTE Confidence: 0.853504425

00:30:28.490 --> 00:30:29.890 Doctor Rutherford. I you know,

NOTE Confidence: 0.853504425

00:30:29.890 --> 00:30:32.564 just just extending that then to thinking

NOTE Confidence: 0.853504425

00:30:32.564 --> 00:30:34.898 about the impacts on the child you

NOTE Confidence: 0.853504425

00:30:34.898 --> 00:30:37.648 touched on a topic that is very near and

NOTE Confidence: 0.853504425

00:30:37.648 --> 00:30:40.007 dear to my heart and research program.

NOTE Confidence: 0.853504425

00:30:40.010 --> 00:30:42.284 Thinking about how we can better

NOTE Confidence: 0.853504425

00:30:42.284 --> 00:30:43.421 understand individual differences

NOTE Confidence: 0.853504425

00:30:43.421 --> 00:30:45.618 and the impact of perinatal anxiety

NOTE Confidence: 0.853504425

00:30:45.618 --> 00:30:47.378 and depression on child outcomes.

00:30:47.380 --> 00:30:49.984 And that's really a public health challenge,

00:30:49.990 --> 00:30:51.842 but it's a scientifically

00:30:51.842 --> 00:30:52.768 fascinating question.

00:30:52.770 --> 00:30:55.224 You know, trying to understand the

00:30:55.224 --> 00:30:57.190 embedding of that university and.

00:30:57.190 --> 00:30:59.846 Trying to determine whether or not we can

00:30:59.846 --> 00:31:01.343 mobilize information about biological

00:31:01.343 --> 00:31:03.273 embedding to better understand and

00:31:03.273 --> 00:31:04.992 identify children at greatest risk

00:31:04.992 --> 00:31:07.008 and one of the tools that my team

00:31:07.010 --> 00:31:09.608 has been involved in developing is

00:31:09.608 --> 00:31:12.588 a measure of biological age that we

00:31:12.588 --> 00:31:14.928 can derive from simple cheek swabs.

00:31:14.930 --> 00:31:16.934 So we just collect eucalypt athelia

00:31:16.934 --> 00:31:19.154 cells or cheek swabs from neonates

00:31:19.154 --> 00:31:20.786 from infants from children.

NOTE Confidence: 0.853504425

00:31:20.790 --> 00:31:23.415 It's very well tolerated and we can

NOTE Confidence: 0.853504425

00:31:23.415 --> 00:31:26.098 estimate a child's biological age, and,

NOTE Confidence: 0.853504425

00:31:26.098 --> 00:31:29.296 in a very recent study, we examined.

NOTE Confidence: 0.853504425

00:31:29.296 --> 00:31:32.440 Biological aging in children at 6 and 10

NOTE Confidence: 0.853504425

00:31:32.519 --> 00:31:35.335 years of age and then at three months,

NOTE Confidence: 0.853504425

00:31:35.340 --> 00:31:37.650 nine months and 24 months of age

NOTE Confidence: 0.853504425

00:31:37.650 --> 00:31:39.220 and two independent cohorts,

NOTE Confidence: 0.853504425

00:31:39.220 --> 00:31:41.830 and what we found was that

NOTE Confidence: 0.853504425

00:31:41.830 --> 00:31:43.135 maternal prenatal anxiety,

NOTE Confidence: 0.853504425

00:31:43.140 --> 00:31:46.410 accelerated biological aging or epigenetic

NOTE Confidence: 0.853504425

00:31:46.410 --> 00:31:49.680 aging with marked individual differences,

NOTE Confidence: 0.853504425

00:31:49.680 --> 00:31:51.088 suggesting that not all

NOTE Confidence: 0.853504425

00:31:51.088 --> 00:31:52.144 children were affected,

NOTE Confidence: 0.853504425

00:31:52.150 --> 00:31:53.998 and indeed that's one of the outcomes

NOTE Confidence: 0.853504425

00:31:53.998 --> 00:31:55.950 that we are one of the findings

00:31:55.950 --> 00:31:57.951 that we see in multiple studies is

00:31:57.951 --> 00:31:59.709 that not all children are affected.

00:31:59.710 --> 00:32:01.275 And that's an important public

00:32:01.275 --> 00:32:02.840 health message to get across.

00:32:02.840 --> 00:32:03.450 Most children,

00:32:03.450 --> 00:32:05.280 even if they're exposed to anxiety,

00:32:05.280 --> 00:32:07.220 depression will do just fine,

00:32:07.220 --> 00:32:08.660 and that's the the the reassurance

00:32:08.660 --> 00:32:10.083 that we can provide to anyone

00:32:10.083 --> 00:32:11.319 that may be pregnant or no.

00:32:11.320 --> 00:32:12.840 People who are pregnant.

00:32:12.840 --> 00:32:13.980 But of course,

00:32:13.980 --> 00:32:15.744 the question is why is it that

00:32:15.744 --> 00:32:17.321 those children that are affected are

00:32:17.321 --> 00:32:19.120 affected in the way that they are?

00:32:19.120 --> 00:32:21.766 And that's where we're hoping that some

NOTE Confidence: 0.853504425

00:32:21.766 --> 00:32:24.043 of these biological tools might be

NOTE Confidence: 0.853504425

00:32:24.043 --> 00:32:26.197 able to help us identify individuals

NOTE Confidence: 0.853504425

00:32:26.197 --> 00:32:28.790 that are at greatest risk following

NOTE Confidence: 0.853504425

00:32:28.790 --> 00:32:30.526 exposure to perinatal anxiety.

NOTE Confidence: 0.853504425

00:32:30.530 --> 00:32:31.230 Or depression,

NOTE Confidence: 0.853504425

00:32:31.230 --> 00:32:33.680 now we've switched on a lot of

NOTE Confidence: 0.853504425

00:32:33.680 --> 00:32:34.769 topics right now,

NOTE Confidence: 0.853504425

00:32:34.770 --> 00:32:36.480 and you know doctor Little

NOTE Confidence: 0.853504425

00:32:36.480 --> 00:32:37.506 you mentioned about,

NOTE Confidence: 0.853504425

00:32:37.510 --> 00:32:39.862 you know the the the critical

NOTE Confidence: 0.853504425

00:32:39.862 --> 00:32:42.130 importance of partner support and you

NOTE Confidence: 0.853504425

00:32:42.130 --> 00:32:44.314 know they you know kind of shocking

NOTE Confidence: 0.853504425

00:32:44.314 --> 00:32:47.062 and levels of domestic violence that

NOTE Confidence: 0.853504425

00:32:47.062 --> 00:32:48.950 actually increase during pregnancy

NOTE Confidence: 0.853504425

00:32:48.950 --> 00:32:51.930 and indeed another leading cause of

NOTE Confidence: 0.853504425

00:32:51.930 --> 00:32:53.930 maternal mortalities is homicide.

NOTE Confidence: 0.853504425

00:32:53.930 --> 00:32:54.935 And you know,

NOTE Confidence: 0.853504425

00:32:54.935 --> 00:32:56.610 and doctor Ruthford you talked

NOTE Confidence: 0.853504425

00:32:56.610 --> 00:32:58.429 about really elegant neurobiological

NOTE Confidence: 0.853504425

00:32:58.429 --> 00:33:01.154 research trying to understand individual.

NOTE Confidence: 0.853504425

00:33:01.160 --> 00:33:02.520 Differences and maternal behavior.

NOTE Confidence: 0.853504425

00:33:02.520 --> 00:33:05.135 So I just wanted to to pause for

NOTE Confidence: 0.853504425

00:33:05.135 --> 00:33:07.183 a moment to see if anyone had any

NOTE Confidence: 0.853504425

00:33:07.251 --> 00:33:09.426 thoughts or questions or clarifications

NOTE Confidence: 0.853504425

00:33:09.426 --> 00:33:11.601 about anything that we've touched

NOTE Confidence: 0.853504425

00:33:11.610 --> 00:33:13.474 on and so far before we talk a

NOTE Confidence: 0.853504425

00:33:13.474 --> 00:33:15.555 little bit about some of our future

NOTE Confidence: 0.853504425

00:33:15.555 --> 00:33:16.795 plans within the center.

NOTE Confidence: 0.83695491

00:33:28.230 --> 00:33:29.770 Just looking from just looking

NOTE Confidence: 0.83695491

00:33:29.770 --> 00:33:31.310 for anyone raising their hand

NOTE Confidence: 0.83695491

00:33:31.367 --> 00:33:32.909 or putting things in the chat.

NOTE Confidence: 0.8039868825

00:33:33.810 --> 00:33:36.834 Alright, well I have I'm too slow to

NOTE Confidence: 0.8039868825

00:33:36.834 --> 00:33:39.026 raise my hand just a moment here and

NOTE Confidence: 0.8039868825

00:33:39.026 --> 00:33:44.350 I'll there look there we go. So so.

NOTE Confidence: 0.8039868825

00:33:44.350 --> 00:33:47.714 Is your substance use disorder?

NOTE Confidence: 0.8039868825

00:33:47.714 --> 00:33:51.580 Work all done on an outpatient basis.

NOTE Confidence: 0.8039868825

00:33:51.580 --> 00:33:54.640 And if so, how are they?

NOTE Confidence: 0.8039868825

00:33:54.640 --> 00:33:56.458 How are these folks finding their

NOTE Confidence: 0.8039868825

00:33:56.460 --> 00:33:59.830 with mothers finding their way to you?

NOTE Confidence: 0.7367477316

00:34:02.290 --> 00:34:03.830 Yeah, that's a great question,

NOTE Confidence: 0.7367477316

00:34:03.830 --> 00:34:06.147 and so yes, so we primarily been

NOTE Confidence: 0.7367477316

00:34:06.147 --> 00:34:07.638 working with outpatient mothers

NOTE Confidence: 0.7367477316

00:34:07.638 --> 00:34:09.386 with substance use disorders,

NOTE Confidence: 0.7367477316

00:34:09.390 --> 00:34:11.598 and so there's been two real approaches that

NOTE Confidence: 0.7367477316

00:34:11.598 --> 00:34:13.608 we've been able to recruit these women.

