

WEBVTT

NOTE duration:"00:55:08"

NOTE recognizability:0.842

NOTE language:en-us

NOTE Confidence: 0.868837921764706

00:00:00.000 --> 00:00:04.310 We are in for we are in for a real

NOTE Confidence: 0.868837921764706

00:00:04.444 --> 00:00:08.378 treat today as as you all know.

NOTE Confidence: 0.868837921764706

00:00:08.380 --> 00:00:11.890 Before I introduce our our

NOTE Confidence: 0.868837921764706

00:00:11.890 --> 00:00:13.996 graduation address presenter,

NOTE Confidence: 0.868837921764706

00:00:14.000 --> 00:00:17.976 let me just make a few housekeeping comments.

NOTE Confidence: 0.868837921764706

00:00:17.980 --> 00:00:20.598 One is just to acknowledge that we've

NOTE Confidence: 0.868837921764706

00:00:20.598 --> 00:00:23.283 had a wonderful graduation ceremony at

NOTE Confidence: 0.868837921764706

00:00:23.283 --> 00:00:26.253 the Greenberg Center for our psychology

NOTE Confidence: 0.868837921764706

00:00:26.253 --> 00:00:29.279 interns last night we had the residents

NOTE Confidence: 0.868837921764706

00:00:29.279 --> 00:00:31.991 graduation ceremony at the Lawn Club and

NOTE Confidence: 0.868837921764706

00:00:31.991 --> 00:00:35.056 at 4:00 o'clock today we'll have a a

NOTE Confidence: 0.868837921764706

00:00:35.056 --> 00:00:37.990 virtual graduation ceremony for our fellows.

NOTE Confidence: 0.868837921764706

00:00:37.990 --> 00:00:41.734 This is a. A wonderful time of year and

NOTE Confidence: 0.868837921764706

00:00:41.734 --> 00:00:45.566 just an incredible reminder of how just.
NOTE Confidence: 0.868837921764706

00:00:45.570 --> 00:00:48.562 A talented and wonderful
NOTE Confidence: 0.868837921764706

00:00:48.562 --> 00:00:52.302 are are trainees are and.
NOTE Confidence: 0.868837921764706

00:00:52.310 --> 00:00:55.550 And it's just a pleasure to see them
NOTE Confidence: 0.868837921764706

00:00:55.550 --> 00:00:58.966 move forward in their lives and careers.
NOTE Confidence: 0.868837921764706

00:00:58.970 --> 00:01:02.450 A reminder also that the mission
NOTE Confidence: 0.868837921764706

00:01:02.450 --> 00:01:05.230 Vision Values Questionnaire is out.
NOTE Confidence: 0.868837921764706

00:01:05.230 --> 00:01:08.695 Kyle, you're going to put in the chat a
NOTE Confidence: 0.868837921764706

00:01:08.695 --> 00:01:12.297 link so that people who have not yet had
NOTE Confidence: 0.868837921764706

00:01:12.297 --> 00:01:14.739 an opportunity to to provide feedback
NOTE Confidence: 0.868837921764706

00:01:14.739 --> 00:01:17.458 on the mission vision value statement
NOTE Confidence: 0.868837921764706

00:01:17.458 --> 00:01:20.769 that was drafted drafted by the committee.
NOTE Confidence: 0.868837921764706

00:01:20.770 --> 00:01:21.922 I want to thank.
NOTE Confidence: 0.868837921764706

00:01:21.922 --> 00:01:22.210 Again,
NOTE Confidence: 0.868837921764706

00:01:22.210 --> 00:01:24.303 Kylie for you for leading the effort
NOTE Confidence: 0.868837921764706

00:01:24.303 --> 00:01:26.658 to pull that draft together and for

NOTE Confidence: 0.868837921764706
00:01:26.658 --> 00:01:28.746 the many people on that committee.
NOTE Confidence: 0.868837921764706
00:01:28.750 --> 00:01:33.888 Who worked very hard to to come up with
NOTE Confidence: 0.868837921764706
00:01:33.888 --> 00:01:38.028 the draft that is being shared at this point.
NOTE Confidence: 0.868837921764706
00:01:38.030 --> 00:01:41.350 I also want to acknowledge.
NOTE Confidence: 0.868837921764706
00:01:41.350 --> 00:01:44.590 Next week is the state of the department
NOTE Confidence: 0.868837921764706
00:01:44.590 --> 00:01:48.745 address and in the usual grand rounds slot.
NOTE Confidence: 0.868837921764706
00:01:48.745 --> 00:01:51.580 And I I look forward to sharing a few
NOTE Confidence: 0.868837921764706
00:01:51.657 --> 00:01:54.807 thoughts about the department at that time.
NOTE Confidence: 0.868837921764706
00:01:54.810 --> 00:01:57.780 So today it's my tremendous pleasure
NOTE Confidence: 0.868837921764706
00:01:57.780 --> 00:02:00.329 to welcome back somebody who's
NOTE Confidence: 0.868837921764706
00:02:00.329 --> 00:02:01.790 never really left,
NOTE Confidence: 0.868837921764706
00:02:01.790 --> 00:02:04.430 and in our hearts will never
NOTE Confidence: 0.868837921764706
00:02:04.430 --> 00:02:06.190 really leave Ayanna Jordan,
NOTE Confidence: 0.868837921764706
00:02:06.190 --> 00:02:08.716 who is the Barbara Wilson associate
NOTE Confidence: 0.868837921764706
00:02:08.716 --> 00:02:10.400 professor of psychiatry pillar
NOTE Confidence: 0.868837921764706

00:02:10.469 --> 00:02:12.509 lead for community engagement in
NOTE Confidence: 0.868837921764706

00:02:12.509 --> 00:02:14.549 the Institute for Excellence in
NOTE Confidence: 0.868837921764706

00:02:14.621 --> 00:02:16.916 HealthEquity at New York University.
NOTE Confidence: 0.650575155

00:02:20.410 --> 00:02:22.330 Ayana got her MD and pH.
NOTE Confidence: 0.650575155

00:02:22.330 --> 00:02:24.928 D degrees at Albert Einstein University.
NOTE Confidence: 0.650575155

00:02:24.930 --> 00:02:27.122 She completed her Residency
NOTE Confidence: 0.650575155

00:02:27.122 --> 00:02:29.862 Addiction Fellowship here at Yale,
NOTE Confidence: 0.650575155

00:02:29.870 --> 00:02:31.586 joined our faculty,
NOTE Confidence: 0.650575155

00:02:31.586 --> 00:02:34.446 and and contributed to our
NOTE Confidence: 0.650575155

00:02:34.446 --> 00:02:36.929 department in so many ways.
NOTE Confidence: 0.650575155

00:02:36.930 --> 00:02:39.192 As associate program director of the
NOTE Confidence: 0.650575155

00:02:39.192 --> 00:02:41.661 Residency director of the Yale Global
NOTE Confidence: 0.650575155

00:02:41.661 --> 00:02:43.445 Mental Health Residency Program,
NOTE Confidence: 0.650575155

00:02:43.450 --> 00:02:46.264 director of the Social Justice and
NOTE Confidence: 0.650575155

00:02:46.264 --> 00:02:48.140 HealthEquity curriculum in the
NOTE Confidence: 0.650575155

00:02:48.220 --> 00:02:51.030 residency director of the medication.

NOTE Confidence: 0.650575155

00:02:51.030 --> 00:02:52.650 The addiction treatment

NOTE Confidence: 0.650575155

00:02:52.650 --> 00:02:54.710 consultation center at CMHC,

NOTE Confidence: 0.650575155

00:02:54.710 --> 00:02:56.338 and she's really quite

NOTE Confidence: 0.650575155

00:02:56.338 --> 00:02:58.373 accomplished in many many ways,

NOTE Confidence: 0.650575155

00:02:58.380 --> 00:03:02.072 but I'll I'll just highlight her R1 funded

NOTE Confidence: 0.650575155

00:03:02.072 --> 00:03:05.576 Pro research program with Cheryl Bellamy,

NOTE Confidence: 0.650575155

00:03:05.580 --> 00:03:07.888 the Imani Breakthrough Project,

NOTE Confidence: 0.650575155

00:03:07.888 --> 00:03:10.773 which is an incredible initiative

NOTE Confidence: 0.650575155

00:03:10.773 --> 00:03:14.440 which collaborates with local churches,

NOTE Confidence: 0.650575155

00:03:14.440 --> 00:03:17.680 local African American churches.

NOTE Confidence: 0.650575155

00:03:17.680 --> 00:03:20.650 Predominantly African American churches to.

NOTE Confidence: 0.650575155

00:03:20.650 --> 00:03:22.510 To.

NOTE Confidence: 0.650575155

00:03:22.510 --> 00:03:26.520 Be loci for addiction treatment.

NOTE Confidence: 0.85159089125

00:03:28.810 --> 00:03:31.570 Ayana is accomplished in so many other ways.

NOTE Confidence: 0.85159089125

00:03:31.570 --> 00:03:35.008 There's not time to really address

NOTE Confidence: 0.85159089125

00:03:35.008 --> 00:03:37.960 all of her accomplishments today,
NOTE Confidence: 0.85159089125

00:03:37.960 --> 00:03:39.824 but as a resident she was a member
NOTE Confidence: 0.85159089125

00:03:39.824 --> 00:03:41.315 of the American Psychiatric
NOTE Confidence: 0.85159089125

00:03:41.315 --> 00:03:43.247 Association Board of trustees.
NOTE Confidence: 0.85159089125

00:03:43.250 --> 00:03:45.458 She's been a speaker involved in
NOTE Confidence: 0.85159089125

00:03:45.458 --> 00:03:47.510 the National Academies of Science,
NOTE Confidence: 0.85159089125

00:03:47.510 --> 00:03:49.790 Engineering, and Medicine Action
NOTE Confidence: 0.85159089125

00:03:49.790 --> 00:03:52.070 Collaborative on research training.
NOTE Confidence: 0.85159089125

00:03:52.070 --> 00:03:54.590 She's someone who has been recognized
NOTE Confidence: 0.85159089125

00:03:54.590 --> 00:03:56.270 repeatedly for her outstanding
NOTE Confidence: 0.85159089125

00:03:56.339 --> 00:03:58.010 contributions to residency.
NOTE Confidence: 0.85159089125

00:03:58.010 --> 00:04:00.294 Education, including two PPRA
NOTE Confidence: 0.85159089125

00:04:00.294 --> 00:04:02.578 teaching awards she's received,
NOTE Confidence: 0.85159089125

00:04:02.580 --> 00:04:04.956 travel awards and other awards for
NOTE Confidence: 0.85159089125

00:04:04.956 --> 00:04:07.620 many from many other organizations,
NOTE Confidence: 0.85159089125

00:04:07.620 --> 00:04:11.346 both in the space of education

NOTE Confidence: 0.85159089125

00:04:11.346 --> 00:04:13.830 and in research so.

NOTE Confidence: 0.85159089125

00:04:13.830 --> 00:04:15.954 But but most importantly,

NOTE Confidence: 0.85159089125

00:04:15.954 --> 00:04:20.410 Iona is a is a force of nature,

NOTE Confidence: 0.85159089125

00:04:20.410 --> 00:04:25.838 someone who who who?

NOTE Confidence: 0.85159089125

00:04:25.840 --> 00:04:29.249 Calls things as she sees them and

NOTE Confidence: 0.85159089125

00:04:29.249 --> 00:04:32.599 the honesty and power of her words

NOTE Confidence: 0.85159089125

00:04:32.600 --> 00:04:34.706 were highly valued at when she

NOTE Confidence: 0.85159089125

00:04:34.706 --> 00:04:37.630 was full time in New Haven, but.

NOTE Confidence: 0.901816351666667

00:04:39.710 --> 00:04:42.206 Make us very much look forward

NOTE Confidence: 0.901816351666667

00:04:42.210 --> 00:04:45.241 to to hearing her today and and

NOTE Confidence: 0.901816351666667

00:04:45.241 --> 00:04:48.329 seeing how her career progresses.

NOTE Confidence: 0.901816351666667

00:04:48.330 --> 00:04:51.515 So Aiyana just a thrill to to

NOTE Confidence: 0.901816351666667

00:04:51.515 --> 00:04:55.326 that that you are speaking with us

NOTE Confidence: 0.901816351666667

00:04:55.326 --> 00:04:58.824 today and sharing your thoughts on

NOTE Confidence: 0.901816351666667

00:04:58.930 --> 00:05:02.080 protecting your peace so. Please,

NOTE Confidence: 0.831958206

00:05:03.180 --> 00:05:04.800 thank you so much John.
NOTE Confidence: 0.831958206

00:05:04.800 --> 00:05:06.618 That was really just a wonderful,
NOTE Confidence: 0.831958206

00:05:06.620 --> 00:05:08.910 heartfelt introduction and I appreciate
NOTE Confidence: 0.831958206

00:05:08.910 --> 00:05:12.134 you kind of outlining all of the
NOTE Confidence: 0.831958206

00:05:12.134 --> 00:05:14.294 things because sometimes you forget,
NOTE Confidence: 0.831958206

00:05:14.300 --> 00:05:16.594 so it's good to be shared
NOTE Confidence: 0.831958206

00:05:16.594 --> 00:05:17.850 on the larger platform.
NOTE Confidence: 0.831958206

00:05:17.850 --> 00:05:19.560 Thank you John so much.
NOTE Confidence: 0.831958206

00:05:19.560 --> 00:05:22.746 I deeply, deeply appreciate that I'm
NOTE Confidence: 0.831958206

00:05:22.746 --> 00:05:26.940 going to go ahead and share my screen.
NOTE Confidence: 0.831958206

00:05:26.940 --> 00:05:28.996 Can you all see?
NOTE Confidence: 0.831958206

00:05:28.996 --> 00:05:31.752 The slides OK, awesome thank you.
NOTE Confidence: 0.831958206

00:05:31.752 --> 00:05:34.176 And for those of you who
NOTE Confidence: 0.831958206

00:05:34.176 --> 00:05:36.519 have heard me speak before,
NOTE Confidence: 0.831958206

00:05:36.520 --> 00:05:38.348 you know I really.
NOTE Confidence: 0.897297012592593

00:05:40.480 --> 00:05:42.340 Have I think been socialized in

NOTE Confidence: 0.897297012592593
00:05:42.340 --> 00:05:45.075 the way of call and response and I
NOTE Confidence: 0.897297012592593
00:05:45.075 --> 00:05:47.211 really need you guys to participate
NOTE Confidence: 0.897297012592593
00:05:47.284 --> 00:05:49.195 in the best way that you can.
NOTE Confidence: 0.897297012592593
00:05:49.200 --> 00:05:51.981 So I'm going to call on you several times
NOTE Confidence: 0.897297012592593
00:05:51.981 --> 00:05:53.837 throughout this talk to participate,
NOTE Confidence: 0.897297012592593
00:05:53.840 --> 00:05:57.193 so don't feel shy to take yourself
NOTE Confidence: 0.897297012592593
00:05:57.193 --> 00:06:00.372 off mute and respond back because
NOTE Confidence: 0.897297012592593
00:06:00.372 --> 00:06:03.636 I will ask a few questions.
NOTE Confidence: 0.897297012592593
00:06:03.640 --> 00:06:06.412 So the title of the talk is
NOTE Confidence: 0.897297012592593
00:06:06.412 --> 00:06:09.154 really protect your peace. PE ACE.
NOTE Confidence: 0.897297012592593
00:06:09.154 --> 00:06:13.720 Protect your peace and I just want to again,
NOTE Confidence: 0.897297012592593
00:06:13.720 --> 00:06:16.180 thank the graduates for allowing
NOTE Confidence: 0.897297012592593
00:06:16.180 --> 00:06:19.290 me to give this talk today.
NOTE Confidence: 0.897297012592593
00:06:19.290 --> 00:06:23.140 I want to start off by saying you did it,
NOTE Confidence: 0.897297012592593
00:06:23.140 --> 00:06:24.442 you made it.
NOTE Confidence: 0.897297012592593

00:06:24.442 --> 00:06:28.053 You are still standing here and I am
NOTE Confidence: 0.897297012592593

00:06:28.053 --> 00:06:31.357 just so excited for the next chapter.
NOTE Confidence: 0.897297012592593

00:06:31.360 --> 00:06:34.366 So really, just an immense gratitude.
NOTE Confidence: 0.897297012592593

00:06:34.370 --> 00:06:37.405 To the Yale Psychiatry graduating
NOTE Confidence: 0.897297012592593

00:06:37.405 --> 00:06:40.918 class of 2020, 2020 22.
NOTE Confidence: 0.897297012592593

00:06:40.920 --> 00:06:42.630 With all that I do,
NOTE Confidence: 0.897297012592593

00:06:42.630 --> 00:06:45.885 I'd like to start off with land
NOTE Confidence: 0.897297012592593

00:06:45.885 --> 00:06:48.279 acknowledgements to really honor the
NOTE Confidence: 0.897297012592593

00:06:48.279 --> 00:06:51.021 indigenous people who are allowing us
NOTE Confidence: 0.897297012592593

00:06:51.021 --> 00:06:54.257 to borrow the the land in which we do
NOTE Confidence: 0.897297012592593

00:06:54.257 --> 00:06:56.579 research and take care of patients.
NOTE Confidence: 0.897297012592593

00:06:56.580 --> 00:06:57.848 All land in Connecticut,
NOTE Confidence: 0.897297012592593

00:06:57.848 --> 00:06:59.433 where I am right now,
NOTE Confidence: 0.897297012592593

00:06:59.440 --> 00:07:00.684 was once native territory,
NOTE Confidence: 0.897297012592593

00:07:00.684 --> 00:07:03.018 and it is our duty to acknowledge
NOTE Confidence: 0.897297012592593

00:07:03.018 --> 00:07:04.998 that many of the institutions

NOTE Confidence: 0.897297012592593

00:07:04.998 --> 00:07:07.719 where we work where we take care

NOTE Confidence: 0.897297012592593

00:07:07.719 --> 00:07:09.504 of patients or conduct research

NOTE Confidence: 0.897297012592593

00:07:09.504 --> 00:07:11.285 are indeed on native land.