NOTE Confidence: 0.7367477316

00:34:13.610 --> 00:34:16.346 One is through partnerships with clinics,

NOTE Confidence: 0.7367477316

00:34:16.350 --> 00:34:18.884 and so we're at clinics who are

NOTE Confidence: 0.7367477316

00:34:18.884 --> 00:34:21.186 seeing mothers for whether it's

NOTE Confidence: 0.7367477316

00:34:21.186 --> 00:34:24.226 counselling or CBT based treatments,

NOTE Confidence: 0.7367477316

00:34:24.230 --> 00:34:26.670 but also through medicated assistant

NOTE Confidence: 0.7367477316

00:34:26.670 --> 00:34:28.236 Medicaid therapeutic approaches.

NOTE Confidence: 0.7367477316

00:34:28.236 --> 00:34:30.062 For instance, methadone maintenance.

NOTE Confidence: 0.7367477316

00:34:30.062 --> 00:34:32.408 So you've been working with clinics.

NOTE Confidence: 0.7367477316

00:34:32.410 --> 00:34:33.999 That we found that the vast majority

NOTE Confidence: 0.7367477316

00:34:33.999 --> 00:34:35.447 of our mothers have come through

NOTE Confidence: 0.7367477316

00:34:35.447 --> 00:34:36.887 word of mouth and through Flyers

NOTE Confidence: 0.7367477316

00:34:36.887 --> 00:34:38.358 and Community efforts that we have

NOTE Confidence: 0.7367477316

00:34:38.358 --> 00:34:39.964 in the local New Haven area.

NOTE Confidence: 0.7367477316

00:34:39.964 --> 00:34:42.508 So we have a dedicated recruitment

NOTE Confidence: 0.7367477316

00:34:42.508 --> 00:34:45.083 coordinator who's a mum who lives in

NOTE Confidence: 0.7367477316

00:34:45.083 --> 00:34:47.554 New Haven is a well recognized mom in

NOTE Confidence: 0.7367477316

00:34:47.554 --> 00:34:49.911 the New Haven area and so she spends

NOTE Confidence: 0.7367477316

00:34:49.911 --> 00:34:52.375 a lot of times in our grocery stores

NOTE Confidence: 0.7367477316

00:34:52.375 --> 00:34:54.835 and our libraries and then around

NOTE Confidence: 0.7367477316

00:34:54.835 --> 00:34:57.140 family areas in the New Haven area.

NOTE Confidence: 0.7367477316

00:34:57.140 --> 00:34:58.804 And it's got a lot of report in

NOTE Confidence: 0.7367477316

00:34:58.804 --> 00:35:00.455 the community and so we're not

NOTE Confidence: 0.7367477316

00:35:00.455 --> 00:35:01.639 always specifically recruiting for

NOTE Confidence: 0.7367477316

00:35:01.639 --> 00:35:02.930 mothers with substance use.

NOTE Confidence: 0.7367477316

00:35:02.930 --> 00:35:04.505 So it is what we find is that when

NOTE Confidence: 0.7367477316

00:35:04.505 --> 00:35:05.948 we're cutting broadly from others,

NOTE Confidence: 0.7367477316

00:35:05.950 --> 00:35:07.825 a significant proportion of them

NOTE Confidence: 0.7367477316

00:35:07.825 --> 00:35:09.325 have substance use disorders,

NOTE Confidence: 0.7367477316

00:35:09.330 --> 00:35:11.290 and I think that that's been very

NOTE Confidence: 0.7367477316

00:35:11.290 --> 00:35:13.400 striking for us when we look at

NOTE Confidence: 0.7367477316

00:35:13.400 --> 00:35:14.906 our Community samples that you

NOTE Confidence: 0.7367477316

00:35:14.906 --> 00:35:16.396 know their community samples with

66

NOTE Confidence: 0.7367477316

00:35:16.396 --> 00:35:17.830 elevated levels of substance,

NOTE Confidence: 0.7367477316

00:35:17.830 --> 00:35:19.741 use of a number of meeting criteria

NOTE Confidence: 0.7367477316

00:35:19.741 --> 00:35:21.130 for substance use disorders.

NOTE Confidence: 0.7367477316

00:35:21.130 --> 00:35:23.266 So that's kind of been our

NOTE Confidence: 0.7367477316

00:35:23.266 --> 00:35:24.334 main recruitment approach.

NOTE Confidence: 0.939126962

00:35:27.130 --> 00:35:28.450 So I have a question.

NOTE Confidence: 0.939126962

00:35:28.450 --> 00:35:30.368 I have a question. This is priska,

NOTE Confidence: 0.939126962

00:35:30.370 --> 00:35:32.680 so the data is very striking that

NOTE Confidence: 0.939126962

00:35:32.680 --> 00:35:35.309 it's one in four women who are

NOTE Confidence: 0.939126962

00:35:35.309 --> 00:35:37.643 pregnant who feel depression or I.

NOTE Confidence: 0.939126962

00:35:37.650 --> 00:35:39.684 I can't remember what the terminology is,

NOTE Confidence: 0.939126962

00:35:39.684 --> 00:35:41.742 but I'm and it's possibly now one

NOTE Confidence: 0.939126962

00:35:41.742 --> 00:35:43.814 in three and I was wondering this

NOTE Confidence: 0.939126962

00:35:43.814 --> 00:35:46.220 is data hold up industrialized

NOTE Confidence: 0.939126962

00:35:46.220 --> 00:35:48.874 countries and also any speculation

NOTE Confidence: 0.939126962

00:35:48.874 --> 00:35:51.570 you know like and also within the US.

NOTE Confidence: 0.939126962

00:35:51.570 --> 00:35:54.150 Is it skew social economically?

NOTE Confidence: 0.939126962

00:35:54.150 --> 00:35:56.910 And any speculation as to why?

NOTE Confidence: 0.939126962

00:35:56.910 --> 00:35:57.830 This is going up.

NOTE Confidence: 0.719244225555556

00:35:58.520 --> 00:36:00.320 Yeah, that's that's a wonderful

NOTE Confidence: 0.719244225555556

00:36:00.320 --> 00:36:01.760 question and you know.

NOTE Confidence: 0.719244225555556

00:36:01.760 --> 00:36:02.992 And if I if I had been

NOTE Confidence: 0.719244225555556

00:36:02.992 --> 00:36:04.080 speaking to you a year ago,

NOTE Confidence: 0.719244225555556

00:36:04.080 --> 00:36:05.724 I would say you know in

NOTE Confidence: 0.719244225555556

00:36:05.724 --> 00:36:06.820 high income countries we're

NOTE Confidence: 0.719244225555556

00:36:06.877 --> 00:36:08.485 thinking you know one in five,

NOTE Confidence: 0.719244225555556

00:36:08.490 --> 00:36:09.970 perhaps one in four with

NOTE Confidence: 0.719244225555556

00:36:09.970 --> 00:36:10.858 this generational increase,

NOTE Confidence: 0.719244225555556

00:36:10.860 --> 00:36:13.164 and in some low and middle income countries

NOTE Confidence: 0.719244225555556

00:36:13.164 --> 00:36:15.335 the number would have been one in three.

NOTE Confidence: 0.719244225555556

00:36:15.340 --> 00:36:16.729 So for example,

NOTE Confidence: 0.719244225555556

00:36:16.729 --> 00:36:19.507 we're working with a run early

NOTE Confidence: 0.719244225555556

00:36:19.507 --> 00:36:21.212 intervention project in rural

NOTE Confidence: 0.719244225555556

00:36:21.212 --> 00:36:23.907 Vietnam and we see more than 30%

NOTE Confidence: 0.719244225555556

00:36:23.910 --> 00:36:25.418 of pregnant individuals struggling

NOTE Confidence: 0.719244225555556

00:36:25.418 --> 00:36:26.926 with their mental health.

NOTE Confidence: 0.719244225555556

00:36:26.930 --> 00:36:28.712 And so in in resource constrained

NOTE Confidence: 0.719244225555556

00:36:28.712 --> 00:36:30.333 environments or in low and

NOTE Confidence: 0.719244225555556

00:36:30.333 --> 00:36:31.449 middle income countries,

NOTE Confidence: 0.719244225555556

00:36:31.450 --> 00:36:34.770 there can be a higher level of need.

NOTE Confidence: 0.719244225555556

00:36:34.770 --> 00:36:36.660 But now, with the ongoing pandemic,

NOTE Confidence: 0.719244225555556

00:36:36.660 --> 00:36:38.562 we're seeing that the the rates

NOTE Confidence: 0.719244225555556

00:36:38.562 --> 00:36:40.248 the prevalence rates in the

NOTE Confidence: 0.719244225555556

00:36:40.248 --> 00:36:42.008 United States are even comparable

NOTE Confidence: 0.719244225555556

00:36:42.008 --> 00:36:44.403 to those rates observed in in

NOTE Confidence: 0.719244225555556

00:36:44.403 --> 00:36:45.789 resource constrained environments.

NOTE Confidence: 0.719244225555556

00:36:45.790 --> 00:36:48.460 Now obviously the the drivers may

NOTE Confidence: 0.719244225555556

00:36:48.460 --> 00:36:50.913 be slightly different across those

NOTE Confidence: 0.719244225555556

00:36:50.913 --> 00:36:53.172 different contexts, but you know,

NOTE Confidence: 0.719244225555556

00:36:53.172 --> 00:36:55.296 I think common risk factor is,

NOTE Confidence: 0.719244225555556

00:36:55.300 --> 00:36:57.270 you know, poverty, early stressful.

NOTE Confidence: 0.719244225555556

00:36:57.270 --> 00:37:00.348 Events reduced or low partner support.

NOTE Confidence: 0.719244225555556

00:37:00.350 --> 00:37:03.338 There's a critical role for the

NOTE Confidence: 0.719244225555556

00:37:03.338 --> 00:37:05.330 partner in supporting perinatal

NOTE Confidence: 0.719244225555556

00:37:05.330 --> 00:37:07.598 mental health and so I think that

NOTE Confidence: 0.719244225555556

00:37:07.598 --> 00:37:09.914 that is seen universally that partner

NOTE Confidence: 0.719244225555556

00:37:09.914 --> 00:37:12.300 support is one of those either

NOTE Confidence: 0.719244225555556

00:37:12.300 --> 00:37:14.730 protective factors or we flip it on its head.

NOTE Confidence: 0.719244225555556

00:37:14.730 --> 00:37:16.006 It's a risk factor,

NOTE Confidence: 0.719244225555556

00:37:16.006 --> 00:37:19.110 and with the absence of of partner support,

NOTE Confidence: 0.719244225555556

00:37:19.110 --> 00:37:20.622 and so you know the one in three is

NOTE Confidence: 0.719244225555556

00:37:20.622 --> 00:37:22.268 is what we would have thought of that

NOTE Confidence: 0.719244225555556

00:37:22.268 --> 00:37:23.790 for low and middle income countries

NOTE Confidence: 0.719244225555556

00:37:23.790 --> 00:37:25.806 and some low and middle income countries.

NOTE Confidence: 0.719244225555556

00:37:25.810 --> 00:37:27.760 But now we're seeing that

NOTE Confidence: 0.719244225555556

00:37:27.760 --> 00:37:29.320 in the United States.

NOTE Confidence: 0.719244225555556

00:37:29.320 --> 00:37:29.752 And again,

NOTE Confidence: 0.719244225555556

00:37:29.752 --> 00:37:31.264 that is that will depend also on

NOTE Confidence: 0.719244225555556

00:37:31.264 --> 00:37:32.919 the Community and Community level,

NOTE Confidence: 0.719244225555556

00:37:32.920 --> 00:37:35.062 risk factors and so that that number

NOTE Confidence: 0.719244225555556

00:37:35.062 --> 00:37:37.308 will will depend on contextual factors.

NOTE Confidence: 0.946085454444444

00:37:47.670 --> 00:37:49.410 Why don't you talk about your

NOTE Confidence: 0.946085454444444

00:37:49.410 --> 00:37:51.850 future future plans? Well,

NOTE Confidence: 0.871006863333333

00:37:51.850 --> 00:37:54.126 you know I think what what we hope you've

NOTE Confidence: 0.871006863333333

00:37:54.126 --> 00:37:56.296 seen today is that there's there's

NOTE Confidence: 0.871006863333333

00:37:56.296 --> 00:37:58.092 concentrated expertise in perinatal

NOTE Confidence: 0.871006863333333

00:37:58.092 --> 00:38:01.096 mental health here in the Child Study

NOTE Confidence: 0.871006863333333

71

00:38:01.096 --> 00:38:03.382 Center and ranging from basic research

NOTE Confidence: 0.871006863333333

00:38:03.382 --> 00:38:07.510 through to clinical practice and really,

NOTE Confidence: 0.871006863333333

00:38:07.510 --> 00:38:09.150 a placing an emphasis.

NOTE Confidence: 0.871006863333333

00:38:09.150 --> 00:38:11.610 Then on educating the next generation

NOTE Confidence: 0.871006863333333

00:38:11.679 --> 00:38:13.725 of clinicians and what we are,

NOTE Confidence: 0.871006863333333

00:38:13.730 --> 00:38:15.590 what are what the but the future of the CHILD

NOTE Confidence: 0.871006863333333

00:38:15.634 --> 00:38:17.290 Study Center in perinatal mental health?

NOTE Confidence: 0.871006863333333

00:38:17.290 --> 00:38:18.331 The child study?

NOTE Confidence: 0.871006863333333

00:38:18.331 --> 00:38:21.320 Center and we hope to capitalize on our

NOTE Confidence: 0.871006863333333

00:38:21.320 --> 00:38:23.620 relationships with obstetrics and gynecology

NOTE Confidence: 0.871006863333333

00:38:23.620 --> 00:38:25.820 and reproductive sciences and Pediatrics.

NOTE Confidence: 0.871006863333333

00:38:25.820 --> 00:38:28.460 To really create a coordinated approach

NOTE Confidence: 0.871006863333333

00:38:28.460 --> 00:38:31.284 to support mental health of pregnant

NOTE Confidence: 0.871006863333333

00:38:31.284 --> 00:38:33.256 individuals and their children,

NOTE Confidence: 0.871006863333333

00:38:33.260 --> 00:38:37.842 and so that would take three main forms.

NOTE Confidence: 0.871006863333333

00:38:37.842 --> 00:38:40.974 One would be realizing improved or

NOTE Confidence: 0.871006863333333

00:38:40.974 --> 00:38:43.318 universal screening in pregnancy

NOTE Confidence: 0.871006863333333

00:38:43.318 --> 00:38:45.397 or pregnant individuals.

NOTE Confidence: 0.871006863333333

00:38:45.400 --> 00:38:47.003 As I mentioned to you at the

NOTE Confidence: 0.871006863333333

00:38:47.003 --> 00:38:48.480 start of our conversation.

NOTE Confidence: 0.871006863333333

00:38:48.480 --> 00:38:50.225 The screening tool that's most

NOTE Confidence: 0.871006863333333

00:38:50.225 --> 00:38:52.490 commonly used was developed in the 80s,

NOTE Confidence: 0.871006863333333

00:38:52.490 --> 00:38:55.486 and it doesn't ask about substance use.

NOTE Confidence: 0.871006863333333

00:38:55.490 --> 00:38:57.968 It doesn't ask about partner support.

NOTE Confidence: 0.871006863333333

00:38:57.970 --> 00:39:00.360 There are key aspects of

NOTE Confidence: 0.871006863333333

00:39:00.360 --> 00:39:01.316 pregnant individuals,

NOTE Confidence: 0.871006863333333

00:39:01.320 --> 00:39:03.305 experience and risk factors for

NOTE Confidence: 0.871006863333333

00:39:03.305 --> 00:39:05.290 perinatal mood and anxiety disorders

NOTE Confidence: 0.871006863333333

00:39:05.353 --> 00:39:07.558 that are not captured in some of

NOTE Confidence: 0.871006863333333

00:39:07.558 --> 00:39:09.270 these older screening assessments,

NOTE Confidence: 0.871006863333333

00:39:09.270 --> 00:39:13.116 and we know that 95% of women of

NOTE Confidence: 0.871006863333333

00:39:13.116 --> 00:39:15.288 childbearing years and when a smartphone,
NOTE Confidence: 0.871006863333333

00:39:15.290 --> 00:39:17.458 for example and one of the studies that
NOTE Confidence: 0.871006863333333

00:39:17.458 --> 00:39:19.007 we're involved with at the moment.
NOTE Confidence: 0.871006863333333

00:39:19.010 --> 00:39:21.386 Is trying to determine whether we
NOTE Confidence: 0.871006863333333

00:39:21.386 --> 00:39:23.425 can develop digital biomarkers so
NOTE Confidence: 0.871006863333333

00:39:23.425 --> 00:39:25.375 biomarkers related to social support
NOTE Confidence: 0.871006863333333

00:39:25.375 --> 00:39:27.542 from a pregnant woman's use of
NOTE Confidence: 0.871006863333333

00:39:27.542 --> 00:39:28.358 her cell phone,
NOTE Confidence: 0.871006863333333

00:39:28.360 --> 00:39:31.840 so really trying to explore new
NOTE Confidence: 0.871006863333333

00:39:31.840 --> 00:39:34.727 approaches to achieve greater coverage,
NOTE Confidence: 0.871006863333333

00:39:34.727 --> 00:39:36.995 greater screening of pregnant
NOTE Confidence: 0.871006863333333

00:39:36.995 --> 00:39:38.696 individuals in pregnancy,
NOTE Confidence: 0.871006863333333

00:39:38.700 --> 00:39:41.160 and so approximately 7% of pregnant
NOTE Confidence: 0.871006863333333

00:39:41.160 --> 00:39:43.191 individuals are screened in pregnancy
NOTE Confidence: 0.871006863333333

00:39:43.191 --> 00:39:45.466 and in the postpartum and in in
NOTE Confidence: 0.871006863333333

00:39:45.466 --> 00:39:47.574 the Yale New Haven Hospital system

NOTE Confidence: 0.871006863333333

00:39:47.574 --> 00:39:49.309 and we really want to.

NOTE Confidence: 0.871006863333333

00:39:49.310 --> 00:39:51.715 Exceed those American College of

NOTE Confidence: 0.871006863333333

00:39:51.715 --> 00:39:53.158 Obstetricians and gynecologists

NOTE Confidence: 0.871006863333333

00:39:53.158 --> 00:39:54.800 recommendations and really move

NOTE Confidence: 0.871006863333333

00:39:54.800 --> 00:39:55.727 that number up.

NOTE Confidence: 0.871006863333333

00:39:55.730 --> 00:39:58.250 I think one of the biggest questions

NOTE Confidence: 0.871006863333333

00:39:58.250 --> 00:40:00.762 that then remains for in the field is

NOTE Confidence: 0.871006863333333

00:40:00.762 --> 00:40:03.730 whether or not we can improve child outcomes.

NOTE Confidence: 0.871006863333333

00:40:03.730 --> 00:40:06.415 If we improve maternal anxiety

NOTE Confidence: 0.871006863333333

00:40:06.415 --> 00:40:08.563 or depression in pregnancy.

NOTE Confidence: 0.871006863333333

00:40:08.570 --> 00:40:10.992 And So what we're lacking in that

NOTE Confidence: 0.871006863333333

00:40:10.992 --> 00:40:13.859 context is a very large scale where

NOTE Confidence: 0.871006863333333

00:40:13.859 --> 00:40:16.914 bus study of interventions that can to

NOTE Confidence: 0.871006863333333

00:40:16.914 --> 00:40:19.413 whether we can determine if we can.