NOTE Confidence: 0.897297012592593

00:07:11.285 --> 00:07:13.770 So we give thanks to the indigenous

NOTE Confidence: 0.897297012592593

00:07:13.848 --> 00:07:16.214 people for allowing us to be here.

NOTE Confidence: 0.897297012592593

00:07:16.220 --> 00:07:17.836 Always remembering that landing

NOTE Confidence: 0.897297012592593

00:07:17.836 --> 00:07:20.260 demolition's do not exist in the

NOTE Confidence: 0.897297012592593

00:07:20.327 --> 00:07:22.494 past tense or historical context.

NOTE Confidence: 0.897297012592593

00:07:22.494 --> 00:07:25.084 Colonialism is a current ongoing

NOTE Confidence: 0.897297012592593

00:07:25.084 --> 00:07:28.387 process and we need to be mindful

NOTE Confidence: 0.897297012592593

00:07:28.387 --> 00:07:30.139 of our present participation.

NOTE Confidence: 0.897297012592593

00:07:30.140 --> 00:07:32.162 So I'd like to thank the

NOTE Confidence: 0.897297012592593

00:07:32.162 --> 00:07:33.510 indigenous peoples and nations,

NOTE Confidence: 0.897297012592593

00:07:33.510 --> 00:07:37.940 including Mohegan Mason Tucket Pequot

NOTE Confidence: 0.897297012592593

00:07:37.940 --> 00:07:41.708 Eastern Pequot Scatacook, Golden,

NOTE Confidence: 0.897297012592593

00:07:41.708 --> 00:07:46.140 Hill Percocet, Niantic, Quinnipiac.
NOTE Confidence: 0.897297012592593

00:07:46.140 --> 00:07:48.385 And other Algonquian speaking peoples
NOTE Confidence: 0.897297012592593

00:07:48.385 --> 00:07:50.630 who have stewarded through generations.
NOTE Confidence: 0.897297012592593

00:07:50.630 --> 00:07:54.151 The lands and waterways of what is
NOTE Confidence: 0.897297012592593

00:07:54.151 --> 00:07:57.970 now the state of Connecticut oshay.
NOTE Confidence: 0.897297012592593

00:07:57.970 --> 00:08:00.610 I don't have any disclosures,
NOTE Confidence: 0.897297012592593

00:08:00.610 --> 00:08:02.350 no financial disclosures,
NOTE Confidence: 0.897297012592593

00:08:02.350 --> 00:08:05.830 no conflicts of interest except I
NOTE Confidence: 0.897297012592593

00:08:05.830 --> 00:08:09.049 will always love y'all physiatry.
NOTE Confidence: 0.897297012592593

00:08:09.050 --> 00:08:11.549 This is the environment that made me.
NOTE Confidence: 0.897297012592593

00:08:11.550 --> 00:08:13.909 I am so grateful to be socialized
NOTE Confidence: 0.897297012592593

00:08:13.909 --> 00:08:16.366 in the streets of New Haven and
NOTE Confidence: 0.897297012592593

00:08:16.366 --> 00:08:18.430 to really have my training here.
NOTE Confidence: 0.897297012592593

00:08:18.430 --> 00:08:20.524 I'd like to thank the leadership
NOTE Confidence: 0.897297012592593

00:08:20.524 --> 00:08:22.773 shout out to John Crystal for
NOTE Confidence: 0.897297012592593

00:08:22.773 --> 00:08:25.125 shepherding me for over 11 years,

NOTE Confidence: 0.897297012592593
00:08:25.130 --> 00:08:27.248 the residents collaborators.
NOTE Confidence: 0.897297012592593
00:08:27.248 --> 00:08:29.366 Colleagues and friends,
NOTE Confidence: 0.897297012592593
00:08:29.370 --> 00:08:33.480 and especially the class of 2022.
NOTE Confidence: 0.916169281428571
00:08:35.520 --> 00:08:37.634 So before I really get into it,
NOTE Confidence: 0.916169281428571
00:08:37.640 --> 00:08:40.400 I want to be very honest to what
NOTE Confidence: 0.916169281428571
00:08:40.400 --> 00:08:43.502 kind of John was alluding to this
NOTE Confidence: 0.916169281428571
00:08:43.502 --> 00:08:46.298 sense of authenticity when I heard
NOTE Confidence: 0.916169281428571
00:08:46.298 --> 00:08:48.937 from John and Trish and JD a,
NOTE Confidence: 0.916169281428571
00:08:48.940 --> 00:08:51.076 Jennifer Dolan, Auden that I would
NOTE Confidence: 0.916169281428571
00:08:51.076 --> 00:08:53.448 have the chance to do this talk.
NOTE Confidence: 0.916169281428571
00:08:53.450 --> 00:08:55.988 I was spending so much time
NOTE Confidence: 0.916169281428571
00:08:55.988 --> 00:08:59.096 thinking about what I wanted to say
NOTE Confidence: 0.916169281428571
00:08:59.096 --> 00:09:01.742 to you all the graduating class.
NOTE Confidence: 0.916169281428571
00:09:01.750 --> 00:09:04.696 I had to figure out what exactly
NOTE Confidence: 0.916169281428571
00:09:04.696 --> 00:09:07.684 what I am part this morning.
NOTE Confidence: 0.916169281428571

00:09:07.690 --> 00:09:11.064 And that led to so much contemplation,
NOTE Confidence: 0.916169281428571

00:09:11.070 --> 00:09:13.961 mainly in part because of my recent
NOTE Confidence: 0.916169281428571

00:09:13.961 --> 00:09:16.168 transition away from Yale to NYU,
NOTE Confidence: 0.916169281428571

00:09:16.170 --> 00:09:19.929 I wanted to be seen as this Wiz this this
NOTE Confidence: 0.916169281428571

00:09:19.929 --> 00:09:23.270 guy that had all of this wisdom to impart,
NOTE Confidence: 0.916169281428571

00:09:23.270 --> 00:09:25.090 reflect on what I've learned,
NOTE Confidence: 0.916169281428571

00:09:25.090 --> 00:09:27.586 how high I have developed in
NOTE Confidence: 0.916169281428571

00:09:27.586 --> 00:09:29.870 my career over the years.
NOTE Confidence: 0.916169281428571

00:09:29.870 --> 00:09:30.702 But also,
NOTE Confidence: 0.916169281428571

00:09:30.702 --> 00:09:33.614 I just wanted to be very real
NOTE Confidence: 0.916169281428571

00:09:33.614 --> 00:09:36.502 and to acknowledge how many of
NOTE Confidence: 0.916169281428571

00:09:36.502 --> 00:09:39.460 us are feeling at this time.
NOTE Confidence: 0.916169281428571

00:09:39.460 --> 00:09:41.749 And the word that came to mind
NOTE Confidence: 0.916169281428571

00:09:41.749 --> 00:09:43.530 for me was depleted.
NOTE Confidence: 0.916169281428571

00:09:43.530 --> 00:09:45.847 Given the state of the world and
NOTE Confidence: 0.916169281428571

00:09:45.847 --> 00:09:47.881 all that we've experienced globally

NOTE Confidence: 0.916169281428571
00:09:47.881 --> 00:09:50.785 over these past through few years,
NOTE Confidence: 0.916169281428571
00:09:50.790 --> 00:09:51.578 I really,
NOTE Confidence: 0.916169281428571
00:09:51.578 --> 00:09:54.730 genuinely feel like the world is on fire,
NOTE Confidence: 0.916169281428571
00:09:54.730 --> 00:09:57.498 so I was really torn and I called
NOTE Confidence: 0.916169281428571
00:09:57.498 --> 00:09:59.961 Tobias Doctor Wasser and I was
NOTE Confidence: 0.916169281428571
00:09:59.961 --> 00:10:01.653 looking for some inspiration.
NOTE Confidence: 0.916169281428571
00:10:01.660 --> 00:10:04.305 How could I possibly inspire
NOTE Confidence: 0.916169281428571
00:10:04.305 --> 00:10:07.759 or imbue hope during this time
NOTE Confidence: 0.916169281428571
00:10:07.759 --> 00:10:09.889 without being authentic?
NOTE Confidence: 0.916169281428571
00:10:09.890 --> 00:10:12.410 Because at the very heart of the matter,
NOTE Confidence: 0.916169281428571
00:10:12.410 --> 00:10:15.308 that is who I am and authentic
NOTE Confidence: 0.916169281428571
00:10:15.308 --> 00:10:18.242 person who has learned to lean
NOTE Confidence: 0.916169281428571
00:10:18.242 --> 00:10:21.769 into my leadership style speak up.
NOTE Confidence: 0.916169281428571
00:10:21.770 --> 00:10:24.374 Even when my voice shakes and help
NOTE Confidence: 0.916169281428571
00:10:24.374 --> 00:10:26.870 others to develop and nurture their
NOTE Confidence: 0.916169281428571

00:10:26.870 --> 00:10:29.050 individual talents and skill sets
NOTE Confidence: 0.916169281428571

00:10:29.050 --> 00:10:31.713 that make them the incredible leaders
NOTE Confidence: 0.916169281428571

00:10:31.713 --> 00:10:34.287 and change makers that they are.
NOTE Confidence: 0.916169281428571

00:10:34.290 --> 00:10:36.930 So today I say to you,
NOTE Confidence: 0.916169281428571

00:10:36.930 --> 00:10:40.955 you are a class of change agents.
NOTE Confidence: 0.916169281428571

00:10:40.960 --> 00:10:44.285 This is indeed a time of celebration,
NOTE Confidence: 0.916169281428571

00:10:44.290 --> 00:10:46.330 a time of great achievement.
NOTE Confidence: 0.916169281428571

00:10:46.330 --> 00:10:48.903 And I promise you we will get there, right?
NOTE Confidence: 0.916169281428571

00:10:48.903 --> 00:10:50.668 We'll get to the accolades.
NOTE Confidence: 0.916169281428571

00:10:50.670 --> 00:10:52.078 But before we do.
NOTE Confidence: 0.916169281428571

00:10:52.078 --> 00:10:54.861 Get to the other side and celebrate
NOTE Confidence: 0.916169281428571

00:10:54.861 --> 00:10:57.217 all that you accomplished,
NOTE Confidence: 0.916169281428571

00:10:57.220 --> 00:10:59.920 especially during such trying times.
NOTE Confidence: 0.916169281428571

00:10:59.920 --> 00:11:03.140 We must take a moment to reflect.
NOTE Confidence: 0.830212728

00:11:05.320 --> 00:11:07.840 Reflect all that has happened.
NOTE Confidence: 0.936052453333333

00:11:09.860 --> 00:11:12.896 We must take a look back

NOTE Confidence: 0.9360524533333333
00:11:12.900 --> 00:11:15.520 and the spirit of sankofa,
NOTE Confidence: 0.9360524533333333
00:11:15.520 --> 00:11:18.880 a symbol of African wisdom and teaching.
NOTE Confidence: 0.9360524533333333
00:11:18.880 --> 00:11:21.020 We must look back to
NOTE Confidence: 0.9360524533333333
00:11:21.020 --> 00:11:23.160 understand how to move forward.
NOTE Confidence: 0.9360524533333333
00:11:23.160 --> 00:11:25.036 So for the icon people of Ghana,
NOTE Confidence: 0.9360524533333333
00:11:25.040 --> 00:11:27.824 this bird picture here is generally
NOTE Confidence: 0.9360524533333333
00:11:27.824 --> 00:11:31.120 depicted with its head turned backwards.
NOTE Confidence: 0.9360524533333333
00:11:31.120 --> 00:11:34.738 Taking an egg from its back and this really
NOTE Confidence: 0.9360524533333333
00:11:34.738 --> 00:11:36.913 expresses the importance of reaching
NOTE Confidence: 0.9360524533333333
00:11:36.913 --> 00:11:39.920 back to gain knowledge of the past.
NOTE Confidence: 0.9360524533333333
00:11:39.920 --> 00:11:42.020 And bringing it into the present
NOTE Confidence: 0.9360524533333333
00:11:42.020 --> 00:11:44.789 in order to make positive progress.
NOTE Confidence: 0.9360524533333333
00:11:44.790 --> 00:11:46.566 So for the next few minutes.
NOTE Confidence: 0.9360524533333333
00:11:46.570 --> 00:11:48.747 That is what I'm going to do.
NOTE Confidence: 0.9360524533333333
00:11:48.750 --> 00:11:51.648 No matter, no matter how painful it may be,
NOTE Confidence: 0.9360524533333333

00:11:51.650 --> 00:11:55.224 I am going to take a look back from 2020
NOTE Confidence: 0.9360524533333333

00:11:55.224 --> 00:11:58.410 until now to see all that we've been through.
NOTE Confidence: 0.9360524533333333

00:11:58.410 --> 00:12:01.137 I do want to put up a warning because
NOTE Confidence: 0.9360524533333333

00:12:01.137 --> 00:12:04.248 I am going to be talking about grief.
NOTE Confidence: 0.9360524533333333

00:12:04.250 --> 00:12:09.398 Death. Racism and terrorism.
NOTE Confidence: 0.9360524533333333

00:12:09.400 --> 00:12:12.694 So what that let me review a few moments
NOTE Confidence: 0.9360524533333333

00:12:12.694 --> 00:12:15.483 over the past years that have forever
NOTE Confidence: 0.9360524533333333

00:12:15.483 --> 00:12:18.918 changed me as a leader as a physician,
NOTE Confidence: 0.9360524533333333

00:12:18.920 --> 00:12:20.944 as a physician scientist,
NOTE Confidence: 0.9360524533333333

00:12:20.944 --> 00:12:24.460 and I hope that has changed you.
NOTE Confidence: 0.9360524533333333

00:12:24.460 --> 00:12:28.250 Beginning with the COVID-19 pandemic.
NOTE Confidence: 0.8532151

00:12:31.650 --> 00:12:36.764 Devastation felt worldwide. Well,
NOTE Confidence: 0.8532151

00:12:36.764 --> 00:12:41.676 we live the uncertainty of what's to come.
NOTE Confidence: 0.8532151

00:12:41.680 --> 00:12:45.226 The outward surprisingly rejection by so
NOTE Confidence: 0.8532151

00:12:45.226 --> 00:12:48.779 many as scientific principles and advances.
NOTE Confidence: 0.8532151

00:12:48.780 --> 00:12:52.302 Not having access to personal protective

NOTE Confidence: 0.8532151

00:12:52.302 --> 00:12:55.861 equipment early in the pandemic being

NOTE Confidence: 0.8532151

00:12:55.861 --> 00:12:57.950 and just unabashedly vulnerable,

NOTE Confidence: 0.8532151

00:12:57.950 --> 00:13:01.520 I'm going to tell you I during

NOTE Confidence: 0.8532151

00:13:01.611 --> 00:13:04.116 the pandemic working at Yale,

NOTE Confidence: 0.8532151

00:13:04.120 --> 00:13:06.778 I prepared a will for the

NOTE Confidence: 0.8532151

00:13:06.778 --> 00:13:09.460 very first time in my life.