NOTE Confidence: 0.871006863333333

00:40:19.420 --> 00:40:22.204 Move the needle on emotional behavioral

NOTE Confidence: 0.871006863333333

00:40:22.204 --> 00:40:24.670 problems in children and following

NOTE Confidence: 0.871006863333333

00:40:24.670 --> 00:40:27.320 treatment of maternal anxiety and

NOTE Confidence: 0.871006863333333

00:40:27.320 --> 00:40:30.326 depression and thinking about how we

NOTE Confidence: 0.871006863333333

00:40:30.326 --> 00:40:32.762 can develop this cross fertilization as

NOTE Confidence: 0.871006863333333

00:40:32.762 --> 00:40:34.764 as Doctor Rutherford and Lowell mentioned,

NOTE Confidence: 0.871006863333333

00:40:34.764 --> 00:40:37.176 this is already going on in the CHILD

NOTE Confidence: 0.871006863333333

00:40:37.176 --> 00:40:38.916 Study Center where you have research,

NOTE Confidence: 0.871006863333333

00:40:38.920 --> 00:40:40.520 informing practice and practice

NOTE Confidence: 0.871006863333333

00:40:40.520 --> 00:40:42.520 informing research and we want

NOTE Confidence: 0.871006863333333

00:40:42.520 --> 00:40:44.933 to bring that to scale to really

NOTE Confidence: 0.871006863333333

00:40:44.933 --> 00:40:47.564 develop increased access to evidence

NOTE Confidence: 0.871006863333333

00:40:47.564 --> 00:40:49.868 based treatments and improved.

NOTE Confidence: 0.871006863333333

00:40:49.870 --> 00:40:52.100 Treatments for perinatal mood and

NOTE Confidence: 0.871006863333333

00:40:52.100 --> 00:40:54.330 anxiety disorders and doctor Lowell

NOTE Confidence: 0.871006863333333

00:40:54.395 --> 00:40:56.267 touched on this a little bit.

NOTE Confidence: 0.871006863333333

00:40:56.270 --> 00:40:57.534 Is that you know,

NOTE Confidence: 0.871006863333333

00:40:57.534 --> 00:40:59.430 not all treatments will work for

NOTE Confidence: 0.871006863333333

00:40:59.503 --> 00:41:00.389 an individual.

NOTE Confidence: 0.871006863333333

00:41:00.390 --> 00:41:03.650 We need to develop a way of targeting

NOTE Confidence: 0.871006863333333

00:41:03.650 --> 00:41:05.890 these treatments more effectively.

NOTE Confidence: 0.871006863333333

00:41:05.890 --> 00:41:08.290 So in on in oncology we talk a lot about

NOTE Confidence: 0.871006863333333

00:41:08.355 --> 00:41:09.915 precision medicine or personalized

NOTE Confidence: 0.871006863333333

00:41:09.915 --> 00:41:12.255 approaches and what we want to

NOTE Confidence: 0.843861146666667

00:41:12.322 --> 00:41:14.662 do is really realize the full

NOTE Confidence: 0.843861146666667

00:41:14.662 --> 00:41:16.222 potential of personalized perinatal

NOTE Confidence: 0.843861146666667

00:41:16.230 --> 00:41:18.020 mental healthcare and then the

NOTE Confidence: 0.843861146666667

00:41:18.020 --> 00:41:19.810 final pillar of this strategy.

NOTE Confidence: 0.843861146666667

00:41:19.810 --> 00:41:22.295 Is really to try and ensure that

NOTE Confidence: 0.843861146666667

00:41:22.295 --> 00:41:24.267 there's an emphasis placed on

NOTE Confidence: 0.843861146666667

00:41:24.267 --> 00:41:26.352 training and education for the

NOTE Confidence: 0.843861146666667

00:41:26.352 --> 00:41:28.054 future generation of clinicians

NOTE Confidence: 0.843861146666667

00:41:28.054 --> 00:41:30.346 and scientists and so that there

NOTE Confidence: 0.843861146666667

00:41:30.346 --> 00:41:33.336 we can break down those silos and

NOTE Confidence: 0.843861146666667

00:41:33.336 --> 00:41:35.631 between disciplines to ensure that

NOTE Confidence: 0.843861146666667

00:41:35.631 --> 00:41:38.691 we're really trying to develop a

NOTE Confidence: 0.843861146666667

00:41:38.691 --> 00:41:40.707 holistic approach to improving

NOTE Confidence: 0.843861146666667

00:41:40.707 --> 00:41:43.060 perinatal mood and anxiety disorders.

NOTE Confidence: 0.762096522857143

00:41:45.560 --> 00:41:47.856 So that's the future we're working towards,

NOTE Confidence: 0.762096522857143

00:41:47.860 --> 00:41:49.890 and we're excited to share that vision

NOTE Confidence: 0.762096522857143

00:41:49.890 --> 00:41:51.982 with you and and welcome any feedback

NOTE Confidence: 0.762096522857143

00:41:51.982 --> 00:41:54.618 that you would have on our as we as

NOTE Confidence: 0.762096522857143

00:41:54.618 --> 00:41:56.286 we embark on this exciting journey.

NOTE Confidence: 0.798881064444444

00:42:07.020 --> 00:42:09.108 Amanda, there's a question

NOTE Confidence: 0.798881064444444

00:42:09.108 --> 00:42:11.718 that I think perhaps also

NOTE Confidence: 0.798881064444444

00:42:11.720 --> 00:42:13.350 touches on thinking about it.

NOTE Confidence: 0.798881064444444

00:42:13.350 --> 00:42:16.074 Learning ahead. As you think about

NOTE Confidence: 0.798881064444444

00:42:16.074 --> 00:42:18.600 your clinical work with parents.

NOTE Confidence: 0.798881064444444

00:42:18.600 --> 00:42:20.100 Are there particular research

NOTE Confidence: 0.798881064444444

00:42:20.100 --> 00:42:22.720 questions that you would want to have?

NOTE Confidence: 0.798881064444444

00:42:22.720 --> 00:42:23.920 Karen Helena? Really,

NOTE Confidence: 0.798881064444444

00:42:23.920 --> 00:42:26.320 the three of you think about.

NOTE Confidence: 0.537539536666667

00:42:28.490 --> 00:42:34.649 Has that absolutely. I mean, that's.

NOTE Confidence: 0.537539536666667

00:42:34.650 --> 00:42:36.925 And because I think that that really

NOTE Confidence: 0.537539536666667

00:42:36.930 --> 00:42:40.830 closes the feedback loop as well.

NOTE Confidence: 0.537539536666667

00:42:40.830 --> 00:42:45.624 So my biggest wish for questions

NOTE Confidence: 0.537539536666667

00:42:45.624 --> 00:42:50.097 that research can answer are. How?

NOTE Confidence: 0.537539536666667

00:42:50.097 --> 00:42:53.499 How does treatment you know with

NOTE Confidence: 0.537539536666667

00:42:53.499 --> 00:42:57.029 helenas example in particular right?

NOTE Confidence: 0.911140097142857

00:42:59.160 --> 00:43:04.550 She speaks to the ways in which.

NOTE Confidence: 0.911140097142857

00:43:04.550 --> 00:43:06.415 The brain responds differently when

NOTE Confidence: 0.911140097142857

00:43:06.415 --> 00:43:08.850 addiction is part of the picture,

NOTE Confidence: 0.911140097142857

00:43:08.850 --> 00:43:10.130 and so I will come.

NOTE Confidence: 0.911140097142857

00:43:10.130 --> 00:43:12.237 And I'll train clinicians and I'll say

NOTE Confidence: 0.911140097142857

00:43:12.237 --> 00:43:14.576 that this is the case, and then the

NOTE Confidence: 0.911140097142857

00:43:14.576 --> 00:43:16.550 first question that gets asked is OK.

NOTE Confidence: 0.911140097142857

00:43:16.550 --> 00:43:18.606 So when we give them the treatment that

NOTE Confidence: 0.911140097142857

00:43:18.606 --> 00:43:20.954 you're training us to do, does that fix it?

NOTE Confidence: 0.911140097142857

00:43:20.954 --> 00:43:23.000 Does that and so that becomes.

NOTE Confidence: 0.911140097142857

00:43:23.000 --> 00:43:26.486 Then we know that there are these

NOTE Confidence: 0.911140097142857

00:43:26.486 --> 00:43:29.650 neural circuits that are disregulated.

NOTE Confidence: 0.911140097142857

00:43:29.650 --> 00:43:32.270 For substance use in particular,

NOTE Confidence: 0.911140097142857

00:43:32.270 --> 00:43:33.659 but Doctor Rutherford,

NOTE Confidence: 0.911140097142857

00:43:33.659 --> 00:43:35.974 you've done research on anxiety

NOTE Confidence: 0.911140097142857

00:43:35.974 --> 00:43:39.390 and depression as well, right?

NOTE Confidence: 0.911140097142857

00:43:39.390 --> 00:43:40.870 And so I think that this is kind

NOTE Confidence: 0.911140097142857

00:43:40.870 --> 00:43:43.514 of a broad question, but it is.

NOTE Confidence: 0.911140097142857

00:43:43.514 --> 00:43:48.200 When we then put the intervention into place.

NOTE Confidence: 0.911140097142857

00:43:48.200 --> 00:43:50.490 Then what?

NOTE Confidence: 0.911140097142857

00:43:50.490 --> 00:43:53.780 That's that's the $1,000,000 question.

NOTE Confidence: 0.911140097142857

00:43:53.780 --> 00:43:55.460 For for myself as well as,

NOTE Confidence: 0.911140097142857

00:43:55.460 --> 00:43:57.532 then the clinicians that

NOTE Confidence: 0.911140097142857

00:43:57.532 --> 00:44:00.122 I that I'm also training.

NOTE Confidence: 0.911140097142857

00:44:00.130 --> 00:44:00.434 And.

NOTE Confidence: 0.911140097142857

00:44:00.434 --> 00:44:02.562 The other layer to that is sometimes

NOTE Confidence: 0.911140097142857

00:44:02.562 --> 00:44:04.689 when I'm training clinicians I'm.

NOTE Confidence: 0.911140097142857

00:44:04.690 --> 00:44:07.714 I'm also in my in the audience and

NOTE Confidence: 0.911140097142857

00:44:07.714 --> 00:44:10.638 includes folks like peer recovery coaches,

NOTE Confidence: 0.911140097142857

00:44:10.640 --> 00:44:13.652 so these are individuals mothers with

NOTE Confidence: 0.911140097142857

00:44:13.652 --> 00:44:16.560 lived experience of addiction themselves,

NOTE Confidence: 0.911140097142857

00:44:16.560 --> 00:44:18.660 and they so they're experiencing

NOTE Confidence: 0.911140097142857

00:44:18.660 --> 00:44:20.760 this information on multiple levels,

NOTE Confidence: 0.911140097142857

00:44:20.760 --> 00:44:22.530 and that question becomes even more

NOTE Confidence: 0.911140097142857

00:44:22.530 --> 00:44:24.430 like the answer to that question

NOTE Confidence: 0.911140097142857

00:44:24.430 --> 00:44:26.070 becomes even more important to

NOTE Confidence: 0.911140097142857

00:44:26.070 --> 00:44:28.205 them because it matters to them

NOTE Confidence: 0.911140097142857

00:44:28.205 --> 00:44:30.020 professionally as well as personally.