NOTE Confidence: 0.8532151

00:13:09.460 --> 00:13:12.644 Not really knowing what's that going to be

NOTE Confidence: 0.8532151

00:13:12.644 --> 00:13:17.790 infected in a way that would leave my family.

NOTE Confidence: 0.8532151

00:13:17.790 --> 00:13:19.360 In what, in my absence,

NOTE Confidence: 0.8532151

00:13:19.360 --> 00:13:21.616 so much heartache, despair,

NOTE Confidence: 0.8532151

00:13:21.616 --> 00:13:25.699 millions of lives lost and an ongoing

NOTE Confidence: 0.8532151

00:13:25.699 --> 00:13:29.857 question questioning of what is to come.

NOTE Confidence: 0.8532151

00:13:29.860 --> 00:13:33.829 A global lockdown demanded us to reflect.

NOTE Confidence: 0.904157636

00:13:36.090 --> 00:13:39.080 What are our core values?

NOTE Confidence: 0.904157636

00:13:39.080 --> 00:13:41.030 What is essential?

NOTE Confidence: 0.904157636

00:13:41.030 --> 00:13:45.306 What is most important in life and one

NOTE Confidence: 0.904157636

00:13:45.306 --> 00:13:47.050 of the things that I will say to you?

NOTE Confidence: 0.904157636

00:13:47.050 --> 00:13:49.822 The graduating class of 2022 is

NOTE Confidence: 0.904157636

00:13:49.822 --> 00:13:53.410 you have to slow down and reflect.

NOTE Confidence: 0.904157636

00:13:53.410 --> 00:13:57.076 If the pandemic didn't do it.

NOTE Confidence: 0.904157636

00:13:57.080 --> 00:13:59.483 I am asking you if you take nothing from

NOTE Confidence: 0.904157636

00:13:59.483 --> 00:14:02.080 this lecture today or this graduation talk,

NOTE Confidence: 0.904157636

00:14:02.080 --> 00:14:03.970 you have to slow down.

NOTE Confidence: 0.904157636

00:14:03.970 --> 00:14:06.194 You have to figure out your core values.

NOTE Confidence: 0.904157636

00:14:06.200 --> 00:14:09.218 What is essential? What is the

NOTE Confidence: 0.904157636

00:14:09.218 --> 00:14:12.690 legacy that you would like to leave?

NOTE Confidence: 0.904157636

00:14:12.690 --> 00:14:16.311 Next, George Floyd.

NOTE Confidence: 0.904157636

00:14:16.311 --> 00:14:21.216 May 25th, 2020 will forever.

NOTE Confidence: 0.904157636

00:14:21.216 --> 00:14:26.420 Change our lives. It's been over two years.

NOTE Confidence: 0.904157636

00:14:26.420 --> 00:14:29.172 Since a police officer.

NOTE Confidence: 0.904157636

00:14:29.172 --> 00:14:32.612 Assassinated George Floyd in Minneapolis.

NOTE Confidence: 0.857738623333333
00:14:35.380 --> 00:14:38.509 I can't breathe.
NOTE Confidence: 0.857738623333333
00:14:38.510 --> 00:14:41.688 I cannot breathe calling out for his
NOTE Confidence: 0.857738623333333
00:14:41.688 --> 00:14:45.008 mother for the whole world to watch.
NOTE Confidence: 0.857738623333333
00:14:45.010 --> 00:14:47.380 For nearly nine minutes until
NOTE Confidence: 0.857738623333333
00:14:47.380 --> 00:14:49.750 he took his last breath.
NOTE Confidence: 0.857738623333333
00:14:49.750 --> 00:14:51.900 His death, triggering a global
NOTE Confidence: 0.857738623333333
00:14:51.900 --> 00:14:54.050 introspection of race relations in
NOTE Confidence: 0.857738623333333
00:14:54.116 --> 00:14:56.630 this country and throughout the world.
NOTE Confidence: 0.857738623333333
00:14:56.630 --> 00:14:59.186 What does it mean to be black in America?
NOTE Confidence: 0.857738623333333
00:14:59.190 --> 00:15:01.720 What does it mean to be black in the world?
NOTE Confidence: 0.857738623333333
00:15:01.720 --> 00:15:03.664 What does it mean to truly
NOTE Confidence: 0.857738623333333
00:15:03.664 --> 00:15:05.450 show up as an ally?
NOTE Confidence: 0.857738623333333
00:15:05.450 --> 00:15:07.214 What does it mean to take
NOTE Confidence: 0.857738623333333
00:15:07.214 --> 00:15:08.390 care of black patients?
NOTE Confidence: 0.857738623333333
00:15:08.390 --> 00:15:11.978 How could we, the collective we
NOTE Confidence: 0.857738623333333

00:15:11.978 --> 00:15:15.989 not stand by and do anything?
NOTE Confidence: 0.8577386233333333

00:15:15.990 --> 00:15:20.066 This. Global display of violence
NOTE Confidence: 0.8577386233333333

00:15:20.066 --> 00:15:22.786 must propel us to act.
NOTE Confidence: 0.8577386233333333

00:15:22.790 --> 00:15:25.430 We must do something our
NOTE Confidence: 0.8577386233333333

00:15:25.430 --> 00:15:28.070 patients are depending on us.
NOTE Confidence: 0.8577386233333333

00:15:28.070 --> 00:15:31.028 The future is depending on us.
NOTE Confidence: 0.8577386233333333

00:15:31.030 --> 00:15:34.114 Do not allow summers of protests
NOTE Confidence: 0.8577386233333333

00:15:34.114 --> 00:15:36.170 demanding racial justice and
NOTE Confidence: 0.8577386233333333

00:15:36.261 --> 00:15:39.041 advancements in all facets of
NOTE Confidence: 0.8577386233333333

00:15:39.041 --> 00:15:41.821 academic institutions to be stalled.
NOTE Confidence: 0.8577386233333333

00:15:41.830 --> 00:15:45.628 Class of 2022 I need you.
NOTE Confidence: 0.8577386233333333

00:15:45.630 --> 00:15:49.968 This should spur you to action.
NOTE Confidence: 0.8577386233333333

00:15:49.970 --> 00:15:53.260 The opioid crisis thousands of
NOTE Confidence: 0.8577386233333333

00:15:53.260 --> 00:15:57.710 unintentional deaths due to drug overdoses,
NOTE Confidence: 0.8577386233333333

00:15:57.710 --> 00:16:01.430 largely spurred now for fentanyl ingestion,
NOTE Confidence: 0.8577386233333333

00:16:01.430 --> 00:16:04.150 a devastation of whole communities.

NOTE Confidence: 0.8577386233333333
00:16:04.150 --> 00:16:07.018 We watch neighborhoods and
NOTE Confidence: 0.8577386233333333
00:16:07.018 --> 00:16:09.886 States and total disarray.
NOTE Confidence: 0.8577386233333333
00:16:09.890 --> 00:16:10.932 Graduating class,
NOTE Confidence: 0.8577386233333333
00:16:10.932 --> 00:16:14.058 what are you doing about this?
NOTE Confidence: 0.8577386233333333
00:16:14.060 --> 00:16:15.957 How were you helping in a way
NOTE Confidence: 0.8577386233333333
00:16:15.957 --> 00:16:17.967 that is going to make it impact?
NOTE Confidence: 0.8577386233333333
00:16:17.970 --> 00:16:20.646 Should you be involved in advocacy?
NOTE Confidence: 0.8577386233333333
00:16:20.650 --> 00:16:21.840 Public policy.
NOTE Confidence: 0.8577386233333333
00:16:21.840 --> 00:16:25.410 Supporting the opiate Treatment Access Act.
NOTE Confidence: 0.8577386233333333
00:16:25.410 --> 00:16:27.822 Thinking about safe supply,
NOTE Confidence: 0.8577386233333333
00:16:27.822 --> 00:16:30.234 thinking about harm reduction
NOTE Confidence: 0.8577386233333333
00:16:30.234 --> 00:16:33.446 this has to propel you to act.
NOTE Confidence: 0.8577386233333333
00:16:33.450 --> 00:16:38.460 January 6th insurrection.
NOTE Confidence: 0.8577386233333333
00:16:38.460 --> 00:16:42.800 White supremacy on display.
NOTE Confidence: 0.8577386233333333
00:16:42.800 --> 00:16:47.336 A full on attack on our democracy.
NOTE Confidence: 0.8577386233333333

00:16:47.340 --> 00:16:52.856 Violence and rage up front and center.
NOTE Confidence: 0.8577386233333333

00:16:52.860 --> 00:16:55.020 How did we get here?
NOTE Confidence: 0.8577386233333333

00:16:55.020 --> 00:16:59.136 Where are we going as a nation?
NOTE Confidence: 0.8577386233333333

00:16:59.140 --> 00:17:01.519 Vicarious trauma associated
NOTE Confidence: 0.8577386233333333

00:17:01.519 --> 00:17:06.277 with the public display of hate.
NOTE Confidence: 0.8577386233333333

00:17:06.280 --> 00:17:08.688 Graduating class of 2022.
NOTE Confidence: 0.8577386233333333

00:17:08.688 --> 00:17:12.800 If we if you never thought that
NOTE Confidence: 0.8577386233333333

00:17:12.800 --> 00:17:14.800 your presence is necessary,
NOTE Confidence: 0.8577386233333333

00:17:14.800 --> 00:17:17.152 it is indeed essential.
NOTE Confidence: 0.8577386233333333

00:17:17.152 --> 00:17:22.590 Now we have to have experts to help us
NOTE Confidence: 0.8577386233333333

00:17:22.590 --> 00:17:26.003 process this trauma. Anti Asian hate.
NOTE Confidence: 0.8577386233333333

00:17:26.003 --> 00:17:28.167 Starting with the pandemic.
NOTE Confidence: 0.8577386233333333

00:17:28.170 --> 00:17:31.656 Well not starting but being exacerbated.
NOTE Confidence: 0.8577386233333333

00:17:31.660 --> 00:17:34.285 I think by the pandemic calling it
NOTE Confidence: 0.8577386233333333

00:17:34.285 --> 00:17:37.193 the Chinese flu and many off color
NOTE Confidence: 0.8577386233333333

00:17:37.193 --> 00:17:39.755 remarks leading to violence and death.

NOTE Confidence: 0.857738623333333

00:17:39.760 --> 00:17:42.862 A multitude of killings are Asian

NOTE Confidence: 0.857738623333333

00:17:42.862 --> 00:17:45.520 brothers and sisters feeling unsafe

NOTE Confidence: 0.857738623333333

00:17:45.520 --> 00:17:48.236 to walk the streets to leave their

NOTE Confidence: 0.857738623333333

00:17:48.236 --> 00:17:50.676 homes to practice in the hospital

NOTE Confidence: 0.857738623333333

00:17:50.676 --> 00:17:53.064 for fear of them being attacked.

NOTE Confidence: 0.857738623333333

00:17:53.070 --> 00:17:56.028 What can you do to help?

NOTE Confidence: 0.857738623333333

00:17:56.030 --> 00:17:58.410 What does it mean to really show

NOTE Confidence: 0.857738623333333

00:17:58.410 --> 00:18:02.780 up and be a ally class of 2022?

NOTE Confidence: 0.857738623333333

00:18:02.780 --> 00:18:04.169 The Buffalo killing.

NOTE Confidence: 0.875550725

00:18:06.200 --> 00:18:08.672 Say their names. Again,

NOTE Confidence: 0.875550725

00:18:08.672 --> 00:18:12.380 the vileness of anti black racism.

NOTE Confidence: 0.875550725

00:18:12.380 --> 00:18:14.630 The false and inherently dangerous

NOTE Confidence: 0.875550725

00:18:14.630 --> 00:18:17.440 belief in the superiority of whiteness

NOTE Confidence: 0.875550725

00:18:17.440 --> 00:18:20.374 and the replacement theory on display.

NOTE Confidence: 0.875550725

00:18:20.380 --> 00:18:23.056 How do we show care to

NOTE Confidence: 0.875550725

00:18:23.056 --> 00:18:24.840 those who are affected?
NOTE Confidence: 0.875550725

00:18:24.840 --> 00:18:27.808 How do we move forward as a nation?
NOTE Confidence: 0.713413532

00:18:30.320 --> 00:18:33.440 And finally the Uvalde killings.
NOTE Confidence: 0.848679478888889

00:18:36.470 --> 00:18:38.735 Children and teachers.
NOTE Confidence: 0.848679478888889

00:18:38.735 --> 00:18:43.265 I like killed parents and anguish.
NOTE Confidence: 0.848679478888889

00:18:43.270 --> 00:18:44.896 A whole community,
NOTE Confidence: 0.848679478888889

00:18:44.896 --> 00:18:48.035 a whole nation forever affected kids
NOTE Confidence: 0.848679478888889

00:18:48.035 --> 00:18:51.010 and communities likely in need of life.
NOTE Confidence: 0.848679478888889

00:18:51.010 --> 00:18:54.439 Long psychiatric support.
NOTE Confidence: 0.848679478888889

00:18:54.440 --> 00:18:57.088 Graduating class of 2022.
NOTE Confidence: 0.848679478888889

00:18:57.088 --> 00:19:01.024 We need you. You are necessary.
NOTE Confidence: 0.848679478888889

00:19:01.024 --> 00:19:04.824 Stand up, show out, speak up.
NOTE Confidence: 0.848679478888889

00:19:04.824 --> 00:19:07.954 You have had amazing training.
NOTE Confidence: 0.848679478888889

00:19:07.960 --> 00:19:11.768 You have had awesome.
NOTE Confidence: 0.848679478888889

00:19:11.770 --> 00:19:14.854 Privilege how can you leverage that
NOTE Confidence: 0.848679478888889

00:19:14.854 --> 00:19:16.770 privilege to bring about change?

NOTE Confidence: 0.848679478888889
00:19:16.770 --> 00:19:18.170 This is the time.
NOTE Confidence: 0.914740545555556
00:19:21.110 --> 00:19:24.006 Why am I sharing all this during a
NOTE Confidence: 0.914740545555556
00:19:24.006 --> 00:19:26.414 graduation? Speech Doctor Jordan you
NOTE Confidence: 0.914740545555556
00:19:26.414 --> 00:19:30.188 were brought here to inspire one of the
NOTE Confidence: 0.914740545555556
00:19:30.188 --> 00:19:34.037 things that I must say is that you you
NOTE Confidence: 0.914740545555556
00:19:34.037 --> 00:19:38.286 all the graduating class are still here.
NOTE Confidence: 0.914740545555556
00:19:38.290 --> 00:19:41.405 The very fact that you survived all
NOTE Confidence: 0.914740545555556
00:19:41.405 --> 00:19:46.370 that I just discussed. During training.
NOTE Confidence: 0.914740545555556
00:19:46.370 --> 00:19:48.450 Inherently shows that there is
NOTE Confidence: 0.914740545555556
00:19:48.450 --> 00:19:51.090 a very purpose in your being.
NOTE Confidence: 0.914740545555556
00:19:51.090 --> 00:19:55.716 Just in your presence. But I must say.
NOTE Confidence: 0.914740545555556
00:19:55.716 --> 00:19:59.340 There were hashing of such tragic events.
NOTE Confidence: 0.914740545555556
00:19:59.340 --> 00:20:02.938 It's necessary because that is the reality.
NOTE Confidence: 0.914740545555556
00:20:02.940 --> 00:20:04.428 This is the truth.
NOTE Confidence: 0.914740545555556
00:20:04.428 --> 00:20:07.669 This is the reality of the of the world
NOTE Confidence: 0.914740545555556

00:20:07.669 --> 00:20:10.775 as we know it and graduating class.

NOTE Confidence: 0.914740545555556

00:20:10.775 --> 00:20:14.468 If you want different for the future,

NOTE Confidence: 0.914740545555556

00:20:14.468 --> 00:20:17.240 you have to be the change that

NOTE Confidence: 0.914740545555556

00:20:17.331 --> 00:20:18.707 you have to see.

NOTE Confidence: 0.914740545555556

00:20:18.710 --> 00:20:22.720 You must persist, you must.