NOTE Confidence: 0.911140097142857

00:44:30.020 --> 00:44:33.490 So I would love to have an answer to that.

NOTE Confidence: 0.911140097142857

00:44:33.490 --> 00:44:36.220 To that question.

NOTE Confidence: 0.911140097142857

00:44:36.220 --> 00:44:38.330 So I have so I have another question.

NOTE Confidence: 0.911140097142857

00:44:38.330 --> 00:44:40.787 This is priska sorry I I said I was

NOTE Confidence: 0.911140097142857

00:44:40.787 --> 00:44:42.856 going to ask a lot of questions.

NOTE Confidence: 0.911140097142857

00:44:42.860 --> 00:44:46.514 I'm not clear as to how you define addiction.

NOTE Confidence: 0.911140097142857

00:44:46.520 --> 00:44:48.396 So is it like?

NOTE Confidence: 0.911140097142857

00:44:48.396 --> 00:44:50.741 People who can't get through

NOTE Confidence: 0.911140097142857

00:44:50.741 --> 00:44:52.770 the day or is it?

NOTE Confidence: 0.911140097142857

00:44:52.770 --> 00:44:56.137 So I just I don't know anything about

NOTE Confidence: 0.911140097142857

00:44:56.137 --> 00:44:59.150 addiction and I do know that marijuana

NOTE Confidence: 0.911140097142857

00:44:59.150 --> 00:45:01.370 use is now being legalized across

NOTE Confidence: 0.911140097142857

00:45:01.370 --> 00:45:03.950 many States and I was wondering,

NOTE Confidence: 0.911140097142857

00:45:03.950 --> 00:45:05.315 does that count?

NOTE Confidence: 0.911140097142857

00:45:05.315 --> 00:45:07.590 Is that considered an addictive?

NOTE Confidence: 0.911140097142857

00:45:07.590 --> 00:45:09.090 Is that something that will fall

NOTE Confidence: 0.911140097142857

00:45:09.090 --> 00:45:10.994 or do people do fine with that?

NOTE Confidence: 0.911140097142857

00:45:10.994 --> 00:45:13.186 And so I just like to be clear

NOTE Confidence: 0.911140097142857

00:45:13.186 --> 00:45:15.690 to what makes how do you classify

NOTE Confidence: 0.911140097142857

00:45:15.690 --> 00:45:17.940 someone as as as being an addict?

NOTE Confidence: 0.48922194026

00:45:21.440 --> 00:45:24.210 I'm going to actually. Yeah,

NOTE Confidence: 0.48922194026

00:45:24.210 --> 00:45:26.914 I'm going to. I'm going to let either.

NOTE Confidence: 0.48922194026

00:45:26.920 --> 00:45:29.380 I see Doctor Rutherford nothing. Yeah,

NOTE Confidence: 0.777745772142857

00:45:29.390 --> 00:45:30.979 I didn't know if you wanted to

NOTE Confidence: 0.777745772142857

00:45:30.979 --> 00:45:32.469 start the flow and then I can.

NOTE Confidence: 0.777745772142857

00:45:32.470 --> 00:45:33.685 I can tell you how we do

NOTE Confidence: 0.777745772142857

00:45:33.685 --> 00:45:34.385 it through research lens,

NOTE Confidence: 0.777745772142857

00:45:34.390 --> 00:45:35.734 but I don't know if you wanted to

NOTE Confidence: 0.732975962

83

00:45:35.750 --> 00:45:37.440 speak to you. Sure, sure,

NOTE Confidence: 0.732975962

00:45:37.440 --> 00:45:39.510 because I I I have a feeling that I know

NOTE Confidence: 0.732975962

00:45:39.568 --> 00:45:41.276 what you might say from the research

NOTE Confidence: 0.732975962

00:45:41.276 --> 00:45:43.264 lens and I think that you're taking

NOTE Confidence: 0.732975962

00:45:43.264 --> 00:45:45.070 it in a really exciting direction

NOTE Confidence: 0.732975962

00:45:45.070 --> 00:45:48.868 because to to spoil that actually,

NOTE Confidence: 0.732975962

00:45:48.870 --> 00:45:50.862 you know it becomes less of

NOTE Confidence: 0.732975962

00:45:50.862 --> 00:45:52.190 a categorization I think,

NOTE Confidence: 0.732975962

00:45:52.190 --> 00:45:54.710 and more of a of a question

NOTE Confidence: 0.732975962

00:45:54.710 --> 00:45:57.306 about degree of substance use and

NOTE Confidence: 0.732975962

00:45:57.306 --> 00:46:00.156 severity of of substance use and.

NOTE Confidence: 0.732975962

00:46:00.160 --> 00:46:02.446 Anyway, so I'll I'll let Doctor

NOTE Confidence: 0.732975962

00:46:02.446 --> 00:46:04.418 Rutherford explain a little bit

NOTE Confidence: 0.732975962

00:46:04.418 --> 00:46:06.620 about that but addiction, you know,

NOTE Confidence: 0.732975962

00:46:06.620 --> 00:46:08.370 I think clinically we're thinking

NOTE Confidence: 0.732975962

00:46:08.370 --> 00:46:10.420 about it in terms of physical

NOTE Confidence: 0.732975962

00:46:10.420 --> 00:46:12.100 dependence on the substance,

NOTE Confidence: 0.732975962

00:46:12.100 --> 00:46:15.444 and so the need to use the substance

NOTE Confidence: 0.732975962

00:46:15.444 --> 00:46:18.700 in order to remain at homeostasis.

NOTE Confidence: 0.732975962

00:46:18.700 --> 00:46:20.660 And then when you have not used

NOTE Confidence: 0.732975962

00:46:20.660 --> 00:46:22.139 that substance in some time,

NOTE Confidence: 0.732975962

00:46:22.140 --> 00:46:23.880 your body begins to go into

NOTE Confidence: 0.732975962

00:46:23.880 --> 00:46:24.460 withdrawal symptoms.

NOTE Confidence: 0.732975962

00:46:24.460 --> 00:46:28.216 And that's a pretty clear cut

NOTE Confidence: 0.732975962

00:46:28.220 --> 00:46:29.560 definition of what addiction?

NOTE Confidence: 0.732975962

00:46:29.560 --> 00:46:30.230 Might be,

NOTE Confidence: 0.732975962

00:46:30.230 --> 00:46:33.056 but I think it's much more complex than that,

NOTE Confidence: 0.732975962

00:46:33.060 --> 00:46:35.142 and that's where I'll let Doctor

NOTE Confidence: 0.732975962

00:46:35.142 --> 00:46:36.530 Weatherford speak about it.

NOTE Confidence: 0.62817895

00:46:38.650 --> 00:46:41.110 Q So the only piece I would add then is that

NOTE Confidence: 0.797844688636363

00:46:41.167 --> 00:46:43.155 we're trying to move away from this

NOTE Confidence: 0.797844688636363

00:46:43.155 --> 00:46:44.989 categorical present or absent distinction.

NOTE Confidence: 0.797844688636363

00:46:44.990 --> 00:46:46.988 That's usually the case in research

NOTE Confidence: 0.797844688636363

00:46:46.988 --> 00:46:49.519 studies and that you have your criteria,

NOTE Confidence: 0.797844688636363

00:46:49.520 --> 00:46:51.310 whether it's an interview that

NOTE Confidence: 0.797844688636363

00:46:51.310 --> 00:46:52.384 the individuals complete,

NOTE Confidence: 0.797844688636363

00:46:52.390 --> 00:46:55.288 or whether it's a checklist of symptoms,

NOTE Confidence: 0.797844688636363

00:46:55.290 --> 00:46:56.786 and so we're trying to move it into

NOTE Confidence: 0.797844688636363

00:46:56.786 --> 00:46:58.399 more of what we call continue as

NOTE Confidence: 0.797844688636363

00:46:58.399 --> 00:46:59.907 approach to thinking about the frequency

NOTE Confidence: 0.797844688636363

00:46:59.907 --> 00:47:01.509 or the severity of the substance.

NOTE Confidence: 0.797844688636363

00:47:01.510 --> 00:47:04.119 Use has two advantages.

NOTE Confidence: 0.797844688636363

00:47:04.119 --> 00:47:08.780 One is that we move away from this time.

NOTE Confidence: 0.797844688636363

00:47:08.780 --> 00:47:10.712 And then you know it's just

NOTE Confidence: 0.797844688636363

00:47:10.712 --> 00:47:12.130 one category of individuals,

NOTE Confidence: 0.797844688636363

00:47:12.130 --> 00:47:13.390 whether their mums or otherwise

NOTE Confidence: 0.797844688636363

00:47:13.390 --> 00:47:14.398 going into that group.

NOTE Confidence: 0.797844688636363

00:47:14.400 --> 00:47:16.542 But it also gives us as a second piece

NOTE Confidence: 0.797844688636363

00:47:16.542 --> 00:47:18.757 an opportunity to look more broadly,

NOTE Confidence: 0.797844688636363

00:47:18.760 --> 00:47:21.496 so to look across mothers everywhere

NOTE Confidence: 0.797844688636363

00:47:21.500 --> 00:47:22.958 in the context of our research,

NOTE Confidence: 0.797844688636363

00:47:22.960 --> 00:47:24.316 that we don't necessarily think about,

NOTE Confidence: 0.797844688636363

00:47:24.320 --> 00:47:26.070 then only mothers who meet

NOTE Confidence: 0.797844688636363

00:47:26.070 --> 00:47:27.120 these particular criteria.