NOTE Confidence: 0.914740545555556

00:20:22.720 --> 00:20:25.735 Be unapologetic about being change

NOTE Confidence: 0.914740545555556

00:20:25.735 --> 00:20:30.240 agents 1 foot in front of the other,

NOTE Confidence: 0.914740545555556

00:20:30.240 --> 00:20:33.252 figuring it out trying to affect

NOTE Confidence: 0.914740545555556

00:20:33.252 --> 00:20:35.904 change to help others live

NOTE Confidence: 0.914740545555556

00:20:35.904 --> 00:20:38.619 more fuller and optimal lives.

NOTE Confidence: 0.914740545555556

00:20:38.620 --> 00:20:40.900 We must never forget the sadness

NOTE Confidence: 0.914740545555556

00:20:40.900 --> 00:20:43.180 we must plug into the pain,

NOTE Confidence: 0.914740545555556

00:20:43.180 --> 00:20:45.350 because only in that depth

NOTE Confidence: 0.914740545555556

00:20:45.350 --> 00:20:47.520 of anguish are we really,

NOTE Confidence: 0.914740545555556

00:20:47.520 --> 00:20:50.262 really called to move and understand

NOTE Confidence: 0.914740545555556

00:20:50.262 --> 00:20:53.129 the need of need for change.

NOTE Confidence: 0.914740545555556

00:20:53.130 --> 00:20:57.306 So class of 2022 in this time of cocount

NOTE Confidence: 0.914740545555556

00:20:57.306 --> 00:21:00.010 contemplation in the spirit of Sankofa,

NOTE Confidence: 0.914740545555556

00:21:00.010 --> 00:21:03.258 how can you look back and learn from

NOTE Confidence: 0.914740545555556

00:21:03.258 --> 00:21:06.429 the past in order to move forward?

NOTE Confidence: 0.914740545555556

00:21:06.430 --> 00:21:10.723 I'd like to share a poem from Amanda Gorman.

NOTE Confidence: 0.914740545555556

00:21:10.730 --> 00:21:13.390 She is an American poet and activist.

NOTE Confidence: 0.914740545555556

00:21:13.390 --> 00:21:16.232 Gorman was the first person to be

NOTE Confidence: 0.914740545555556

00:21:16.232 --> 00:21:19.099 named the National Youth Poet Laureate.

NOTE Confidence: 0.914740545555556

00:21:19.100 --> 00:21:21.956 And it's called him for the hurting.

NOTE Confidence: 0.969111265

00:21:24.530 --> 00:21:27.060 Everything hurts.

NOTE Confidence: 0.969111265

00:21:27.060 --> 00:21:31.230 Our hearts shadowed and strange.

NOTE Confidence: 0.969111265

00:21:31.230 --> 00:21:35.256 Mines made muddled, muddied and mute.

NOTE Confidence: 0.969111265

00:21:35.260 --> 00:21:37.744 We carry tragedy.

NOTE Confidence: 0.969111265

00:21:37.744 --> 00:21:40.228 Terrifying and true.

NOTE Confidence: 0.969111265

00:21:40.230 --> 00:21:43.485 And yet none of it is new.

NOTE Confidence: 0.969111265

00:21:43.490 --> 00:21:46.160 We knew it as home.
NOTE Confidence: 0.969111265

00:21:46.160 --> 00:21:48.836 As horror as heritage,
NOTE Confidence: 0.969111265

00:21:48.836 --> 00:21:52.850 even our children cannot be children.
NOTE Confidence: 0.969111265

00:21:52.850 --> 00:21:56.080 Cannot be. Everything hurts.
NOTE Confidence: 0.969111265

00:21:56.080 --> 00:21:59.615 It's a hard time to be alive.
NOTE Confidence: 0.969111265

00:21:59.620 --> 00:22:02.679 And even harder to stay that way,
NOTE Confidence: 0.969111265

00:22:02.680 --> 00:22:06.864 we're burdened to live out these days while
NOTE Confidence: 0.969111265

00:22:06.864 --> 00:22:11.678 at the same time the last to outlive them.
NOTE Confidence: 0.969111265

00:22:11.680 --> 00:22:15.838 This alarm is how we know we must be
NOTE Confidence: 0.969111265

00:22:15.838 --> 00:22:20.080 altered that we must differ or die,
NOTE Confidence: 0.969111265

00:22:20.080 --> 00:22:24.046 that we must triumph or try.
NOTE Confidence: 0.969111265

00:22:24.050 --> 00:22:26.906 That's while hate cannot be terminated.
NOTE Confidence: 0.969111265

00:22:26.910 --> 00:22:29.990 It can be transformed into
NOTE Confidence: 0.969111265

00:22:29.990 --> 00:22:33.880 a love that lets us live.
NOTE Confidence: 0.969111265

00:22:33.880 --> 00:22:37.366 May we not just grieve, but give?
NOTE Confidence: 0.969111265

00:22:37.366 --> 00:22:41.517 May we not just ache but act?

NOTE Confidence: 0.969111265

00:22:41.520 --> 00:22:45.288 May our sign right to bear arms never

NOTE Confidence: 0.969111265

00:22:45.288 --> 00:22:48.638 blind our sight from shared harm.

NOTE Confidence: 0.969111265

00:22:48.640 --> 00:22:52.476 May we choose our children over chaos?

NOTE Confidence: 0.969111265

00:22:52.480 --> 00:22:56.200 May another innocent never be lost?

NOTE Confidence: 0.969111265

00:22:56.200 --> 00:22:59.500 Maybe everything hurts our hearts,

NOTE Confidence: 0.969111265

00:22:59.500 --> 00:23:01.588 shadow and strange,

NOTE Confidence: 0.969111265

00:23:01.588 --> 00:23:05.068 but only when everything hurts.

NOTE Confidence: 0.969111265

00:23:05.070 --> 00:23:07.560 May everything change.

NOTE Confidence: 0.8637566933333333

00:23:09.640 --> 00:23:11.860 Everyone that can hear my voice,

NOTE Confidence: 0.8637566933333333

00:23:11.860 --> 00:23:15.838 I just ask for a moment of silence for

NOTE Confidence: 0.8637566933333333

00:23:15.838 --> 00:23:20.274 us to reflect on all of the lives lost.

NOTE Confidence: 0.8637566933333333

00:23:20.280 --> 00:23:22.758 All that we have been through.

NOTE Confidence: 0.8637566933333333

00:23:22.760 --> 00:23:26.126 And yet we are still standing.

NOTE Confidence: 0.8637566933333333

00:23:26.130 --> 00:23:27.710 30 seconds of silence, please.

NOTE Confidence: 0.97851283

00:24:04.960 --> 00:24:11.482 Thank you. All right? Class of 2022.

NOTE Confidence: 0.97851283

00:24:11.482 --> 00:24:15.286 I'm going to share with you.
NOTE Confidence: 0.97851283

00:24:15.290 --> 00:24:16.724 The inner experience.
NOTE Confidence: 0.97851283

00:24:16.724 --> 00:24:20.795 Of what kept coming to me during my
NOTE Confidence: 0.97851283

00:24:20.795 --> 00:24:23.965 periods of introspection and reflection.
NOTE Confidence: 0.97851283

00:24:23.970 --> 00:24:25.550 If you all don't know,
NOTE Confidence: 0.97851283

00:24:25.550 --> 00:24:28.436 Grandmaster Flash and the Furious 5
NOTE Confidence: 0.97851283

00:24:28.436 --> 00:24:31.360 let me give take this opportunity
NOTE Confidence: 0.97851283

00:24:31.360 --> 00:24:34.984 to school you on one of the Best
NOTE Confidence: 0.97851283

00:24:35.080 --> 00:24:38.580 Hip Hop groups ever, all right.
NOTE Confidence: 0.97851283

00:24:38.580 --> 00:24:40.220 I'm just gonna play it.
NOTE Confidence: 0.97851283

00:24:40.220 --> 00:24:42.475 I think you guys will
NOTE Confidence: 0.97851283

00:24:42.475 --> 00:24:44.279 understand why it's necessary,
NOTE Confidence: 0.97851283

00:24:44.280 --> 00:24:46.044 but let me make sure my
NOTE Confidence: 0.97851283

00:24:46.044 --> 00:24:47.500 volumes up here we go.
NOTE Confidence: 0.10773462

00:24:49.940 --> 00:24:50.700 Ohh
NOTE Confidence: 0.6394559

00:24:52.840 --> 00:24:59.732 no. No. Wait, I gotta stop sharing because

NOTE Confidence: 0.6394559

00:24:59.732 --> 00:25:03.518 I have got to play this. This is key.

NOTE Confidence: 0.924055446

00:25:05.670 --> 00:25:08.880 Don't worry, technical difficulties but.

NOTE Confidence: 0.924055446

00:25:08.880 --> 00:25:12.024 Wait? Maybe I can share it this way.

NOTE Confidence: 0.93718729625

00:25:16.150 --> 00:25:17.566 You might not be able to see it,

NOTE Confidence: 0.93718729625

00:25:17.570 --> 00:25:18.890 but you can still listen.

NOTE Confidence: 0.7439048575

00:25:20.910 --> 00:25:23.218 You couldn't make it.

NOTE Confidence: 0.7439048575

00:25:23.220 --> 00:25:27.380 Sneak 'cause I'm close to the edge.

NOTE Confidence: 0.7439048575

00:25:27.380 --> 00:25:33.099 I'm trying not to lose my head.

NOTE Confidence: 0.7439048575

00:25:33.100 --> 00:25:35.250 Times the Bixby wonder how

NOTE Confidence: 0.7439048575

00:25:35.250 --> 00:25:36.970 about keeping going under?

NOTE Confidence: 0.7439048575

00:25:36.970 --> 00:25:38.178 It's like a jungle.

NOTE Confidence: 0.7439048575

00:25:38.178 --> 00:25:40.319 Sometimes it makes me wonder how I

NOTE Confidence: 0.7439048575

00:25:40.319 --> 00:25:41.878 keep from going under so brothers

NOTE Confidence: 0.7439048575

00:25:41.878 --> 00:25:43.342 doing fast though my mother's TV

NOTE Confidence: 0.7439048575

00:25:43.342 --> 00:25:44.798 says she watched it too much.

NOTE Confidence: 0.7439048575

00:25:44.800 --> 00:25:46.344 It's just not healthy.
NOTE Confidence: 0.7439048575

00:25:46.344 --> 00:25:48.250 Alright, I gotta play it again.
NOTE Confidence: 0.7439048575

00:25:48.250 --> 00:25:49.018 Here we go.
NOTE Confidence: 0.33922368

00:25:51.950 --> 00:25:55.400 Because I'm close to the edge,
NOTE Confidence: 0.33922368

00:25:55.400 --> 00:26:01.007 I'm trying not to lose my head.
NOTE Confidence: 0.33922368

00:26:01.010 --> 00:26:02.930 Sometimes it makes me wonder how
NOTE Confidence: 0.33922368

00:26:02.930 --> 00:26:06.700 about you keep from going under hey.
NOTE Confidence: 0.33922368

00:26:06.700 --> 00:26:10.088 Wonder how I keep from going under?
NOTE Confidence: 0.33922368

00:26:10.090 --> 00:26:12.358 Alright guys I'm gonna stop sharing.
NOTE Confidence: 0.33922368

00:26:12.360 --> 00:26:16.113 I'm gonna have to do that with but don't
NOTE Confidence: 0.33922368

00:26:16.113 --> 00:26:19.687 push me because I'm close to the edge.
NOTE Confidence: 0.33922368

00:26:19.690 --> 00:26:24.086 I'm trying not to lose my head.
NOTE Confidence: 0.33922368

00:26:24.090 --> 00:26:25.665 It's like a jungle. Sometimes it makes
NOTE Confidence: 0.33922368

00:26:25.665 --> 00:26:27.429 me wonder how I keep from going under.
NOTE Confidence: 0.33922368

00:26:27.430 --> 00:26:30.328 OK, that is the Internet experience.
NOTE Confidence: 0.33922368

00:26:30.330 --> 00:26:32.154 Y'all don't push me because I'm

NOTE Confidence: 0.33922368

00:26:32.154 --> 00:26:34.309 close to the edge now graduates.

NOTE Confidence: 0.33922368

00:26:34.310 --> 00:26:36.875 Why is she playing Grandmaster

NOTE Confidence: 0.33922368

00:26:36.875 --> 00:26:39.440 Flash at the graduation speech?

NOTE Confidence: 0.33922368

00:26:39.440 --> 00:26:43.175 Because many of us. Are close to the edge.

NOTE Confidence: 0.33922368

00:26:43.180 --> 00:26:46.438 Many of us are trying to figure out how

NOTE Confidence: 0.33922368

00:26:46.438 --> 00:26:49.907 do we keep from losing our head right?

NOTE Confidence: 0.33922368

00:26:49.910 --> 00:26:52.853 And so that is the spirit of which I

NOTE Confidence: 0.33922368

00:26:52.853 --> 00:26:56.700 give this talk. Protect your peace.

NOTE Confidence: 0.33922368

00:26:56.700 --> 00:27:01.980 Alright, protect your white PE ACE,

NOTE Confidence: 0.33922368

00:27:01.980 --> 00:27:05.268 so let me get back to the top.

NOTE Confidence: 0.33922368

00:27:05.270 --> 00:27:06.550 And we'll get into it,

NOTE Confidence: 0.33922368

00:27:06.550 --> 00:27:08.182 but it's important guys.

NOTE Confidence: 0.33922368

00:27:08.182 --> 00:27:10.630 It's important to protect your peace.

NOTE Confidence: 0.33922368

00:27:10.630 --> 00:27:14.068 I don't want to share that I need to

NOTE Confidence: 0.33922368

00:27:14.068 --> 00:27:18.180 get out of my. I'm going to close this.

NOTE Confidence: 0.33922368

00:27:18.180 --> 00:27:23.660 And. And get back to the actual.
NOTE Confidence: 0.33922368
00:27:23.660 --> 00:27:25.460 Top.
NOTE Confidence: 0.33922368
00:27:25.460 --> 00:27:26.136 All right,
NOTE Confidence: 0.33922368
00:27:26.136 --> 00:27:27.150 here we go.
NOTE Confidence: 0.9321584
00:27:29.510 --> 00:27:34.086 Alright, so. What do I
NOTE Confidence: 0.9321584
00:27:34.086 --> 00:27:36.196 mean by protect your piece?
NOTE Confidence: 0.9321584
00:27:36.200 --> 00:27:37.831 I often and can you all see
NOTE Confidence: 0.9321584
00:27:37.831 --> 00:27:39.498 that you guys have to tell me?
NOTE Confidence: 0.9321584
00:27:39.500 --> 00:27:43.500 OK, good is really the words of Audrey,
NOTE Confidence: 0.9321584
00:27:43.500 --> 00:27:47.630 Lord, who is just an amazing activist.
NOTE Confidence: 0.9321584
00:27:47.630 --> 00:27:50.086 Poet may she up forever rest in peace
NOTE Confidence: 0.9321584
00:27:50.086 --> 00:27:52.416 but she says self preservation is
NOTE Confidence: 0.9321584
00:27:52.416 --> 00:27:54.910 an act of political warfare, right?
NOTE Confidence: 0.9321584
00:27:54.910 --> 00:27:57.990 Caring for myself is not self indulgence.
NOTE Confidence: 0.9321584
00:27:57.990 --> 00:28:00.622 It is self preservation and that is
NOTE Confidence: 0.9321584
00:28:00.622 --> 00:28:03.449 indeed an act of political warfare.

NOTE Confidence: 0.9321584

00:28:03.450 --> 00:28:06.658 So what that that song helped me to

NOTE Confidence: 0.9321584

00:28:06.658 --> 00:28:09.601 see coupled with this quote that I

NOTE Confidence: 0.9321584

00:28:09.601 --> 00:28:12.686 hold dearly into my heart is that we

NOTE Confidence: 0.9321584

00:28:12.686 --> 00:28:15.466 have to find a way to live through

NOTE Confidence: 0.9321584

00:28:15.466 --> 00:28:18.296 and manage the multiple tragedies.

NOTE Confidence: 0.9321584

00:28:18.300 --> 00:28:20.918 AN and day out graduating class in

NOTE Confidence: 0.9321584

00:28:20.918 --> 00:28:23.990 order for us to help anyone else and

NOTE Confidence: 0.9321584

00:28:23.990 --> 00:28:26.655 be the best change made agents that

NOTE Confidence: 0.9321584

00:28:26.655 --> 00:28:30.072 we can be and be the best leaders in

NOTE Confidence: 0.9321584

00:28:30.072 --> 00:28:32.280 scientific innovators of tomorrow.

NOTE Confidence: 0.9321584

00:28:32.280 --> 00:28:34.639 We have to center our own selves.

NOTE Confidence: 0.9321584

00:28:34.640 --> 00:28:38.249 We have to figure out a way to access

NOTE Confidence: 0.9321584

00:28:38.249 --> 00:28:40.525 psychological Wellness so that we

NOTE Confidence: 0.9321584

00:28:40.525 --> 00:28:43.213 are indeed available to serve others.

NOTE Confidence: 0.9321584

00:28:43.220 --> 00:28:45.728 Because self preservation really

NOTE Confidence: 0.9321584

00:28:45.728 --> 00:28:48.236 is talking about radical.
NOTE Confidence: 0.9321584

00:28:48.240 --> 00:28:51.492 About care which allows for psychological
NOTE Confidence: 0.9321584

00:28:51.492 --> 00:28:55.329 Wellness at that begets self actualization.
NOTE Confidence: 0.9321584

00:28:55.330 --> 00:28:58.466 And so when I got that right,
NOTE Confidence: 0.9321584

00:28:58.470 --> 00:29:00.900 protect my peace. Self preservation
NOTE Confidence: 0.9321584

00:29:00.900 --> 00:29:04.090 as an act of political warfare.
NOTE Confidence: 0.9321584

00:29:04.090 --> 00:29:05.278 It was so simple.
NOTE Confidence: 0.9321584

00:29:05.278 --> 00:29:07.881 I was like I know what we need
NOTE Confidence: 0.9321584

00:29:07.881 --> 00:29:09.365 to do as psychiatrist.
NOTE Confidence: 0.9321584

00:29:09.370 --> 00:29:11.332 I know what we need to do as leaders
NOTE Confidence: 0.9321584

00:29:11.332 --> 00:29:13.648 in the field of mental health with an
NOTE Confidence: 0.9321584

00:29:13.648 --> 00:29:15.589 ever growing need for our expertise.
NOTE Confidence: 0.9321584

00:29:15.590 --> 00:29:17.286 Given the ongoing trauma,
NOTE Confidence: 0.9321584

00:29:17.286 --> 00:29:19.406 death and despair that is,
NOTE Confidence: 0.9321584

00:29:19.410 --> 00:29:22.686 there is not a more crucial time
NOTE Confidence: 0.9321584

00:29:22.686 --> 00:29:24.090 to protect yourself.

NOTE Confidence: 0.9321584

00:29:24.090 --> 00:29:26.280 To garner and really think about

NOTE Confidence: 0.9321584

00:29:26.280 --> 00:29:28.270 what do you need to be?

NOTE Confidence: 0.9321584

00:29:28.270 --> 00:29:32.366 Well, this was the inspiration for the top.

NOTE Confidence: 0.9321584

00:29:32.370 --> 00:29:33.885 Protect your piece.

NOTE Confidence: 0.9321584

00:29:33.885 --> 00:29:37.420 Now I need the graduates to unmute,

NOTE Confidence: 0.9321584

00:29:37.420 --> 00:29:39.238 mute yourself, unmute,

NOTE Confidence: 0.9321584

00:29:39.238 --> 00:29:42.346 it's OK, it's OK, we're family.

NOTE Confidence: 0.9321584

00:29:42.346 --> 00:29:46.412 We know what another like John says at

NOTE Confidence: 0.9321584

00:29:46.412 --> 00:29:48.810 graduation. He will always take credit.

NOTE Confidence: 0.9321584

00:29:48.810 --> 00:29:50.796 Yale Psychiatry will always take credit

NOTE Confidence: 0.9321584

00:29:50.796 --> 00:29:53.269 for whatever you do, so we're family.

NOTE Confidence: 0.9321584

00:29:53.269 --> 00:29:56.800 Now unmute yourself I want you is everybody.

NOTE Confidence: 0.9321584

00:29:56.800 --> 00:29:58.678 I'm unit, I can't see everybody,

NOTE Confidence: 0.9321584

00:29:58.680 --> 00:30:00.580 just the graduates graduates.

NOTE Confidence: 0.9321584

00:30:00.580 --> 00:30:02.955 Don't let me down here.

NOTE Confidence: 0.9321584

00:30:02.960 --> 00:30:04.271 I need you.
NOTE Confidence: 0.9321584

00:30:04.271 --> 00:30:04.708 Alright,
NOTE Confidence: 0.9321584

00:30:04.708 --> 00:30:08.262 what I want you guys to do is
NOTE Confidence: 0.9321584

00:30:08.262 --> 00:30:09.918 to repeat after me.
NOTE Confidence: 0.9321584

00:30:09.920 --> 00:30:13.230 I must protect my peace.
NOTE Confidence: 0.3860313864

00:30:15.730 --> 00:30:19.310 I must protect my teeth.
NOTE Confidence: 0.3860313864

00:30:19.310 --> 00:30:20.936 OK, let's try this again y'all.
NOTE Confidence: 0.3860313864

00:30:20.940 --> 00:30:22.566 Cause we weren't really in unison,
NOTE Confidence: 0.3860313864

00:30:22.570 --> 00:30:25.060 but I am feeling very encouraged
NOTE Confidence: 0.3860313864

00:30:25.060 --> 00:30:27.484 and inspired that you are going
NOTE Confidence: 0.3860313864

00:30:27.484 --> 00:30:29.390 to get it together on 321.
NOTE Confidence: 0.3860313864

00:30:29.390 --> 00:30:30.390 I'm going to go first,
NOTE Confidence: 0.3860313864

00:30:30.390 --> 00:30:32.070 then you repeat after me.
NOTE Confidence: 0.3860313864

00:30:32.070 --> 00:30:35.960 I must protect my peace.
NOTE Confidence: 0.3860313864

00:30:35.960 --> 00:30:38.318 I must protect.
NOTE Confidence: 0.3860313864

00:30:38.318 --> 00:30:43.586 Peace, I must protect my peace.

NOTE Confidence: 0.539694244285714
00:30:45.770 --> 00:30:50.442 I must protect my thank you in order
NOTE Confidence: 0.539694244285714
00:30:50.442 --> 00:30:55.069 for you all to lead authentically
NOTE Confidence: 0.539694244285714
00:30:55.070 --> 00:30:57.956 empathize fully and take care of
NOTE Confidence: 0.539694244285714
00:30:57.956 --> 00:31:00.749 others during time such as these.
NOTE Confidence: 0.539694244285714
00:31:00.750 --> 00:31:04.144 You must protect your peace because
NOTE Confidence: 0.539694244285714
00:31:04.144 --> 00:31:06.976 how can we truly be leaders in the
NOTE Confidence: 0.539694244285714
00:31:06.976 --> 00:31:09.329 field of psychiatric innovation,
NOTE Confidence: 0.539694244285714
00:31:09.330 --> 00:31:12.072 research and clinical care and help
NOTE Confidence: 0.539694244285714
00:31:12.072 --> 00:31:14.809 others access Wellness if we are not?
NOTE Confidence: 0.539694244285714
00:31:14.810 --> 00:31:17.908 Indeed, taking care of ourselves, everybody.
NOTE Confidence: 0.539694244285714
00:31:17.908 --> 00:31:20.380 When you're feeling overwhelmed.
NOTE Confidence: 0.539694244285714
00:31:20.380 --> 00:31:22.438 TuneIn, what did Doctor Jordan say?
NOTE Confidence: 0.539694244285714
00:31:22.440 --> 00:31:26.514 I must protect my peace all right.
NOTE Confidence: 0.539694244285714
00:31:26.514 --> 00:31:28.733 So now we're going to go through
NOTE Confidence: 0.539694244285714
00:31:28.733 --> 00:31:30.557 Everywhere poll and I'm going to
NOTE Confidence: 0.539694244285714

00:31:30.557 --> 00:31:32.684 ask everyone here because I want to
NOTE Confidence: 0.539694244285714

00:31:32.684 --> 00:31:34.556 share this with the graduates when
NOTE Confidence: 0.539694244285714

00:31:34.556 --> 00:31:36.962 we're done is to come up with the
NOTE Confidence: 0.539694244285714

00:31:36.962 --> 00:31:39.439 word cloud of what is 1 activity that
NOTE Confidence: 0.539694244285714

00:31:39.439 --> 00:31:42.521 you all can do and this is a shared
NOTE Confidence: 0.539694244285714

00:31:42.521 --> 00:31:44.885 experience to protect your peace and.
NOTE Confidence: 0.539694244285714

00:31:44.890 --> 00:31:46.942 All of the answers that we come up with,
NOTE Confidence: 0.539694244285714

00:31:46.950 --> 00:31:50.302 I'm going to save and give to the
NOTE Confidence: 0.539694244285714

00:31:50.302 --> 00:31:53.430 graduates so they have it on display.
NOTE Confidence: 0.539694244285714

00:31:53.430 --> 00:31:56.104 So let me get go to guys.
NOTE Confidence: 0.539694244285714

00:31:56.110 --> 00:31:57.755 I'm doing a whole bunch of multimedia.
NOTE Confidence: 0.539694244285714

00:31:57.760 --> 00:31:59.568 I didn't know, but my links aren't working,
NOTE Confidence: 0.539694244285714

00:31:59.570 --> 00:32:00.359 but that's OK.
NOTE Confidence: 0.539694244285714

00:32:00.359 --> 00:32:02.200 I'm rolling with it because I must
NOTE Confidence: 0.539694244285714

00:32:02.261 --> 00:32:03.773 protect my peace and it's going
NOTE Confidence: 0.539694244285714

00:32:03.773 --> 00:32:05.489 to be what it's going to be.

NOTE Confidence: 0.539694244285714
00:32:05.490 --> 00:32:07.660 So I'm figuring it out.
NOTE Confidence: 0.539694244285714
00:32:07.660 --> 00:32:10.880 But I'm going to.
NOTE Confidence: 0.539694244285714
00:32:10.880 --> 00:32:11.914 Go here.
NOTE Confidence: 0.539694244285714
00:32:11.914 --> 00:32:16.990 And I'm going to share with you all how to.
NOTE Confidence: 0.539694244285714
00:32:16.990 --> 00:32:18.636 Get on.
NOTE Confidence: 0.539694244285714
00:32:18.636 --> 00:32:19.459 Wait?
NOTE Confidence: 0.796277744
00:32:22.150 --> 00:32:27.304 I'm going to. Go here. All right,
NOTE Confidence: 0.796277744
00:32:27.304 --> 00:32:29.146 and hopefully it'll let me share.
NOTE Confidence: 0.882516456666667
00:32:36.090 --> 00:32:39.570 OK, can you all see that?
NOTE Confidence: 0.882516456666667
00:32:39.570 --> 00:32:40.368 Yeah, all right.
NOTE Confidence: 0.882516456666667
00:32:40.368 --> 00:32:42.848 So what I want you guys to do is to,
NOTE Confidence: 0.882516456666667
00:32:42.850 --> 00:32:45.070 uh, take out your phone.
NOTE Confidence: 0.882516456666667
00:32:45.070 --> 00:32:47.618 And you're going to in the two
NOTE Confidence: 0.882516456666667
00:32:47.618 --> 00:32:50.044 where you put the number you're
NOTE Confidence: 0.882516456666667
00:32:50.044 --> 00:32:52.220 going to put 37607 and then
NOTE Confidence: 0.882516456666667

00:32:52.220 --> 00:32:54.080 where you type in the message,
NOTE Confidence: 0.882516456666667

00:32:54.080 --> 00:32:57.970 you're going to put Ayanna Jordan 444.
NOTE Confidence: 0.7070968

00:33:00.440 --> 00:33:05.312 Ayanna Jordan 444. And it should
NOTE Confidence: 0.7070968

00:33:05.312 --> 00:33:09.430 say that you are able to. Join
NOTE Confidence: 0.892920893333333

00:33:16.470 --> 00:33:18.534 and So what I would love for you
NOTE Confidence: 0.892920893333333

00:33:18.534 --> 00:33:21.350 to do is Yep, start to type ways in
NOTE Confidence: 0.892920893333333

00:33:21.350 --> 00:33:23.620 which you can protect your peace.
NOTE Confidence: 0.89044767

00:33:28.160 --> 00:33:29.434 I'm going to keep doing that for.
NOTE Confidence: 0.897993902857143

00:33:54.340 --> 00:33:56.615 This is awesome guys. This is awesome.
NOTE Confidence: 0.897993902857143

00:33:56.620 --> 00:33:59.000 Awesome. Keep going, keep going.
NOTE Confidence: 0.86186215

00:34:10.780 --> 00:34:15.298 OK. Slowing down anymore last minute.
NOTE Confidence: 0.86186215

00:34:15.300 --> 00:34:17.868 This is great. I love this,
NOTE Confidence: 0.86186215

00:34:17.870 --> 00:34:19.967 so for those who may not know the way
NOTE Confidence: 0.86186215

00:34:19.967 --> 00:34:22.337 that it works out works, is that the
NOTE Confidence: 0.86186215

00:34:22.337 --> 00:34:24.710 more people say things that are similar,
NOTE Confidence: 0.86186215

00:34:24.710 --> 00:34:26.546 the larger that the word is,

NOTE Confidence: 0.86186215

00:34:26.550 --> 00:34:28.416 the more that you have kind

NOTE Confidence: 0.86186215

00:34:28.416 --> 00:34:29.660 of overlap or agreement.

NOTE Confidence: 0.86186215

00:34:29.660 --> 00:34:32.100 The larger that that word or phrase is.

NOTE Confidence: 0.86186215

00:34:32.100 --> 00:34:35.097 So I love that you guys are saying family

NOTE Confidence: 0.86186215

00:34:35.097 --> 00:34:41.168 and boundaries friends, time truths no.

NOTE Confidence: 0.86186215

00:34:41.170 --> 00:34:43.408 Speak garden therapy.

NOTE Confidence: 0.86186215

00:34:43.408 --> 00:34:45.646 Practice water dance,

NOTE Confidence: 0.86186215

00:34:45.650 --> 00:34:51.906 meditate vacation hugs with wisdom on and on.

NOTE Confidence: 0.86186215

00:34:51.910 --> 00:34:54.673 And so I want us to really center these

NOTE Confidence: 0.86186215

00:34:54.673 --> 00:34:57.519 things because we're going to need to access

NOTE Confidence: 0.86186215

00:34:57.519 --> 00:35:00.190 these things in order to be successful.

NOTE Confidence: 0.86186215

00:35:00.190 --> 00:35:03.078 In order to truly be those change agents,

NOTE Confidence: 0.86186215

00:35:03.080 --> 00:35:05.440 we can't move forward, right?

NOTE Confidence: 0.86186215

00:35:05.440 --> 00:35:07.270 If we don't protect our peace.

NOTE Confidence: 0.86186215

00:35:07.270 --> 00:35:08.824 So thank you so much for that.

NOTE Confidence: 0.86186215

00:35:08.830 --> 00:35:10.390 I'm going to stop sharing.
NOTE Confidence: 0.86186215

00:35:10.390 --> 00:35:11.578 I'm going to lock in those.
NOTE Confidence: 0.86186215

00:35:11.580 --> 00:35:13.264 Responses and I'll send
NOTE Confidence: 0.86186215

00:35:13.264 --> 00:35:15.790 them out to Trisha and JD.
NOTE Confidence: 0.86186215

00:35:15.790 --> 00:35:18.051 A Jennifer Dolan ottan so that she
NOTE Confidence: 0.86186215

00:35:18.051 --> 00:35:20.438 can share it with our graduating
NOTE Confidence: 0.86186215

00:35:20.438 --> 00:35:22.673 class because I think that's
NOTE Confidence: 0.86186215

00:35:22.673 --> 00:35:24.469 really important to remember.
NOTE Confidence: 0.86186215

00:35:24.470 --> 00:35:26.936 The importance of protecting your peace,
NOTE Confidence: 0.86186215

00:35:26.940 --> 00:35:30.160 but also what can you actually do?
NOTE Confidence: 0.86186215

00:35:30.160 --> 00:35:33.316 Having some tangible examples all right?
NOTE Confidence: 0.86186215

00:35:33.320 --> 00:35:36.038 So let me go back to.
NOTE Confidence: 0.86186215

00:35:36.040 --> 00:35:37.327 Umm?
NOTE Confidence: 0.86186215

00:35:37.327 --> 00:35:41.188 The presentation and.
NOTE Confidence: 0.86186215

00:35:41.190 --> 00:35:43.630 As you all have seen,
NOTE Confidence: 0.86186215

00:35:43.630 --> 00:35:44.825 there are many different ways

NOTE Confidence: 0.86186215

00:35:44.825 --> 00:35:46.330 that you can protect your peace.