NOTE Confidence: 0.797844688636363

00:47:27.120 --> 00:47:29.157 But we can include mothers who may

NOTE Confidence: 0.797844688636363

00:47:29.157 --> 00:47:30.675 be smoking cannabis regularly but

NOTE Confidence: 0.797844688636363

00:47:30.675 --> 00:47:32.712 aren't dependent upon it in the way

NOTE Confidence: 0.797844688636363

00:47:32.712 --> 00:47:34.943 that Amanda was describing in terms of

NOTE Confidence: 0.797844688636363

00:47:34.943 --> 00:47:36.654 needing to maintain that homeostatic,

NOTE Confidence: 0.797844688636363

00:47:36.654 --> 00:47:38.016 or that that.

NOTE Confidence: 0.797844688636363

00:47:38.016 --> 00:47:40.286 Physiological balance in their body,

NOTE Confidence: 0.797844688636363

00:47:40.290 --> 00:47:42.135 and so it really allows us to think more

NOTE Confidence: 0.797844688636363

00:47:42.135 --> 00:47:43.910 about what the substance use represents,

NOTE Confidence: 0.797844688636363

00:47:43.910 --> 00:47:45.374 how it's being used,

NOTE Confidence: 0.797844688636363

00:47:45.374 --> 00:47:47.204 rather than the physical dependency.

NOTE Confidence: 0.797844688636363

00:47:47.210 --> 00:47:48.370 And that's going to that,

NOTE Confidence: 0.797844688636363

00:47:48.370 --> 00:47:48.704 you know,

NOTE Confidence: 0.797844688636363

00:47:48.704 --> 00:47:50.230 we think that that's going to vary a lot.

NOTE Confidence: 0.797844688636363

00:47:50.230 --> 00:47:51.958 Kind of parent by parent in terms of why

NOTE Confidence: 0.797844688636363

00:47:51.958 --> 00:47:53.825 that substance is being used to begin with.

NOTE Confidence: 0.797844688636363

00:47:53.830 --> 00:47:55.798 So we we've just have a paper under

NOTE Confidence: 0.797844688636363

00:47:55.798 --> 00:47:57.422 review where we've replicated all

NOTE Confidence: 0.797844688636363

00:47:57.422 --> 00:47:58.858 the categorical findings with

NOTE Confidence: 0.797844688636363

00:47:58.858 --> 00:48:00.450 this new continuous approach.

NOTE Confidence: 0.797844688636363

00:48:00.450 --> 00:48:01.680 So we're really excited that

NOTE Confidence: 0.797844688636363

00:48:01.680 --> 00:48:03.369 that's going to be coming out soon.

NOTE Confidence: 0.797844688636363

00:48:03.370 --> 00:48:04.791 And now we're trying to push that

NOTE Confidence: 0.797844688636363

00:48:04.791 --> 00:48:06.057 a bit further to say, OK,

NOTE Confidence: 0.797844688636363

00:48:06.057 --> 00:48:08.513 how does this then these brain substance use?

NOTE Confidence: 0.797844688636363

00:48:08.520 --> 00:48:10.695 Associations now then linked to

NOTE Confidence: 0.797844688636363

00:48:10.695 --> 00:48:12.870 behavior and behavior that we

NOTE Confidence: 0.797844688636363

00:48:12.951 --> 00:48:14.876 can observe in parents too.

NOTE Confidence: 0.797844688636363

00:48:14.880 --> 00:48:16.750 So thank you for setting that up, Doctor.

NOTE Confidence: 0.61083907

00:48:19.250 --> 00:48:20.620 Risk of the set help.

NOTE Confidence: 0.886560268571429

00:48:25.950 --> 00:48:28.288 Yes, yes it does. Yes it does.

NOTE Confidence: 0.886560268571429

00:48:28.290 --> 00:48:30.266 I knew it's kind of a broad question.

NOTE Confidence: 0.886560268571429

00:48:30.270 --> 00:48:32.736 A little off topic, but as you were talking

NOTE Confidence: 0.96186186

00:48:32.750 --> 00:48:35.134 I realized I didn't have a great appreciation

NOTE Confidence: 0.911419088

00:48:35.150 --> 00:48:37.910 of how addiction is defined. So thank you.

NOTE Confidence: 0.868496461666667

00:48:39.100 --> 00:48:40.521 And I would just add I don't

NOTE Confidence: 0.868496461666667

00:48:40.521 --> 00:48:41.560 know that it's so much.

NOTE Confidence: 0.868496461666667

00:48:41.560 --> 00:48:43.205 It's actually not all topic and I

NOTE Confidence: 0.868496461666667

00:48:43.205 --> 00:48:44.534 don't know if Doctor Rutherford

NOTE Confidence: 0.868496461666667

00:48:44.534 --> 00:48:46.256 wants to speak more to this,

NOTE Confidence: 0.868496461666667

00:48:46.260 --> 00:48:47.876 but we because you did touch on it.

NOTE Confidence: 0.868496461666667

00:48:47.880 --> 00:48:50.208 Helena that we think about how

NOTE Confidence: 0.868496461666667

00:48:50.208 --> 00:48:52.253 addiction and reward systems come

NOTE Confidence: 0.868496461666667

00:48:52.253 --> 00:48:54.388 together and how parenting and

NOTE Confidence: 0.868496461666667

00:48:54.388 --> 00:48:56.096 reward systems come together.

NOTE Confidence: 0.868496461666667

00:48:56.100 --> 00:48:57.888 Do you want to?

NOTE Confidence: 0.868496461666667

00:48:57.890 --> 00:48:59.300 It's not saying that parents

NOTE Confidence: 0.868496461666667

00:48:59.300 --> 00:49:00.440 are addicted, but

NOTE Confidence: 0.72578242475

00:49:00.980 --> 00:49:02.688 yeah, although early on in the kind

NOTE Confidence: 0.72578242475

00:49:02.688 --> 00:49:04.238 of the literature that that language

NOTE Confidence: 0.72578242475

00:49:04.238 --> 00:49:05.780 is being used to describe how

NOTE Confidence: 0.72578242475

00:49:05.780 --> 00:49:07.288 parents respond to their children,

NOTE Confidence: 0.72578242475

00:49:07.290 --> 00:49:09.250 they do become addicted that it is

NOTE Confidence: 0.72578242475

00:49:09.250 --> 00:49:10.442 this your complete preoccupation

NOTE Confidence: 0.72578242475

00:49:10.442 --> 00:49:12.479 with a child and that very much

NOTE Confidence: 0.72578242475

00:49:12.479 --> 00:49:14.652 you're if you look at just the

NOTE Confidence: 0.72578242475

00:49:14.652 --> 00:49:16.187 behavioral description of how mothers

NOTE Confidence: 0.72578242475

00:49:16.190 --> 00:49:17.490 were talking about their children

NOTE Confidence: 0.72578242475

00:49:17.490 --> 00:49:18.790 and thinking about their children,

NOTE Confidence: 0.72578242475

00:49:18.790 --> 00:49:20.610 that it paralleled and addictive state too.

NOTE Confidence: 0.72578242475

00:49:20.610 --> 00:49:23.506 So there's some history there in terms of

NOTE Confidence: 0.72578242475

00:49:23.506 --> 00:49:26.050 thinking and that about it in that way.

NOTE Confidence: 0.72578242475

00:49:26.050 --> 00:49:27.940 So I think that that's where.

NOTE Confidence: 0.72578242475

00:49:27.940 --> 00:49:29.620 That there's a lot of overlap here in

NOTE Confidence: 0.72578242475

00:49:29.620 --> 00:49:31.372 terms of these neural circuits and

NOTE Confidence: 0.72578242475

00:49:31.372 --> 00:49:32.972 neural circuits are implicated in

NOTE Confidence: 0.72578242475

00:49:32.972 --> 00:49:34.899 attachment behaviour and parenting behaviour,

NOTE Confidence: 0.72578242475

00:49:34.900 --> 00:49:37.286 but also an addiction to the other piece.

NOTE Confidence: 0.72578242475

00:49:37.286 --> 00:49:39.331 If it's just a right to add on quickly

NOTE Confidence: 0.72578242475

00:49:39.331 --> 00:49:41.095 to what Doctor Laura was saying too,

NOTE Confidence: 0.72578242475

00:49:41.100 --> 00:49:42.636 was that you know she and I had

NOTE Confidence: 0.72578242475

00:49:42.636 --> 00:49:44.534 shared a bit about addiction and and

NOTE Confidence: 0.72578242475

00:49:44.534 --> 00:49:45.999 Doctor O'Donnell had talked about

NOTE Confidence: 0.72578242475

00:49:46.047 --> 00:49:46.959 depression anxiety,

NOTE Confidence: 0.72578242475

00:49:46.960 --> 00:49:48.704 and I think one of the areas that

NOTE Confidence: 0.72578242475

00:49:48.704 --> 00:49:50.992 we all want to see grow is the ideas

NOTE Confidence: 0.72578242475

00:49:50.992 --> 00:49:52.515 of biomarkers not being specific

NOTE Confidence: 0.72578242475

00:49:52.515 --> 00:49:53.899 to 1 clinical disorder,

NOTE Confidence: 0.72578242475

00:49:53.900 --> 00:49:56.077 but how they may be transdiagnostic too,

NOTE Confidence: 0.72578242475

00:49:56.080 --> 00:49:57.790 and I think it's really important

NOTE Confidence: 0.72578242475

00:49:57.790 --> 00:49:58.360 to recognize.

NOTE Confidence: 0.72578242475

00:49:58.360 --> 00:49:59.895 At the fundamental level of

NOTE Confidence: 0.72578242475

00:49:59.895 --> 00:50:01.860 Eminem is caring for a child.

NOTE Confidence: 0.72578242475

00:50:01.860 --> 00:50:03.660 That child stimulus is exactly the

NOTE Confidence: 0.72578242475

00:50:03.660 --> 00:50:05.350 same across all these parents.