NOTE Confidence: 0.86186215

00:35:46.330 --> 00:35:49.714 I just wanted to share my list with

NOTE Confidence: 0.86186215

00:35:49.714 --> 00:35:52.780 you that I have really developed over

NOTE Confidence: 0.86186215

00:35:52.780 --> 00:35:56.260 the last really two years and I wanted

NOTE Confidence: 0.86186215

00:35:56.344 --> 00:35:59.326 to have this concept of a minimal

NOTE Confidence: 0.86186215

00:35:59.326 --> 00:36:01.802 meeting summer and those who've you

NOTE Confidence: 0.86186215

00:36:01.802 --> 00:36:04.611 who know me know that I love Twitter.

NOTE Confidence: 0.86186215

00:36:04.611 --> 00:36:06.600 That's one of my ways to just kind of

NOTE Confidence: 0.86186215

00:36:06.650 --> 00:36:08.522 really interact with the world and

NOTE Confidence: 0.86186215

00:36:08.522 --> 00:36:10.160 learn about different research papers,

NOTE Confidence: 0.86186215

00:36:10.160 --> 00:36:10.936 etcetera.

NOTE Confidence: 0.86186215

00:36:10.936 --> 00:36:14.816 Advocate and Doctor Eugenia South.

NOTE Confidence: 0.86186215

00:36:14.820 --> 00:36:17.221 She had this amazing tweet and it

NOTE Confidence: 0.86186215

00:36:17.221 --> 00:36:19.788 inspired me to protect my summer right

NOTE Confidence: 0.86186215

00:36:19.788 --> 00:36:22.480 as a means of protecting my peace.

NOTE Confidence: 0.86186215

00:36:22.480 --> 00:36:25.654 So she says my second annual
NOTE Confidence: 0.86186215

00:36:25.654 --> 00:36:27.770 minimal meaning summer starts
NOTE Confidence: 0.86186215

00:36:27.861 --> 00:36:30.780 on July 5th in order to prepare.
NOTE Confidence: 0.86186215

00:36:30.780 --> 00:36:33.475 I've already started to say not now.
NOTE Confidence: 0.86186215

00:36:33.480 --> 00:36:35.634 Reach back out in the fall
NOTE Confidence: 0.86186215

00:36:35.634 --> 00:36:37.070 to meetings for me.
NOTE Confidence: 0.86186215

00:36:37.070 --> 00:36:39.520 This is about career sustainability,
NOTE Confidence: 0.86186215

00:36:39.520 --> 00:36:40.741 Wellness and joy.
NOTE Confidence: 0.86186215

00:36:40.741 --> 00:36:41.148 Yeah,
NOTE Confidence: 0.86186215

00:36:41.148 --> 00:36:43.590 I really do think graduating class
NOTE Confidence: 0.86186215

00:36:43.669 --> 00:36:47.050 of 2022 you all get it better
NOTE Confidence: 0.86186215

00:36:47.050 --> 00:36:49.635 than some of us from Generation
NOTE Confidence: 0.86186215

00:36:49.635 --> 00:36:51.680 Y or geriatric millennials is
NOTE Confidence: 0.86186215

00:36:51.759 --> 00:36:54.171 really thinking about how can you
NOTE Confidence: 0.86186215

00:36:54.171 --> 00:36:57.115 organize your time in a way that
NOTE Confidence: 0.86186215

00:36:57.115 --> 00:36:59.215 you can have career sustainability,

NOTE Confidence: 0.86186215

00:36:59.220 --> 00:37:00.282 Wellness and joy.

NOTE Confidence: 0.86186215

00:37:00.282 --> 00:37:03.470 So I'm going to be enacting this July 5th.

NOTE Confidence: 0.86186215

00:37:03.470 --> 00:37:05.462 I encourage you all to join in with

NOTE Confidence: 0.86186215

00:37:05.462 --> 00:37:07.546 me if you ask me for a meeting.

NOTE Confidence: 0.86186215

00:37:07.550 --> 00:37:09.728 You heard it here at the

NOTE Confidence: 0.86186215

00:37:09.728 --> 00:37:11.350 commencement talk of 2022.

NOTE Confidence: 0.86186215

00:37:11.350 --> 00:37:13.470 Minimal meaning summers Doctor

NOTE Confidence: 0.86186215

00:37:13.470 --> 00:37:16.120 Jordan is protecting her peace.

NOTE Confidence: 0.86186215

00:37:16.120 --> 00:37:19.224 Another thing is really saying no to new

NOTE Confidence: 0.86186215

00:37:19.224 --> 00:37:21.699 projects until old ones are completed.

NOTE Confidence: 0.86186215

00:37:21.700 --> 00:37:24.017 I know how interesting it may be,

NOTE Confidence: 0.86186215

00:37:24.020 --> 00:37:25.777 but I don't know if you guys

NOTE Confidence: 0.86186215

00:37:25.777 --> 00:37:27.643 have seen that mean where there's

NOTE Confidence: 0.86186215

00:37:27.643 --> 00:37:29.393 somebody looking that the next

NOTE Confidence: 0.86186215

00:37:29.393 --> 00:37:31.474 best thing we have to finish up

NOTE Confidence: 0.86186215

00:37:31.474 --> 00:37:32.789 all things before we say
NOTE Confidence: 0.92566734

00:37:32.790 --> 00:37:35.062 yes to something new.
NOTE Confidence: 0.92566734

00:37:35.062 --> 00:37:37.334 Accepting help from others.
NOTE Confidence: 0.92566734

00:37:37.340 --> 00:37:39.756 Charlotte intimately knows this.
NOTE Confidence: 0.92566734

00:37:39.756 --> 00:37:42.230 It's so hard. For me,
NOTE Confidence: 0.92566734

00:37:42.230 --> 00:37:45.940 or it has been so hard for me to say yes,
NOTE Confidence: 0.92566734

00:37:45.940 --> 00:37:47.460 I need help from others,
NOTE Confidence: 0.92566734

00:37:47.460 --> 00:37:50.820 but I realize that as I get
NOTE Confidence: 0.92566734

00:37:50.820 --> 00:37:52.360 more advanced in my career,
NOTE Confidence: 0.92566734

00:37:52.360 --> 00:37:55.670 this is indeed necessary, right?
NOTE Confidence: 0.92566734

00:37:55.670 --> 00:37:58.425 Also shout out to Doctor
NOTE Confidence: 0.92566734

00:37:58.425 --> 00:38:00.629 Joel Allison weekly therapy.
NOTE Confidence: 0.92566734

00:38:00.630 --> 00:38:03.936 I always say even on Twitter
NOTE Confidence: 0.92566734

00:38:03.936 --> 00:38:07.692 every Tuesday at 11 that is my
NOTE Confidence: 0.92566734

00:38:07.692 --> 00:38:10.838 time to really go through and see
NOTE Confidence: 0.92566734

00:38:10.838 --> 00:38:12.546 how I'm doing psychologically.

NOTE Confidence: 0.92566734

00:38:12.550 --> 00:38:13.930 Am I well?

NOTE Confidence: 0.92566734

00:38:13.930 --> 00:38:16.650 Do I need just a period of

NOTE Confidence: 0.92566734

00:38:16.650 --> 00:38:19.220 rest so I encourage you all to

NOTE Confidence: 0.92566734

00:38:19.220 --> 00:38:21.620 get whatever mental health or

NOTE Confidence: 0.92566734

00:38:21.620 --> 00:38:24.000 psychiatric treatment that you need?

NOTE Confidence: 0.92566734

00:38:24.000 --> 00:38:26.280 Facetiming with my nieces and nephews,

NOTE Confidence: 0.92566734

00:38:26.280 --> 00:38:29.056 I realized that I am no longer young.

NOTE Confidence: 0.92566734

00:38:29.060 --> 00:38:31.679 My nephew, who is 12 about to be 13,

NOTE Confidence: 0.92566734

00:38:31.680 --> 00:38:32.528 said Auntie.

NOTE Confidence: 0.92566734

00:38:32.528 --> 00:38:35.920 Your slang is so old you're embarrassing me.

NOTE Confidence: 0.92566734

00:38:35.920 --> 00:38:38.302 So really protecting my peace is

NOTE Confidence: 0.92566734

00:38:38.302 --> 00:38:40.773 thinking about how can I surround

NOTE Confidence: 0.92566734

00:38:40.773 --> 00:38:43.197 myself with young people with loved

NOTE Confidence: 0.92566734

00:38:43.197 --> 00:38:45.610 ones that keep me relevant and

NOTE Confidence: 0.92566734

00:38:45.610 --> 00:38:48.380 encouraged and can tune out from the

NOTE Confidence: 0.92566734

00:38:48.380 --> 00:38:50.730 horrors that are often happening.
NOTE Confidence: 0.92566734

00:38:50.730 --> 00:38:52.870 Not listening to the news.
NOTE Confidence: 0.92566734

00:38:52.870 --> 00:38:54.280 These are some things that just.
NOTE Confidence: 0.92566734

00:38:54.280 --> 00:38:56.386 Are necessary to protect my peace.
NOTE Confidence: 0.92566734

00:38:56.390 --> 00:38:57.965 Limiting social media.
NOTE Confidence: 0.92566734

00:38:57.965 --> 00:39:00.065 Taking social media breaks.
NOTE Confidence: 0.92566734

00:39:00.070 --> 00:39:03.815 Instagram is good but we all know.
NOTE Confidence: 0.92566734

00:39:03.820 --> 00:39:06.136 IG is not the truth right?
NOTE Confidence: 0.92566734

00:39:06.140 --> 00:39:08.456 So sometimes as we think about
NOTE Confidence: 0.92566734

00:39:08.456 --> 00:39:11.319 going out in our own leadership,
NOTE Confidence: 0.92566734

00:39:11.320 --> 00:39:13.854 we have to pull back and take
NOTE Confidence: 0.92566734

00:39:13.860 --> 00:39:17.210 me breaks from social media.
NOTE Confidence: 0.92566734

00:39:17.210 --> 00:39:18.918 In my own career and I and
NOTE Confidence: 0.92566734

00:39:18.918 --> 00:39:20.370 ioffer this as an example,
NOTE Confidence: 0.92566734

00:39:20.370 --> 00:39:23.154 I've had to surround myself with
NOTE Confidence: 0.92566734

00:39:23.154 --> 00:39:25.010 black academicians who understand

NOTE Confidence: 0.92566734

00:39:25.081 --> 00:39:27.103 the daily struggles of what it

NOTE Confidence: 0.92566734

00:39:27.103 --> 00:39:29.370 is to really work and operate,

NOTE Confidence: 0.92566734

00:39:29.370 --> 00:39:31.466 and institutions that really

NOTE Confidence: 0.92566734

00:39:31.466 --> 00:39:33.562 perpetuate white supremacy and

NOTE Confidence: 0.92566734

00:39:33.562 --> 00:39:36.393 really think about how can we center

NOTE Confidence: 0.92566734

00:39:36.393 --> 00:39:39.050 other ways to do things differently.

NOTE Confidence: 0.92566734

00:39:39.050 --> 00:39:41.800 I surround myself with allies

NOTE Confidence: 0.92566734

00:39:41.800 --> 00:39:44.550 that truly understand what it

NOTE Confidence: 0.92566734

00:39:44.650 --> 00:39:46.890 is to fight for justice.

NOTE Confidence: 0.92566734

00:39:46.890 --> 00:39:49.320 Many of whom are here today

NOTE Confidence: 0.92566734

00:39:49.320 --> 00:39:51.634 and then finally donating to

NOTE Confidence: 0.92566734

00:39:51.634 --> 00:39:53.470 social justice organizations.

NOTE Confidence: 0.92566734

00:39:53.470 --> 00:39:56.179 I just wanted to bring up these

NOTE Confidence: 0.92566734

00:39:56.179 --> 00:39:58.821 couple of pictures because it really

NOTE Confidence: 0.92566734

00:39:58.821 --> 00:40:01.611 underscores some of the things that

NOTE Confidence: 0.92566734

00:40:01.611 --> 00:40:05.035 happen at Yale and I'm speaking to the
NOTE Confidence: 0.92566734

00:40:05.035 --> 00:40:07.659 graduates now because I didn't realize.
NOTE Confidence: 0.92566734

00:40:07.659 --> 00:40:11.482 Back when I came to Yale in 2011,
NOTE Confidence: 0.92566734

00:40:11.482 --> 00:40:14.392 the lasting friendships that would
NOTE Confidence: 0.92566734

00:40:14.392 --> 00:40:18.454 allow me to have a sense of Wellness
NOTE Confidence: 0.92566734

00:40:18.454 --> 00:40:22.600 to be able to do all that I do so
NOTE Confidence: 0.92566734

00:40:22.600 --> 00:40:25.896 shout out to Noah and Dale and Brady.
NOTE Confidence: 0.92566734

00:40:25.896 --> 00:40:27.708 We all train together.
NOTE Confidence: 0.92566734

00:40:27.710 --> 00:40:30.032 We were in the CIU together, y'all.
NOTE Confidence: 0.92566734

00:40:30.032 --> 00:40:34.688 We were in WS2 together CMHC for floor.
NOTE Confidence: 0.92566734

00:40:34.690 --> 00:40:39.758 These relationships has has begun at Yale
NOTE Confidence: 0.92566734

00:40:39.758 --> 00:40:43.274 and lasted throughout over a decade,
NOTE Confidence: 0.92566734

00:40:43.274 --> 00:40:43.790 right?
NOTE Confidence: 0.92566734

00:40:43.790 --> 00:40:45.558 And really seeing that.
NOTE Confidence: 0.92566734

00:40:45.558 --> 00:40:48.210 The relationships that you all have
NOTE Confidence: 0.92566734

00:40:48.287 --> 00:40:51.059 made at Yale will indeed sustain you.

NOTE Confidence: 0.92566734

00:40:51.060 --> 00:40:53.016 Don't be afraid to reach out

NOTE Confidence: 0.92566734

00:40:53.016 --> 00:40:55.040 to people to keep in touch.

NOTE Confidence: 0.92566734

00:40:55.040 --> 00:40:59.165 This is a way to really lean

NOTE Confidence: 0.92566734

00:40:59.165 --> 00:41:01.990 into your leadership and really

NOTE Confidence: 0.92566734

00:41:01.990 --> 00:41:04.052 be whole while doing so.

NOTE Confidence: 0.92566734

00:41:04.052 --> 00:41:06.290 And I just wanted to highlight

NOTE Confidence: 0.92566734

00:41:06.366 --> 00:41:08.256 all of the lovely black women

NOTE Confidence: 0.92566734

00:41:08.256 --> 00:41:11.481 that are now a part of the Yale

NOTE Confidence: 0.92566734

00:41:11.481 --> 00:41:12.894 Psychiatry Residency program.

NOTE Confidence: 0.92566734

00:41:12.900 --> 00:41:13.980 I'm getting for client.

NOTE Confidence: 0.849646054

00:41:23.230 --> 00:41:25.900 How can we enter spaces and

NOTE Confidence: 0.849646054

00:41:25.900 --> 00:41:27.680 make them more inclusive?

NOTE Confidence: 0.737663906

00:41:30.890 --> 00:41:33.730 Yo graduating class of 2022.

NOTE Confidence: 0.737663906

00:41:33.730 --> 00:41:37.083 You all truly inspire me because you

NOTE Confidence: 0.737663906

00:41:37.083 --> 00:41:40.816 all there are the change that I know.

NOTE Confidence: 0.737663906

00:41:40.820 --> 00:41:42.724 Will come to pass.
NOTE Confidence: 0.737663906

00:41:42.724 --> 00:41:44.628 This generation gets it.
NOTE Confidence: 0.737663906

00:41:44.630 --> 00:41:47.304 You all get it and I encourage
NOTE Confidence: 0.737663906

00:41:47.304 --> 00:41:50.356 you to enter spaces and and leave
NOTE Confidence: 0.737663906

00:41:50.356 --> 00:41:53.074 them better than they came in.
NOTE Confidence: 0.737663906

00:41:53.080 --> 00:41:55.060 So when I say to you,
NOTE Confidence: 0.737663906

00:41:55.060 --> 00:41:56.200 I'll protect your peace.
NOTE Confidence: 0.737663906

00:41:56.200 --> 00:41:58.120 It's not just because it's like oh,
NOTE Confidence: 0.737663906

00:41:58.120 --> 00:41:59.680 a nice thing to say.
NOTE Confidence: 0.737663906

00:41:59.680 --> 00:42:02.860 It really is, because clarity.
NOTE Confidence: 0.737663906

00:42:02.860 --> 00:42:05.160 Having the moments of clarity,
NOTE Confidence: 0.737663906

00:42:05.160 --> 00:42:10.220 it begets creativity and ingenuity.
NOTE Confidence: 0.737663906

00:42:10.220 --> 00:42:12.950 So not too long ago though.
NOTE Confidence: 0.737663906

00:42:12.950 --> 00:42:15.362 Bob knows Bob rorbach.
NOTE Confidence: 0.737663906

00:42:15.362 --> 00:42:18.111 I was so excited, right?
NOTE Confidence: 0.737663906

00:42:18.111 --> 00:42:20.428 I was exactly where you all were.

NOTE Confidence: 0.737663906

00:42:20.430 --> 00:42:22.446 Although your digs are much better,

NOTE Confidence: 0.737663906

00:42:22.450 --> 00:42:24.466 my graduation wasn't as nice as you all,

NOTE Confidence: 0.737663906

00:42:24.470 --> 00:42:26.408 but it's OK.

NOTE Confidence: 0.737663906

00:42:26.408 --> 00:42:29.638 I was graduating from Yale

NOTE Confidence: 0.737663906

00:42:29.638 --> 00:42:32.294 Psychiatry Residency class of 2015.

NOTE Confidence: 0.737663906

00:42:32.294 --> 00:42:34.658 Shout out to the chief resident.

NOTE Confidence: 0.737663906

00:42:34.660 --> 00:42:37.078 I had my chief residence certificate.

NOTE Confidence: 0.737663906

00:42:37.080 --> 00:42:38.920 I was really feeling myself.

NOTE Confidence: 0.737663906

00:42:38.920 --> 00:42:41.832 I was so nervous yet excited to

NOTE Confidence: 0.737663906

00:42:41.832 --> 00:42:44.589 begin my career as an attending.

NOTE Confidence: 0.737663906

00:42:44.590 --> 00:42:45.780 I can tell you y'all,

NOTE Confidence: 0.737663906

00:42:45.780 --> 00:42:48.696 seven years flew by so fast

NOTE Confidence: 0.737663906

00:42:48.700 --> 00:42:50.876 I cannot believe here.

NOTE Confidence: 0.737663906

00:42:50.876 --> 00:42:54.284 We are seven years later and I

NOTE Confidence: 0.737663906

00:42:54.284 --> 00:42:56.336 look back because I've had those.

NOTE Confidence: 0.737663906

00:42:56.340 --> 00:42:58.328 Home is to protect my peace because
NOTE Confidence: 0.737663906

00:42:58.328 --> 00:43:00.549 I've had those times of introspection.
NOTE Confidence: 0.737663906

00:43:00.550 --> 00:43:02.790 I've had the time to look back
NOTE Confidence: 0.737663906

00:43:02.790 --> 00:43:05.289 and have an intense amount of
NOTE Confidence: 0.737663906

00:43:05.289 --> 00:43:07.237 gratitude for the flexibility
NOTE Confidence: 0.737663906

00:43:07.237 --> 00:43:09.848 that my training at Yale allow.
NOTE Confidence: 0.737663906

00:43:09.850 --> 00:43:12.600 Three months.
NOTE Confidence: 0.737663906

00:43:12.600 --> 00:43:15.430 To really develop any scientific
NOTE Confidence: 0.737663906

00:43:15.430 --> 00:43:18.620 question that I was interested in,
NOTE Confidence: 0.737663906

00:43:18.620 --> 00:43:21.080 the opportunity to build on and
NOTE Confidence: 0.737663906

00:43:21.080 --> 00:43:23.991 develop one of the most progressive
NOTE Confidence: 0.737663906

00:43:23.991 --> 00:43:27.555 curriculums for psychiatry in the nation.
NOTE Confidence: 0.737663906

00:43:27.560 --> 00:43:30.608 I will always be grateful to
NOTE Confidence: 0.737663906

00:43:30.608 --> 00:43:35.224 doctor Diaz for allowing me as a
NOTE Confidence: 0.737663906

00:43:35.224 --> 00:43:38.420 resident to have such autonomy
NOTE Confidence: 0.737663906

00:43:38.420 --> 00:43:40.720 and input to the curriculum,

NOTE Confidence: 0.737663906

00:43:40.720 --> 00:43:42.526 which later went on to become.

NOTE Confidence: 0.737663906

00:43:42.530 --> 00:43:46.882 Social justice and HealthEquity The

NOTE Confidence: 0.737663906

00:43:46.882 --> 00:43:50.326 chance to work with such amazing people.

NOTE Confidence: 0.737663906

00:43:50.330 --> 00:43:52.470 The mayor of New Haven,

NOTE Confidence: 0.737663906

00:43:52.470 --> 00:43:57.246 Kim Guy Richard Ewings Sharelle Bellamy,

NOTE Confidence: 0.737663906

00:43:57.250 --> 00:43:58.302 awesome researcher.

NOTE Confidence: 0.737663906

00:43:58.302 --> 00:44:01.458 Hopefully soon to be full professor

NOTE Confidence: 0.737663906

00:44:01.458 --> 00:44:05.228 at yell to build relationships in a

NOTE Confidence: 0.737663906

00:44:05.228 --> 00:44:08.530 research program that centers black people.

NOTE Confidence: 0.737663906

00:44:08.530 --> 00:44:11.368 People of Latinx descent and form

NOTE Confidence: 0.737663906

00:44:11.368 --> 00:44:13.260 relationships and working collaborations

NOTE Confidence: 0.737663906

00:44:13.328 --> 00:44:15.398 with people who use drugs and

NOTE Confidence: 0.737663906

00:44:15.398 --> 00:44:17.230 have problems related to their.

NOTE Confidence: 0.737663906

00:44:17.230 --> 00:44:21.626 Drug use we are actually making changes,

NOTE Confidence: 0.737663906

00:44:21.630 --> 00:44:24.260 hopefully figuring out how to

NOTE Confidence: 0.737663906

00:44:24.260 --> 00:44:26.364 reconceptualize how treatment is
NOTE Confidence: 0.737663906

00:44:26.364 --> 00:44:28.535 provided because of the opportunities
NOTE Confidence: 0.737663906

00:44:28.535 --> 00:44:31.340 that were given to me at Yale.
NOTE Confidence: 0.737663906

00:44:31.340 --> 00:44:33.615 So I say to you all graduates,
NOTE Confidence: 0.737663906

00:44:33.620 --> 00:44:36.560 you all are destined for greatness,
NOTE Confidence: 0.737663906

00:44:36.560 --> 00:44:39.152 not because it's just a nice thing to do,
NOTE Confidence: 0.737663906

00:44:39.160 --> 00:44:42.319 say, but because I'm a living example of it,
NOTE Confidence: 0.737663906

00:44:42.320 --> 00:44:44.900 and I know that you guys have all of the
NOTE Confidence: 0.737663906

00:44:44.972 --> 00:44:47.555 tools within you and have been prepared.
NOTE Confidence: 0.737663906

00:44:47.560 --> 00:44:50.728 Higher education to do just that.
NOTE Confidence: 0.737663906

00:44:50.730 --> 00:44:52.450 I am literally speaking
NOTE Confidence: 0.737663906

00:44:52.450 --> 00:44:54.600 into existence on this day.
NOTE Confidence: 0.737663906

00:44:54.600 --> 00:44:57.475 The Jordan Wellness Collaborative Center
NOTE Confidence: 0.737663906

00:44:57.475 --> 00:45:00.861 of Racial Justice Research and Mental
NOTE Confidence: 0.737663906

00:45:00.861 --> 00:45:03.836 Health that's going to be the next,
NOTE Confidence: 0.737663906

00:45:03.840 --> 00:45:05.032 I think.

NOTE Confidence: 0.737663906

00:45:05.032 --> 00:45:06.820 Accomplishment for me,

NOTE Confidence: 0.737663906

00:45:06.820 --> 00:45:07.945 but I'm really,

NOTE Confidence: 0.737663906

00:45:07.945 --> 00:45:10.570 really so excited to enter this new

NOTE Confidence: 0.737663906

00:45:10.650 --> 00:45:13.080 chapter as an in doubt Professor,

NOTE Confidence: 0.737663906

00:45:13.080 --> 00:45:15.240 it means so much to me.

NOTE Confidence: 0.737663906

00:45:15.240 --> 00:45:17.920 And it's not just for my own accolades,

NOTE Confidence: 0.737663906

00:45:17.920 --> 00:45:18.920 but really,

NOTE Confidence: 0.737663906

00:45:18.920 --> 00:45:22.420 for an example of what can be

NOTE Confidence: 0.8898191

00:45:22.420 --> 00:45:24.490 an example to so many.

NOTE Confidence: 0.8898191

00:45:24.490 --> 00:45:26.534 How many emails I get from young

NOTE Confidence: 0.8898191

00:45:26.534 --> 00:45:28.329 people that say Doctor Joanna?

NOTE Confidence: 0.8898191

00:45:28.330 --> 00:45:29.802 I wanna be you.

NOTE Confidence: 0.8898191

00:45:29.802 --> 00:45:31.274 I'm thinking about psychiatry.

NOTE Confidence: 0.8898191

00:45:31.280 --> 00:45:33.107 I didn't even know this was possible.

NOTE Confidence: 0.8898191

00:45:33.110 --> 00:45:36.062 Can I do a research internship in your lab?

NOTE Confidence: 0.8898191

00:45:36.070 --> 00:45:38.744 Can I do all of these things?
NOTE Confidence: 0.8898191

00:45:38.750 --> 00:45:40.802 So psychiatry.
NOTE Confidence: 0.8898191

00:45:40.802 --> 00:45:44.259 Graduating class of 2022.
NOTE Confidence: 0.8898191

00:45:44.259 --> 00:45:46.912 You can leave this world a better
NOTE Confidence: 0.8898191

00:45:46.912 --> 00:45:48.740 place than you found it.
NOTE Confidence: 0.8898191

00:45:48.740 --> 00:45:51.340 You must protect your peace.
NOTE Confidence: 0.8898191

00:45:51.340 --> 00:45:53.500 You have all of the privilege.
NOTE Confidence: 0.8898191

00:45:53.500 --> 00:45:54.920 In order to do so.
NOTE Confidence: 0.8898191

00:45:54.920 --> 00:45:57.962 So one of the things that I'd like to
NOTE Confidence: 0.8898191

00:45:57.962 --> 00:46:01.166 do and we have some time is share one
NOTE Confidence: 0.8898191

00:46:01.166 --> 00:46:05.840 of the songs from sounds of blackness.
NOTE Confidence: 0.8898191

00:46:05.840 --> 00:46:08.200 It's called keep your head to the sky.
NOTE Confidence: 0.8898191

00:46:08.200 --> 00:46:10.780 I'm going to just play it.
NOTE Confidence: 0.8898191

00:46:10.780 --> 00:46:12.192 Probably from my computer.
NOTE Confidence: 0.8898191

00:46:12.192 --> 00:46:14.745 But I'm going to read the first
NOTE Confidence: 0.8898191

00:46:14.745 --> 00:46:17.300 stanza and then I'll play the chorus.

NOTE Confidence: 0.8898191

00:46:17.300 --> 00:46:20.260 It says when, in the midst of sorrow,

NOTE Confidence: 0.8898191

00:46:20.260 --> 00:46:22.430 you can't see up when

NOTE Confidence: 0.8898191

00:46:22.430 --> 00:46:24.600 looking down a brighter day.

NOTE Confidence: 0.8898191

00:46:24.600 --> 00:46:26.076 Tomorrow will bring.

NOTE Confidence: 0.8898191

00:46:26.076 --> 00:46:29.520 You hear the voice of reason telling

NOTE Confidence: 0.8898191

00:46:29.607 --> 00:46:32.109 you this can't never be done,

NOTE Confidence: 0.8898191

00:46:32.110 --> 00:46:35.326 no matter how hard reality seems.

NOTE Confidence: 0.8898191

00:46:35.330 --> 00:46:38.006 Just hold on to your dreams.

NOTE Confidence: 0.8898191

00:46:38.010 --> 00:46:40.908 Don't give up and don't give in.

NOTE Confidence: 0.8898191

00:46:40.910 --> 00:46:43.988 Although it seems you never win,

NOTE Confidence: 0.8898191

00:46:43.990 --> 00:46:47.542 you will always pass the test as long

NOTE Confidence: 0.8898191

00:46:47.542 --> 00:46:51.156 as you keep your head to the sky,

NOTE Confidence: 0.8898191

00:46:51.160 --> 00:46:54.176 you can win as long as you keep

NOTE Confidence: 0.8898191

00:46:54.176 --> 00:46:57.136 your head to the sky you can win.

NOTE Confidence: 0.8898191

00:46:57.140 --> 00:47:01.400 As long as you keep your head to the sky,

NOTE Confidence: 0.8898191

00:47:01.400 --> 00:47:05.156 face towards the sky, be optimistic.
NOTE Confidence: 0.8898191

00:47:05.160 --> 00:47:07.099 So let me see if I can.
NOTE Confidence: 0.8898191

00:47:07.100 --> 00:47:09.156 Of course this is not going to work,
NOTE Confidence: 0.8898191

00:47:09.160 --> 00:47:10.138 but that's OK,
NOTE Confidence: 0.8898191

00:47:10.138 --> 00:47:13.050 we'll just do it like I did before.
NOTE Confidence: 0.8898191

00:47:13.050 --> 00:47:14.112 And share this.
NOTE Confidence: 0.8898191

00:47:14.112 --> 00:47:17.380 I've spent so much time in betting my audios,
NOTE Confidence: 0.8898191

00:47:17.380 --> 00:47:20.720 but you know, such as life, Anita's,
NOTE Confidence: 0.8898191

00:47:20.720 --> 00:47:22.530 millennial to help me next time, OK?
NOTE Confidence: 0.870278541428571

00:47:53.730 --> 00:47:56.768 You can win, yes, as long as
NOTE Confidence: 0.870278541428571

00:47:56.768 --> 00:47:59.828 you keep your head to the sky.
NOTE Confidence: 0.870278541428571

00:47:59.830 --> 00:48:04.170 Be optimistic you can win alright y'all.
NOTE Confidence: 0.870278541428571

00:48:04.170 --> 00:48:06.394 I'm nearing towards the end, I promise,
NOTE Confidence: 0.870278541428571

00:48:06.394 --> 00:48:09.450 but there's a couple of things that I
NOTE Confidence: 0.870278541428571

00:48:09.533 --> 00:48:12.719 want to share and this was a quote from.
NOTE Confidence: 0.870278541428571

00:48:12.720 --> 00:48:13.842 Tracy case meth,

NOTE Confidence: 0.870278541428571

00:48:13.842 --> 00:48:16.460 who was an American poet and educator.

NOTE Confidence: 0.870278541428571

00:48:16.460 --> 00:48:19.676 She served as the 22nd Poet laureate of

NOTE Confidence: 0.870278541428571

00:48:19.676 --> 00:48:22.506 the United States from 2017 to 2019,

NOTE Confidence: 0.870278541428571

00:48:22.506 --> 00:48:25.754 and she says you all have the power

NOTE Confidence: 0.870278541428571

00:48:25.754 --> 00:48:28.940 to move the field and a new way.

NOTE Confidence: 0.870278541428571

00:48:28.940 --> 00:48:31.257 I am inviting you to consider that

NOTE Confidence: 0.870278541428571

00:48:31.257 --> 00:48:33.746 there are tools in terms beyond those

NOTE Confidence: 0.870278541428571

00:48:33.746 --> 00:48:36.160 typically indexed to the work we do,

NOTE Confidence: 0.870278541428571

00:48:36.160 --> 00:48:38.806 which are nevertheless also essential to

NOTE Confidence: 0.870278541428571

00:48:38.806 --> 00:48:41.849 the project of collective human flourishing.