NOTE Confidence: 0.72578242475

00:50:05.350 --> 00:50:06.687 In terms of there's a dependent there,

NOTE Confidence: 0.72578242475

00:50:06.690 --> 00:50:08.436 there's a child there that's pulling

NOTE Confidence: 0.72578242475

00:50:08.436 --> 00:50:10.344 for mum's attention and mum is trying

NOTE Confidence: 0.72578242475

00:50:10.344 --> 00:50:11.968 to put off for their attention and

NOTE Confidence: 0.72578242475

00:50:12.025 --> 00:50:13.855 what we're interesting is trying to

NOTE Confidence: 0.72578242475

00:50:13.855 --> 00:50:15.666 to understand the Intersect in biology

NOTE Confidence: 0.72578242475

00:50:15.666 --> 00:50:17.717 and psychology here to to figure out

NOTE Confidence: 0.72578242475

00:50:17.717 --> 00:50:20.208 is this all going to be specific to

NOTE Confidence: 0.72578242475

00:50:20.208 --> 00:50:22.615 1 clinical disorder or are we going

NOTE Confidence: 0.72578242475

00:50:22.615 --> 00:50:24.405 to see commonalities across depression,

NOTE Confidence: 0.72578242475

00:50:24.410 --> 00:50:25.506 anxiety and substance use?

NOTE Confidence: 0.72578242475

00:50:25.506 --> 00:50:27.150 Especially so many of these that

NOTE Confidence: 0.72578242475

00:50:27.203 --> 00:50:28.458 comorbid of each other too.

NOTE Confidence: 0.84028199

00:50:29.880 --> 00:50:31.100 Lynn, you had a question.

NOTE Confidence: 0.8240839275

00:50:32.980 --> 00:50:37.316 Yeah. Kind of a comment and a question,

NOTE Confidence: 0.8240839275

00:50:37.320 --> 00:50:39.210 so I'm in Minneapolis, also

NOTE Confidence: 0.93764333875

00:50:39.220 --> 00:50:41.708 known as the treatment capital of the country

NOTE Confidence: 0.8443372

00:50:42.880 --> 00:50:46.565 and. I recently learned that we

NOTE Confidence: 0.8443372

00:50:46.565 --> 00:50:51.146 have two programs here that take.

NOTE Confidence: 0.8443372

00:50:51.146 --> 00:50:54.360 For inpatient substance abuse treatment.

NOTE Confidence: 0.8443372

00:50:54.360 --> 00:50:58.488 That allow mothers to bring children.

NOTE Confidence: 0.8443372

00:50:58.490 --> 00:50:59.830 Is that common? Do you?

NOTE Confidence: 0.8443372

00:50:59.830 --> 00:51:01.600 Do you have that and and?

NOTE Confidence: 0.8443372

00:51:01.600 --> 00:51:02.245 And why don't?

NOTE Confidence: 0.8443372

00:51:02.245 --> 00:51:03.750 Why don't we see more of that

NOTE Confidence: 0.8443372

00:51:03.750 --> 00:51:06.620 for inpatient mental health?

NOTE Confidence: 0.839481016666667

00:51:09.120 --> 00:51:11.480 Because I would, I would imagine that

NOTE Confidence: 0.839481016666667

00:51:11.480 --> 00:51:13.744 it would overcome some resistance

NOTE Confidence: 0.839481016666667

00:51:13.744 --> 00:51:15.568 towards attending treatment.

NOTE Confidence: 0.932177378

00:51:15.580 --> 00:51:16.590 If you could bring your.

NOTE Confidence: 0.594239835

00:51:18.360 --> 00:51:20.628 Your kid. Absolutely.

NOTE Confidence: 0.594239835

00:51:20.628 --> 00:51:22.700 Amanda, you were nodding.

NOTE Confidence: 0.937735493333333

00:51:22.700 --> 00:51:24.548 Do you want to start that?

NOTE Confidence: 0.834318582307692

00:51:25.360 --> 00:51:30.328 I would say that it's not uncommon for

NOTE Confidence: 0.834318582307692

00:51:30.328 --> 00:51:34.452 this to be the case for residential

NOTE Confidence: 0.834318582307692

00:51:34.452 --> 00:51:36.843 substance use treatment. Umm?

NOTE Confidence: 0.834318582307692

00:51:36.843 --> 00:51:40.947 At least in the communities that I've served,

NOTE Confidence: 0.834318582307692

00:51:40.950 --> 00:51:43.520 and that I've worked in.

NOTE Confidence: 0.834318582307692

00:51:43.520 --> 00:51:47.750 And it's not an uncommon model

NOTE Confidence: 0.834318582307692

00:51:47.750 --> 00:51:52.220 and and I think that.

NOTE Confidence: 0.834318582307692

00:51:52.220 --> 00:51:54.184 The neurobiology research becomes

NOTE Confidence: 0.834318582307692

00:51:54.184 --> 00:51:56.639 so important when we're thinking

NOTE Confidence: 0.834318582307692

00:51:56.639 --> 00:51:59.048 about if we're trying to kind of.

NOTE Confidence: 0.834318582307692

00:51:59.050 --> 00:52:03.373 Reverse. The circuitry and

NOTE Confidence: 0.834318582307692

00:52:03.373 --> 00:52:05.737 make parenting more rewarding,

NOTE Confidence: 0.834318582307692

00:52:05.740 --> 00:52:08.520 like at the child's presence

NOTE Confidence: 0.834318582307692

00:52:08.520 --> 00:52:10.188 becomes very important.

NOTE Confidence: 0.834318582307692

00:52:10.190 --> 00:52:12.606 I'm not sure the answer as to why

NOTE Confidence: 0.834318582307692

00:52:12.606 --> 00:52:14.931 that's not extremely common for mental

NOTE Confidence: 0.834318582307692

00:52:14.931 --> 00:52:17.403 health treatment I I actually am

NOTE Confidence: 0.834318582307692

00:52:17.476 --> 00:52:19.947 racking my brain and can't think of.

NOTE Confidence: 0.834318582307692

00:52:19.950 --> 00:52:24.030 Personally, any settings where that occurs.

NOTE Confidence: 0.834318582307692

00:52:24.030 --> 00:52:26.438 I don't know if others are familiar

NOTE Confidence: 0.834318582307692

00:52:26.438 --> 00:52:29.770 with that kind of model, yeah?

NOTE Confidence: 0.787227800714286

00:52:30.630 --> 00:52:33.126 In the UK, actually it's a very common

NOTE Confidence: 0.787227800714286

00:52:33.126 --> 00:52:35.250 model for mother and baby units,

NOTE Confidence: 0.787227800714286

00:52:35.250 --> 00:52:37.490 and so we're pregnant individuals

NOTE Confidence: 0.787227800714286

00:52:37.490 --> 00:52:39.730 or individuals with neonates and

NOTE Confidence: 0.787227800714286

00:52:39.806 --> 00:52:41.708 can be admitted on to award,

NOTE Confidence: 0.787227800714286

00:52:41.710 --> 00:52:43.910 and actually a large systematic

NOTE Confidence: 0.787227800714286

00:52:43.910 --> 00:52:47.490 review hasn't found clearly convincing

NOTE Confidence: 0.787227800714286

00:52:47.490 --> 00:52:50.258 evidence for clinical benefits,

NOTE Confidence: 0.787227800714286

00:52:50.258 --> 00:52:53.394 but certainly benefits in the context of

NOTE Confidence: 0.787227800714286

00:52:53.394 --> 00:52:55.961 patient reported and kind of perception

NOTE Confidence: 0.787227800714286

00:52:55.961 --> 00:52:58.367 of the care that they've experienced.

NOTE Confidence: 0.787227800714286

00:52:58.370 --> 00:52:59.786 I do know, anecdotally.

NOTE Confidence: 0.787227800714286

00:52:59.786 --> 00:53:02.244 That a mother and baby that was

NOTE Confidence: 0.787227800714286

00:53:02.244 --> 00:53:04.557 set up one of the first to be set

NOTE Confidence: 0.787227800714286

00:53:04.631 --> 00:53:06.913 up here in the United States and

NOTE Confidence: 0.787227800714286

00:53:06.913 --> 00:53:09.895 that was found it challenging to

NOTE Confidence: 0.787227800714286

00:53:09.895 --> 00:53:13.220 actually have insurers and reimburse

NOTE Confidence: 0.787227800714286

00:53:13.220 --> 00:53:16.220 for the stay of healthy neonates.

NOTE Confidence: 0.787227800714286

00:53:16.220 --> 00:53:18.764 So there was no justification for

NOTE Confidence: 0.787227800714286

00:53:18.764 --> 00:53:21.100 the hospitalization of the neonate,

NOTE Confidence: 0.787227800714286

00:53:21.100 --> 00:53:23.249 and so the neonate could stay with

NOTE Confidence: 0.787227800714286

00:53:23.249 --> 00:53:25.119 the mother during visiting hours.

NOTE Confidence: 0.787227800714286

00:53:25.120 --> 00:53:26.396 And during the day,

NOTE Confidence: 0.787227800714286

00:53:26.396 --> 00:53:28.310 but then couldn't stay overnight in

NOTE Confidence: 0.787227800714286

00:53:28.372 --> 00:53:30.520 that particular mother and baby unit.

NOTE Confidence: 0.787227800714286

00:53:30.520 --> 00:53:32.650 So it is a it is a model of care.

NOTE Confidence: 0.787227800714286

00:53:32.650 --> 00:53:34.074 And but it's there.

NOTE Confidence: 0.787227800714286

00:53:34.074 --> 00:53:36.210 May be contextual factors here that

NOTE Confidence: 0.787227800714286

00:53:36.275 --> 00:53:38.800 that limit its widespread availability.

NOTE Confidence: 0.82639389882353

00:53:44.190 --> 00:53:47.238 I wonder too. Also, if there are factors

NOTE Confidence: 0.82639389882353

00:53:47.238 --> 00:53:50.156 around how often times child and adult

NOTE Confidence: 0.82639389882353

00:53:50.156 --> 00:53:52.578 services go by different tracks and.

NOTE Confidence: 0.92133317

00:53:54.840 --> 00:53:58.384 Right, right? I mean that's a really big

NOTE Confidence: 0.92133317

00:53:58.384 --> 00:54:00.596 implementation question that we have at

NOTE Confidence: 0.92133317

00:54:00.596 --> 00:54:03.055 this moment when it comes to delivering

NOTE Confidence: 0.92133317

00:54:03.055 --> 00:54:05.348 evidence based parenting support to mothers

NOTE Confidence: 0.92133317

00:54:05.348 --> 00:54:07.700 with the with addictions in particular.

NOTE Confidence: 0.92133317

00:54:07.700 --> 00:54:11.892 So those in treatment for for opioid use

NOTE Confidence: 0.92133317

00:54:11.892 --> 00:54:14.100 disorder who need parenting to support,

NOTE Confidence: 0.92133317

00:54:14.100 --> 00:54:15.120 where do they get that?

NOTE Confidence: 0.92133317

00:54:15.120 --> 00:54:16.765 Is that meant to be delivered at

NOTE Confidence: 0.92133317

00:54:16.765 --> 00:54:17.470 in the substance?

NOTE Confidence: 0.92133317

00:54:17.470 --> 00:54:18.790 Use treatment setting?

NOTE Confidence: 0.92133317

00:54:18.790 --> 00:54:22.120 Or is it meant to be delivered by

NOTE Confidence: 0.92133317

00:54:22.120 --> 00:54:25.230 in the child development setting?

NOTE Confidence: 0.92133317

00:54:25.230 --> 00:54:27.806 And it it's it's a question around insurance,

NOTE Confidence: 0.92133317

00:54:27.810 --> 00:54:30.360 but it's also around a question

NOTE Confidence: 0.92133317

00:54:30.360 --> 00:54:32.538 around expertise because there's not

NOTE Confidence: 0.92133317

00:54:32.538 --> 00:54:34.593 much cross pollination among these

NOTE Confidence: 0.92133317

00:54:34.593 --> 00:54:37.506 two worlds or expertise of folks who

NOTE Confidence: 0.92133317

00:54:37.506 --> 00:54:39.496 know about addiction and parenting.

NOTE Confidence: 0.789259335625

00:54:40.570 --> 00:54:42.370 And oftentimes, which I just

NOTE Confidence: 0.789259335625

00:54:42.370 --> 00:54:45.101 underscores what the three of you are

NOTE Confidence: 0.789259335625

00:54:45.101 --> 00:54:46.837 highlighting around the perinatal.

NOTE Confidence: 0.789259335625

00:54:46.840 --> 00:54:50.100 That type program in perinatal

NOTE Confidence: 0.789259335625

00:54:50.100 --> 00:54:52.760 behavioral health would be in a child

NOTE Confidence: 0.789259335625

00:54:52.760 --> 00:54:55.544 study center as we're really trying

NOTE Confidence: 0.789259335625

00:54:55.544 --> 00:54:58.149 to blend expertise across disciplines.

NOTE Confidence: 0.789259335625

00:54:58.150 --> 00:55:00.392 Obstetrics Pediatrics,

NOTE Confidence: 0.789259335625

00:55:00.392 --> 00:55:04.876 adult psychiatry, child psychiatry.

NOTE Confidence: 0.789259335625

00:55:04.880 --> 00:55:08.714 I think we have time for one more question.

NOTE Confidence: 0.789259335625

00:55:08.720 --> 00:55:11.135 Turning to the turning to the group.

NOTE Confidence: 0.6818543

00:55:14.930 --> 00:55:17.603 And Krista has put a A in the chat.

NOTE Confidence: 0.6818543

00:55:17.610 --> 00:55:20.040 Has put about the feedback.

NOTE Confidence: 0.835578847894737

00:55:26.460 --> 00:55:28.476 So let me just say to the three

NOTE Confidence: 0.835578847894737

00:55:28.476 --> 00:55:31.042 of you I know we've spoken about

NOTE Confidence: 0.835578847894737

00:55:31.042 --> 00:55:32.634 the the great opportunities.

NOTE Confidence: 0.835578847894737

00:55:32.640 --> 00:55:35.587 Are there any challenges that we might

NOTE Confidence: 0.835578847894737

00:55:35.587 --> 00:55:38.159 still also frame as opportunities

NOTE Confidence: 0.835578847894737

00:55:38.160 --> 00:55:41.316 that you'd want to to highlight?

NOTE Confidence: 0.835578847894737

00:55:41.320 --> 00:55:42.780 Or any concluding remarks that

NOTE Confidence: 0.835578847894737

00:55:42.780 --> 00:55:44.470 you'd want to have for us.

NOTE Confidence: 0.84940510375

00:55:47.990 --> 00:55:50.830 I think that we've made progress on stigma,

NOTE Confidence: 0.84940510375

00:55:50.830 --> 00:55:53.400 but I think stigma surrounding

NOTE Confidence: 0.84940510375

00:55:53.400 --> 00:55:55.970 perinatal mental health still remains.

NOTE Confidence: 0.84940510375

00:55:55.970 --> 00:55:58.091 I think that is a challenge both

NOTE Confidence: 0.84940510375

00:55:58.091 --> 00:55:59.650 when thinking about screening,

NOTE Confidence: 0.84940510375

00:55:59.650 --> 00:56:01.922 you know whether or not people are likely

NOTE Confidence: 0.84940510375

00:56:01.922 --> 00:56:04.266 to disclose and their their their struggles,

NOTE Confidence: 0.84940510375

00:56:04.270 --> 00:56:06.870 particularly if we think about

NOTE Confidence: 0.84940510375

00:56:06.870 --> 00:56:07.910 minoritized populations,

NOTE Confidence: 0.84940510375

00:56:07.910 --> 00:56:11.366 and I think they're you know has been,

NOTE Confidence: 0.84940510375

00:56:11.370 --> 00:56:13.169 you know, kind of challenges in the

NOTE Confidence: 0.84940510375

00:56:13.169 --> 00:56:15.106 past with with those families getting

NOTE Confidence: 0.84940510375

00:56:15.106 --> 00:56:16.594 victimized by Child Protective Services.

NOTE Confidence: 0.84940510375

00:56:16.594 --> 00:56:18.930 And so I think that we need to be aware.

NOTE Confidence: 0.84940510375

00:56:18.930 --> 00:56:20.925 Of issues and barriers to people being

NOTE Confidence: 0.84940510375

00:56:20.925 --> 00:56:22.879 able to disclose how they're feeling,

NOTE Confidence: 0.84940510375

00:56:22.880 --> 00:56:24.194 perhaps you know,

NOTE Confidence: 0.84940510375

00:56:24.194 --> 00:56:25.946 the generational increase that

NOTE Confidence: 0.84940510375

00:56:25.946 --> 00:56:28.996 we're seeing in rates of mood and

NOTE Confidence: 0.84940510375

00:56:28.996 --> 00:56:30.664 anxiety disorders actually reflects

NOTE Confidence: 0.84940510375

00:56:30.664 --> 00:56:33.555 maybe a greater openness to discuss

NOTE Confidence: 0.84940510375

00:56:33.555 --> 00:56:35.539 and individuals mental health,

NOTE Confidence: 0.84940510375

00:56:35.540 --> 00:56:37.202 but I think that stigma does

NOTE Confidence: 0.84940510375

00:56:37.202 --> 00:56:38.568 remain a challenge, and, you know,

NOTE Confidence: 0.84940510375

00:56:38.568 --> 00:56:40.080 I'm aware that this is a heavy topic.

NOTE Confidence: 0.84940510375

00:56:40.080 --> 00:56:41.848 We're aware that this is a heavy topic,

NOTE Confidence: 0.84940510375

00:56:41.850 --> 00:56:44.160 and it's heavy because it's it's important,

NOTE Confidence: 0.84940510375

00:56:44.160 --> 00:56:45.918 but what we've really tried to

NOTE Confidence: 0.84940510375

00:56:45.918 --> 00:56:47.403 emphasize today is that there

NOTE Confidence: 0.84940510375

00:56:47.403 --> 00:56:48.939 are there is hope there is.

NOTE Confidence: 0.84940510375

00:56:48.940 --> 00:56:49.442 There are.

NOTE Confidence: 0.84940510375

00:56:49.442 --> 00:56:49.944 You know,

NOTE Confidence: 0.84940510375

00:56:49.944 --> 00:56:51.199 kind of research breakthroughs that

NOTE Confidence: 0.84940510375

00:56:51.199 --> 00:56:52.765 Doctor Ruth but has been talking about.

NOTE Confidence: 0.84940510375

00:56:52.770 --> 00:56:55.129 You know Doctor Lowell has talked about

NOTE Confidence: 0.84940510375

00:56:55.129 --> 00:56:57.132 really advances in our ability to

NOTE Confidence: 0.84940510375

00:56:57.132 --> 00:56:59.288 treat and move the needle on improving

NOTE Confidence: 0.84940510375

00:56:59.354 --> 00:57:01.159 and mood and anxiety disorders,

NOTE Confidence: 0.84940510375

00:57:01.160 --> 00:57:01.853 so we don't.

NOTE Confidence: 0.84940510375

00:57:01.853 --> 00:57:03.803 We do want you to leave you on

NOTE Confidence: 0.84940510375

00:57:03.803 --> 00:57:04.867 a hopeful note that,

NOTE Confidence: 0.84940510375

00:57:04.870 --> 00:57:05.402 and really,

NOTE Confidence: 0.84940510375

00:57:05.402 --> 00:57:06.998 the future is bright in the

NOTE Confidence: 0.84940510375

00:57:06.998 --> 00:57:08.716 context of perinatal mental health

NOTE Confidence: 0.84940510375

00:57:08.716 --> 00:57:10.654 care at the Child Study Center,

NOTE Confidence: 0.84940510375

00:57:10.660 --> 00:57:12.340 and that we really are standing on

NOTE Confidence: 0.84940510375

00:57:12.340 --> 00:57:14.250 the on the shoulders of giants here

NOTE Confidence: 0.84940510375

00:57:14.250 --> 00:57:16.616 in the CHILD Study Center as we try

NOTE Confidence: 0.84940510375

00:57:16.616 --> 00:57:18.458 in advance and perinatal mental health.

NOTE Confidence: 0.881900415333334

00:57:20.180 --> 00:57:22.504 Thanks so much to everyone for joining

NOTE Confidence: 0.881900415333334

00:57:22.504 --> 00:57:25.400 and thank you for the three of you for.

NOTE Confidence: 0.881900415333334

00:57:25.400 --> 00:57:29.250 Bringing us all into this this area,

NOTE Confidence: 0.881900415333334

00:57:29.250 --> 00:57:33.610 so thanks again and please stay tuned for

NOTE Confidence: 0.881900415333334

00:57:33.610 --> 00:57:38.000 another fireside chat. Thanks everyone.