NOTE Confidence: 0.870278541428571

00:48:41.850 --> 00:48:44.870 I'm thinking beyond health care,

NOTE Confidence: 0.870278541428571

00:48:44.870 --> 00:48:48.810 education, public policy and more

NOTE Confidence: 0.870278541428571

00:48:48.810 --> 00:48:50.940 beyond the essential fields and

NOTE Confidence: 0.870278541428571

00:48:50.940 --> 00:48:53.070 disciplines which help us measure,

NOTE Confidence: 0.870278541428571

00:48:53.070 --> 00:48:55.458 hold, accountable and sustain

NOTE Confidence: 0.870278541428571

00:48:55.458 --> 00:48:57.249 our social institutions.
NOTE Confidence: 0.870278541428571

00:48:57.250 --> 00:48:59.525 I'm thinking about what else
NOTE Confidence: 0.870278541428571

00:48:59.525 --> 00:49:01.330 bolsters our health, dignity,
NOTE Confidence: 0.870278541428571

00:49:01.330 --> 00:49:03.970 access and sets the terms of
NOTE Confidence: 0.870278541428571

00:49:03.970 --> 00:49:06.310 our civic care and regard.
NOTE Confidence: 0.870278541428571

00:49:06.310 --> 00:49:07.798 What does it mean to flourish
NOTE Confidence: 0.870278541428571

00:49:07.798 --> 00:49:09.570 in a time of uncertainty?
NOTE Confidence: 0.870278541428571

00:49:09.570 --> 00:49:11.061 Uncertainty might flourishing.
NOTE Confidence: 0.870278541428571

00:49:11.061 --> 00:49:15.015 Need the result of living together in such
NOTE Confidence: 0.870278541428571

00:49:15.015 --> 00:49:17.766 a way that love rather than tolerance,
NOTE Confidence: 0.870278541428571

00:49:17.770 --> 00:49:20.735 community rather than division or
NOTE Confidence: 0.870278541428571

00:49:20.735 --> 00:49:23.107 tribalism and reciprocity rather
NOTE Confidence: 0.870278541428571

00:49:23.107 --> 00:49:25.710 than transactional exchange,
NOTE Confidence: 0.870278541428571

00:49:25.710 --> 00:49:28.788 comprise the things we seek to
NOTE Confidence: 0.870278541428571

00:49:28.788 --> 00:49:32.866 offer and receive. Let me tell you.
NOTE Confidence: 0.870278541428571

00:49:32.866 --> 00:49:36.438 Graduating class of 2022 you all indeed

NOTE Confidence: 0.870278541428571

00:49:36.438 --> 00:49:39.858 have the power to move the field in

NOTE Confidence: 0.870278541428571

00:49:39.858 --> 00:49:42.749 a new way to protect your peace.

NOTE Confidence: 0.870278541428571

00:49:42.750 --> 00:49:47.214 We need you. What can I do without you?

NOTE Confidence: 0.870278541428571

00:49:47.220 --> 00:49:48.138 First of all,

NOTE Confidence: 0.870278541428571

00:49:48.138 --> 00:49:50.667 I have to give a very special shout

NOTE Confidence: 0.870278541428571

00:49:50.667 --> 00:49:53.139 out to each and every one of you.

NOTE Confidence: 0.870278541428571

00:49:53.140 --> 00:49:55.260 All you all did it.

NOTE Confidence: 0.870278541428571

00:49:55.260 --> 00:49:57.798 You deserve all of the praise.

NOTE Confidence: 0.870278541428571

00:49:57.800 --> 00:50:00.054 I am so incredibly proud of you

NOTE Confidence: 0.870278541428571

00:50:00.054 --> 00:50:02.200 for all that you've learned,

NOTE Confidence: 0.870278541428571

00:50:02.200 --> 00:50:04.240 all that you've achieved and all

NOTE Confidence: 0.870278541428571

00:50:04.240 --> 00:50:06.419 the ways that you have grown,

NOTE Confidence: 0.870278541428571

00:50:06.420 --> 00:50:08.292 you've learned how to care for

NOTE Confidence: 0.870278541428571

00:50:08.292 --> 00:50:09.540 the wounded and afflicted.

NOTE Confidence: 0.870278541428571

00:50:09.540 --> 00:50:11.420 How determined how to determine

NOTE Confidence: 0.870278541428571

00:50:11.420 --> 00:50:12.924 why someone is suffering.
NOTE Confidence: 0.870278541428571

00:50:12.930 --> 00:50:14.932 And what can be done to improve
NOTE Confidence: 0.870278541428571

00:50:14.932 --> 00:50:16.150 their quality of life?
NOTE Confidence: 0.870278541428571

00:50:16.150 --> 00:50:18.030 You've learned how to navigate
NOTE Confidence: 0.870278541428571

00:50:18.030 --> 00:50:20.430 unjust systems and fight for equity,
NOTE Confidence: 0.870278541428571

00:50:20.430 --> 00:50:23.216 how to center truth and dismiss hate,
NOTE Confidence: 0.870278541428571

00:50:23.220 --> 00:50:25.922 how to expand the notion of doctoring
NOTE Confidence: 0.870278541428571

00:50:25.922 --> 00:50:28.141 and leverage your positions of
NOTE Confidence: 0.870278541428571

00:50:28.141 --> 00:50:30.109 privilege for lasting change.
NOTE Confidence: 0.870278541428571

00:50:30.110 --> 00:50:33.182 You've used complex methodologies,
NOTE Confidence: 0.870278541428571

00:50:33.182 --> 00:50:33.950 technologies,
NOTE Confidence: 0.870278541428571

00:50:33.950 --> 00:50:36.142 and sophisticated statistics to
NOTE Confidence: 0.870278541428571

00:50:36.142 --> 00:50:37.786 do remarkable research,
NOTE Confidence: 0.870278541428571

00:50:37.790 --> 00:50:40.606 and you've begun to learn how to navigate
NOTE Confidence: 0.870278541428571

00:50:40.606 --> 00:50:43.080 the tricky and at times treacherous.
NOTE Confidence: 0.870278541428571

00:50:43.080 --> 00:50:45.930 Waters of science and academia.

NOTE Confidence: 0.870278541428571
00:50:45.930 --> 00:50:49.170 You've done all this and more
NOTE Confidence: 0.870278541428571
00:50:49.170 --> 00:50:52.000 through such such difficult times,
NOTE Confidence: 0.870278541428571
00:50:52.000 --> 00:50:54.637 so all of this to say that I want
NOTE Confidence: 0.870278541428571
00:50:54.637 --> 00:50:57.398 you to go out with your head tall.
NOTE Confidence: 0.870278541428571
00:50:57.400 --> 00:51:01.120 Walk tall and achieve and do great things.
NOTE Confidence: 0.870278541428571
00:51:01.120 --> 00:51:02.623 Make important discoveries.
NOTE Confidence: 0.870278541428571
00:51:02.623 --> 00:51:05.128 You are literally the future
NOTE Confidence: 0.870278541428571
00:51:05.128 --> 00:51:07.960 of the field I depend on you.
NOTE Confidence: 0.870278541428571
00:51:07.960 --> 00:51:09.900 Your patience depend on you.
NOTE Confidence: 0.870278541428571
00:51:09.900 --> 00:51:13.108 We depend on you to protect your peace.
NOTE Confidence: 0.870278541428571
00:51:13.110 --> 00:51:14.938 And to access wisdom.
NOTE Confidence: 0.870278541428571
00:51:14.938 --> 00:51:17.680 What in and access the necessary
NOTE Confidence: 0.870278541428571
00:51:17.769 --> 00:51:20.849 discernment to push our field ahead and
NOTE Confidence: 0.870278541428571
00:51:20.849 --> 00:51:24.799 ways that we could never imagine ourselves?
NOTE Confidence: 0.870278541428571
00:51:24.800 --> 00:51:28.535 My charge to you is to please put great
NOTE Confidence: 0.870278541428571

00:51:28.535 --> 00:51:31.510 thought and care into your own self.
NOTE Confidence: 0.9206217055555555

00:51:31.510 --> 00:51:33.326 Self preservation is indeed
NOTE Confidence: 0.9206217055555555

00:51:33.326 --> 00:51:35.596 an act of political warfare.
NOTE Confidence: 0.9206217055555555

00:51:35.600 --> 00:51:37.378 Put as much thought into yourself as
NOTE Confidence: 0.9206217055555555

00:51:37.378 --> 00:51:39.859 you do in making important advancements,
NOTE Confidence: 0.9206217055555555

00:51:39.860 --> 00:51:42.524 designing studies and taking care of
NOTE Confidence: 0.9206217055555555

00:51:42.524 --> 00:51:45.409 patients during these times of uncertainty.
NOTE Confidence: 0.9206217055555555

00:51:45.410 --> 00:51:48.580 Violence. Injustice and intense sorrow,
NOTE Confidence: 0.9206217055555555

00:51:48.580 --> 00:51:52.018 you must find a way to protect your peace,
NOTE Confidence: 0.9206217055555555

00:51:52.020 --> 00:51:55.056 both mentally, spiritually,
NOTE Confidence: 0.9206217055555555

00:51:55.056 --> 00:51:57.080 psychologically, physically.
NOTE Confidence: 0.9206217055555555

00:51:57.080 --> 00:52:00.135 And comprehensively find a way
NOTE Confidence: 0.9206217055555555

00:52:00.135 --> 00:52:03.652 to access Joy's class of 2022.
NOTE Confidence: 0.9206217055555555

00:52:03.652 --> 00:52:06.517 You all are my inspiration.
NOTE Confidence: 0.9206217055555555

00:52:06.520 --> 00:52:09.894 I was looking for ways to inspire
NOTE Confidence: 0.9206217055555555

00:52:09.894 --> 00:52:13.060 you but yet you inspire me.

NOTE Confidence: 0.920621705555555

00:52:13.060 --> 00:52:15.610 Today is about you celebrating

NOTE Confidence: 0.920621705555555

00:52:15.610 --> 00:52:18.160 all the sacrifices you've made.

NOTE Confidence: 0.920621705555555

00:52:18.160 --> 00:52:20.560 Today is about your support system,

NOTE Confidence: 0.920621705555555

00:52:20.560 --> 00:52:21.904 your community, whatever.

NOTE Confidence: 0.920621705555555

00:52:21.904 --> 00:52:24.592 And whoever that means to you,

NOTE Confidence: 0.920621705555555

00:52:24.600 --> 00:52:26.800 everyone that has helped you along the way.

NOTE Confidence: 0.920621705555555

00:52:26.800 --> 00:52:29.458 So I say Congrats to you.

NOTE Confidence: 0.920621705555555

00:52:29.460 --> 00:52:32.528 Congrats to the parents.

NOTE Confidence: 0.920621705555555

00:52:32.530 --> 00:52:34.810 Mom's dad's children, aunties,

NOTE Confidence: 0.920621705555555

00:52:34.810 --> 00:52:35.976 uncles, grandparents,

NOTE Confidence: 0.920621705555555

00:52:35.976 --> 00:52:38.360 Nana's elders and ancestors

NOTE Confidence: 0.920621705555555

00:52:38.360 --> 00:52:41.340 that are with us today.

NOTE Confidence: 0.920621705555555

00:52:41.340 --> 00:52:45.358 Today is indeed a day of celebration,

NOTE Confidence: 0.920621705555555

00:52:45.360 --> 00:52:48.237 and while we are facing some really,

NOTE Confidence: 0.920621705555555

00:52:48.240 --> 00:52:49.665 really tough times,

NOTE Confidence: 0.920621705555555

00:52:49.665 --> 00:52:52.515 we celebrate and we honor you.
NOTE Confidence: 0.9206217055555555

00:52:52.520 --> 00:52:55.240 This is a huge accomplishment.
NOTE Confidence: 0.9206217055555555

00:52:55.240 --> 00:52:56.192 Congratulations everybody.
NOTE Confidence: 0.9206217055555555

00:52:56.192 --> 00:52:59.048 Take yourself off you and give
NOTE Confidence: 0.9206217055555555

00:52:59.048 --> 00:53:01.871 them a round of applause when
NOTE Confidence: 0.9206217055555555

00:53:01.871 --> 00:53:04.243 they graduating class but 2022.
NOTE Confidence: 0.9206217055555555

00:53:04.243 --> 00:53:05.409 I approve,
NOTE Confidence: 0.9206217055555555

00:53:05.409 --> 00:53:10.920 but at the name and have the last song.
NOTE Confidence: 0.9206217055555555

00:53:10.920 --> 00:53:12.132 I'm gonna stop sharing.
NOTE Confidence: 0.9206217055555555

00:53:12.132 --> 00:53:14.200 Ohh we can just listen to it.
NOTE Confidence: 0.28666257025

00:53:17.350 --> 00:53:19.338 Yes, celebrate this sign.
NOTE Confidence: 0.520642416

00:53:24.160 --> 00:53:25.610 This is a good one.
NOTE Confidence: 0.784820535

00:53:34.360 --> 00:53:35.290 Come on.
NOTE Confidence: 0.267964204

00:53:41.480 --> 00:53:43.088 Times come on.
NOTE Confidence: 0.8967554

00:53:45.610 --> 00:53:51.805 Alright. Alright guys I am done UMI,
NOTE Confidence: 0.8967554

00:53:51.805 --> 00:53:53.995 just want to have some acknowledgements.

NOTE Confidence: 0.8967554

00:53:54.000 --> 00:53:54.952 I promise I'm done.

NOTE Confidence: 0.8967554

00:53:54.952 --> 00:53:56.876 I didn't even know I was going to

NOTE Confidence: 0.8967554

00:53:56.876 --> 00:53:58.644 take all the time but you know I

NOTE Confidence: 0.8967554

00:53:58.707 --> 00:54:00.597 take a lot of time but I do have to

NOTE Confidence: 0.8967554

00:54:00.600 --> 00:54:03.939 thank all of my colleagues and NYU

NOTE Confidence: 0.8967554

00:54:03.939 --> 00:54:07.869 all of my ongoing collaborators.

NOTE Confidence: 0.8967554

00:54:07.870 --> 00:54:10.887 Yeah, I you know. I always think,

NOTE Confidence: 0.8967554

00:54:10.890 --> 00:54:13.015 Kathy my mentor is watching

NOTE Confidence: 0.8967554

00:54:13.015 --> 00:54:17.730 over me and so proud. I.

NOTE Confidence: 0.8967554

00:54:17.730 --> 00:54:19.106 You know? Yeah yeah,

NOTE Confidence: 0.8967554

00:54:19.106 --> 00:54:22.120 I just I found out some great news.

NOTE Confidence: 0.8967554

00:54:22.120 --> 00:54:27.043 I got a really awesome score on a grant.

NOTE Confidence: 0.8967554

00:54:27.050 --> 00:54:28.886 Shout out to Nida because I

NOTE Confidence: 0.8967554

00:54:28.886 --> 00:54:30.900 think it's going to get funded,

NOTE Confidence: 0.8967554

00:54:30.900 --> 00:54:32.958 but I was just like what an

NOTE Confidence: 0.8967554

00:54:32.958 --> 00:54:34.550 amazing journey we have come.
NOTE Confidence: 0.8967554

00:54:34.550 --> 00:54:36.638 So thank you for allowing us to be here.
NOTE Confidence: 0.8967554

00:54:36.640 --> 00:54:39.136 Thank you for allowing me to share space.
NOTE Confidence: 0.8967554

00:54:39.140 --> 00:54:41.108 I am sincerely thankful to the
NOTE Confidence: 0.8967554

00:54:41.108 --> 00:54:43.061 people that helped me get the
NOTE Confidence: 0.8967554

00:54:43.061 --> 00:54:44.765 audio clips and put them in.
NOTE Confidence: 0.8967554

00:54:44.770 --> 00:54:47.720 And the last thing I'll say is stay in touch.
NOTE Confidence: 0.8967554

00:54:47.720 --> 00:54:49.658 You all are my family congratulations
NOTE Confidence: 0.8967554

00:54:49.658 --> 00:54:52.661 and that is the best way to find me is
NOTE Confidence: 0.8967554

00:54:52.661 --> 00:54:54.620 on Twitter because I'm always there.
NOTE Confidence: 0.8967554

00:54:54.620 --> 00:54:57.385 I'll stop that and I am done.
NOTE Confidence: 0.8967554

00:54:57.390 --> 00:54:58.578 Are you finished? Are you done?
NOTE Confidence: 0.8967554

00:54:58.580 --> 00:55:02.018 I'm done, this was lovely congratulations.
NOTE Confidence: 0.8967554

00:55:02.020 --> 00:55:03.958 Thank you. Thank you. Thank you.
NOTE Confidence: 0.8967554

00:55:03.960 --> 00:55:08.000 Yes. Be well, take care.